

# Kempsey Times

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



Issue 10

December 2024/January 2025

**FREE**



Sunset Winter

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

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

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

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

Editor



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



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# County & District Report



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

## *New crossing in Kempsey opens*



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

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

## *Urgent work for Kinnersley finally done*



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

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

*Councillor Martin Allen*

## *Medals for young readers*



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

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

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

## *Upton's toilets safe and to be refurbished*

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

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

## *and finally . . .*

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

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

*Merry Christmas and a Happy New Year!*

*Martin Allen*

# Christmas – what's the point?

I don't know if your house is anything like mine at the moment – the Christmas songs are playing on repeat, there are rolls of wrapping paper lying about here and there, a never-ending to-do list strewn across the island, piles of cards I have yet to put up, shopping bags full of things yet to be wrapped, and I still need to decide what to give to my husband! Christmas is busy and all-consuming, and I sometimes find myself thinking – is it all really worth it? In a few days, the cards will come down, the paper will have been ripped off the presents, and my husband will probably be trying to look enthusiastic about yet another Christmas jumper! What's the point?

Well, everyone seems to say that Christmas is about love. It's in the songs we hear as we shop for presents, and in the adverts, we see on TV. It's in the cards we send and on the gift tags we write. It's in the dithering over the perfect gift, and the gathering of friends and family around a table laden with a turkey big enough to feed an army! As Hugh Grant tells us in that infamous Christmas movie – love is actually all around us! As Christians, we can agree. Christmas really is about love because, at the heart of

Christmas, is a story of love. Love came down at Christmas in the person of Jesus Christ: a tiny baby born to an unmarried teenager in a dirty stable over 2000 years ago, an unglamorous beginning for the Son of God, the Saviour of the World, who came to earth in human form to be like us, one of us – indeed to be 'with us' – and to reveal what God was like, to show us how much he loves us and to make a way for us to be his friends. My sister got married a few years ago, three days after Christmas – bless my parents for organising that wedding!! She was married in a beautiful tithe barn, strewn with Christmas lights and complete with a nativity scene full of knitted figures which stood amongst the hay! Just before the service there was some bad news; my friend who was playing his violin during the signing of the register had his flight cancelled and would not be arriving in time to play. It was not what my sister had hoped for. However, one of the bridesmaids was also a violinist, and incredibly another of the guests, an antique dealer, just happened to have a violin in the back of his car for her to play. Unfortunately, though, there was no chin rest on this violin and so we set to, hunting

for something that would serve the purpose. After much searching, someone spied the knitted baby Jesus, lying in the manger and it transpired that this was the perfect size and shape to allow my sister's bridesmaid to play the violin. This Christmas we will all be given the opportunity to see Jesus lying in a manger, through our nativity plays, our carol services, and perhaps a similar crib scene full of knitted figures in our local churches, but it strikes me that many people choose to leave Jesus in the manger, often perceiving him as irrelevant or somewhat sentimental. However, amidst all that glitters and sparkles, the to-do lists, the Christmas shopping and the endless wrapping, it is possible for us too to find Jesus, and to discover more about the perfect size and shape of his great love and the invitation that he gives to each one of us this festive season, 'Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with them, and they with me' (Revelation 3:20). Just like the knitted baby Jesus, who was taken out of the manger and became part of the action at my sister's wedding, we too have the opportunity to invite and encounter the love of



Emmanuel – God with us – into our own lives every day. God wants to be a part of our lives and offers us relationship with him through Jesus. In this crazy season, the hope of the message of Christmas is that there is a loving God who has stepped into our lives and is with us – with us in our disappointment and with us in our rejoicing; with us in our celebrating and with us in our loneliness; with us in our grief and with us when others can't be. God is with us, and all because love came down that very first Christmas. Please do join us at one of our Christmas services – we'd love to see you! And in the meantime, may I take this opportunity to wish you a very Happy Christmas!

*Rachel Colthurst  
Curate-In-Charge  
Sevenside Parishes*

## Magical Village Panto

Norton Theatre Group return for their 38th pantomime, and they are going back to where it all began in 1985, Aladdin. Aladdin was Norton Theatre Groups first ever show, way back in 1985. The story may be familiar, and maybe even some of the jokes but the script is new with some wonderful plot twists and surprises. It's a fun pantomime for the entire family. Can the evil Abanaza, and his brother Ali, persuade the mischievous Aladdin to help them retrieve the magic lamb that contains an all-powerful genie? And how can penniless Aladdin impress the Sultan enough so that he will allow him to win the heart of his beautiful daughter? Will our hero be able to evade being arrested by Constable No Pah Kin and Sergeant Hu Hit Yu? Will the Genie ever get used to being free from the confines of his cramped little

lamp? Will Twanky's new business venture, Twankys Travelodge, be a success and exactly how many Forty Thieves are there? All these questions and more maybe answered as you follow the action, boo the bad guys, cheer the good guys and laugh as Norton Theatre Group takes you on a crazy adventure of love, greed, magic and adventure at Norton Parish Hall, Littleworth, Worcester WR5 2QB

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# A few words from...

## Dame Harriett Baldwin MP

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

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

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

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



## Harriett Baldwin MP

Member of Parliament for West Worcestershire

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## Kempsey Parish Council

### The Parish Office

KPC was very pleased in November to welcome Claire Witton to the Parish Office team as Deputy Clerk, working with Sharon Baxter, Clerk and Responsible Financial Officer, and Bethan Emerick, Administrative Assistant. Claire, who lives in the village, brings a range of complementary operational skills to the team and will be supporting the Clerk to expedite tasks arising from an ever-increasing workload as well as assisting councillors progress the projects that they have volunteered to lead. With one full time and two part time office staff, from the New Year the Parish Office will be open to the public from 10am to 2 pm each weekday.

### Audit reports

KPC's financial affairs are audited each year by both an internal and an external auditor, the latter being appointed by the National Association of Local Councils, NALC. Both auditors have again approved KPC's books with no concerns, a reflection of the excellent work of the Parish Office team in scrupulously recording and reporting the Council's use of its funds.

### Remote meetings

The government has launched a public consultation on 'Remote meetings' for local authorities

including parish councils i.e. the use of Teams, Zoom, etc for council meetings as an alternative to 'in person' meetings. Members of the public would also presumably be able to join the Council's public meetings remotely. The lengthy link to the government's consultation, which is open to members of the public, is available at KPC's website until the closing date of 19th December.

### Community Builder

The extensive consultations that our Community Builder, Cathy Garner, has been having with community groups and parishioners to validate and expand the results of the 2022 Parish Survey is drawing to a close. KPC will be publishing her findings and community preferences for a 'Vision for Kempsey' in the New Year. Alongside this project, various Community Builder initiatives are continuing, with more planned, to expand opportunities for parishioners to participate in activities for recreation, social interaction or learning new skills. Two group computer gaming events (with pizza) have been held for young people aged 12 -15 and more youth activities are planned. The weekly Digital Inclusion meetings continue. A list of the current activity groups in the Parish is available



L: Claire Witton, KPC Deputy Clerk

R: Sharon Baxter, KPC Clerk at the Community Centre

on the KPC website.

### Planning

The purpose of the ground works that have been taking place at the top of Napleton Lane, on land refused planning permission for 140 dwellings, has been queried by several parishioners. Although not known, it was suggested that the nature and distribution of the works indicate that they are most probably for further archaeological investigation, the need for which was identified when they refused application was being considered. Whilst no further application has been submitted, the fact that investigations are continuing suggests that another planning application for the site may be made in the future. In the meantime, despite

being allocated in the Local Plan for development since 2016, applications for new dwellings in the north of the Parish continue to meet problems adding pressure to build on unallocated green fields elsewhere.

*The Parish Council wishes all readers a very Happy Christmas and every success during the New Year. May your hopes for 2025 come true.*

*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)*





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# Merry Christmas from The Lawns

*As is now a Christmas tradition, we present to you, our own unique take of The 12 Days of Christmas!*

## 12 months of FUN:

A jam packed year put together by our Residents Committee and Lifestyle and Wellbeing team. Always with the mantra in mind "You don't stop having fun when you get old.... You get old when you stop having fun"

## 11 fabulous students (plus a few more!):

We love our visits from the students of Kempsey Primary School and The Kings School Worcester. Some really memorable moments including team building flat packed greenhouses and our Easter hat parade.

## 10 finalists at The Great British Care Awards for the West Midlands 2024 -

Across the Heritage Manor group. Heritage Manor also received a highly commended award for the second year running in the Care Employer category.

## 9'ty nines!

Ices cream sundaes galore at our Seaside Day. Plus celebrating everything from Bee Day to World Animal Day, Red Nose Day to Pirate Day, our own Mini Olympics, and armchair travel holiday destinations across the world.

## 8 volunteers.

Thank you to all our fabulous volunteers, who help us run events and trips and are such good friends to our residents. Your support and kindness are invaluable – you are most certainly on Santa's Good List!

## 7 fabulous day trips.

Thank you to the team at Worcester Wheels for taking us to The Bluebell Farm, The Pamela May Community Boat, The Worcester Museum and St Peter's Garden Centre to name a few.

## 6th June:

Our D Day celebrations and commemorations were a highlight of the year for many of our residents. Our exhibition and crafting projects gave a focus to reminiscing. Many residents dressed up and we had musical entertainment with lots of 1940's songs and tributes.

## 5 P's: Planting, Picking, Podding, Pot to Plate.

Wonderful to see our Garden Development Project take shape through the year, complete with new raised beds and sensory areas. Not to mention a bountiful harvest of home-grown veggies.

## 4 legged friends:

From Ragnar, Ziggy and Bella, our Therapy Dogs, to all the farm animals from The Good Day Farm at our Country Fayre.

## 3 BIG fundraisers:

Our Easter hat parade and raffle, Country Fayre and Mardi Gras Carnival. And one to go ... our Christmas Fayre fundraiser on 1st December. Our residents certainly know how to put the FUN into fundraising!

## 2 thousand, five hundred pounds:

The grand total raised by our residents for the Guide Dogs. Two guide dogs visited with their trainers to celebrate this huge achievement. We are now funding a guide dog called Lorne

## And a piper for our Hogmanay:

Yes, we round off 2024 with a piper piping in the haggis for our Hogmanay celebration dinner. So to New Year's resolutions: a resounding "More of the same please!"

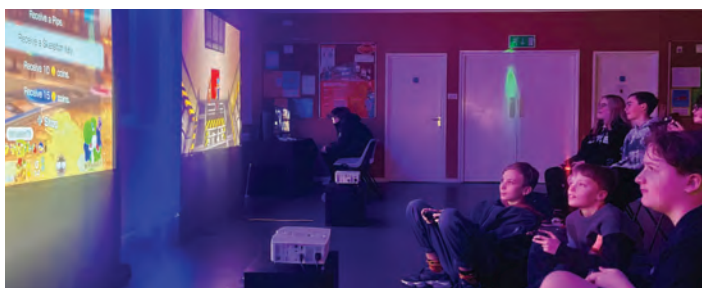


*With best wishes for a very Merry Christmas from*  
Joy Hoskins  
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## New Year: New Connections



You've heard it said, "Variety is the spice of life," or "A stranger is just a friend you haven't met yet." These aren't just catchy phrases - they're wisdom backed by science. Trying new things and meeting new people doesn't only create connections in our community; challenge and change rewires your brain - boosting your health and happiness. If you're feeling shy or nervous about trying new experiences, that's normal, but it's worth the effort. Conversation and movement stimulate the brain, and new experiences - whether bell-ringing or basic digital

skills - enhance neuroplasticity, a lifelong characteristic of the brain, enabling it to adapt and grow. Taking part in new activities with new friends can increase your lifespan, improve your memory, and enhance mental clarity. Whether you're using your brain to do well in exams, at work or staying sharp in your golden years, novelty keeps your body, mind, and emotions thriving. It's one of the secret ingredients to longevity. Loneliness, on the other hand, is no fun - it's as bad for your health as smoking 15 cigarettes a day! Being constantly alone

or feeling chronically disconnected impacts your heart, immune system, and even your sleep. The antidote? Community! Did you know, there are more than 70 activities and groups right here on your doorstep? Whether it's joining the photography club, training your dog, taking a yoga or dance class (two left feet welcome!), playing football, bridge or badminton, reminiscing, as you dunk a biscuit in your cup of tea at coffee morning, or being part of a youth group, every connection you make lifts your mood, lengthens your life and ripples out into the rest of your life. Can you spare an hour a week? How about volunteering as a litter picker, or joining the Children in Need team? If you have two free hours, could you help with the new youth group, or deliver food parcels? No time to volunteer? Could you donate £5 or £10 a month to



help those in our community who are struggling with food insecurity this winter? [bit.ly/CommunityFridgeKempsey](http://bit.ly/CommunityFridgeKempsey) And you can shape what happens in our community in the years ahead, by sharing your vision for the future here: [bit.ly/KempseyCommunityVision](http://bit.ly/KempseyCommunityVision) Getting involved isn't just about avoiding loneliness; it's about creating more joy in your life, connecting and having a laugh with friends, old and new, debating whether it's scone or scone, and discovering a new zest for life.  
Cathy Garner  
Community Builder - Kempsey  
Email: [CommunityBuilderKempsey@gmail.com](mailto:CommunityBuilderKempsey@gmail.com)



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### Salt

Tim Hickson

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

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

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

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

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

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

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



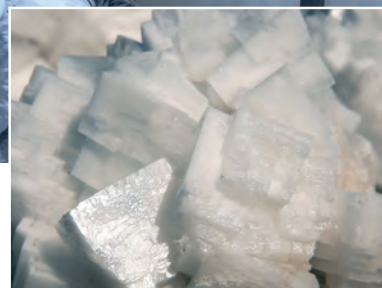
*Salt well with tin roof*



*Stoke Prior Salt Works*



*Salt trays*



*Salt crystals*

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

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



## Farming

Mike Page

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

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



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

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

## Foster carers needed!

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

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

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

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

large gas bill the spokesman for North West Gas said, "We agree it was rather high for this time of year. It is possible Mr Purdey has been charged for the gas used up during the explosion that destroyed his house." Poor Mr Purdey! We wondered if he now met the new criteria for the fuel allowance. Probably not!

Buddy Bach



# Cooking for fun!

Ailsa Craddock

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

## Mushroom and Wild Rice Salad

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

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

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

## Pear Salad

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



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

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

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

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



## VETERINARY ADVICE ESPECIALLY FOR YOU!



### The Importance of Vaccination

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

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

### Recommended vaccinations:

#### Dogs

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

#### Cats

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

#### Rabbits

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

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

Best wishes *Eliza*

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



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



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

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

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

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

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

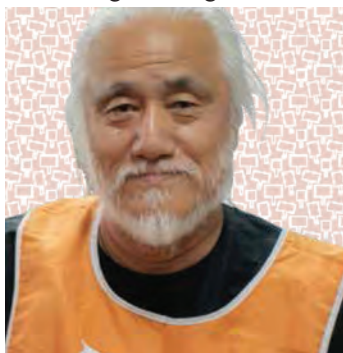
area provides a Viking house complete with a crackling fire creating the perfect setting for winter themed tales of gods and monsters as well as discussion of the kit needed to make it safely though a Viking winter. York's a good destination for us for several reasons - the Christmas market this month,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

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

Brian Johnson-Thomas

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

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



Kyung Seok Park



Maryia Kalesnikava



Professor Sebnem Korur



Ana da Silva Miguel



# Can anyone keep bees in their garden?

Martyn Cracknell



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

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

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

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

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



## Village Life

John Driscoll

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

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



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

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



## Lonely this Christmas

*What is the enduring power of this Christmas hit?*

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

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

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



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

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

*Paul Morris*

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No. 4, High Street  
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[www.pershorewellbeinghub.co.uk](http://www.pershorewellbeinghub.co.uk)*



## Jazz News

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

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

### Peter Farrall

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



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

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

**Rico’s Swing Company**  
*Wednesday 11th December 2024*

**The Adrian Cox Trio**  
*Wednesday 29th January 2025*  
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## Three plants for Christmas gifting



### *Christmas Cactus:*

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

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

### *Amaryllis:*

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

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



### *Poinsettia*

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

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



### **Nikki Hollier**

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### *Watering*

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

## December gardening tips *Reg Moule BBC Hereford & Worcester*

### **Early in the Month**

Overgrown deciduous hedges can be cut back hard while they are still dormant. Put netting over winter greens to keep pigeons off. Alternatively stretch hazard warning tape across the crop in a zig-zag formation, fixing it to bamboo canes. New deciduous hedges can be planted now. It is best to cut the new plants back hard after planting. Avoid getting greenhouse plants too wet, they are much better kept on the dry side over the winter. Feed flowering houseplants weekly using a liquid fertiliser. Avoid walking on frozen lawns, as this damages the grass leaving brown footprints until the spring. Float a rubber ball, or a chunk of polystyrene, in your pool to prevent it from freezing over completely, or buy a pool heater. Put your sawn off Christmas tree in a stand which holds

water, as this aids needle retention.

### **Mid December**

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

jam jars for an easy, nutritious addition to meals.

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

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

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

### **Later in December**

Winter is a good time to plan next year's crops and ornamental displays. Prune free-standing apple and pear trees. Prune greenhouse grapes, when all the leaves have fallen, cutting back the side shoots to one bud long. Christmas pot plants – remember Cyclamen and Azaleas like it cool, Poinsettias need more warmth. Clean pots, seed trays and service tools ready for the new season's work.



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

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



## Budget comment I

Carol Draper

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

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

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

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



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

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

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

Carol Draper FCCA  
Clifton-Crick Sharp & Co Ltd

"If music be the  
food of love, play on"

William Shakespeare



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## Sparkles

Angela Johns

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

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

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

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

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

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

You can find her at  
angelajohns.co.uk



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# Pain and the brain

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

## Chronic Pain Breakthrough: Brain-Based Solutions

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

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

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

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

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

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

*Louise Anderson  
Cognisance Pain Management  
HCPC Registered  
Occupational Therapist  
and Pain Psychologist  
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# Becoming Conscious:

Understanding Our Mind Emily Papirnik

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

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

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

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

would I say to myself right now?

When we become consciously aware of what we truly think, our behaviour starts to align with those thoughts. By understanding how our thoughts influence our words, we can foster kindness - both toward ourselves and others. Taking ownership of our thoughts allows us to take responsibility for our happiness, actions, feelings, and ultimately, our lives. When we treat ourselves with kindness, we create a ripple effect, showing greater kindness to those around us. Let this month be a time for self-reflection and conscious change. You have the power to rewrite your story - one thoughtful, kind word at a time.



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

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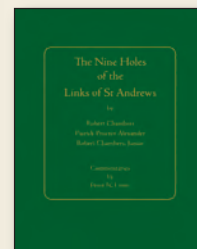
Our first publication devoted exclusively to golf at the Old Course at St Andrews. Our initial effort was in 2005 when we included the poem in the 250 limited edition copies of Aspects of Some Nineteenth Century Golfing Pamphlets. That publication featured comprehensive commentary on St Andrews to the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



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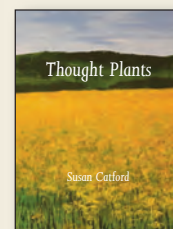
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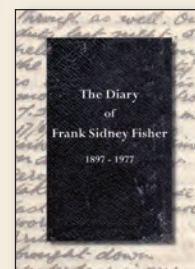
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## View from the Boundary

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

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



"Champions keep playing until they get it right"

Billie Jean King



## Healthy Heart Tip:

The good and bad of cholesterol



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

### What is cholesterol?

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

### Non-HDL cholesterol

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

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

### HDL cholesterol

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

### How to keep your cholesterol levels healthy

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



## A view from the middle



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

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

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## Romy's Uni Life

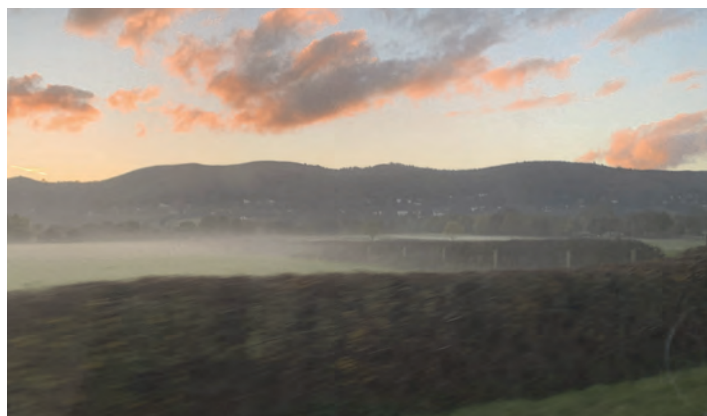
Romy Kemp Liverpool University

### Getting Cold

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



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



## Evie's Teenage Focus

Evie Aubin



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

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

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# Gregory's World!

Gregory Sidaway Exeter College, Oxford

## So Where Was I?

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

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

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

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

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

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



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

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

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

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

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

*Merry Christmas and Happy New Year!*

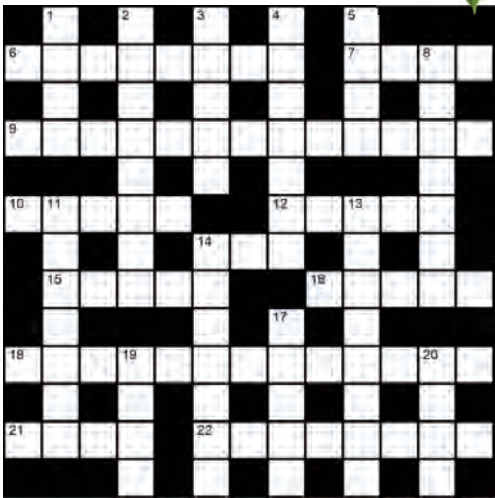


Across

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

Down

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

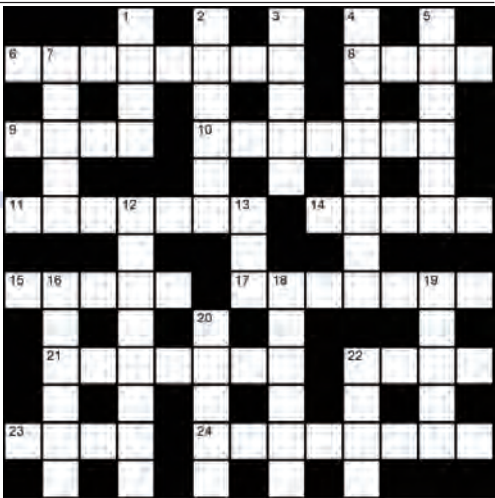


Across

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

Down

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

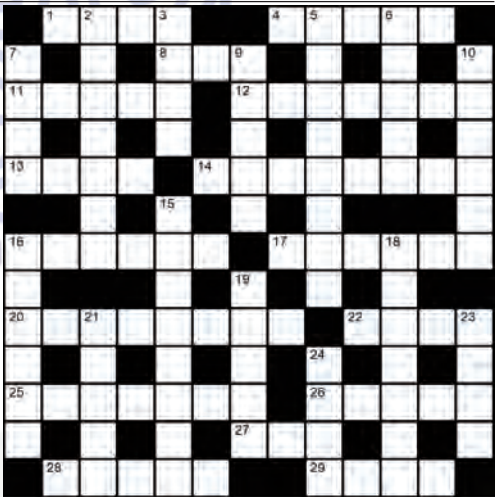


Across

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

Down

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



Christmas Magic Squares

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

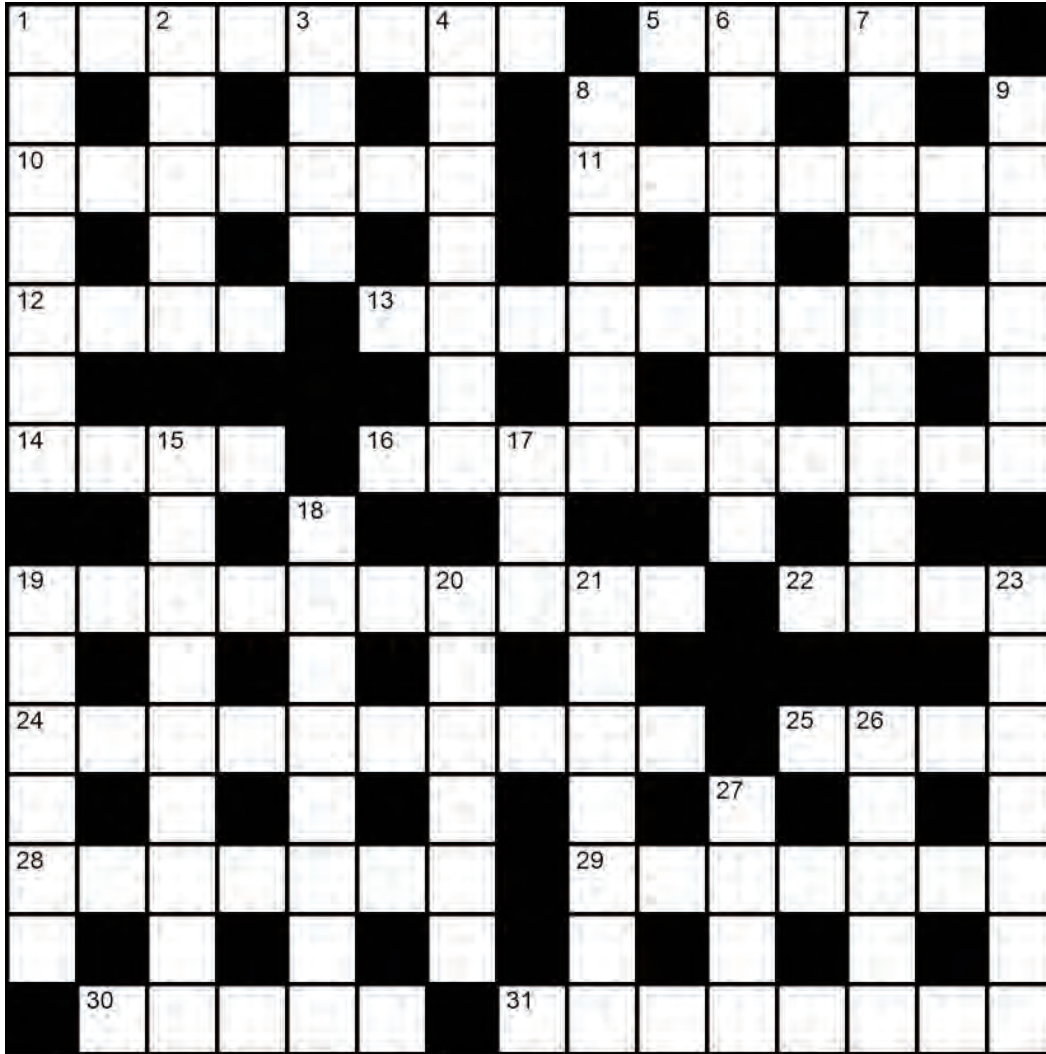
	27	12
		9
		24

	117	
	65	91
104		

	19	
57		133
		38



# Christmas Crossword



## Across

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

## Down

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

## Wordsearch

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

ACHE  
APR  
BINGE  
BOTHER  
CNN  
DRIP  
ELBA  
ELSE  
EVA

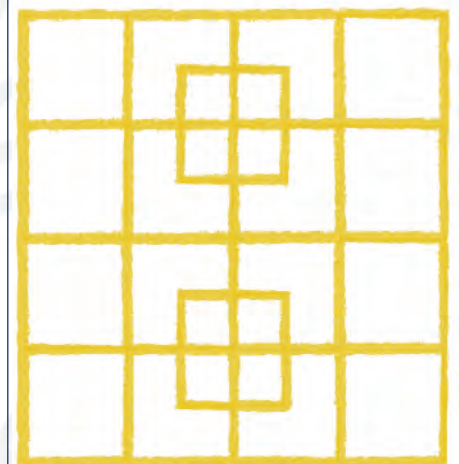
FRON  
GEL  
GHETTO  
GIANT  
ISM  
LAN  
LET  
MHZ  
MOLD

OBSCESS  
OCT  
OEDEMA  
O'HARA  
OPS  
ORAL  
RATS  
SNUB  
SOME

SORT  
SPAN  
SPOOF  
SWAM  
TONE  
WMD  
WINE  
ZESTY

## Brainteaser

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

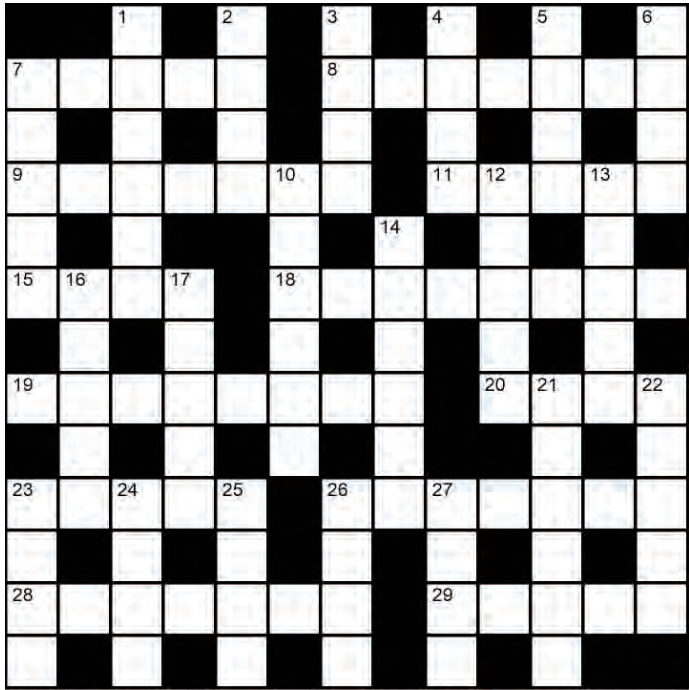


Find the solution on next page



Coffee Break

Crossword



Across

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

Down

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

Sudoku

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

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

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

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

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

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

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





## Poets' Corner

### A Shropshire Lad XXXVIII

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

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

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

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

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

### XXXIX

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

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

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

A. E. Housman 1859-1936

## Christmas Quiz!



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

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

## November Answers



December Brain teaser solution: There are 40 squares

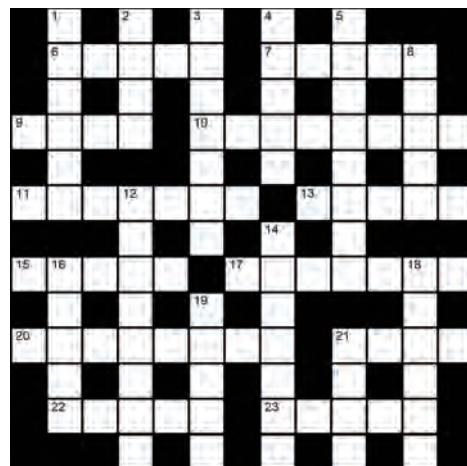
## Anagram Crossword

### Across

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

### Down

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





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FR

# Camera Club



"Fly Fisher On The Usk" by Johnny Wilkinson

As the nights draw in and winter approaches, we hope that our varied programme of activities, many of them available in the comfort of your own home, will continue to prove of interest to current, former and prospective members.

As everybody is likely to be otherwise occupied throughout the month, we have only one scheduled meeting in December. This will take the form of a talk on "Abstract Photography" by Cherry Larcombe, a well known and highly respected photographer in this genre and will take place on the evening of Wednesday 11th December. In January, for our first meeting of the New Year, we are delighted to welcome Gerry Coe, who is based in Northern Ireland, to give a talk on "Mobile Phone Photography". This will take place on Wednesday 8th and will be followed by two further meetings. For the first we travel to Bromsgrove on Tuesday 21st to take part, with four other local clubs, in the now annual "Bromsgrove Challenge Cup" inter-club battle, for which the reliable Bob Goode will be the judge; for the second, on Wednesday 22nd, we will have

our first internal competition of 2025, for digital (projected) images, based on the theme of "Creative" and with Kylie-Ann Martin as the judge. As the subject is challenging, and Ms Martin is making her first visit to the Club, this has the makings of an interesting evening. 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 - "Ballerina" by Doug Allen & "Fly Fisher On The Usk" by Johnny Wilkinson - one of the six highly commended images and one of the six commended images, respectively, in our first open projected image competition of this season, held in October.

Malcolm A Hay



"Ballerina" by Doug Allen

# South Worcestershire Archaeological Group

## Archaeology around Worcester Cathedral

On Saturday 8th February 2025

SWAG will be hosting a talk by Fiona Keith-Lucas, the Cathedral's archaeologist.

If you have visited Worcester over the past months you will probably have noticed several trenches dug at various locations within the Cathedral grounds. These are for an archaeological survey in preparation to some landscaping works around the Cathedral.

While investigation of the finds is not yet complete Fiona has agreed to give an insight and update on the work to date.

The talk will be held in Callow End Village Hall Upton



Road, Callow End, Worcester WR2 4TA.

Doors open at 13.30 with a prompt start at 14.00.

Visitors are welcome, with a small charge. Tea/Coffee will be available.

Contact for further information Sue Southwick - email:

[swagmembership@googlemail.com](mailto:swagmembership@googlemail.com)

Phone Mike Ellison

07738 995825

## Spot & Shop - November Winners

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

**Last month's answer:**  
**Mowerfix**

**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

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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

**This month's anagram**  
**CHEEVER EXERT TUNED**

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**Kempsey Times closing date: 5th January 2025**

Answer:

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Telephone/email:

Return to: Hughes & Company/Kempsey Times

8 Church Street, Pershore Worcestershire WR10 1DT





## 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 James Church Norton

**Tuesday 10:00am**

St Mary's Church-Kempsey

**Thursday 1:00pm**

St Mary's Church-Kempsey

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

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



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**Wednesday 6:30pm - 8:00pm at St Mary's Kempsey**

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**For more information**

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



## Calling all knitters and Crocheters!

Can you help us to share some Christmas Joy around the  
Communities of Severnside Parishes for December 2024?

We are asking for your help to knit or crochet  
as many Angels as we can before December 2024.

So in December we can Angel Bomb the communities in Norton,  
Kempsey and Severn Stoke with a host of yarn Angels!



**Join us on Fridays**

at Create and join in  
with other creative, knitting  
at St Marys Church, Kempsey

from 9.30 to 12pm during term time.



There will be yarn and patterns available for you to use in the church.  
If you prefer to make the Angels at home, please contact us for the pattern.

St Marys Church, Church Street, Kempsey, Worcester WR5 3JH

Email: [kay.mason@motov8.org.uk](mailto:kay.mason@motov8.org.uk) or Call: 07921 122802



## 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**

Car Park on Hatfield Lane WR5 2PY

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

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*Please telephone Joy Clee 01905 820317*



# Severnside Parishes

## Contact Information

**Curate in Charge:** Rachel Colthurst -  
email: [rachel.colthurst@motov8.org.uk](mailto:rachel.colthurst@motov8.org.uk)

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

**Funerals:** email: [rachel.colthurst@motov8.org.uk](mailto:rachel.colthurst@motov8.org.uk)

**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
---------	----------------	----------------------------



### Monthly Meetings

**Tuesday 17th December at 2pm**  
**"A Merry Tudor Christmas"**

*Deck the halls and roast the turkey!  
 How were the Tudors from the common  
 man to the king enjoying the festive  
 period? With Kirstie Bingham from the  
 John Moore Museum, Tewkesbury*

**Tuesday 21st January**

*following AGM at 2pm*

**A talk about fire safety**

*by an engagement officer from  
 Hereford & Worcester Fire and Rescue*

*All welcome, no need to book  
 All monthly meetings held at Number 8,  
 High Street, Pershore*

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

### SEEKING VOLUNTEER PROJECT TEAM MEMBERS IN KEMPSEY

Kempsey has the opportunity to install a Skatepark and Pump Track on Parish owned land at Pixham Ferry Lane to the south of the village.

We think this project can make a positive contribution to the wellbeing of young people in this corner of Worcestershire.

Kempsey Promotions CIC is looking to set up a dedicated Project Team to undertake Design, Fund Sourcing and Build. We are seeking a group of active members ideally able to demonstrate some of the following:

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**Fund raising experience**

**Ability to work as part of a pro-active team**

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This will be a major project with a likely budget in excess of  
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[infokempseyrevels@gmail.com](mailto:infokempseyrevels@gmail.com) or  
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# Severn Stoke & Croome D'abitot News

## Happenings in Severn Stoke and Environs

### St. Denys' Church, Severn Stoke

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

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



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

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

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

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

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

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

*John Henderson*

## Kempsey WI



Christmas came early for members of Kempsey WI with a visit from Meakin the Butler describing Victorian Traditions of Christmas, alongside even earlier customs.

Meakin, aka villager John White, a performance historian, explained that although celebrations associated with Christmas began much earlier, it was the Victorians who reinvented Christmas, particularly during the 1840s when Christmas cards, crackers and decorated Christmas trees really took off among the upper classes. He described the importance of different types of greenery, red candles, and the various dates during the twelve holy days of Christmas, including the origins of Boxing Day. Since Alfred the Great decreed

that the labouring man should not be required to work over these twelve days, a tradition of 'mumping' had grown up – begging at doorsteps to try to cover the lost earnings during this time when they were not working.

Meakin also explained the evolution of Christmas puddings and mince pies over the centuries, from savoury broths and sausages to the sweet concoctions we know today.

Finally, there was a light-hearted warning about ancient laws that had never been repealed, including the Puritans' banning of Christmas celebrations and the use of wheeled vehicles to go to Christmas Day services being illegal!



*John White as Meakin*

*The December meeting is a Christmas party, at Kempsey*

*Youth Centre on Monday 16th December at 2pm.*



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.

### **Our next meetings will be on: Thursday 5th December 2024**

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. We have a break after 5th December.

First meeting of 2025, will be Thursday 30th January 2025.

*For further details please contact Anne on 07931 636309*

"May all your troubles last as long as your New Year's resolutions"

*Joey Adams*



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# Rotary News

## 'Lighting up our Memory Tree'

Pershore Rotary's 'Tree of Remembrance Appeal 2024' is up and running and donations for our three charities, in memory of loved ones, are coming in. Christmas is that special time of year when we think about our families and friends, particularly those we have loved and lost. Because of that, many of us have special reasons for thanking those who helped or supported us at critical times in our lives. That support may have come from one of the three charities we are supporting. Did you know that Acorns Children's Hospice provides over 10,000 hours of personal care each year and that £50 could allow a family member to stay overnight at the hospice? Or that St Richard's Hospice assists over 3,100 patients and family members and that £27.50 will fund a physiotherapy session? Or that the Midlands Air Ambulance operate three airbases and that each helicopter mission costs £2,950 -and they fly an

average of 12 missions every day? This is an opportunity to help us support three of the most valuable resources we have in Worcestershire. Donations can be made by scanning the QR code, or through our online giving account at: [www.pershoretreetofremembrance.com](http://www.pershoretreetofremembrance.com). Alternatively, they can be placed in the Rotary blue post boxes at Sugar n' Spice and Acorns in Pershore High Street.

**Breaking News:**  
This year, to get a real sense of Christmas, we have invited local choirs and bands to entertain us between 10.00 and 2.00pm when we are collecting outside Asda in Pershore. The dates and performers will be:  
*Saturday 7th December* – Vocal High, Pershore Brass; U3A Ukulele Band and Pershore Town Choir.  
*Saturday 14th December* – Vocal High, Evesham Concert Band; Pershore Abbey Choir and the Feel-Good Chorus.  
*Friday 20th December* – Piano Hedgehog; Pershore Abbey Choir and Pershore Brass.  
*Come and join us and get into the festive spirit.*



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

### Your Loved Ones Remembered

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

**Donations in memory of those loved but lost can be made online by scanning the QR code above or going to:** [www.pershoretreetofremembrance.com](http://www.pershoretreetofremembrance.com)

**Alternatively complete this form and send to the address below.**

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

Your Name:

Address:

Post Code

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

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

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

Signed

Date

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

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

## Useful numbers

- Worcester Fire Station ..... 01905 725030
- 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

## Domestic Recycling & Waste

Your Christmas collection changes

Scheduled Day of Collection	Actual Collection Day	Waste Type
Monday 23 December	Collection as usual	Recycling
Tuesday 24 December	Collection as usual	Recycling
Wednesday 25 December	Saturday 21 December	Recycling
Thursday 26 December	Saturday 28 December	Recycling
Friday 27 December	Collection as usual	Recycling
Monday 30 December	Collection as usual	General Waste
Tuesday 31 December	Collection as usual	General Waste
Wednesday 1 January	Saturday 4 January	General Waste
Thursday 2 January	Collection as usual	General Waste
Friday 3 January	Collection as usual	General Waste
Monday 6 January	Collections return to normal	Recycling

Merry Christmas and a Happy New Year!



We will collect up to 2 additional Black sacks on W/C 30<sup>th</sup> December.



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# Kempsey Times



## Dragon Boat Club: Triumphs & New Horizons



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

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

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

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



from various countries.

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

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

to have fun and enjoy ourselves.

We are arranging taster and training sessions in January.

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

*hello@pershorephoenix.com*



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