

# Kempsey Times



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

Issue 13

April 2025

**FREE**



Pink Daisy

**S**uddenly Spring has Sprung! We have flowers, Shedges, trees and bushes in blossom! A wonderful change from the seemingly endless dull cloudy days. It has seemed a long winter. We are now having glorious sunny days, still with a slight nip in the air, but all so enjoyable. The gardens suddenly need urgent attention! Most of us can't wait to get going, and start planting, trimming and mowing. The countryside is especially lovely at this time of the year, and we are still waiting for some plants and trees to wake up and join in the fun!

The birds are great to see, all busy with their new nests and partners; they sound very happy!

The summer is certainly on its way, and we have lots to look forward to. Village Fetes, local

and national sporting events, summer holidays, Pershore Carnival and many more. We will shortly be commemorating VE Day, the 80th anniversary of Victory in Europe and VJ Day, Victory in Japan. Five long years of horror and hardship for so many finally came to an end. The rejoicing went on for weeks and I think every street in the country had a party! Slowly but surely the Army, Navy and Airforce came home, and the rebuilding of lives, families and cities began. We

owe so much to all who took part and grieve forever for those who did not come home.

*Happy Easter*



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# County & District Report



As this great magazine comes out this month, you will no doubt be aware that the government have said that the County Council elections will take place on the 1st of May. I am not going to canvass support here, but I would ask that you go and exercise your right to vote. As an ex-submariner I am acutely aware that so many gave up their futures so you could freely vote. Thank you.

## Soup for all at The Baptist Church



Just a reminder that there is a warm and welcoming space in Upton's Baptist Church. It is hosted by the fantastic Amy Wearing and her brilliant team, who provide much-needed free soup and rolls. Using my divisional discretionary fund, I have provided two new replacement soup makers, which are making a real difference. The Church is open from ten

each morning until one o'clock in the afternoon, Monday to Friday, for anyone who needs a warm, safe space. There is no charge for the food, and it does give many who are lonely or isolated the chance to have a natter and good friendly company. Could I please ask you pass this on to anyone you think would benefit? Or come along yourself and join in.

## Kempsey's Cornflower Club - stopping social isolation



I would like to make you aware of Kempsey's Cornflower Club, a thriving group that targets people who are, or have been, socially isolated. It's open to anyone over 50 and meets fortnightly for two hours on Wednesday afternoons for a cuppa, biscuits and chats, with a bit of bingo. It's normally headed by a speaker, slide show or some other form of entertainment. The club has been running for over 65 years. After speaking to Sally Linsey, who is their hardworking

Secretary and Treasurer, I became aware that the cost of speakers was proving a problem, so I found a way to help them out with funding. I was lucky enough to be invited to one of their meetings, where Mr David Williams for Upton's SARA gave an interesting talk about his organisation. *If you would like to find out more about the Cornflower Club, or you know of someone who would benefit, please contact Sally Linsey on: 01905 820476*

*Councillor Martin Allen*

## Residents oppose terrible expansion planning application!



It often falls to local councillors to lead the way in ensuring that residents are not forgotten. I am never keen to see new builds on green spaces, and the proposed development of 99 new homes to the south of Kempsey was like a red rag to a bull. Whereas in Upton, as a District Councillor, I cannot comment on local applications nearby, as the local County Councillor to

Kempsey I was legally able to take up the challenge to oppose this terrible destruction of our valuable agricultural land. A couple of weeks ago, many local residents wanted to express their opposition to this awful application for yet more homes. Kempsey is a large village with few amenities, only one shop, a full school and no dentist; surely enough is enough!

## Sara seeks your help



Upton's Severn Area Rescue Association (SARA) need your help to ensure they can continue their dedicated mission to save and protect both life and property in our region. As your local County Councillor, I have provided funding for two drysuits, each costing £600, to ensure that SARA can continue its volunteer water-

based search and rescue service on our local rivers and water courses. When I went to have a look at the drysuits I got a chance to talk to one of the Search and Rescue Technicians, David Williams, who said: "It is really important that our dedicated volunteers have all the right equipment

## and finally . . .

My battle with the moles continues; they seem to be winning! As it's festival time, a time to relax and celebrate life, I am going to try and rise above the mole hills, however

big they get!! Have a great time, enjoy the sun and give someone a smile – it works wonders. As ever, I'm here if you need me.

*Martin Allen*



# District Councillors Report

David Harrison & John Michael

## Daffodils in Kempsey and Kinnersley

Since Jan and myself started this project in 2019, the displays are excellent and others are also brightening up their villages by doing the same. Many thanks to all the people planting the many thousands of bulbs.

## The Ketch Roundabout and A4440 (Southern Link Road)

Please be careful on this road as there are many accidents now occurring on this stretch, and also many letters in the Worcester News on this subject – just take care!! Taylors Lane – Please also note that there are major Road works on this road until Christmas(probably), so do not rely on it as a quick shortcut as it is closed on one end or the other.

**Flood Defence Upgrade –** Kempsey. I was privileged to be invited to see the work being undertaken at the flood defence scheme in Kempsey and the reason. In November 2024 damage occurred to the “Trash Screen” as shown in picture A)



showing damage was caused by large trees bending and blocking this screen (which prevents damage to the pumps), but staff and machinery were unable to move this large blockage which bent these steel

bars. We were informed that both pumps are in good condition after their overhaul last summer and they have a spare pump still available in Nottingham. Picture B) shows the machinery putting in a working platform and new screen. This will continue for most, if not all, of this year. **Kempsey Come-On-In Coffee Club –**

This has so far been going 8½ years and was started by Libby James at the Talbot Inn and then moved to The Firs where it is successfully run today on Monday and Wednesday mornings. Libby's volunteer helpers (Pat, Jean, Lorraine and Jayne) cater for 40 to 60 local residents. Grateful thanks to you all for keeping this going!!!!!!

**Kempsey Parish Hall –** Funding was provided by Cllr John Michael and myself for the decoration (part funded) and the blinds (again part funded) for the main parts of the building and toilet area and is looking absolutely superb and a vast improvement now that it is almost completed. **Vehicle Parking on Pavements which are for people not vehicles –**

this is on the increase in all of our area and our “Community Safety Staff” at Malvern Hills are patrolling more now, and also our local Police are patrolling more and their work includes more speed checks within the area – you have been warned!!

## General problems within the Ward –

Both John Michael and myself have continued to deal with all sorts of questions to try to resolve residents problems – our details are at the bottom. We are trying to sort out the completion of estate called “The Glade” in Kempsey situated off and to the West of “Kings Hill” and work is underway regarding the Orchard on “Saxon Meadow” at the North of Kempsey regarding ownership and maintenance of the whole of this area.

## Development Plan for the three Councils –

SWDPR This consultation is being discussed at present with Planning Inspectors at Worcester City Council Chamber and continues until the first week in May. I have attended several sessions here



and also watched some on “YouTube”. Again, I have strongly objected to development in the area between Kempsey and Worcester.

**Dog Fouling and Fly Tipping –** Several signs have been erected in Severn Stoke regarding “Dog Fouling” and more will be erected. Fly Tipping is on the increase and two photos attached below in Kempsey show items tipped at the western end of Pixham Ferry Lane. For completeness, I understand that at least one person has been prosecuted for a fly tip in this area in December 2024.



## New Community Centre and Sports building in Pixham Ferry Lane –

A planning application has been submitted by Kempsey Parish Council for this building including car parking, access, “trim trail”, Senior and Junior Football pitches and I understand that an application is soon to be submitted for a Skate Park and a Pump Track.

**Planning –** Napleton Lane or better known as Rear of Bannut Hill, Kempsey – A planning application for up to 99 houses (application reference number M/25/00323/OUT) has been submitted. You may see that the “Consultation Ends” on 4th April 2025. This date will possibly be extended, and members of the public can comment up to the decision date (unless Government change the legislation). Please have a look at the application and post your comments.



David Harrison - 01905 828107  
david.harrison@malvernhillsc.net



John Michael - 01905 317930  
john.michael@malvernhillsc.net



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

### *Urgent review to train timetables*

Dame Harriett Baldwin MP has called on rail bosses to review timetable changes which will see a reduction in peak-time train services between Worcester and Hereford. The MP met with West Midlands Trains boss Ian McConnell last year after the rail operator experiences serious staffing shortages on commuter train routes to and from Birmingham. Dame Harriett was told that many drivers were on long term sick leave and many refused to cover weekend services meaning additional train services cancellations affecting residents travelling between Worcester and Hereford. Now the rail operator has decided that peak time services will be cancelled between the two cities because of maintenance issues on the company's diesel train stock. Shortages of engines mean that the train timetable will be reduced from March 31 removing peak time services

for local people. The MP has written to the train company asking for an immediate review of this decision.

Dame Harriett said: "The rail operator has failed to deliver a fit-for-purpose train service for many years with successive managers blaming anyone but themselves for the appalling train service. I understand the challenges staffing the service seven days a week, but this latest failure is unacceptable. Good managers make contingencies in case supply networks fail and this seems to be a matter of poor planning. As with previous regimes, the management at West Midland Trains finds it convenient to punish commuters on the line between Hereford and Worcester and this is simply not acceptable. I have asked the management to come up with a better plan that doesn't mean that commuters will simply stop to use the commuter service in the future."

## Community bike marking event!



Bright sunshine on St. David's Day saw a record twenty nine bikes brought to St. Mary's Kempsey for Security Marking by the team from Malvern Hills Council. The event was supported by West Mercia Police's Safer Neighbourhood Team and Platform Housing. It was hosted by Severnside Parishes, and Rev. Kat Mephram was an early customer to register her trusty steed in the National Bike Marking Scheme. It was quite a get together with visits from County Councillor Martin Allen and District Councillor David Harrison. Traditional

hospitality from the CIC's Lovely Jubbly Pop Up Tea Stop made sure that everyone got a memorably warm welcome. If you might be interested in helping with events in Kempsey, why not email [infokempseyreveals@gmail.com](mailto:infokempseyreveals@gmail.com)

*Co-ordinated by Kempsey's CIC*



## Kempsey Parish Council

New Community & Sports Centre at Old Road South. An application for Full Planning permission for the project was submitted to MHDC on March 10th and at the time of writing we are waiting for confirmation that the application has been validated by the Planning Department and is under consideration. The application finally comprised 43 reports and plans, mostly from our architects Calfordseaden LLP but also from specialist consultants, including parish councillors. A link to the planning application will be available at KPC's website once MHDC has uploaded the documents to their Planning website. We understand that Taylor Wimpey will commence work in August to construct the four passing bays along Pixham Ferry Lane intended to improve access to the site.

Planning Matters Including the South Worcestershire Development Plan Review Examination

The Examination of the plan, which will establish the planning policies and allocate sites for development for the Malvern Hills, Worcester City and Wychavon Districts up to 2041 is now well underway at The Guildhall in Worcester. From 28th March it will transfer to The Civic Centre in Pershore. As mentioned in the last issue of the Kempsey Times, the programme has been posted on the Parish Council website. So far (mid-March), the Inspectors have heard evidence on the plan's Development Strategy (including Significant Gaps for which the Parish Council was represented), housing land supply, the economic growth strategy and the 'strategic' housing allocations at Mitton, Worcester Parkway, Throckmorton and Rushwick. Housing developers have, of course, been present in abundance claiming the allocations and policies are insufficient and/or that the land will not come forward to be built on soon enough to meet the government's housing targets. Other land allocations in Worcester City, Wychavon and Malvern will be scrutinised in future sessions. No doubt they will be subject to similar claims.

In the meantime, with Malvern unable to show a 5-year Housing Land Supply as government policy requires, we are still vulnerable to speculative housing proposals outside the village. Having had two previous applications refused to build up to 150 and 140 dwellings respectively on land around Bannuts Hill in Kempsey, Hallam Land Management has submitted another, this time for up to 99 dwellings on a smaller site (Application M/25/00323/OUT on the MHDC Planning website). This time, access would be from Bannuts Hill by knocking down one of the existing houses, not from the A38 as previously proposed. Also, this application does not include a site for a primary school as before, although the estimated £13.7 million needed to finance it was never identified. As before, the application has already attracted a large number of objections from Kempsey residents. The Parish Council objected strongly to the earlier schemes, but the new application will be considered afresh at its Planning Committee meeting on Monday 7th April 2025 at 7:30pm at the Community Centre. Heartstart to expand its provision to Kempsey. Heartstart Malvern is a charity which aims to provide free, accessible and effective emergency response training, equipping individuals with the knowledge and confidence to provide CPR and use a defibrillator. We are delighted that they are expanding their service to Kempsey, and we are seeking passionate volunteers to help support the initiative. You can find more information at <https://www.heartstartmalvern.org.uk> or contact us at the Parish Office if you'd like to know more. For more information regarding the activities of the Parish Council, please refer to our website [www.kempseyhub.co.uk](http://www.kempseyhub.co.uk) For all enquiries, please contact Sharon Baxter, Parish Council Clerk and Financial Officer on 01905 828183 or by email at [kempseyparishcouncil@gmail.com](mailto:kempseyparishcouncil@gmail.com)



# St. Mary's 2025 Church Electoral Roll

This years electoral roll will be a complete revision with all names on the current roll being removed. If you wish to be on the new electoral roll you will need to complete an application form. They can be found at the back of the church, in a folder.

*Please put completed application forms in the "completed electoral roll form" box, which is also at the back of the church. The completed application forms are to be put in the box before April 19th.*

## Cornflower Club

Our next meetings are on  
 Wednesday 9th April 2025  
 Wednesday 23rd April 2025  
 Wednesday 7th May 2025  
 Wednesday 21st May 2025  
 We meet every other Wednesday at 2-30pm to 4-30pm in the Parish hall, Kempsey.  
 We would love to welcome new people to the club.

If you are a lady or gentleman over 60 years of age please, come and join us for a cup of tea and biscuits and enjoy whatever the program is that week we would love to see you.

Sally Linsey 01905 820476  
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# A spring in our step at The Lawns



Is that some blue sky we see?! Finally some brighter days for our walks around Kempsey spotting all the spring bulbs popping up. Residents have also been bringing in the spring with some beautiful flower arranging.

Thank you to all friends and family who supported our Digni-tea for Dignity in Action Day. Lots of fun, especially with comedian and vocalist Ian Hardman entertaining us, and lots of staff and residents dancing.

Amelia K Dance Academy visited and delivered exceptional dance performances. Residents were moved to tears, saying how emotional they were and what wonderful memories they evoked.

For sensory stimulation, we made bread and butter for Real Bread Week, plus tried lots of different breads and enjoyed a cheese tasting afternoon. Nutrition and Hydration Week is in March so we are raising awareness with different activities through the week;

from fruit tasting to smoothies and mocktails.

Our new interactive table with The Happiness Programme is proving a hit with residents. It can be used absolutely anywhere to enhance sensory engagement and can be an interactive surface or a projector onto walls or ceilings. Residents can see photos, play music and games. The options are vast with The Happiness programme, which blends interactive sensory light technology with a programme of games and activities to help cognitive function.

Coming up, we have games and antics for Red Nose Day on 21st March.

The years two and three children of Kempsey Primary School are joining us now every Wednesday from 2-3pm. We also have plans for Mothering Sunday and Easter and with the weather improving we are getting out and about with the help of Worcester Wheels.

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## It's what the longest day is for.....

This year's Kempsey Summer Fete is shaping up to be bigger and better than ever. Help us remember the eighty years since Victory in Europe was announced on the 8th. May 1945. There's something for everyone on 21st. June at St. Mary's, Kempsey – firm favourites like the Fluffy Sheep, the Fun Dog Show and the popular Pullman Bottle Game of Chance. Plus this

year we welcome Ruby Rouge, RAF Defford's History Group and Kempsey's own Company Theatre Academy. And making a welcome return there's I-Sing Choir.

Interested in getting involved?  
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## The M5 Motorway *Tim Hickson*



*Worcester High Street*

Before this motorway was built, motorists would use the A38 which passed through the middle of Gloucester and the centre of Worcester. There were, of course, far fewer cars on the roads then. I have been told that pre-War plans for the motorways sited the M5 nearer to Croome Court. However, local racehorse trainers pointed out that it would pass through their training courses. Hence its route today. The site old RAF buildings, now used by The National Trust at Croome, was used as a place to keep and to repair some of the large vehicles being used. The first stages of the motorway's construction not only carved through existing fields and roads but its builders sometimes caused unintended damage. For example, a lorry so damaged the Croome footbridge crossing the road to High Green that it had to be removed. The lorry had a crane in the back which had not been lowered. This bridge was similar in design to

the one crossing the road by Spetchley Park. On either side the bridge had the Earls of Coventry's coat of arms. These discs were rescued and later built into a new wall at the Estate Yard at High Green. Copies were made and were placed either side of the entrance to Earls Croome Court, off the A38 near The Yorkshire Grey. The first 26 miles of the M5 motorway were constructed as a dual two-lane motorway. This section – from junction 4 in the north to the junction with the M50 in the south – opened in July 1962. Worcestershire County Council, the Police and particularly the County Surveyor of Worcestershire had made repeated representations that a dual three-lane standard motorway was more appropriate. However, The Ministry of Transport insisted that a dual two-lane motorway would be built - at a cost of around £8 million. The carriageways were also built to a lower overall



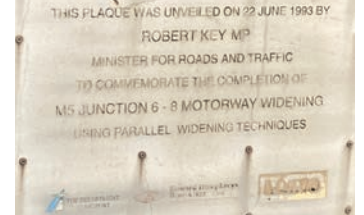
*Remains of the Croome bridge*



width of 88 feet rather than 100 feet to reduce the loss of agricultural land. When, in the 1990s, the decision to widen the Worcestershire section of M5 was made, the work cost £123 million.

On the bridge near Hatfield you can see the plaque unveiled by the then Minister for Roads and Traffic in 1993. During this work, the northbound Strensham Services were rebuilt further away from the modified M50 junction.

Now, of course, the M5 runs from the edge of Birmingham to Exeter with the possibility of it being extended to Plymouth. So if we want to go to the Southwest it is hard to avoid the M5.



*Junction 8 Bridge Plaque*

Once, when I was on duty as a volunteer guide in Croome Court, a foreign visitor I had taken around its peaceful interior, walked out on to the south portico. With the wind in its usual direction from the west, the noise from the motorway was immediately apparent. I was taken aback by being asked, "Why did they build the Court so close to the motorway?"



*Earls Croome Court, off the A38 near The Yorkshire Grey*



# Farming

Mike Page



*Lambs in the field alongside their mothers*

*This photograph taken very recently and picks up on the theme in the article below of 'Spring is arriving', taken during a spell of very pleasant early March weather. But to show that Winter has not gone away entirely,*

The confrontation over Inheritance Tax (IHT) Rules between those representing farmers and related rural industries with the present Government continues; both sides standing firm in their resolve not to give ground. It would be easy for me to say; the farming fraternity are right in their stance; that is what you might expect a farmer to say. In the February Issue of Pershore Times Carol Draper (FCCA) in her article did spell out the accountant's understanding of the new regime; she ends with the remark, '... farms are typically asset rich and cash poor and planning is essential to mitigate the potential impact of IHT.' Born into a farming family (of several generations past) and raised on a farm, and surrounded by farming in all its aspects – everything from rushing out at 2.00am to round-up cattle reported on the phone by a neighbour as having escaped because a gate had been left open, to having small lambs suffering from hypothermia brought into the kitchen and being resuscitated in the bottom plate warming oven of a Rayburn cooker –

farming was very much at the top of my list of professions to choose when leaving school. Also in Carol's section of the February Edition is a version of the quote: "Find a job you enjoy doing and you will never work another day in your life." That has been very much my experience of farming, and even if chasing after cattle in the middle of the night is not the most pleasurable of experiences as it is happening, the sense of satisfaction, when all over and normality restored, is truly gratifying. I have taken measures, hopefully as best I can, to ensure the impact of IHT is minimised when my time comes. Whether or not my child (an only daughter) or grandchildren choose to carry on with involvement in farming will I hope it will be, all their own choice and not one forced upon them by a need to abandon that lifestyle and sell up in order to pay HMRC a lot of money. After the catastrophic continuing high rainfall of winter 23-24 we are emerging from this winter with land conditions being very much drier and better; as you read this, ewes with lambs at foot



*Taken only 2 days later -Snow on the ground.  
At least not enough to worry the young lambs and their mothers too much!*

will be out grazing along with milking cows and other cattle released from their over-winter quarters. As farmers we are being encouraged to go in for Mob Grazing as being a system that is kinder to the soil. In Mob Grazing fields being grazed are of mixed species of grasses and sometimes other herbs (particularly clover) and the animals are moved regularly after grazing the most nutritious (and to them tasty!) upper parts of the growth trampling in lower parts to benefit soil organic matter and general soil health. Grazing animals will certainly eat first what tastes best to them, and that was proven to me some years ago when I planted a field that was regularly mown annually for hay but rarely grazed. I decided to plant it with varieties of grasses such as Cocksfoot and Timothy well known for producing excellent hay, well-liked by nearly all livestock when presented to them in that way during the winter months. But because of seasonal conditions that year grass growth in other fields was much less than expected and I was obliged to turn the sheep into the field of newly growing grass for them to graze. When turned into the field, their first reaction was – very much as expected in such a situation – nose to the ground and start

grazing; I left them to it, returning a couple of hours later to check everything was OK. I found the whole flock (without exception) was spread out around the perimeter of the field grazing at the base of the hedge and obviously consuming the last remnants of the previous grass ley (ryegrasses and clover) which had not been disturbed and was still growing there. They remained as such until all that growth had been consumed (along with a few sprigs of new, soft hedge growth!) and only then did they return to the main area of the field and start grazing that again. Given a chance to choose what they can eat, livestock will always go for what they like best (presumably based on taste, but perhaps they are being guided by instinct and their choice is based on nutritional value?). Once denied the chance to graze the forage of their choice they were happy to graze whatever was available, seemingly without complaint because I did not find them gathering at the gate screaming, "let us out of here!". Like young children perhaps: given a choice between a bowlful of beef stew and a bowlful of ice cream, you can be pretty sure which they will go for, but present them with the beef stew only, or first, and they will eat it quite contentedly.

## Thoughts from the Snug ... Redefining political ideology

Politics is a frequent topic of conversation here, and in every Snug in every pub. With the recent turmoil in international and domestic events the very question of democracy and political philosophy had been frequently aired. A regular in the Snug arrived one evening with

some new definitions of political thought. It had a pleasing agricultural theme which we found amusing. Socialism is where you have two cows and give one to your neighbour. Communism is where you have two cows and the state takes

both and gives you the milk. Fascism is when you have two cows and the state takes them and sells you the milk. Nazism is where you have two cows and the state takes them and shoots you. Capitalism is where you have two cows, sell one and buy a bull. Bureaucracy is when you have two cows, the state takes both shoots one, milks the other and then pours the milk down the drain.

Cynical, but more than a germ of truth. It prompted the question which definition fitted which political leader best. Try it. Start with Trump, Thatcher, Starmer and Putin. The source of this wisdom is ascribed to John J Quinn. If any reader knows more about this witty sage we would like to hear it.

Cheers,

Buddy Bach



# Ailsa's Kitchen

Ailsa Craddock

## Wild About Garlic

Everything is starting to bloom and hazes of green cover the trees and hedges. Amidst April showers and sunshine, we are out walking more and enjoying the Spring. Daffodils, tulips and bluebells; new rhubarb and spinach and strawberry flowers with the promises to come. The Husband has been fishing and the added bonus to this is the first of the year's green treasures - wild garlic by the riverbank. It looks like in the picture.

*Please note - wild garlic does look similar to lily of the valley, which is poisonous. The key difference between the two plants is that wild garlic always smells – yes, you guessed it – of garlic. If you're in any doubt about which plant you've found, do not eat it.*

Take yourself out for a walk in the woods and you won't fail to notice the fragrant smell of wild garlic as you stroll through. If you're walking through a patch of countryside where wild garlic grows your nose will alert you. The garlicky scent is hard to miss. The leaves can be eaten raw or cooked and taste milder than shop-bought garlic. A fairly low growing plant, smelling slightly of garlic/onion and the most beautiful vibrant green. Pick it when you find it and you can make wonderful soup, dips and oil.

### Wild Garlic Soup

*This recipe is enough for 4 but freezes beautifully. Not only is it delicious but also helps lower cholesterol and high blood pressure!*

1 onion sliced

2 - 3 potatoes

(these are for thickening the soup so depends on size)

500 ml water

stock cube (I use a vegetable one)

milk/creme fraiche/cream

Saute the onion in a little butter in a large saucepan. Add chopped potato, stock cube, and

water and bring to the boil.

Cook until the potato is soft.

Lay 3 - 4 handfuls of the garlic

leaves on the top and allow to

wilt and cook for 2 - 3 minutes.

Cool slightly and, using a hand

blender, puree. Put back into the

saucepan and add milk or cream

or creme fraiche to taste along

with plenty of pepper. It never

lasts long in our house but will

keep in the fridge for 2 - 3 days -

or ladle into bags to freeze.

Serve with crusty bread and a

dollop of creme fraiche.

I served my soup with Leek Pate



on the side. Simply saute a chopped leek and chopped garlic in some butter and olive oil until soft. Put half a carton of cream cheese into a bowl and top with the hot leek mixture. Whizz all up together to a nice creamy paste. Spread on hot buttered toast.

Wild Garlic Oil - blanch several handfuls of leaves in boiling water for 5 - 10 seconds then immediately drain and toss into iced water (this keeps the colour). Drain again and wrap in an old tea towel and squeeze all the liquid out. Chop up into small pieces and put in a jam jar or bottle and top up with 150 ml of olive oil.

Wild Garlic Butter -I make lots of this and usually manage to eke it out all year. Chop the garlic leaves up as you would any other

herb. Soften a block of butter, add salt and pepper and the chopped leaves. Roll into cigar shaped moulds, wrap in cling film and freeze. I usually keep one on the go in the fridge, replacing with a frozen one when needed. Just cut off slices and use to cook with as you would any other flavoured butters. Garlicky green Goddess dressing Put about 30 washed and dried garlic leaves into a food processor or blender with 300ml sour cream (if you haven't got this creme fraiche will do or make your own by adding some lemon juice to fresh cream - leave aside for a minute or two whilst it goes thick), the juice of half a lemon and salt and pepper. Blitz till smooth and serve over a green s salad or use a dipping sauce for bread or crisps.



## Dental disease in cats and dogs



Dental disease is one of the most common problems encountered in our pets. Latest studies show 1 in 8 dogs are affected and 1 in 7 cats with older pets being much more at risk. Sadly, dental disease often goes undiagnosed or untreated as our pets are very adept at masking the signs. Many will continue to eat despite advanced dental problems. We do know that having diseased teeth and gums is painful but animals can just become more withdrawn or sleep more, signs often put down to 'aging'. Dental disease is also associated with other health conditions such as kidney and heart disease.

Periodontal disease (periodontitis) is the most common dental problem encountered. It is a build-up of calculus on the teeth leading to inflammation of the gum and surrounding tissues, ultimately it will lead to loss of the attachments holding the tooth in place.

### So what can we do?

There are many dental products for use at home. The most effective method to keep your pets' teeth clean is to brush daily with a specific pet toothpaste and brush. Brushing is something you need to build up to slowly as many animals will not be accepting of this straight away. Chewing on dental treats or other products is also beneficial, watch out for the added calories they get from these though!

If the dental disease is progressing a Complete Oral Assessment, sometimes referred to as a 'dental', is needed. This is performed under anaesthesia and involves a full investigation of the mouth assessing each tooth for problems, x-rays are often taken, and professional cleaning of the teeth is done. Diseased areas may be dealt with then or in a separate procedure depending on the extent of the problem.

If you think your pet's teeth are in need of a check-up contact the surgery to make an appointment today.

Best wishes *Eliza*

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



## Spring flowers

At last there is a little warmth in the sun, and spring flowers are putting on a show. The number and variety of adult insects is low at this time of year and their activity is reduced in cool conditions, so many plants have adaptations to increase the chance of attracting pollinators to their flowers. Snowdrops are strongly scented and are eagerly visited by honey bees, and similarly, grape hyacinth and spring squill always seem busy with bees. Crocuses open wide in mild temperatures and are a favourite of bumble bee queens which can reach the nectar with their long tongues. Dandelions also open and close daily and are so attractive that bees may ignore apple blossom in an orchard, preferring the golden carpet below, but not all yellow flowers are popular. Buttercups, celandine and daisies attract a few small flies, and small black pollen beetles visit daffodils, but bees do not seem to show any interest in them.

Sloe or blackthorn, the first of the tree fruits to flower, forms patches of white in farm hedgerows but it does not lure many insects as its nectar is fairly low in sugar content. Plum blossom is a little better

and cherry blossom better still, although the showy double flowers of ornamental 'flowering cherries' are of no use at all. The goat willow bearing the fluffy grey 'pussy willow' catkins is a particularly good source of protein rich pollen. Trees positively hum on warm days with the multitude of insects feasting on it, and finches and other small birds also eat the pollen. The spring floral bounty continues with pears, and apples, horse chestnuts and sycamore, hawthorn and cotoneaster and these fuels a rapid expansion of bee colonies. Despite this abundance of flowers, there is never a surplus of nectar from these sources that can be taken as a honey harvest. As fast as it is gathered, it is used to make new wax, to feed the young bee grubs and to generate the heat needed to incubate them. The brood area of the hive has to be kept at a temperature of 37C by metabolising sugars in the bee's muscles, and this is quite a task when the night temperatures fall to freezing or below.

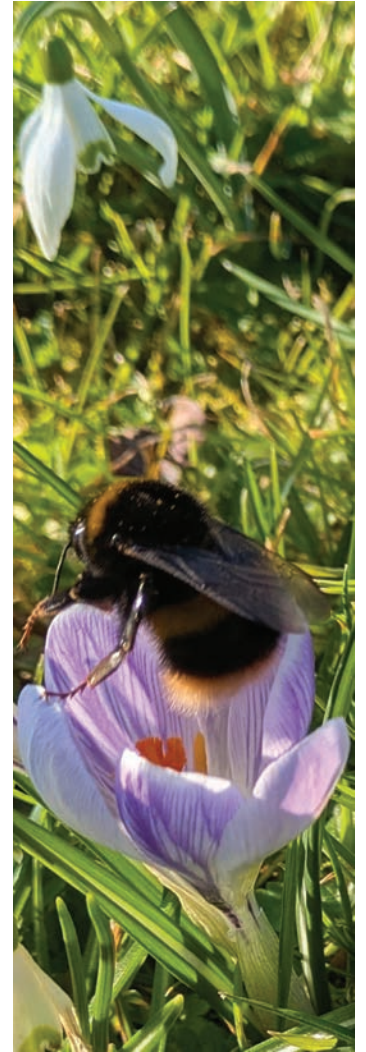
Managing this spring growth is a challenge for the beekeeper. On the one hand you need to provide extra space for the increasing population of bees and brood, but you have to

avoid giving too much empty space that the bees cannot keep warm which could chill the brood.

In this area, the first plant to yield so much nectar that a surplus of honey can be harvested is oilseed rape. The fields of gold are absolutely irresistible to bees, and they will fly past other crops to reach it. In some localities, hawthorn will yield a honey with an almond aroma, but in the UK, I have never seen dandelion honey such as Swiss beekeepers obtain from the alpine pastures, with its egg yolk colour and firm texture.



Martyn Cracknell



## Village Life

Are we safe saying that spring has finally arrived? We've already had a first burst of sunshine and warmth, bringing the contented buzz of lawnmowers at the end of February. It seems we need to mow later and later every year with only a brief respite before that dreaded first cut, after which the lawn looks like it's been attacked rather than neatly trimmed. Still great for the spirits though and guaranteed to raise a smile.

The blossom trees are also putting on a great early show, with the promise of much more as each variety takes its bow. As a summer baby I regard this as the start of the best season and am happy to bid farewell to winter with its short days and bleak outlooks. Apologies to any chionophiles out there but light mornings and evenings are here and I for one am celebrating!

I mentioned this last month and

am glad to report that our village bird houses have arrived and have been deployed in a variety of gardens, in trees, on walls and garden features. Never, before have so many desirable detached houses been welcomed to our small village. All are single room and genuinely affordable, with vacant possession and all necessary mod cons – well an access hole and cleaning hatch! We're collectively anticipating an influx of new residents who will hopefully swell our population further by producing offspring. I've taken the precaution of locating mine as far away from our cars as possible as other less welcome feathered neighbours seem to regard them as fair game and easy target practice – not a good look and dreadful for the paintwork! Easter is beckoning, with no excuses for not displaying a few decorative eggs, bunnies

John Driscoll

etc outside our houses. One of our village arts groups is hosting a couple of workshops to create Easter delights, so there's every potential for artistic flair – or just a sociable gathering and pre-Easter wellbeing session.

We'll next be turning our attention as a village to commemorating VE Day, 80 years on. Many in the village will have parents or grandparents who have vivid memories of the end of those particular hostilities. Hopefully this will resonate with a wide range of our village community and give us a chance to get together and empathise with our 1940's forefathers. How much in life has changed in those 80 years, and don't we take so much for granted that we risk forgetting the sacrifices of previous generations upon which our lives are built. Wouldn't it be just amazing if we could wake up to a world



without so much on-going conflict – we can but pray. So, roll on spring and summer and let's collectively hope for pay-back for the non-summer of 2024. Those little feathered families deserve long hot days with an abundance of worms, bugs, pollen or whatever they favour. Welcome to our village, and let's hope you'll be encouraged you to return year after year! What a tweet way to sign off!



# How to create a border with year-round interest

When I talk planting plans with clients, the topic of colour is always a focal point—it's such a defining element in any garden. Yet, the colour yellow often receives a dismissive, "Not in my garden, thank you!" I get it. Too much yellow, just like wearing a single bright colour from head to toe, can feel overwhelming. But it's all about balance. Just as accessories elevate an outfit, strategic accents can transform yellow from overpowering to delightful in your planting scheme. Take *Euonymus 'Aureopictus'* as an example. On its own, it might seem a little bold, but in the right context, it radiates cheerfulness and is evergreen too. It's a versatile and low-maintenance shrub that thrives in any soil or position. It forms neat clumps and reaches about 1m tall—perfect for a subtle yet striking backdrop. Pair it with complementary



plants that bring year-round colour and suddenly, that "too much yellow" is a stunning focal point within a well-coordinated planting scheme.

## Spring

Consider *Erysimum 'Bowles's Mauve'*, a perennial wallflower with vibrant mauve blooms and blue-green foliage. Flowering from February to July, it thrives in sunny spots and reaches up to 60cm. For an alternative, plant *Viola tricolour* (wild pansy) for splashes of delicate purples, yellows, and whites, adding additional colour.

## Summer

After the *Erysimum* fades, plant perennials such as *Echinacea Pallida*. These coneflowers are pollinator-friendly and bloom from June until September. Also try *Cosmos atrosanguineus* commonly known as the Chocolate Cosmos, with its deep maroon blooms which make striking contrast to yellow accents.



## Autumn

As summer fades, *Nerine bowdenii* start to blossom with its bright pink flowers. These bulbs are best planted outside with their neck just above the surface of the soil at 10-15cm intervals from April onwards. Alternatively, *Aster x frikartii 'Mönch'* are another autumnal star and will flower from August to October with bold blue/mauve flowers and yellow centres which will look great with the *Euonymus*.

## Winter

Winter flowers must be *Helleborus* with rich dark-purple petals and golden stamens such as 'Double Ellen Red' or 'Ice N Roses Red'. Which are one of my favourite winter flowers and they're happy in full or part sun and are loved by bees too. With the right companion planting, your garden will always feel colourful and harmonious throughout the seasons.



**Nikki Hollier**

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## April gardening tips

Reg Moule *BBC Hereford & Worcester*

### Early in the Month

Sow annual climbers e.g. *Asarina*, *Eccremocarpus*, *Cobaea*, *Ipomoea*, *Tropaeolum* and *Rhodochiton*. Dead head daffodils and narcissi—feed them but DO NOT cut off the foliage. Keep an eye out for slugs and take steps to control them. Prune any frost damaged shoots on less hardy shrubs such as *Pittosporum*. Plant summer flowering bulbs outdoors e.g. *Gladioli* and *Nerine bowdenii*, if you already have overcrowded clumps of *Nerines* in your garden lift and divide them now. For trouble free roses, spray with one of the safer rose combined pest and disease treatments, like *Roseclear 3 in 1*, or *Uncle Tom's Plant Tonic* for an organic solution to rose diseases. Prune *Forsythias* and winter *Jasmine* after flowering. Finish dividing overcrowded herbaceous perennial plants. Plant summer flowering bulbs e.g. *Gladioli*, *Dahlias* etc. Straggly silver foliage plants can be cut back now e.g. *Saintolina*. (but not down into old wood - that is risky). Lift

and divide pond plants. This is also a good time to introduce new plants too. Plant *Asparagus* crowns and *Jerusalem artichokes*. Divide overcrowded clumps of *Nerines* and *Siberian Iris*. Vine weevils will be laying eggs now they can be curbed organically by laying a half inch layer of horticultural grit on top of the compost to prevent successful egg laying. Otherwise known infected areas can be treated by watering on *Nemasys* Vine Weevil Killer nematodes. Cover some established strawberry plants with cloches to get an early crop. Plant new conifer hedges and trim established ones.

### Mid April

Tackle pernicious weeds, like bindweed, with a systemic weed killer containing glyphosate or *Vitax SBK*. A similar organic based product would be *Neudorff Weedfree Plus*. Hardy annuals can still be sown in situ outdoors. Plant dormant dahlia tubers 10cm (4in) deep outdoors at the foot of support stakes. Undertake lawn renovations by

repairing damaged edges and removing bumps and hollows. Watch out for whitefly appearing in your greenhouse, hang up some yellow sticky traps to monitor them. Plant some French marigolds or *Coleus cannina* near your tomatoes to deter the pests. Take conifer cuttings. Pull off 7.5 – 10 cm (3-4in) side shoots. Trim up the base. Dip in hormone and insert in free draining compost. Watch out for attacks of gooseberry mildew and gooseberry sawfly, these devastate bushes. Plant out cabbage, cauliflower, Brussels sprout and celery plants. Finish planting sprouted maincrop potatoes. Sow tomato seeds now for outdoor planting in June. Begin planting up hanging baskets, keep them inside until frost risk is minimal. Check your greenhouse regularly, as watering, shading and ventilation are important. Sow Basil indoors, but do not plant outside until there is no risk of frost. Start successional sowings of salad crops e.g. Lettuce, carrots and radishes.



### Late April

Sow tender veg. indoors for planting out next month e.g. courgettes, French and Runner beans. Sow marrow, courgette and squash seed on its side and soak Sweet Corn seed in water for four hours before sowing. Prune early flowered *Clematis* after blooming e.g. *C. alpina* and *C. macropetala*. This is only necessary where space is limited. This is a good time to re-pot any houseplants that are pot bound. Store unused seeds left in open packets in an airtight container in the refrigerator. Treat your lawn to an application of lawn food. *Miracle Gro Thick and Green* is my favourite as its food is released according to the weather conditions.



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## Evie's Teenage Focus

*Evie Aubin Oxford Brookes University*



Last I wrote to you I promised the first thing I would do is tell you about my concerts, so I guess that's where I'll start. It was a very busy week, to recap I had two concerts one on March 6th and another on the 8th. The first concert was Sabrina Carpenter, and it was absolutely amazing. I'll be the first to admit that I haven't always been her biggest fan. I always liked her, I thought she was cool and I liked a good few of her songs; but she was never one of the artists who I would just go onto Spotify, to listen too. However I fell in love with her music when her new album "Short n' Sweet" was released. It was when this album came out that I knew I had to see her, and looking back it was a very good decision. I usually end up preparing the outfit I will wear months in advance of the concert, however it wasn't until about a week before the concert when I stumbled into urban outfitters and found the perfect dress. I was struggling at first because I had found a few things that had the concert aesthetic but it just wasn't the vibe that I was going for; but I found the right one just in time. The concert was at the Birmingham Utilita arena. We got a train into Birmingham and then had about a 20 minute walk to the arena. In the end we got in the queue at about 2:00 in the afternoon and the doors opened at 5:30. As my parents lovingly pointed out, and I'm sure a few others are thinking, I am aware this is a long time to queue; however it was definitely worth it. Me and the friends that I went with

all had General admission standing tickets, meaning that before we went in, all the people with VIP tickets would go in and in theory they would all get the best view. However, due to the fact we got there early and were pretty close to the front of the queue, we still got very close to the front, only one row of people were in front of me and we had an amazing view. The concert itself was amazing and I made so many great memories that night. The second concert I went to was Gracie Abrams. I've liked Gracie for a very long time now, but this was the first time I had an opportunity to see her, due to this it was a very emotional experience for me. I went with my best friend Daisy which just made it even more emotional. Whilst Sabrina is meant to be a very upbeat artist Gracie manages to capture an overall melancholic vibe whilst still somehow being someone you can dance to. What I'm trying to say is she is absolutely incredible, and I don't think words can describe how amazing the experience was. I can only hope to be able to see these artists again, but until then I'll keep you up to date with everything else. So for now, Toodles!

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# Gregory's World!

Gregory Sidaway Exeter College, Oxford

## Brief Encounters

Oxford is a city of notable names. You can encounter them without even realising it. Visit the Bodleian Library and you tread in the footsteps of Sir Thomas Bodley. The Ashmolean: Elias Ashmole. Even when I hop over to college for Saturday brunch, I am munching hash browns in the spiritual company of Roger Bannister, J.R.R. Tolkien and Richard Burton. But the Oxford I've experienced has also been a city of notable faces, some of whom I've been lucky enough to encounter.

Most of my encounters were arranged through the Oxford Union, a debating society with their own headquarters, mulled wine at Christmas, and heated blankets. (Sounds rough, I know.) During Freshers' week, I picked up a lifetime membership. I often swing by to listen to their visiting speakers – from Charles Dance to Sir Lindsay Hoyle – and, of course, to enjoy their library, comfy chairs and blankets. In Year One, I'd ensconced myself in a comfy chair to revise, only to glance up from my notes and spot Sir Derek Jacobi being given a tour of the library. My insides jittered. Here was a giant of theatre, a titan of TV, responsible for introducing audiences to a

pantheon of era-defining characters, from Roman Emperor Claudius to Igglepiggle. He seemed particularly entranced by the murals hanging on the walls. They depict Arthurian scenes of shields, crowns and frolicking goats; apparently, they were painted by William Morris and Dante Gabriel Rossetti – no wonder Sir Derek was so interested. When he was asked if he wanted to tour the mezzanine, he raised a hand to his mouth in a very Thespian way and exclaimed in a stunned whisper: 'I daren't!' In Year Two, came Tom Hanks. On special occasions, the Union entices a Hollywood star over to the debating chamber on St Michael's Street. They'd interviewed Edward Norton earlier that year, but Tom Hanks' visit promised an even bigger turnout. Hours before he arrived, a queue was already winding around the front yard and backing up onto the street. Every seat in the chamber was filled. Not one square inch of leather upholstery was spared. I managed to squeeze into the gallery and we all murmured together in a stew of expectation and bubbling energy until Mr Hanks arrived. When he entered and the hubbub lulled, I still didn't trust my eyes. He leapt straight in with some acting exercises. We all had to repeat: 'Is there

something I can do for you?' in the context of various scenarios: helping an elderly person with a package, enduring a long shift at a city hall information booth, or confronting an unsavoury customer in a shop. Later in his speech, I vaguely noticed a woman on the front row rising to leave. I wouldn't have thought much more of this, had Mr Hanks not called out: 'So long, Em, I love you so much!' The woman swivelled around. It was Emma Watson. The chamber pulsed. We'd prepared for one megastar, but two? I blinked. Woody and Hermione were literally having a conversation right in front of us! Emma Watson had been studying a master's degree in creative writing at the time. Some claimed to have spotted her before – one of my mates had apparently seen her outside Leon – but this was a first for me and it was a crazy experience. Crazier still was the opportunity to actually talk to a notable face. In January, we attended a lecture delivered by the English Faculty's Visiting Professor of Creative Media: Sir Stephen Fry. Sir Stephen explained that being a 'visiting' professor meant he was expected to deliver a talk to students without the added benefits of a free welcome dinner or – that most coveted of



Oxford privileges – a parking permit! To our surprise, after his talk on 'The Lure of Language', he wasn't ushered away by security, but left to face a tsunami of fans. He rode this wave with friendliness and charm, giving everyone a few moments of his time – including me. I shook his hand and thanked him for everything he'd done. Then I asked if he could channel General Melchett from *Blackadder* and give us a "Baayyyy!!!" He chuckled, threw back his head and bellowed "Baayyyy!!!" Somehow, I only have one term left at uni. (Insert \*shiver\* here.) I'll miss opportunities like these, ones that left me fizzing with excitement, bouncing with disbelief and joy on the journey home. More than anything, though, I'll miss the notable faces of the friends I've made over my three years. A far greater opportunity, one that is far from over! I'll see them again – as I'll see you again, fellow reader, very soon.

## Romy's Uni Life

Romy Kemp Liverpool University

### Warmer Weather

Waking up to bright light through my uni blinds is a wonderful change from the pitter patter of rain which I am used to in Liverpool. With blue sky and a cool breeze, rather than the bitter wind of the winter months, I haven't had to wrap up as much for my days in university. It is turning into cardigan weather instead of thick coats and umbrellas. The Easter break is approaching quickly, and I cannot wait! I have quite a busy April and I am looking forward to enjoying being at home and seeing friends. I am going on holiday with my parents to Cornwall for my dad's birthday and am looking forward to the beach and sunshine (hopefully). I have always been more of a

winter person however I think living in Liverpool has made me yearn for sunshine and warmth - I have had enough of the bitter wind, rain and frost in Liverpool to last a lifetime. My mum's birthday was a couple of weeks ago and thankfully it aligned with my Reading Week (where I have no lectures in the week, just helpful talks) so I went home from Wednesday to Sunday. My mum and I went out to lunch together with my aunty and did a bit of shopping. My family went out for dinner for my mum's birthday too, we went to The Jockey and had a lovely meal (I had chickpea curry which was divine)! I also made a cake which was pretty good too. Overall, I think she had a lovely day! A couple of weeks ago it was my nana's funeral which we

attended in Slough. The service was done wonderfully and although it was incredibly sad, it was the nicest sendoff we could've given her and I am forever happy about that. I wrote a poem for her which helped me come to terms with her passing, but it also allowed me to commemorate the woman she was and the memories I have of her that will never be forgotten. It is coming up to that time in the semester where essays are due in, and consultations are necessary to improve the work that students are submitting. It is overwhelming at times to keep up with not only the meaning of the books you have to read but also the context and resources about the topics you choose to write about. I have also been looking into potential jobs after



university but so far, I haven't landed on anything specific - there are so many jobs out there, but it all depends on what stands out to you. I also have no idea where and if I want to move after university is finished. There is so much to think about and not a lot of time to come up with all the answers you need.



## Closing the gender pain gap:

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

### *A New Approach That's Working for Women*

For too long, women experiencing chronic pain have been left in the dark—facing delays in diagnosis, misattributed symptoms, and a healthcare system that hasn't always listened. But change is happening, and a clinic in Pershore is leading the way. Louise Anderson, a consultant pain psychologist and occupational therapist, runs Cognisance Pain Management in Pershore. She sees women every week who've spent years looking for answers. But instead of simply focusing on the frustration, her clinic focuses on what can be done—and the results are encouraging. "I've seen huge improvements in quality of life, emotional wellbeing, and day-to-day functioning," Anderson says. "When women feel heard, supported, and are given the right tools, they start to take back control from their pain." Anderson's work reflects a growing body of evidence that supports the use of psychological approaches—like pain reprocessing therapy, cognitive behavioural therapy (CBT), mindfulness, and pain education—as part of chronic pain treatment, especially for

women. These strategies don't suggest the pain is "all in the mind," but rather help manage the way pain is processed by the nervous system, reducing its intensity and impact. Research shows that women often experience chronic pain differently to men, both physically and emotionally. Tailored psychological support acknowledges this and helps women navigate not just the pain itself, but the emotional toll that can come with it—such as anxiety, low mood, and isolation.

Importantly, Anderson's approach is about partnership. "I work with each person to understand their story, their needs, and their goals," she explains. "It's not about fixing someone. It's about helping them live well with their condition."

While challenges like the gender pain gap still exist, the success of clinics like Cognisance shows that progress is possible—and happening now. With more awareness, better training, and evidence-based treatments, women are finally getting the recognition and support they've long deserved.

"I am not just managing pain," Anderson says. "I am helping people reclaim their lives."

"To plant a garden is to believe in tomorrow"

Audrey Hepburn

### LOUISE ANDERSON

(MBPs, MSc, MSc, BSc, BA, BSc Hons)  
Consultant Pain Psychologist and HCPC Registered Occupational Therapist



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## Sympathetic to Parasympathetic

Emily Papirnik

### *How I help people make the change . . .*

The autonomic nervous system (ANS) consists of two primary branches: The sympathetic nervous system (SNS), responsible for the 'fight or flight' response, and the parasympathetic nervous system (PNS), which governs 'rest and digest' activities. Chronic activation of the SNS can lead to stress-related disorders, making the transition to PNS dominance essential for relaxation and healing. At Intention Therapy, various therapies and skills are employed to facilitate this shift, promoting overall well-being. *Emotional Freedom Technique* EFT, often referred to as 'tapping', involves stimulating specific meridian points on the body while voicing particular concerns. This method aims to release emotional blockages, thereby reducing stress and anxiety. By addressing these emotional barriers, EFT encourages the activation of the PNS, fostering a state of calm and balance.

*Massage Therapies*  
Intention Therapy offers a range of massage treatments, including pregnancy, holistic, sports, and remedial massages. Massage therapy is known to alleviate muscle tension and enhance circulation, which can lead to reduced SNS activity. The tactile stimulation during massage sessions promotes relaxation, aiding the body's transition to parasympathetic dominance.

*Energy Healing*  
Energy healing practices, such as 5th Dimension Earth Certified Healing and Reiki, focus on balancing the body's energy fields. These therapies aim to harmonise the body's vibrational frequencies, facilitating relaxation and stress reduction. By restoring energetic equilibrium, energy healing supports the activation of the PNS, contributing to

mental and physical tranquillity.

### *Talking Therapy*

Engaging in talking therapies provides clients with a platform to explore their thoughts and emotions. This process can lead to new perspectives and emotional release, reducing stress levels. As stress diminishes, the PNS becomes more active, promoting a state of relaxation and improved mental clarity.

### *Weighted Blankets and Lap pads for both children and adults*

The gentle pressure from the blanket mimics deep pressure touch, which has been shown to reduce anxiety and improve sleep quality. This sensory input signals the body to shift from a state of heightened alertness to one of calm, enhancing parasympathetic activity.

### *'Me Helping Me' App*

The 'Me Helping Me' app offers a series of energy practices designed to empower users in their journey toward self-discovery and well-being. By encouraging a change in perspective and helping individuals manage their reactions, emotions, and thoughts, the app supports the activation of the PNS. Regular use of its features can lead to reduced stress and a balanced state of mind.

### *mehelpingme.com*

By integrating these therapies and techniques, Intention Therapy provides a comprehensive approach to facilitate the shift from sympathetic to parasympathetic dominance. This holistic strategy not only addresses physical symptoms but also supports emotional and energetic well-being, fostering a balanced and harmonious state of health.

*If you'd like some more tools to help your nervous system*

*and want to try any of the above contact me at*

[www.intentiontherapy.co.uk](http://www.intentiontherapy.co.uk)

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# Victory in Europe Day

Germany officially surrendered on 7th May 1945 and the conflict was finally over!

Issue 80

May 2025

VE DAY



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### NATION'S GREAT OUTBURST OF JOY ON VE-DAY

#### ROYAL FAMILY FOUR TIMES OUT ON PALACE BALCONY

#### Mr. CHURCHILL: 'NO GREATER DAY IN OUR HISTORY'

A GREAT NATIONAL OUTBURST OF RELIEF AT THE END OF NEARLY SIX YEARS OF WAR IN EUROPE WAS EPI TOMISED YESTERDAY, VE-DAY, BY TREMENDOUS SCENES OF REJOICING IN LONDON, WHICH BEGAN IN THE AFTERNOON WITH THE PRIME MINISTER'S ANNOUNCEMENT OF THE END OF HOSTILITIES AND CONTINUED FAR INTO THE NIGHT.

Four times in four hours, in response to the enthusiasm of huge crowds, the King and Queen, Princess Elizabeth and Princess Margaret stepped out on to the balcony of Buckingham Palace. On one occasion they were accompanied by Mr. Churchill, who later declared: "In all our long history we have never seen a greater day."

Of the vast numbers of people who set out from home in the morning, tens of thousands made their way toward Buckingham Palace.

### EYE-WITNESS DESCRIBES SURRENDER SCENE

#### GERMAN FLEET TO GO TO ALLIED PORTS

#### ADMIRALTY ORDER

The Admiralty announced yesterday that the following orders have been issued for the surrender of the German Fleet: All German and German-controlled warships, auxiliaries, merchant ships and other craft at sea are being ordered to report their position in plain language to the nearest Allied wireless telegraphy station, and are being given orders to proceed to such Allied ports as directed. They will remain in such ports until further orders are received.

All warships, auxiliaries, merchant ships and other craft in harbour are being ordered to remain in harbour.

U-boats at sea are being ordered to surface, to fly a black flag or pennant and to report their position in plain language to nearest Allied wireless telegraphy station. They will then proceed on the surface to such port as they may be directed.

All warships and merchant ships, whether in port or at sea, are being instructed to crane all weapons fore and aft. Breechings will be removed from guns, and torpedoes will be exploded. In harbour, all ammunition, explosives, torpedoes, warheads and all portable weapons are being ordered to be destroyed.

### JOYOUS CROWDS HAIL THE KING AT PALACE

#### MR. CHURCHILL'S V SIGN FROM BALCONY

British family instinct inspired tens of thousands of men and women to go to the London home of their King and Queen on VE-Day yesterday to share with them the joy of peace in Europe. A vast crowd was assembled outside Buckingham Palace throughout the day, a joyous and colourful crowd whose enthusiasm rose to a crescendo of patriotic fervour at the occasional appearances on the balcony of the smiling King and Queen and the Princesses.

Three times during the afternoon, after Mr. Churchill's broadcast, and on the evening of the day, Princess Margaret came to the balcony in response to the roars of the crowd.

On their third appearance the Prime Minister joined the Royal party. He stood between the King and Queen, waved his cigar to the great assembly and gave the Victory sign. The cheers continued for at least five minutes.

#### GATES CLOSED

#### "We Want the King"

The changing of the Guard, the arrival of war horses for an inspection, Mr. Churchill's arrival, for crowd, were early episodes that stirred the emotions of the happy crowd.

People stood packed tightly on the pavements and in the roadway outside the Palace, and the roadway was closed.

### GERMANS FIGHT RUSSIANS TO LAST MOMENT

#### DRESDEN FALLS

The Germans, whose surrender was due to come into effect this morning at one minute past midnight, were fighting to the last moment against the Red Army.

A Stalin Order received in London last night, about four hours before the official "Cease fire," announced that Marshal Konev's troops had captured Dresden, the capital of Saxony. It was the only major German city that had not been occupied by the Allies.

Earlier a Stalin Order announced the capture by Gen. Yermachenko's troops of Olomouc in Moravia, 130 miles south-east of Prague.

#### PRAGUE "CEASE FIRE"

The Czechoslovak National Council announced on Prague radio shortly after midnight that Czech representatives were leaving for Czechoslovakia, about 11

8th May 1945 – Victory in Europe Day (VE DAY) – is a day etched in the memory of everyone who witnessed it. After nearly six years of war Germany officially surrendered on 7 May 1945 and the conflict was finally over. The unconditional surrender came after Adolf Hitler took his own life on 30 April as the Allies surrounded Berlin and was authorised by his successor Grand Admiral Karl Dönitz. News that the war in Europe had ended did not come as a surprise and had been anticipated back in Britain for some time as the Allies

advanced on Germany. Across the western world, millions rejoiced, relieved that years of conflict and incredible hardship were finally coming to an end. Up and down the country millions of people took to the streets as communities came together to celebrate the end of the European conflict with street parties, dancing and singing. Mass crowds gathered in Trafalgar Square and up the Mall to Buckingham Palace, where King George the VI, Queen Elizabeth, Princess Elizabeth and Princess Margaret were joined by Prime Minister

Winston Churchill on the balcony of the palace before the jubilant crowds. Princess Elizabeth and her sister also later secretly joined the celebrations in the crowds outside the palace, with Princess Elizabeth, the future Queen, describing it as "one of the most memorable nights of my life". Despite the joy and celebration, it was a day of mixed emotions for some who mourned loved ones lost during the war, and for those who worried about friends and relatives still serving overseas. The conflict was over in Europe, but the war continued to wage in the Far East and

Pacific, with many troops redeployed to fight in the east instead of coming home. The end of the war in Japan came a few months later in August after atomic bombs were dropped on Hiroshima and Nagasaki. The impact of the Second World War endured long after VE Day. Millions of lives had been lost, homes and cities were destroyed and needed to be rebuilt, and people all over Europe had been displaced by the conflict. But after years of uncertainty and living in fear, it was one day that everyone came together to celebrate the start of new beginnings.



# Flying Nightingales

John Driscoll

September 1944 and the Arnhem landings in Holland are not going well. Allied forces suffer heavy casualties and field medics are struggling to keep pace. The Womens Auxilliary Air Force (WAAF) are tasked with assisting with the repatriation of wounded servicemen from the front. 200 young nursing auxiliaries volunteer to serve on medical assistance flights, among them Leading Aircraft Woman (LACW) Gibbins – better known to me as Mum. The Flying Nightingales were born and until late 1945 they helped around 100,000 seriously injured men return to England where they could receive specialist treatment. The wounded included horrendous cases with severed limbs, major head injuries, burns and severe trauma. Daily duties for the Nightingales started with loading the medical and support hamper onto the plane. Converted Dakota freight planes were used and carried supplies, including ammunition, on the outbound flight so could not bear the Red Cross. They were therefore vulnerable to enemy attack. One nursing auxiliary accompanied the flight crew of four men to tend to the wounded on the return trip. They could administer morphine and oxygen, but evidently the most frequent request was for a cup of tea! In my Mum's words, they were mostly so relieved to be going back home they could put up with the lack of comfortable surroundings.

Each flight carried eighteen stretcher cases plus six sitting wounded. Some days involved two flights. Often the auxiliaries accompanied the wounded by road ambulance to their specialist hospital in England before returning to base and repeating the whole process.

Parachutes were provided for the outbound flight, though I'm not sure my Mum was ever trained to use one! For the return trip the Nursing Auxiliaries' chutes were locked away as they were expected to remain with their patients. As my Mum cheekily suggested, 'they could hardly wave cheerio to their charges and jump to safety leaving them to their fate!'. More than once the return flights were delayed overnight, necessitating an unscheduled stop-over in the combat zone. LACW Gibbins had a few stories to tell, but of course most of them remained unspoken.

The Flying Nightingales weren't totally unrewarded though. Admittedly their pay was only two thirds of what their male equivalents were paid, but they received a daily allowance in recognition of their unusual duties. They received eight old pence a day, which would buy a half pint of beer in 1944. Not very scientific, but that equates that to about £2.50 a day in current terms. Not a lot is it? Two of the volunteers were sadly lost in action. You can be forgiven for not having heard of the Flying Nightingales because they were

not officially recognised at the time. British government policy did not allow females to serve in combat zones, so their existence would have been a bit of an embarrassment. As a family we only knew very sketchy details as our mother rarely spoke of this episode in her life. To her, 'there was a war on so you just had to do your bit'. Anyway, she later confided that these were happy years for her, she thoroughly enjoyed what she was doing and felt a great sense of achievement.



*Inside a converted Dakota converted to carry patients on stretchers or seated.*

Fast-forward and in 2008 seven surviving Flying Nightingales were presented with a Lifetime Achievement Award by the Military and Civilian Health Partnership. No medals were awarded at the end of the war because, well, they hadn't officially existed. Unfortunately LACW Gibbins was

overlooked for this award, but thanks to her daughter's eagle eyes her continued existence was highlighted and she received a Nightingale Award in 2009 at the age of 91. A moment of recognition which included a BBC News interview during which she recounted that the main reason she volunteered was because they were allowed to wear trousers while on duty – which she far preferred to the uniform skirts otherwise expected! Far too modest and no way was she prepared to accept that she and her chums had displayed amazing heroism for such minimal recognition. After all – 'there was a war on!'



*Injured serviceman being loaded onto a Dakota somewhere close to enemy action.*



*LACW Gibbins with other members of air crew alongside a Dakota*



*Alec Mackie, ex Worcestershire Regiment*

[illegible]



# Elgar in the Recording Studio *by Andrew Keener*



'Please play this tune as if you've never heard it before!' Thus, Elgar to the London Symphony Orchestra at the opening of London's Abbey Road Studios in November 1931, filmed by Pathé News. The tune in question is 'Land of Hope and Glory' from his first Pomp and Circumstance March, the film the only visual evidence we have of Elgar conducting. Yet he was no stranger to the recording studio, having first set foot there in 1914 to record 'not less than four of my own compositions' for the Gramophone Company's His Master's Voice label. For the next eleven years sessions would take place in cramped surroundings in London's City Road or at the company's studio in Hayes, the musicians clustered around the acoustical horn, double basses reinforced by tuba to add ballast to the faded sound. For Elgar, the gramophone was a resource to enlighten as well as entertain, a vital educational tool: 'The days when the Gramophone was held to be

nothing more than a scientific toy have gone by' he wrote. 'Now it takes its rightful position... in the world of music'. Little matter to him that his compositions on those early acoustical recordings he conducted were usually abridged in order to fit a long work on a limited number of four-minute 78 rpm sides. Then from 1926 when microphones entered the recording studio to the year before his death in 1934, Elgar was to commit to wax the vast majority of his orchestral works, recorded without cuts in vivid sound ahead of its time. London orchestral players, who held him in great admiration and affection, reported a conducting technique more inspirational than exact ('relish this tune, second violins, I wrote it especially for you'). But listen to the fire of his recording of the Prelude from The Kingdom or the 1927 account of his Second Symphony. On LP, CD or via streaming, the incandescence jumps from the original grooves.



The Gramophone Company in the person of his recording manager Fred Gaisberg returned the favour, keeping him supplied with the latest models on which to play his, and others' recordings. A favourite among the latter was Brahms' Third Symphony, which Elgar conducted when briefly principal conductor of the London Symphony Orchestra; what would one give to have a recording of this performance! One of Elgar's gramophones, still in working order, is to be seen in Elgar's birthplace cottage (The Firs in Lower Broadheath); a contemporaneous model which visitors can hear in action, is also on the premises. To hear these old discs played on a machine which Elgar would have known is to step back into a bygone, pioneering age.

*Andrew Keener*

Born in Barry, South Wales, Andrew Keener's musical awakening was encouraged by supportive parents and an inspirational music teacher at Barry Boys' Comprehensive

School. He gained a B. Mus from Edinburgh University before a brief spell as a music critic and journalist for The Gramophone, Hi-fi News & Record Review, The Guardian and Musical Times. He has been an independent recording producer since 1980, lucky enough to have worked in the studio on Elgar's music with such eminent Elgarians as Daniel Barenboim, Martyn Brabbins, Natalie Clein, Sir Andrew Davis, Sir Mark Elder, Vernon Handley, Steven Isserlis, Nigel Kennedy, Andrew Litton, Sir Charles Mackerras, Heinrich Schiff and Leonard Slatkin. His latest production is of Elgar part-songs by the Proteus Ensemble conducted by Stephen Shellard, recorded for the Avie label in Pershore Abbey with a CD booklet note written by his partner Peter Avis who contributed an article on Elgar and Bredon Hill in the November issue of Powick Times.



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## National minimum wage and national living wage

The National Minimum Wage was introduced over 25 years ago and in 2016 the government introduced an initiative for the over 25s called National Living Wage. In 2021 the age limit for the National Living Wage reduced to 23 and from April 2024 the age limit reduced again to 21.

Whether reference is to the minimum or living wage is just a case of semantics as the effect is the same. You must be at least school leaving age to get the National Minimum Wage. Hourly rates of pay are then calculated according to your age and whether you are an apprentice.

There are increases to the set rates of pay every year in April, but April 2025 will see some of the biggest increases yet especially for those workers who are aged 20 and below. The absolute minimum rate for apprentices and workers aged up to 18 will be £7.55 per hour, for 18–20-year-olds £10 per hour and for those aged 21 and over £12.41 per hour.

While this is good news for employees, the impact on employers of the increases combined with the changes to employer's national insurance will be stark.

There are certain types of workers who are not entitled to the National Minimum or



National Living Wage so if you are not sure check HMRC for a definition of who is included. It is not a choice whether to pay the rates set, it is a legal obligation. If you are an employee and believe you are not being paid at the correct rate you have the right to raise this with your employer. If, after that you believe you are still being underpaid you can refer the matter to ACAS or to HMRC.

Issues reported to HMRC can lead to an enquiry for the employer. As any underpayments will be calculated at the minimum rates currently in place and penalties may also be applied, it is far better to ensure the right rates are being paid now. If you need help speak to your accountant or refer to the HMRC website.

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

"Spring adds new life and new joy to all that is"

*Jessica Harrelson*



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## Spread the joy instead!

*Angela Johns*

My birthday month is here, along with several other family members. It's funny how family birthdays often group together. I can't explain why. If you have a theory, please do share! On another note, I have been thinking about customer service jobs and that they are not paid enough. At the sharp end of the vagaries of the general public's mood and temperament, customer service workers are required to carry on with equanimity. Regardless of being neither responsible for the decision makers' decisions, nor the customers' bad day, week, month or even year, it seems they have to take it on the chin. A prerequisite for the role for sure but also, at times, unfair. And counter-productive too – I wonder how long the passive aggressive telephony assistant keeps the finger on the hold button in quiet retaliation, increasing the frustration of the disrespectful caller. The trend in our society is that this bad behaviour on the part of the customer has gotten worse, noticeably in the last five years. Now there are notices as a reminder that abusive behaviour is unacceptable, and bodycams to record it as proof (or as deterrent). Do angry people know it refers to them, I wonder?

We can change society with education, campaigns, sacrifice, even rebellion. Well, my voice is not loud enough to teach, I'm too comfy in my zone to campaign, a bit too selfish to sacrifice and too much of a goody two shoes to rebel. But what I can do is look to myself and make changes there instead. I can look at my own frustration and anger, try to understand it

and direct it where it belongs. How many times have I been wronged at work and gone home to snap at a loved one? How often have I been taken for granted at home then been short with someone who is serving me? When have I felt the pinch of financial insecurity and been less than courteous when out and about shopping? Misplaced direction of anger is unfair. It damages society, community, family and relationships. Directing anger and frustration in the wrong place, at the wrong person just spreads the pain, multiplying the injustice. Instead of solving a problem, it creates new ones. Ultimately it brings no satisfaction or resolution, no personal growth. It would feel so much better to resolve it at the source and not pay it forward; to put it down, not carry it around; to explain myself and not draw the wrong attention to myself. There would be so much more room for joyous and enjoyable interactions. I might even find a source of connection and comfort I didn't realise was possible. Along with all the other feelings, there is joy inside us all. We can choose to spread that around whenever we can.

*Angela is a qualified Emotional Therapeutic Counsellor registered with the FETC and NCPS. 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 [angelajohns.co.uk](http://angelajohns.co.uk)*

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# Thomas Coventry & Edward Winslow

Nicola Hewitt

In a previous article Tim Hickson wrote about Edward Winslow and his links to the Mayflower and thanksgiving. There is another local with links to the Mayflower and Edward Winslow. Thomas Coventry, who became the 1st Baron of Allesborough, was born in 1578 and was educated at Baliol College, graduating from there in 1592 the same year that his father bought Croome Court in Worcestershire. He became a lawyer and rose up the ranks. In 1617 he became Solicitor General, then in 1621 Attorney General and then finally Lord Keeper of the Great Seal of England in 1725. A position he would hold until his death. He was married twice, the first time to Sarah Sebright with whom he had a son and a daughter. After Sarah's death he married again in 1610 to Elizabeth Pitchford (née Aldersley), the lovely young, rich widow of William Pitchford of London a grocer/apothecary and member of the Grocer's Guild. They had four sons and four daughters. It's probably through Elizabeth that he worked with the Guilds acting as lawyers for them in various cases. He was the first lawyer to be invited to attend a Guild banquet and the first Lawyer in 1627 to be admitted to the Grocers Guild as one of its freemen. He also became part of the

Merchant Adventurers who through their subscriptions pay for the voyage of the Mayflower. Throughout his career he was involved with the production of charters, patents and administration of the various colonies and companies including the New England Company, Virginia Company and Massachusetts Company. In 1620, he prepared a patent of incorporation of the "adventurers of the Northern Colony". This patent became the Great Charter of New England, and the foundation of all grants made within its territory. In 1635, Edward Winslow was imprisoned in Fleet Prison, in London, for performing marriage ceremonies in New England without being an ordained minister. The pilgrims saw marriage as a civil affair rather than a church matter and so they were performed by a civil magistrate or leader and not a minister. Thomas interceded on Edward's behalf and had him released. It is thought that the Coventry's were close friends with the Winslow's and that Lady Coventry on hearing the news of Edward's imprisonment wrote to her husband to ask him to act. Edward would return the favour after the end of the civil war by vouching for the Coventry family when they were threatened for supporting the King. Whilst on the Mayflower, the



A drawing of Kerswell Farmhouse, Kempsey

pilgrims drew up the Mayflower Compact and signed it, Edward's is the 3rd signature. He also became the 3rd Governor of the colony and was Governor a further two times. Edward named his home in New England, Careswell. This was after his family's home in Kerswell Green. His grandfather and previous generations had been yeoman farmers there. In 1536, Richard Winslow had started to buy land in the Croome Manor, including what is now Kerswell Green Farmhouse, and farmland at Clerkenleap. Edward's father, also called Edward was part of the Droitwich Salt business and was held on suspicion of being involved in the gunpowder plot because he was renting salt vats from Robert Wintour but after interrogation he was released as it was proved to be just a business relationship. During his lifetime Edward wrote several books and pamphlets on

life in the colony and many of his letters survive. It is in one of these that we have a description of the colonists and natives coming together for a feast, which formed the basis of Thanksgiving. A letter dated 1640, records the death of Thomas Coventry and suggests Thomas has been a good friend to the colony and his death will hit them hard. Edward died in 1655, whilst travelling to Jamaica on a mission for Oliver Cromwell and was buried at sea. Unfortunately, Thomas left us another legacy, the Inland Revenue, but that's another story.

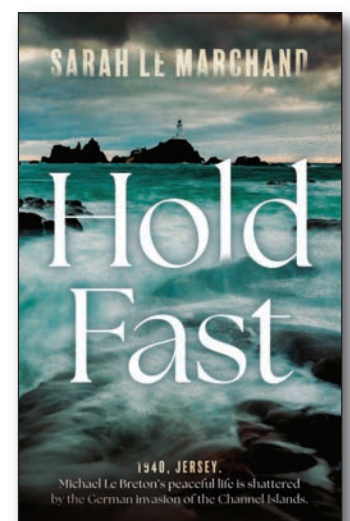


## Channel Island history come alive in family-inspired historical novel



In 1940, Jersey teenager Michael Le Breton's peaceful life is shattered by the German invasion of the Channel Islands. His older brother, Jacques, draws him into the island's resistance efforts, but their family faces its greatest danger when they decide to hide Konstantin, an escaped Russian prisoner. Konstantin, one of many Eastern Europeans brought to Jersey as slave labour, is deeply scarred by his brutal experiences, making his relationship with the family tense and volatile. As Michael navigates these dangers, the situation becomes even more precarious when his twin sister, Amy, befriends a disillusioned German soldier. Michael is forced to confront the harsh realities of war. What unfolds changes his life forever.

After a long and fulfilling career teaching English, with a passion for a wide variety of literature, Sarah Le Marchand began her own writing journey by completing an MA in Creative Writing with the Open University. This is her first novel. Sarah explains: "I have a long-standing interest in the German Occupation of the Channel Islands. My mother was a teenager living with her large family in Jersey during the occupation. Some of my characters are based on members of the family and I was inspired by their stories of life during that time. I know the island well, though I was brought up in Yorkshire; my mother moved to Bristol after the war and trained as a nurse before marrying my father. All my mother's siblings



remained in Jersey and I spent much time there as a child, teenager and student. I met my Jersey husband there, so we have plenty of incentive to return as frequently as we can!" Find out more at <https://bookguild.co.uk/bookshop/historical/hold-fast> Price: £9.99



# Way Out West



"just popping down to the Bank dear"

We've just had lunch in a pub where the French forces surrendered after their last attempt to invade us – not, as you might think, back in 1066 but as recently at 1797. Back then the French Revolution was in full swing and the zealots in Paris thought that the oppressed British peasants were ripe for revolt. So they sent an invasion force of some 1400 men to attack Bristol, but they missed and ended up in west Wales instead. They got ashore all right and took over a nearby farmhouse as a base – unfortunately there had recently been a shipwreck of a Portuguese vessel which had a cargo of wine, salvaged by the farmer and his mates, so the invaders proceeded to get royally drunk. The campaign degenerated into something more akin to Dad's Army than Napoleon's Grand Armee and the invaders surrendered in the nearby pub – the Royal Oak at Fishguard – where I've just eaten a Welsh Rarebit washed down with a pint of local bitter. Basing ourselves in a rather nice cottage in the tiny resort of

Aberporth we have enjoyed a few days exploring the coastal region from south of Aberystwyth to St. David's. The latter is, as you probably know, the smallest "city" in the UK. It's a city in the old sense because it has a cathedral but, although the population is less than 2,000, it was formally designated a city by our late Queen some thirty years ago. It's worth seeing the ruins of the Bishop's Palace, next to the Cathedral, which we're told is one of the best preserved examples of a mediaeval Bishop's Palace – but I'm not sure that the competition is that intense! Whatever, it's certainly worth the walk around. To be fair I was more impressed by a site on the way there – Castell Henllys, a recreated Iron Age village reconstructed on the exact site where our remote ancestors lived some 2,000 years ago. They also 'celebrate' the ancient Celtic feasts – so that if you want to mark Beltane, for example, you need to be there on May 4th to join in the pagan festivities. For details see: [www.castellhenllys.com](http://www.castellhenllys.com)

Certainly the whole area is rich in history, as is reflected in the place names. For example, we had a nice lunch at the Ship Inn in the tiny bay of Tresaith. Now, in Welsh, Tre Saith means "Town of Seven" and this apparently is a reference to seven daughters of an Irish King who came ashore there back in the olden days. Why they chose to do so I don't know, but it makes a good story..... Nearer our own time we also enjoyed a visit to Llanerchaeron, a remarkably unaltered eighteenth century villa at the heart of a self sufficient estate with walled gardens, parkland and woodlands also there to be explored. The house is an early example of the work of the architect John Nash. Built in the 1790's the estate was designed to be self sufficient and the service courtyard still has a dairy, laundry and salting house to look around.

For more details see:

[llanerchaeron@nationaltrust.org.uk](mailto:llanerchaeron@nationaltrust.org.uk)

Talking of the National Trust, not far from here are the Roman era gold mines at Dolaucothi which were in production until the 1930's and where you can still have a go at panning for gold

Brian Johnson-Thomas

– but the result is not guaranteed! You can also book several tours including an underground trip (for which you must be at least one metre tall). Details and bookings via: [dolaucothi@nationaltrust.org.uk](mailto:dolaucothi@nationaltrust.org.uk) So there's a lot to see and do quite apart from the traditional seaside entertainments which you can find at resorts like New Quay (where the poet Dylan Thomas lived for a while) and smaller spots along the verdant coast as well as quaint locations such as the preserved Georgian gem of Aberaeron with its' brightly coloured houses clustered around the town's internal harbour. Quite simply, it's a nice place to wander around. As indeed is the town of Cardigan, once one of the foremost ports in Britain, and still with an impressive mediaeval bridge and Cardigan Castle, spruced up as recently as 2017, and well worth the visit. Quite an eclectic range of shops and some nice eating places, altogether worth the stop. Which is just what I'm going to do – the sun is shining and it's nearly lunchtime. Time to seek out yet another pub with a stunning sea view. It's a rough job, but someone's got to do it.



## A view from the middle

Spring has well and truly sprung and the countryside around Pershore is truly a delight to behold. The dawn chorus is loud and vocal and the depths of winter seems finally to have been shaken off. I have been fooled by a False Spring before but I feel as if this time it's for real. This time of year always gives me an extra bounce - or

'spring' if you prefer - and I hope that the warmer weather and brighter skies will bring readers a certain amount of cheer. New life is bursting out all over the place and I've even seen that the patter of tiny claws is soon expected at Pershore Abbey with the laying of peregrine eggs. Among all this rebirth and growth, I've attended the

funerals of two family friends in the last couple of weeks and, among the sadness, have been reminded of how important it is to remember the good memories of those we have lost even when we are shaken by their passing. One of them had what I shall describe as 'interesting' dress sense and the bright colours of spring flowers can certainly bring him to mind

while another always used to look for her late loved one in rainbows and other forms of natural beauty. My earnest wish is that we can all appreciate this beautiful time of year and share it with the people we love, even if - or, rather, especially if - they no longer walk the mortal plane with us.



# Jazz News

Peter Farrall



The Day of Reflection on March 9th, promoted by the Government to remember all those who were lost to the evil Covid-19 virus in 2020 and later years, prompted many tears and heartaches for family, friends and neighbours who are no longer with us. The world of jazz suffered its share of tragedy with the loss of, not only legendary icons of the music, but lesser-known musicians who had provided enjoyment in their local clubs over the years. Here in Britain, we mourned Lord Anthony Colwyn (he was a real hereditary peer), trumpeter, band leader and crusader for jazz appreciation in the House, who died in 2024.

Saddest for Pershore Jazz was the death of friend and mentor Keith Nichols whose appearances at the Festivals on the College campus were a huge attraction for fans from all over the UK and abroad. His orchestras, assembled from the cream of Classic Jazz musicians, traditionally opened the proceedings on Friday evening and continued to fill the venues over the weekend. Keith was a world-renowned performer and educator of classic jazz from the 1920s and 30s and his chosen musicians considered it a great privilege to perform under his leadership. The first of our annual Jazz on a Summer's Day series in 2022 was dedicated to his memory.

The government's lock down regulations prevented a Jazz Festival in 2020 but our chairman Graham arranged with Pershore College to present a virtual, three-day mini event in the college auditorium under strict distancing rules and so we could still enjoy his band Shades of Jazz on line albeit locked away from the outside world with players separated by plastic sheeting. There is nothing like a live performance but thanks to Graham and the band for providing some welcome sunshine in the dark pandemic days. Recordings still available on the website [pershorejazz.org.uk](http://pershorejazz.org.uk).

This same, very accomplished and entertaining band will be at Pershore Jazz Club this month, personnel including Rich Hughes on piano and Simon Smith bass, last seen at the Fugue and Groove club session in February.

Virtually (pun intended!) the same band as in 2020 but for Jim Douglas Guitar, now retired, and Martin Veasey on trombone instead of Dave Deakin. Gary Wood plays trumpet and sings, John Hallam on clarinet and saxes with the boss himself, Graham Smith, on drums.

*Don't forget this year's Pershore Jazz on a Summer's Day on Saturday 9th August! Details on our website: [pershorejazz.org.uk](http://pershorejazz.org.uk)*

## Graham Smith's Shades of Jazz

Wednesday 30th March

Doors open at 7pm, music at 8

Function Room, Pershore Football Club

Admission £12.50 to include a raffle ticket

Book in advance and pay on arrival

[club@pershorejazz.org.uk](mailto:club@pershorejazz.org.uk) Tel: 01527 66692 find us on Facebook

# Meet the owner of Worcester Podiatry



## Committed to Excellence and Patient Care

Worcester Podiatry has entered an exciting new chapter under the leadership of its owner and Clinical Director, Patty Cairns. With a passion for podiatric excellence and a deep commitment to patient well-being, she is dedicated to providing outstanding care in a nurturing and supportive environment.

"Our ethos is simple," she explains. "We believe in delivering excellent care that not only treats foot and lower limb issues but also helps people live their best lives. Whether it's reducing pain, improving mobility, or offering preventative care, we want every patient to feel supported throughout their journey with us." Since taking over, exactly a year ago, Patty and her team have worked tirelessly to enhance the patient experience. This patient-first approach is reflected in the glowing feedback from patients, who highlight the importance of a welcoming atmosphere, professionalism, and clear communication. As one review describes, "From the moment I

walked in, I was greeted by a lovely and welcoming environment that felt clean and inviting. I was treated by Patricia, who was exceptionally professional and immediately put me at ease."

What truly sets Worcester Podiatry apart is its attention to detail and follow-up care. As the same review continues, "What impressed me further was the follow-up email I received shortly after my visit, summarising everything we had discussed during the appointment. This attention to detail and prompt communication truly underscored their commitment to patient care."

"We want every patient to feel reassured, listened to, and confident in their care," Patty adds. With this renewed vision, Worcester Podiatry continues to be a trusted clinic, offering expert care in a caring and supportive setting.

Worcester Podiatry

Tel: 07747 866072

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# Music Matters

Steve Ide

In February, 1,000 artists came together to release a 12-track album called "Is this what we want?" as a protest about the use of copywritten material being used to train artificial intelligence without licencing. Much doom and gloom has been written about AI killing music and many people are understandably nervous about the implications. However, there can be little doubt that AI is coming and that it will change music and arts in ways it is hard to predict. But will it kill the music industry? The death of music has been predicted many times, from the start of recorded music to home

taping, pirate music sites and most recently streaming sites, but it has survived them all. And it seems unlikely that AI will spell the demise of music. Sure, it will probably change how music is made and consumed, but a song made and performed by a person has a value that one by a computer will never have. The industry and artists will find ways to work alongside it, they will adapt and survive. So, while we wait for the next great leap forward, it seems likely that talented artists will be entertaining us with interesting and exciting music for a long time to come.

## Notable new albums

*Pinball wanderer* by Andy Bell. The third solo album from the ex-Ride guitarist is a psychedelic journey worth taking. So, when the evening sun goes down, dive into this album and enjoy echoes of The Stone Roses alongside hypnotic grooves.

*Cowards* by Squid. A slightly freaky and dark album from the Brighton rockers. One to spend some time with, allow yourself to listen and absorb.

*Mayhem* by Lady Gaga. The pop princess is on top form with this record, she's got a new spell, and you should let yourself fall under it

## Add to playlist

Squares  
by The Beta Band

Love is an ocean  
by The Midnight

To live and die in Levenland  
by Jackie Leven

The clap hands song  
by T Bird and the breaks

Makeba  
by Jain



# View from the Boundary

I had expected to wax lyrical on the successes of England in the Champions Trophy. However, what a disaster beaten by Afghanistan who, because of their troubles are not even resident in Afghanistan. The side is a rag tag and bob tail side this is put together to play cricket, there are more registered players in Worcestershire than Afghanistan. The Cricket season is upon us, and we will see if Worcestershire woes continue. The committee is no longer a committee of members. Not since John Elliott and Percy Price who, as chairman were members with a deep routed passion for Worcestershire. Now after the demise of one chairman for issues that have been kept under raps, we now have a chairman who lives in Berkshire!!! Enough said, the proof of the pudding will be in the eating. With the 100 being franchised it is strongly rumoured that the counties will be changed from 18 to either 14 or 12, either way with Worcestershire's performance both on the field and financially, they will be a casualty. On other sport it is a clear runaway for Liverpool in the Premier League. The FA cup is more open On to other matters and your letters to the editor from my last piece. The question arises again about capital punishment. My piece last month suggested that troublemakers in prison

could go to Zimbabwe. Tis was somewhat tongue in cheek, but it seems to have some traction. A prisoner costs between £75 to £100 pounds per day. Chikurubi would be about £5-00 per day. Not only would this be a cost saving, but a huge deterrent. I had to see a client in a Midlands prison. He needed to sign some documents. However, documents could not be taken in as some paper had been impregnated with drugs and that some inmates were off their head. This raises the question of why drugs come into prison. This is a business and as such could be dealt with by a deterrent of Ten years imprisonment and potential sending a Prisoner to an overseas Prison. Perpetrators could be external drones, visitors and prison officers. They should also be subject to this sentence. Further to the comment of the death penalty. Two very recent cases were the Southport Attacker Axel Rudakubana Stabbed and killed three people. He had also been involved with some attempt previously to produce Risin and had Al-Qaeda manuals. More recently there is the case of Kyle Clifford who killed three innocent women. This then begs two questions. The first being should both these people be subject to capital punishment. If this was to be considered, then of course one must look at the burden of proof. No one wants to go back to the cases of Ruth Ellis and

the Bentley Brothers. All would in today's legal view, there were grounds for significant law changes and mitigation. Leaving aside aggravation and mitigation. The burden of proof should be changed from beyond reasonable doubt to beyond doubt. Another issue with Clifford is that fact that he refused to come into court to face the family of the murdered people. I am of the view that this is their right and where a defendant has to be forced into court for the delivery of the sentence. The defendant should be put into a soundproof dock where they are likely to be disruptive so the families can see the defendant sentenced. All this will of course raise a question of the ECHR. Great Britain should remove themselves from this convention and the executive and Parliament should create a Human Rights and Responsibility Act. There is another issue that is growing in Great Britain. There are at present circa 81 Sharia Law Courts making derisory decisions. This is subjugating women; it is fundamentally wrong. Our own courts are perfectly capable of dealing with matters under British law, Scottish and England & Wales law does very slightly so each Jurisdiction can deal with matter under their legislation. I am presently researching the insurance market especially for cars. There is a cabal growing regarding the price and the

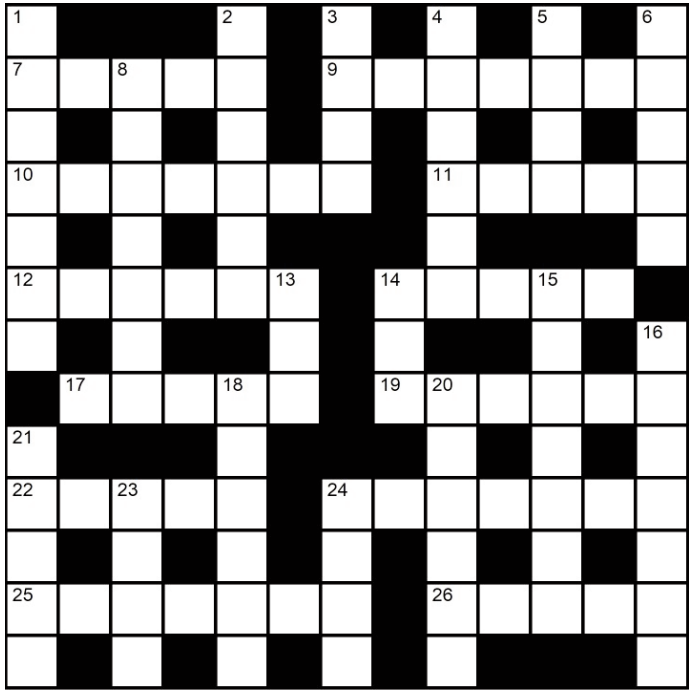
companies right to scrap a car. My research will also look at why people of 75 should have loaded premiums. Some people at 20, 40 and 60 should not drive at all or should their premiums be loaded. For example, a 75-year-old ex-professional pilot retained his private flying licence. He has stringent medicals; he has a licence to fly aircraft significant aircraft with 10 or 20 passengers. He has his car insurance loaded because of age? Very lastly, we are about to embark on elections for the County Council. I implore you to look at the CV of each candidate, whilst they may be affiliated to a political party the Councillors do not make political decisions. The council has financial issues, therefore at a minimum the candidate must be able to understand a balance sheet of £500,000 and have specific experience. A lot of councillors have, whilst they have good intentions, have never really run anything and therefore the council is run by the officials and "Yes Minister" comes to mind This article raises significant questions, please write to the editor with your views and I am assured that they will be printed!





Coffee Break

Crossword



Across

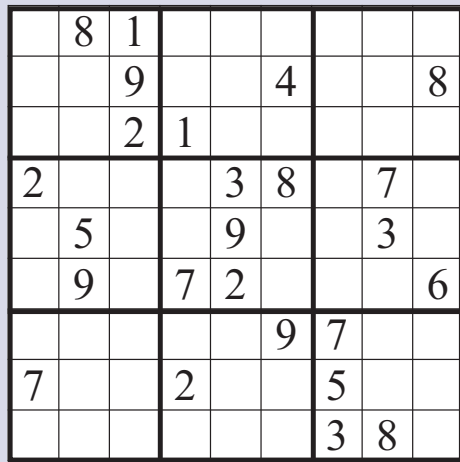
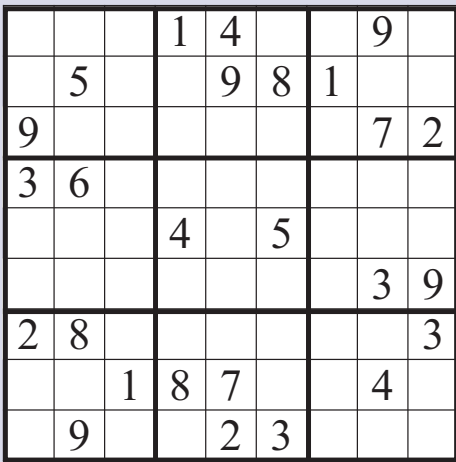
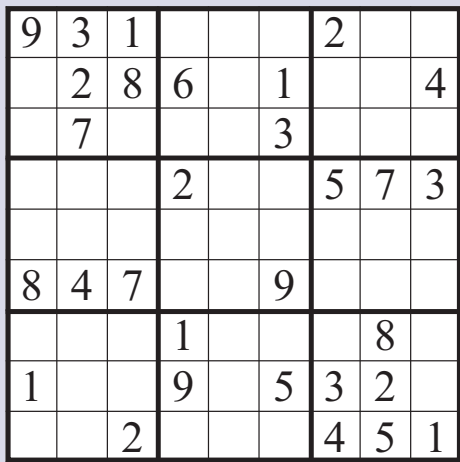
- 7 Indian class (5)
- 9 Simian (3-4)
- 10 At the apex (7)
- 11 Affliction is cruel cut (5)
- 12 Russian sleigh (6)
- 14 Energetic (5)
- 17 Tolerate (5)
- 19 Rarely encountered (6)
- 22 Get new guns (5)
- 24 Lunges (7)
- 25 No good (7)
- 26 Simultaneous firing of artillery (5)

Down

- 1 Transparent overlay (7)
- 2 Do over (6)
- 3 Engrossed (4)
- 4 Tie up rescue craft (6)
- 5 Spine separator (4)
- 6 Earth (5)
- 8 Champion (7)
- 13 Facilitate (3)
- 14 Ballet step (3)
- 15 Sun protector (7)
- 16 Income earned in the past (7)
- 18 Show song (6)
- 20 Pre-revival zombie (6)
- 21 Arrogant (5)
- 23 Blows away (4)
- 24 Cooking measure (4)

Sudoku

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



Wordsearch



- ASEA  
BETSY  
CON  
CROSS-  
LEGGED  
DEBT  
DONE  
EELS  
EIGHTH  
EMERGENCIES  
ENRICH  
GALE  
GOOSE  
GUT  
HAIL  
HEGEL  
HICK  
HUBS
- ICE  
INMOST  
KIDDERS  
LAG  
LEO  
LON  
OMIT  
RIP  
ROD  
SASS  
SEQUEL  
SEWN  
SOW  
SPIKED  
STAY  
SUIT  
TEMPS  
UNMET

Brainteaser

What starts with  
a P, ends with an E and  
has a million letters in it?

What are the next  
three letters in this  
puzzle?  
WAT  
NTL  
???



# Poets' Corner

## XLIII The Immortal Part

When I meet the morning  
beam,  
Or lay me down at night to  
dream,  
I hear my bones within me say,  
"Another night, another day."  
"When shall this slough of  
sense be cast,  
This dust of thoughts be laid  
at last,  
The man of flesh and soul be  
slain  
And the man of bone remain?"  
"This tongue that talks, these  
lungs that shout,  
These thews that hustle us  
about,  
This brain that fills the skull  
with schemes,  
And its humming hive of  
dreams, -"  
"These to-day are proud in  
power  
And lord it in their little hour:  
The immortal bones obey  
control  
Of dying flesh and dying soul."  
" 'Tis long till eve and morn  
are gone:  
Slow the endless night comes on,  
And late to fulness grows the  
birth  
That shall last as long as earth."  
"Wanderers eastward,  
wanderers west,

Know you why you cannot rest?  
'Tis that every mother's son  
Travails with a skeleton."  
"Lie down in the bed of dust;  
Bear the fruit that bear you  
must;  
Bring the eternal seed to light,  
And morn is all the same as  
night."  
"Rest you so from trouble sore,  
Fear the heat o' the sun no  
more,  
Nor the snowing winter wild,  
Now you labour not with child."  
"Empty vessel, garment cast,  
We that wore you long shall  
last.  
Another night, another day."  
So my bones within me say.  
Therefore they shall do my will  
To-day while I am master still,  
And flesh and soul, now both  
are strong,  
Shall hale the sullen slaves along,  
Before this fire of sense decay,  
This smoke of thought blow  
clean away,  
And leave with ancient night  
alone  
The steadfast and enduring  
bone.

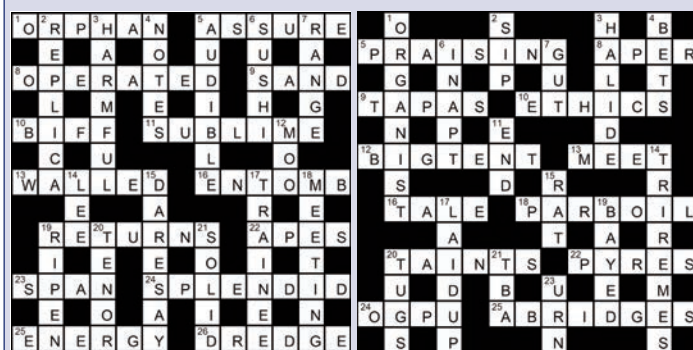
A. E. Housman 1859-1936

# Quiz!

- 1) In what US state is the city Nashville?
- 2) What is the currency of Denmark?
- 3) What is the capital city of New Zealand?
- 4) Which American poet wrote the famous poem "The Raven"?
- 5) What is the capital city of Australia?
- 6) Who painted the Mona Lisa?
- 7) Which country is commonly referred to as the Land of the Rising Sun?
- 8) What is the primary ingredient in hummus?
- 9) Who painted the ceiling of the Sistine Chapel?
- 10) Which gas do plants primarily absorb during photosynthesis?
- 11) What is the chemical symbol for silver?
- 12) What is the longest river in the world?
- 13) What is the capital city of Brazil?
- 14) Who was the first woman to win a Nobel Prize?
- 15) What is the main ingredient in guacamole?
- 16) Who was the first person to step on the moon?
- 17) Which Tennis Grand Slam is played on a clay surface?
- 18) In which year did the Titanic sink?
- 19) Who wrote "To Kill a Mockingbird"?
- 20) What is the largest organ of the human body?

Answers: 1) 1) Tennessee. 2) Danish Krone (DKK). 3) Wellington. 4) Edgar Allan Poe. 5) Canberra. 6) Leonardo da Vinci. 7) Japan. 8) Chickpeas (or garbanzo beans). 9) Michelangelo. 10) Carbon dioxide (CO<sub>2</sub>). 11) Ag. 12) The Nile River. 13) Brasilia. 14) Marie Curie. 15) Avocado. 16) Neil Armstrong. 17) The French Open (Roland Garros). 18) 1912. 19) Harper Lee. 20) The skin.

## March Answers



April Brainteaser solution: Post Office and ITP

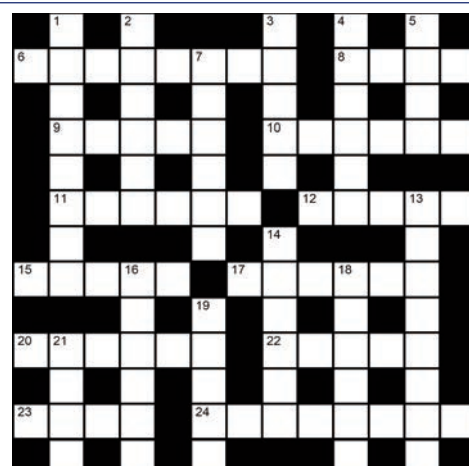
## Anagram Crossword

### Across

- 6 Well said (8)
- 8 Ents (4)
- 9 Arced (5)
- 10 Snoops (6)
- 11 Ousted (4,2)
- 12 Spark (5)
- 15 Those (5)
- 17 In that (4,2)
- 20 Decree (6)
- 22 Ghoul (5)
- 23 Eire (4)
- 24 Entailed (8)

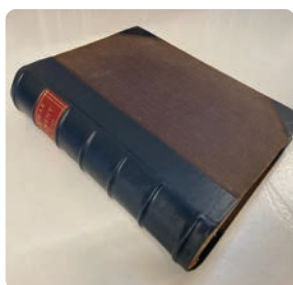
### Down

- 1 Pictures (8)
- 2 Melded (6)
- 3 Bales (5)
- 4 Aragon (6)
- 5 NATO (1,3)
- 7 Starve (6)
- 13 Thickens (8)
- 14 To live (6)
- 16 Reopen (6)
- 18 Solute (6)
- 19 Bayed (5)
- 21 Raze (4)





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**Copy Deadline for**

**May Issue -**

**22nd April 2025**



## Camera Club



"Tranquility" by Mark Waller ARPS

The recent abrupt change in the weather has encouraged us all, members or not, to get out with our cameras. And the Club continues to provide its varied programme of activities, whether during daylight hours or in the evening, the latter often in the comfort of our own homes. This month we again have an interesting selection of events which we hope might appeal. On Wednesday 9th April we have a Members' Evening, when some of our more experienced photographers will give technical demonstrations of different aspects of image processing using Photoshop and other editing software. On the afternoon of Saturday 12th April, at Defford Village Hall, we have our second Print competition of the season. The theme will again be Open and the judge will be David Lowe. David has often judged for us in the past and on each occasion his love of print-making has shone through in his comments. Following this, on Wednesday 23rd April, we have a talk by Kevin Pigney on his "Passion

for Scapes". Kevin has previously given us excellent talks based on his wildlife photography, so we look forward with great interest to seeing his approach to land and other "scapes". For all of our on-line meetings we are happy to welcome "virtual" visitors (we hope that they will see the benefits of joining the Club and subscribe!) The programme for these meetings is available at the web address below. If you are interested in attending any of the meetings then please contact us via the link on the website. [www.kempseycameraclub.uk/programme-events/](http://www.kempseycameraclub.uk/programme-events/) In the meantime we hope that you will enjoy these two different styles of photography - "Tranquility" by Mark Waller ARPS & "Love On The Line" by your author - the first and second placed images (within a grouping of 11 excellent images which all got top marks), respectively, in our recent Open projected image competition, held in February 2025.

Malcolm A Hay



"Love On The Line" by your author

## Music Society

The Music Society meets fortnightly on Thursday afternoons in a comfortable lounge at The Firs on Old Road North from 2:00pm – 4:00pm. We listen to a variety of music, presented by members, or the occasional visiting presenter. We would welcome anyone new who would like to come and join us.

Do come and give us a try. We would like to increase our numbers, so new faces are very welcome.

We have a social break in the middle of the afternoon, for tea or coffee and biscuits.

We are a friendly group and mostly very local to Kempsey.

Our meetings will take place at The Firs on Old Road North from 2:00pm – 4:00pm on:

April 10th & 24th

May 8th & 22nd

June 5th & 19th

July 3rd, 17th & 31st

For further details please contact: Anne on 07931 636309



### Spot & Shop - March Winners

- |                     |                        |
|---------------------|------------------------|
| 1) Bob Armstrong    | 5) Sylvia Pouncett     |
| 2) Gordon Phelps    | 6) Marilyn Butterfield |
| 3) Angela Cousins   | 7) Kim Brown           |
| 4) Pauline Charlton |                        |

Last month's answer:  
Upton Community Care

**SPOT  
&  
SHOP!**

### COMPETITION TIME!

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

**This month's anagram**  
**AUG DISCOVER REFRESHMENT**

**Chance to WIN £50 CASH**

**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](mailto:news@hughes.company) for your chance to win!

**Kempsey Times closing date: 28th April 2025**

Answer:

Name:

Telephone/email:

Return to: Hughes & Company/Kempsey Times

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## Stepping Stones

Join us with your children ages 0-5 for play, friendly chat and shared support!

Crafts and a sensory around a theme!

**Monday 10:30am**

St Mary's Church - Kempsey

**Tuesday 10:00am**

St Mary's Church - Kempsey

**Thursday 1:00pm**

St Mary's Church - Kempsey

**£3 per family - Snacks and refreshments provided!**

**All Welcome!**

For more information Please contact Libberty at [libberty.holt@motov8.org.uk](mailto:libberty.holt@motov8.org.uk)

**SAVE THE DATE**  
**Saturday 21st June**  
 3pm & into the evening

**TO MARK THE 80TH ANNIVERSARY OF VE DAY**  
 St Mary's Church  
**KEMPSEY SUMMER FETE**

live music: local stalls: fantastic food: grand raffle

**Severnside Youth**

**Fun, games, community and a little talk or thought!**

We have pool, table tennis, craft and lots of games!

**Free of charge to come**

A tuck shop - for those who want sweets!

**Wednesday 6:30pm - 8:00pm at St Mary's Kempsey**  
**Year 6 - Year 13 Term time only!**

**For more information**  
 Please contact Libberty email: [libberty.holt@motov8.org.uk](mailto:libberty.holt@motov8.org.uk)

St Mary's Church

**Are you a local produce maker, crafter, artisan?**

We have tables available at our VE celebration event

- event from 3pm
- £20 per stall
- tables provided

**STALL HOLDERS WANTED**

contact us on  
[infokempseyrebels@gmail.com](mailto:infokempseyrebels@gmail.com)

**Kempsey Summer Fete SATURDAY 21st JUNE 2025**

## Art Ministry Relaxation & Mindfulness

Mindful Colouring - Bible Journaling - Sketching

Poetry - Creative writing - Painting

Prayer Doodling - Collage

**Friday 9:30am - 12:00 noon**

Refreshments & Breakfast Pastries 9.30am | Create 10am - 12pm

**Term time only!**

**Sanctuary Arts Community**

St Mary's Church, Kempsey

There is no charge but we ask for a suggested donation of  
 £5 for on-going material

**All Welcome!**

For more information Please contact Kay Mason  
 01905 356216 / 07921 122802 Email: [kay.mason@motov8.org.uk](mailto:kay.mason@motov8.org.uk)

## TOOLS WITH A MISSION

This charity collects and refurbishes gardening, carpentry, building tools, sewing machines and bicycles for distribution in Africa

We collect them here in Kempsey and send them to a national centre to be shipped to needy families.

*Please telephone Joy Clee 01905 820317*



## Severnside Parishes

### Contact Information

**Vicar:** Rev Kat Mephram -  
 tel: 07512 222635  
 email: [revkat@severnside.church](mailto:revkat@severnside.church)

**Baptisms:** email: [libberty.holt@motov8.org.uk](mailto:libberty.holt@motov8.org.uk)

**Funerals:** email: [revkat@severnside.church](mailto:revkat@severnside.church)

**Weddings:** email: [weddings@severnsideparishes.co.uk](mailto:weddings@severnsideparishes.co.uk)

Please see social media and notice boards for more information.

### Church Services

#### First Sunday

10:30am	All Age Service	St Mary's Kempsey
10:30am	Holy Communion	St Denys Severn Stoke

#### Second Sunday

10:30am	Holy Communion	St Mary's Kempsey
10:30am	Holy Communion	St James Norton

#### Third Sunday

10:30am	Informal Worship	St Mary's Kempsey
10:30am	Holy Communion	St Denys Severn Stoke

#### Fourth Sunday

10:30am	Holy Communion	St Mary's Kempsey
10:30am	Morning Worship	St James Norton

#### Fifth Sunday

Benefice Service - Please see social media and notice boards for more information

#### Thursday's

10:00am	Holy Communion	followed by coffee morning
---------	----------------	----------------------------



# Magic Print Fair - Saturday 28th June 2025

This summer, The Fold at Bransford are excited to host the very first Magic Print Fair in collaboration with Michelle of Magic Letterpress. The fair will feature print artists of all types: letterpress, riso, lino, screen and wood carvings; and print suppliers, selling ink, paper, equipment and more. The fair will be held on Saturday the 28th June 2025, and will run from 10am to 4pm. Entry is free, there is plenty of free parking, and the whole venue is dog friendly. The studios and café at the Fold will also be open, so it promises to be a fun day out for all the family. Come along to purchase one of a kind art for your home, posters, prints, cards, and stationery, from local artists and printers from further afield. Or if you are a printer yourself, come and stock up on materials and supplies, or network with fellow printers. Michelle has been a Letterpress Printer and Artist for five years, and moved into her studio at

The Fold last summer. She creates letterpress prints and cards with her vintage presses and type, and hosts letterpress workshops of all kinds. She hopes to get more people interested in the craft of letterpress, as it is on the red list of endangered heritage crafts, which means there are not enough people engaged in the craft to ensure its survival. Never heard of letterpress? Then do visit the Magic Print Fair in June, or if you can't make that date, pop by Michelle's studio to learn more.

*If you are a print artist or supplier, and you would like a pitch, you can apply on the Fold website - [www.thefold.org.uk/markets](http://www.thefold.org.uk/markets) or you can email the fold for more information. [reception@thefold.org.uk](mailto:reception@thefold.org.uk) If you would like to purchase Michelle's work, you can visit [magicletterpress.co.uk](http://magicletterpress.co.uk) or visit her on Instagram - [@magic\\_letterpress](https://www.instagram.com/magic_letterpress).*



Housman birthday event took place on 26th March in Bromsgrove. The statue of Housman was installed exactly 40 years ago. Standing in front of it is, the Bromsgrove town crier, Kevin Ward, and the chairman of the Housman Society, Peter Waine. Poems were read as members of the public and the Housman Society stood around.

## Writings & Paintings of Susan Catford

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The book contains every article, poem and painting, that Susan produced for the Persore Times. The articles are of a very high quality, each one is different and a joy to read.

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# Severn Stoke & Croome d'Abitot Parish Council

We at Severn Stoke and Croome d'Abitot Parish Council will be celebrating our Platinum Jubilee in May 2025. The resident petition was made for a merger of Severn Stoke Council and Croome d'Abitot Council in 1953 and this was ratified by the county council in May 1955. Thank you to all residents, councillors (past and present), clerks, lengthsman and volunteers for a wonderful 70 years serving our joint communities!

The new parish council website is up and running. Visit our new website using the QR code below or <https://severnstokeandcroomedabitot-pc.gov.uk/>



The old website will continue to function for now as well, at no extra cost. Local community groups are welcome to ask us to place adverts or their details on our new website.

Our new parish council logo has been finalised as is shown above, incorporating the Panorama Tower, with the kind permission of The National Trust.

At the time of writing, we hopefully have a couple of residents exploring becoming a parish councillor. Now is an idea time to join us – you would all be able to attend training together and learn the ropes together AND gain momentum to speak up on local issues.

You might see work begin on repainting the phone box at High Green shortly. Also, the repairing of the bench in Severn Stoke at the war memorial will happen once we get a long spell of dry weather. The 'please park considerately' signs at Knights Hill have been delayed whilst we try to find a contractor



that is actually going to complete the work. Hopefully not too much longer – thank you for your patience.

## Next Meeting:

Wednesday 21st May 2025,  
7.30pm - Annual Meeting of  
Parish Council

Lisa Stevens  
Parish Council Clerk  
T: 07950 256363  
E: [parishclerk@severnstokeandcroomedabitot-pc.gov.uk](mailto:parishclerk@severnstokeandcroomedabitot-pc.gov.uk)

*Your councillors are:*

*Susan Faulkner (Chair)*

*Laurence Freeman  
(Deputy)*

*Royston Garrard*

*Richard Hill*

*Pat Preston*

*Raymond Williams*

## Motorcycle men gear up for new mental health initiative - but need a home to realise their dream

Four friends from Worcestershire, who share an interest in mental wellbeing and motorcycles have set up a new initiative that combines their two passions. Legacy Moto- a community interest company- is offering their unique form of mechanical therapy to men across the Malvern area (and beyond) through regular workshops. There will be a chance to mend and make, to learn new skills, and to eat and drink together... all with the expressed aim of improving the lives of the local population. It's proven that bringing people together in a shared activity can improve low self-esteem, help with social isolation, disconnection and aid recovery from mental and physical ill health. That's why Legacy Moto wants to make a difference the best way they know how.

They already have the support of the local community, with hundreds of people following their socials channels and many more visiting their website:

Legacy Moto UK - Rebels with a cause...

But there's just one problem: They need a space to call our own.

That's why we are reaching out to all who will listen and asking for your help to find a Legacy Moto a home!

The requirements: The LM team are looking for rental premises in the Malvern area with good transport links that could support a motorcycle workshop and a hospitality area, with around 1500sq/ft to 2000 sq/ft in space. The property should include modern toilet facilities and ideally and have a small kitchen area. The site must also have adequate parking.

Director Adrian Giles says: "At its core, Legacy Moto will offer its clients a safe environment, a place of kindness to rehabilitate, re-energise and learn new skills along with a sense of belonging to help them get back on their feet. By supporting Legacy Moto, you will be helping a motorcycle



movement that will make a positive difference to peoples' lives."

If you can help the Rebels with a Cause find a place to set up shop, then contact Adrian Giles on 07813 600767

Adrian Giles adds: "We are facing a loneliness epidemic – particularly in rural areas. We know life can be challenging at

times, and that men in particular often struggle to share their problems. Legacy Moto will be a place of kindness and support, where people can, if they want, learn new skills and work on exciting motorcycle projects. But, there's a problem. We have the time, the kit, the support ... we just need a place to call home."



# Severn Stoke & Croome D'abitot News

## Happenings in Severn Stoke and Environs

### St. Denys' Church, Severn Stoke

The Annual Parish Meeting of Severn Stoke and Croome d'Abitot Parishes Church Council will be held on Sunday, 6th April in St Denys' Church starting at about 11.45 a.m., following the 10.30 a.m. service. At this meeting Churchwardens and Officers of the Parochial Church Council will be elected. This is a public meeting open to all parishioners and those on the Church Electoral Roll are entitled to vote.

We need new people to take on the care of the church, and people to enjoy the friendship and community of our services, which with our new Priest in Charge, Revd. Kat Mephram will be dynamic, so do come and join us.

### Friends of St. Denys, Severn Stoke -

*Raising funds to modernise the church!*

The Friends of St Denys AGM last month was enlivened by a talk and wonderful photos by our Secretary Bev about her recent visit to Japan.

We still need a volunteer to take over the running of the 100 Club, not an onerous task, but it will finish if no one comes forward. It raises over £800 annually towards church funds and many have benefited from the monthly prize draws. Please contact Sally Linsey – 01905 820476

John Henderson



## Kempsey WI



The vital role played by people based at RAF Defford and the Telecommunications Research Establishment at Malvern during World War 2 was the subject of a fascinating talk given to members of Kempsey WI. Former RAF serviceman Nick Hubble, now a member of the RAF Defford Heritage Trust, told the story of RAF Defford, from its speedy construction on part of the Croome Estate in 1941, to its closure as an airfield in 1957.

He explained how the airfield was initially used to support the no 23 Operational Training Unit based at Pershore, who flew Wellington bombers. But when the TRE moved from Dorset to Malvern College in May 1942, aircraft from the Telecommunications Flying Unit moved to Defford and the focus was on radar development and test flying. Air crews from the RAF and Royal Navy were involved, with both forces benefitting from the improved

accuracy offered by radar systems.

The work at Malvern was overseen by renowned scientist Bernard Lovell. One Halifax bomber out of Defford, carrying scientists and service personnel, crashed in the Welsh Borders. On board was one of only two cavity magnetrons, essential in early radar systems. Mr Lovell managed to retrieve it. Accommodation at the RAF Defford base was very basic, with only cold water. Every 1-2 weeks, buses took people to Worcester for a shower. By 1944 nearly 3000 service and civilian personnel were working at Defford, including

600 women in the WAAF, WRNS, ATS, NAAFI or civilian roles. Notable women scientists included Joan Curran, who devised the foil strips known as chaff for confusing enemy radar, and Stella Budden, whose mathematical modelling aided radar aerial performance. The April meeting is due to feature a 'hearing dog' user.

*Next meeting:*

*Monday 14th April 2pm at Kempsey Youth Centre, Plovers Rise.*

*Contact: Secretary:*

*Judy Sanders, email: kempseysec@wi.org.uk*

## The Nectar Café!

Snowdrops and primroses are now in bloom. Signalling spring's arrival, they lift our spirits, look beautiful and offer a lifeline to insects. At this time of year early flowering plants provide essential nectar for pollinators emerging from hibernation. While honeybees often steal the spotlight, over 1,500 insect species pollinate plants in the UK. Bumblebees, wasps, butterflies, moths, and beetles all play their part in helping plants to set seed, fruit and reproduce. Sadly, though, many are in decline and one of the main reasons for this is the lack of food for them, especially early in the year. You can make a difference by planning a nectar café, growing

plants which provide food for them year round. Even a small patch or pot in your garden can make a huge difference.

Choose simple flowers offering easy access to nectar; in spring snowdrops, crocus, heathers and primroses are ideal, providing a nectar and pollen smorgasbord for insects emerging from hibernation. Many of our prettiest insects need flowers for their survival, so why not invite them into your garden? By planning a year round nectar café you can enjoy the flowers and the insects, while giving nature a helping hand.

*Karen Rose*

*A biodiversity officer for Wychavon District Council*



Photo by R Edwards



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**Saturday 10 May**  
**10am – 12noon**  
**Earls Croome Village Hall**  
Tea, coffee and homemade cakes  
Bedding plants, tomato plants, perennials, houseplants, etc



Raising funds for Earls Croome Church

# Cider Festival at The Talbot, Kempsey



The Talbot, Kempsey are hosting, an outside cider festival on Sunday 4th May 2025, with local bands, a large outside stage, cider, and many more activities.

*The Talbot*  
87 Main Road, Kempsey,  
Worcestershire, WR5 3JA  
  
01905 828473  
talbot.kempsey@phoenixpub.co.uk



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Email: alan@hughes.company

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Kempsey Mobile Library  
Second Tuesday in the month ..... 01905 822722  
Kempsey Police Station ..... 101  
.....(In an emergency always call 999)  
CrimeStoppers ..... 0800 555 111  
Kempsey Post Office ..... 01905 828469  
Kempsey Doctors Surgery ..... 01905 820466  
Kempsey Parish Council ..... 01905 828183  
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

Severn Stoke Parish Council ..... 07950 256363  
Help the Homeless ..... 0300 500 0914

Please put your bin out by 7am on collection day



**WASTE AND RECYCLING COLLECTION CALENDAR**

Green recycling bin    Black waste bin

### APRIL

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### MAY

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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# Kempsey Times



## Gheluvelt to Gheluvelt charity cycle

Ex-serviceman Russ Walker is inviting fellow Worcestershire cyclists to join him on a 320-mile charity ride to Belgium in memory of his great-grandfather, one of the survivors of a key battle which helped turn the tide of the First World War. Russ, boss of Grimley-based Atwell International, is planning a summer cycle marathon between Gheluvelt Park, Worcester to Gheluvelt in Flanders to honour the memory of the men of the 2nd Battalion of the Worcestershire Regiment, and to raise funds for Worcester's St Richard's Hospice, the Alzheimer's Society and the Mercian Regiment Museum.

Former RAF man Russ already has a core team of volunteers helping to organise the Gheluvelt to Gheluvelt challenge between June 26 to 30, and is now looking for cyclists of various abilities to join him on the road. "We are looking for passionate

individuals to help make this charity event a success," said Russ. "We need cyclists ready to take on this adventure, support crew and vehicles, fundraisers, organisers and sponsors. Are you ready to make a difference and join an unforgettable journey?"

The route covers roughly 80 miles each day, taking in overnight stops at Premier Inns in Newbury, Berkshire, Crawley in Sussex, and Dover, before a two-hour crossing on day four to Dunkerque. Awaiting you at Gheluvelt is a visit to the local chateau, Ypres, and the Menin Gate. Plus a celebration meal, including Belgian beer and chocolates. Gheluvelt Park in Ombersley Road, Barbourne, Worcester, is a permanent memorial to the sacrifices of the men of the Worcestershire Regiment's Second Battalion who, on October 31, 1914, staged a



heroic fightback against overwhelming German forces which restored the British lines and inspired Allied forces across the Flanders battlefield. On inaugurating Gheluvelt Park as a living memorial after the ceasefire in 1918, Field Marshall John French declared

that 1914 battle 'the 2nd Worcester's saved the British Empire.'

To enrol for the Gheluvelt to Gheluvelt ride, or for more information on how you can help, call Russ on 01905 641881 or email: russ@atwellinternational.com

## Do you have a Lasting Power of Attorney & Will?

*Sorting out your lasting power of attorney gives you complete peace of mind that should you become unable to look after your own affairs, someone you trust can. Without a lasting power of attorney in place even your spouse, partner or children will find it difficult and expensive to be granted permission to handle your affairs. We can make sure that the person taking charge over decisions regarding your health, welfare, property, and finances is the person you want and trust.*

**Other services include:**

**Employment & HR | Family matters & divorce | Contracts & agreements**



**Resolve Law Group**

**Call: 01905 391939 / 07785 500432**

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