

Kempsey Times



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

Issue 9

November 2024

FREE



Poppy fields

November is here, the clocks have gone back, daylight hours are getting shorter. Nature is getting ready to rest. We have just had a wide-ranging budget from a new Government and we will have to see what this will bring. We also have a new Leader of the Opposition and in America a new President! All change at the top!

In November, we have Guy Fawkes, always a super event, with the hot toddies and baked potatoes! Remembrance Day is always very special, when we remember all who have given their lives for freedom. We will be getting ready for Christmas,

it's already on our minds, the shops make sure of that. We also have some great sporting events coming up with the Six Nations Rugby and the Cricket tour of Australia with the Ashes series. Always very competitive and exciting.

This time of the year, the countryside is just as beautiful, but in a different way. The bare trees against the sky-line are often an amazing sight. Walking in the woods and fields is always interesting and this time of the year is no exception. We are so fortunate, in so many ways to live in this part of England.

A unique, interesting and lovely area, with so much going on. Lots of clubs and associations covering many activities. So much to see and most of this privilege is free.

We have published 'Writings and Paintings of Susan Catford'. The book contains every article, poem and painting, that Susan produced for the Pershore Times. The articles are of a very high quality, each one is different and a joy to read. Available shortly from 8 Church Street, Pershore. All proceeds will be donated to Cancer Research UK Ltd in memory of Susan.

We at the office have so many projects in hand and we are so busy that I think Christmas will be here before we know it! Enjoy the autumn!

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County & District Report

As you read this, we will be in the middle of November, Halloween and Bonfire Night gone in a flash – or is it a bang! All the children in the area, from near the Ketch in the north down to Uckinghall in the south, are no doubt counting the days to Christmas; I know my grandchildren are. I am concerned that many of the elderly and more vulnerable members of our community may be suffering at this time of year. Cold and loneliness are a wicked combination, so please be a good neighbour and check on them. A friendly face and a kind smile go a long way – thank you.

On Demand Bus Service Latest



As some of you may know, I have beavered away to ensure our Worcestershire on Demand bus service is a success. Recently, I had a worthwhile meeting with Officers from WCC to review how it's all going. I am seeking yet more improvements.

In August, the service in the joint County Council Divisions of Croome (Us) and Powick (Near us) received 2100 requests for rides. 90% of people who left feedback gave the service a 5/5 rating. Due to problems with mucky dogs, it has been officially agreed that, from now on, only service dogs will be allowed. I have asked that additional

destinations outside the Zone be considered. These include Newtown Road, Worcester, adjacent to the hospital and Haresfield House Doctors Surgery, Newtown Road, Worcester. I've also asked for near the Cathedral in Worcester to be considered, but this drop off point seems to be less likely to be accepted, and Ledbury, mainly because this service also covers County Councillor Tom Wells' area, the Division of Powick, where some of the hamlets are closer to Ledbury than Malvern. It has been agreed that WCC will consider these requests and try to find a way forward.



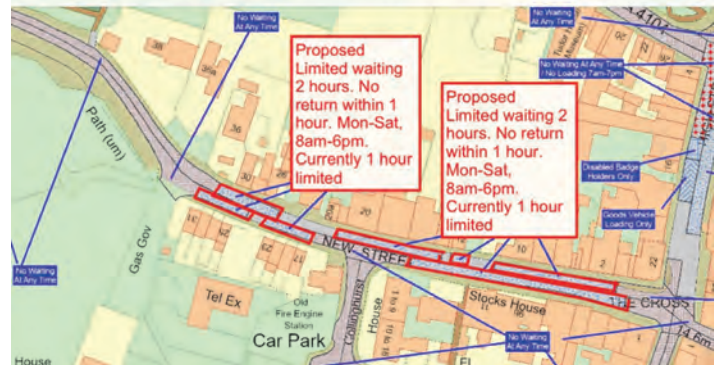
New residents have been moving into a new estate called Pear Tree Way, which is off Taylors Lane, to the north of Kempsey. There are about 100 dwellings now occupied, but no bus service, which, if you don't drive, is not good enough. As you can see, I have been meeting residents to listen to their concerns about there not being a safe walking route to the cycle/foot bridge that would take them to Tesco's in St Peters. St Modwen's Homes, the builders, must do better.



Meanwhile, I am making new members of our community aware of the great Worcestershire on Demand Bus. Finally, I thought you would be interested to know that from the 9th of May 2023 to the end of September 2024 there have been 18977 people using the app, and 1521 phone calls to request a journey.

Change to Upton's Parking

Member's Improvement Request Reference: #7977



Following a petition by many local people in Upton I have requested the County Council Officers look into changing the parking waiting time in New Street, Upton Upon Severn. Currently, it is one hour of free parking. The proposal is to change it to two hours' parking. I spoke informally with officers

to gain their reaction, and, to be fair, they were supportive of my request. They did say that it was unlikely that they would agree to change the waiting times in the High Street and Old Street should they receive a request in the future. I will let you know when I have an update.

and finally . . .

Have you noticed how poor the mobile phone reception seems to be, regardless of where you are in the country? We seem to have taken a step back in time – maybe 3G was turned off too quickly. Talking of stepping back in time, the other day, I was working on my veg plot in my garden, the sun was shining and, even for October, there was warm glow on the back of my neck. It brought back memories of helping my father on his allotment – well, as a young lad, it was more like

playing with worms and getting in the way! Although I didn't know it at the time, he must have had the same battles I have with the Cabbage Caterpillar. Some things never change!

As ever, I am here if you need me. Stay safe.

Warmest regards

Martin Allen

Kempsey Times

Collection Points:

Hughes & Company, Pershore

The Anchor - The Crown - The Talbot - The Seaborne

Rose and Crown, Severn Stoke

Kempsey's Morrisons - Co-op, Canada Way, Lower Wick

St. Peter's Garden Centre, Broomhall

St Mary's Church, Kempsey

St Denys Church, Severn Stoke

Elgar's association with Bredon Hill and the surrounding area

In 2003, I bought a house in Pershore from the windows of which I could see Bredon Hill. Little did I know then that I was soon to become quite obsessed with this 'outlier' of the Cotswolds, and during the next twenty years would climb to the top of it over one hundred and sixty times. I do not know how many times Edward Elgar reached the summit but there is a photograph, taken on 2 July 1927, of him and his daughter Carice sitting with their dogs at the foot of the tower which is to be found there.

At that time, Elgar was living at Napleton Grange in the nearby village of Kempsey, and on Sunday evenings he would often entertain his great friend Ivor Atkins, the organist of Worcester Cathedral, and his son Wulstan. There they would

discuss music, do crossword puzzles and look through Elgar's microscope at the collection of leaves, butterflies, and the like which he had collected over the years.

From there they would go on jaunts in Elgar's car to open spaces where they could exercise the dogs or to nearby towns, notably Pershore where Elgar had found a shop which sold delicious pork pies. It was also in Pershore, back in the 1870s, that Elgar would play the violin in concerts at its Music Hall, eventually as leader of the orchestra.

When on top of Bredon Hill, Elgar would have been able to look down on Pershore and its ancient abbey; he would also have been able to look towards the village of Drakes Broughton on the road to Worcester.

Nowadays, many hymn books



include a tune by Elgar which almost bears the name of this village. It was written in 1878 for the words 'Hear thy children, gentle Jesus' and in 1930 was included by Elgar in the first movement of his Nursery Suite. Whether he intended to give this tune a title or not, it first appeared as

Drakes Boughton [sic] in 1939 in the 'Westminster Hymnal'. Elgar was obviously familiar with the village, for he told one of his early biographers that he intended to come back to haunt one of its secluded lanes.

© Peter Avis October 2024
www.elgarsociety.org



Peter Avis

After teaching maths for ten years during the 1960s and 70s, Peter Avis moved into music administration; first as General Secretary of the Ernest Read

Music Association and then as a House Manager at the Fairfield Halls in Croydon where he ran the Lunchtime Concerts. Since 1988 he has worked as a freelance writer of programme and CD booklet notes and giver of pre-concert talks at several venues including Fairfield, the Hexagon in Reading, the Wigmore Hall, the Sheldonian in Oxford, and on the South Bank. During the course of these talks, he has interviewed many conductors and soloists notably Andrew Litton, Leonard Slatkin, Carl Davis, Tasmin Little, Julian Lloyd Webber, Emma Johnson, Dame Gillian Weir, Natalie

Clein and Stephen Hough. He acts as speaker at Gramophone Societies throughout the South East and beyond and has recently given talks to several branches of the Elgar Society about the English composer Dame Ethel Smyth and the writer and musicologist Rosa Newmarch. For many years he has sung with various London choirs both in this country and on tour abroad. In 2003 he gained an MA in Visual and Performing Arts (The Promenade Concerts) from King's College, London, and, in October 2010, made his debut on Radio 4 as the presenter of a programme entitled Rosa and Leoš which was based on

one of his King's College essays and dealt with the visit to London in 1926 of Leoš Janáček, a visit which had been arranged for him by Rosa Newmarch. His second appearance on Radio 4 resulted from an invitation from its arts programme, Front Row, to talk about Arthur Wood, the composer of the signature tune used by The Archers. Over the past five years he has been working as a volunteer on various archive projects at the Royal Festival Hall and, during the summer of 2011, helped curate one of the exhibitions which formed part of the South Bank's celebration of the 1951 Festival of Britain.

Freedom Leisure contract extended!

Freedom Leisure will continue to run Malvern Vale Community Centre and Upton Hill Community Centre until 2030 following approval from Malvern Hills District Council (MHDC). The approval was made by the council's Executive Committee on Tuesday, 17th September, to extend Freedom Leisure's contract for the management and operation of Malvern Vale and Upton Community Centres by five years, to run from April 2025 to March 2030. Freedom Leisure started the interim management and operation of the community centres on 1st February 2024, with an initial 14-month

agreement running to March 2025, after it was handed over from YMCA Worcestershire. Significant service and operational improvements have been made within the first six months of Freedom Leisure's interim management and operation of the community centres, including:

- A new free youth engagement programme launched, Active Tuesdays, providing young people with opportunities to be active, socialise and seek specialist support and guidance.
- New exercise programmes and walking sports have been introduced to target inactive

residents.

- A successful open day was held at Malvern Vale in July with over 120 attendees from the local community being able to access 19 services under one roof.

- Occupancy of available space across the two facilities has risen from less than 30% usage, to over 45%.

- The appointment of a dedicated full time Operations Manager across the two centres.

- The implementation of all statutory health and safety testing, method statements, risk assessments, building compliance and operational processes, to ensure both facilities are now

appropriately managed in line with industry best practice.

- Over £50,000 investment in repairs, maintenance, and facility improvements.

Upcoming plans include:

- Dementia, menopause, bereavement, and soft play/toddler cafés.
- Midwifery services, footcare, physiotherapy and immunisations provision.
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- More after school clubs, sports activities, fitness classes and holiday camps.

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A few words from...

MP Backs Regular Screening on Wear it Pink Day

Dame Harriett Baldwin MP has urged people to get screened to spot early signs of breast cancer. And the MP joined hundreds of MPs in Westminster promoting the annual initiative which encourages people to wear an item of pink clothing to support the Breast Cancer Now charity. Wear it Pink Day, which is on October 18, has been running since 2002 raising awareness of the need to get regularly screened for cancer. In 2021, across the Herefordshire and Worcestershire health system 828 people were diagnosed with breast cancer and sadly 161 people died. Dame Harriett said: "Each year, I support this important initiative and it was wonderful to see so many people in the chamber of the House of Commons sporting pink for the day on Wednesday. I'm urging people to get screened whenever they are offered a test. Early diagnosis is essential for fast treatment and a good prognosis. Across the two counties, two thirds of women who are offered screening come forward, but



we must all spread the word and encourage more and more people to come forward. This is a cancer that is beatable when caught early and I hope many more people will wear pink this Friday to raise awareness of this important initiative."



Searches for Digital Superstars at Google Training Day

Dame Harriett Baldwin MP welcomed dozens of budding entrepreneurs to a digital training day in Malvern. The MP hosted a 'Digital Garage' training day led by experts from the tech giant Google and chatted to men and women who are looking to set up or grow their small businesses. The sessions run at Malvern Hills Science Park included training on using Generative Artificial Intelligence and digital marketing as well as offering one-to-one mentoring sessions. The Google initiative is part of a nationwide effort to increase people's digital skills and embrace the opportunities of technology. Dame Harriett said: "There's a lot of talk about how artificial intelligence will change the way we work but talking to people attending the training sessions, there is a real need to get into the facts, not the hype. It was great to see so many young, keen entrepreneurs and I was personally delighted that a large majority of the group were women starting their own journeys into business. Although it was a Google-led

event, the experts were able to help people out to understand how to use all the technology products to grow their businesses. Malvern is at the heart of cyber valley, where many generations of tech geniuses have made their home, but it is essential to remember that some need a gentle leg up to get the most from the digital world. I'm thankful to Malvern Hills Science Park for hosting this get-together and I am hopeful that it will inspire a cohort of young entrepreneurs to succeed in West Worcestershire."



Kempsey Parish Council

Planning

The government is proposing to reform the National Planning Policy Framework (NPPF) together with other changes to the planning system and undertook a public consultation between July and September this year. The Consultation Letter explained the proposed changes together with the government's reasoning behind them. Responses were invited by giving answers to 106 questions, not all of which were directly relevant to the interests of the Parish. In addition, a version of the NPPF was issued which contained the proposed changes highlighted for reference. The NPPF sets out the government's planning policies which are highly relevant when deciding applications and appeals. The reforms and changes could have significant implications for the Parish, mainly because of a revised means of assessing housing need and therefore the release of further land for development to meet the

government's targets. Although not directly invited to do so, KPC has submitted responses as appropriate, details of which can be found at the KPC website together with links to the Consultation Letter and the NPPF. Thanks to Cllr Gardener and the Planning Committee for the considerable effort in compiling KPC's comments on the government's proposals.

Commons maintenance

Work has been carried out to clear excess gorse and bramble on Kempsey common. This included cutting back the blocks of gorse in the lower common and re-establishing clear channels through it, cutting back gorse encroaching on the vehicle track to the centre of the common, so it is now more than twice as wide as previously and removing half of the gorse clumps on the upper part of the common including clearing gorse and brambles from the surroundings of the dew ponds. At the same time the bridleway at the north

end of Stonehall common, more used by walkers than horse riders, has been cleared of scrub and considerably widened.

Bulb planting

The volunteer group comprising the Main Road Working Party and others are carrying out planting of daffodil bulbs in other parts of the village and some outlying areas.

A donation from Platform Housing has been used to purchase daffodil bulbs together with funds from Kempsey Parish Council. The volunteer group has also been tidying up the various large planters for the winter and working on a new decorative sign for the village. A permanent fixing point for the annual Christmas tree is due to be installed outside of the Parish Hall by Highways in time for the tree lighting event on Saturday 7th December 2024 at 5.45pm.

Community facilities

A disabled parking bay has been marked out at the Community Centre, adjacent to the rear entrance. Renewal of the car parking bay line markings has also been carried out at the Youth Centre at Plovers Rise and four smoke alarms have been fitted at the Sports Pavilion. Work is in hand to construct ramps on either side of the entrance to the Sports Pavilion to facilitate more convenient access to the play area via the new pathway.

For more information regarding the activities of the Parish Council, please refer to our website 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



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A countdown to Christmas at The Lawns



This autumn we are enjoying visits from the students of Kempsey Primary School and The Kings School, Worcester. It's so lovely for the different generations to share stories, listen to music and play games together. We have also had visits from new four-legged friends (including Ragnar the cockerpoo and some newborn kittens) celebrated World Animal Day and hosted a horse racing event for Gents Club. Preparations for Christmas are well underway. For all Christmas events please

call us or email our Lifestyle and Wellbeing Team lawnslifestyle@heritagemanor.co.uk Here is a snapshot of planned festive fun Our Christmas Fayre Fundraiser will be on: Saturday 30th November. Residents are sewing, knitting, planting, making jams and chutneys, all in readiness for the day. Our Christmas trees go up on 3rd December and residents will be unboxing the baubles and decking the halls in the afternoon,

getting into the festive spirit! We will be singing along to the Christmas classics with our entertainer at the first of our Christmas Parties for residents, family and friends from 2.30pm on Tuesday 17th December. Plus another opportunity to get together on Thursday 19th December from 2.30pm for carolling at our candle lit memorial service with our local church. We are welcoming a vocalist for our Christmas party with buffet on Friday 20th December.

There will be all the traditions for Christmas week, including a Christmas Eve Quiz and the biggest turkey with all the trimmings for Christmas Day lunch, after everyone has opened their stockings. There will be traditional Christmas games in the afternoon on Boxing Day.

We are having a New Year's Eve celebration on Tuesday 31st December for residents and teams, families and friends. We have a piper coming to pipe in the haggis for a Hogmanay dinner with neaps and tatties and a tot or two of whisky!

*With best wishes from
Joy Hoskins,
Lifestyle & Well-being and
Team Lawns.*



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Severn Stoke and Croome D'Abitot Parish Council

Firstly, thank you to our outgoing parish councillor Nicola Sumner, who leaves us due to working commitments. Thank you, Nicki, for all your contributions and help with planning matters and we look forward to welcoming you back as soon as you are able. If any resident has a couple of hours free a month to join us on the parish council, they would be warmly welcomed. The role is 'what a person makes it' and the hours fit round whatever can be offered. We meet in person only once every two months for a couple of hours and need new parish councillors in particular to help us look over planning applications and with projects assisting biodiversity. Please contact the parish clerk if you are interested. It looks like we have avoided the worst of the floods for now - writing 21/10/2024. Residents, the Church and the

Rose and Crown continue to shine a light for us with their resilience. In return the parish council continues to push for the flood bund to be built. Maybe David and Martin's good luck with the completed crossing at Kempsey will rub off on us soon! Watch this space and our Facebook posts on the Severn Stoke, Kinnersley and Earls Croome community page for the latest news. Our County Councillor has offered to assist us with a grant towards renovating the red phone box at High Green – thank you Martin! Please would any volunteers step forward to join in helping us with these renovations. A resident-based project would stretch the funds much further than if we have to go down the route of commissioning a company.



Next Meeting:

Wednesday 27th November
7.30pm, at the meeting room,
Croome National Trust
Visitor Centre.

*Lisa Stevens
Parish Council Clerk*

*T: 07950 256363
E: severnstokeandcda@gmail.com*

Your councillors are:
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Refuges

Tim Hickson



Croome Court

In 1750, George William Coventry, who the following year would become the 6th Earl, stood above Broadway near the place where, many years later, would be built the Broadway Tower. He was with his friend, Sanderson Miller, and he said that Croome Court had always been an 'Inn' and, when he inherited, it would continue to be so, welcoming visitors. And that, he concluded, would mean he would never have any privacy. Still in his 20s, that would probably not have bothered him. However, in 1763, so impressed by Lancelot (Capability) Brown's work at Croome, the Earl commissions him to build what became Springhill House above Broadway, 'so he could pursue his sporting and horticultural interests in more secluded surroundings'. Curiously the

work was paid for by his younger brother, John Bulkeley Coventry. When, to the Earl's clear satisfaction, the house was finished, his brother actually took up residence. Whether this was meant to be temporary we do not know. Nearly 20 years later, the Earl, now almost 60, clearly started to feel the need for somewhere to escape to when he could not cope with the visitors in the Court. Springhill was not, he felt, available as John was there so he asked Robert Adam to design a secret private apartment in the Service Wing. This would be accessed from a jib door (one that from the front looked like a piece of a wall) at the top of the first flight of stairs. *(I nearly added a picture of the door here but then thought it would be more fun if you went to Croome Court to find it!)*

This private apartment contained a bedroom, a WC, a dressing room and a large sitting room with re-cycled C17th oak panelling and a Derbyshire marble fireplace surround. A door at the far end allowed access from the kitchen and the wine cellar. Some 'shed'! In the 1780s and 1790s the Earl spent money refurbishing Springhill and commissioning new lodges and gates. He also bought more land, so the property went up to and beyond what is now the A44 from Broadway to Moreton in Marsh. That was because he intended that his favorite son, another John, by his second wife, Barbara, could live there. I was interested to learn that in the Second World War, in that land there was a German Prisoner of War Camp. This was for prisoners who were not

avid fans of Hitler and many would have been content no longer to have to fight. For them this place would have been a form of refuge. Quite a number would have worked on neighbouring farms, doing something useful, being valued and, often, better fed. Once the War was over, the camp buildings were then used as a hostel for the unfortunate 'displaced' Polish civilians who were in this country. Whilst they might rather have been back in Poland, the Russians were there, and return was either difficult or undesirable. The hostel was called Springhill Lodges Camp and it was run by National Assistance Board. Again, a refuge. (As a boy I remember seeing several such camps in various parts of the Cotswolds for different nationalities of displaced people.)



Springhill House



Prisoner of War Camp Buildings



Life in Springhill Lodges

Farming

Mike Page

The last few articles have dealt mostly with the very serious matter of the UK being as self-sufficient as possible in the on-farm production of basic foodstuffs. A serious matter in a modern world where national rivalries and even outright warfare can have a major effect on the price and availability of basic food resources. But farming can have also its lighter side, most particularly when things do not according to plan!

This farm was set out mostly in early Victorian times – like much of the Evesham/Pershore area – with fruit orchards. Now all that remains of that area on this farm is about 2 acres of standing pear trees, not harvested anymore as they are of a variety and taste that would not be popular nowadays, growing in part of a field that is otherwise grass and used for grazing sheep.

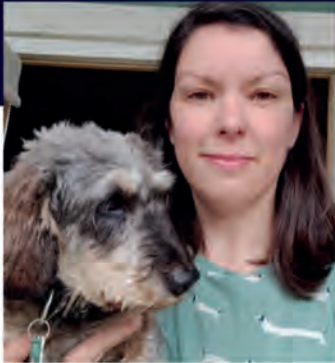
Whenever sheep are brought to this field to graze in the early autumn the usual plan is to turn them in before too many pears have fallen to the ground so that they do not have the opportunity of gorging themselves; fallen fruit will by then usually be

bird or insect damaged allowing airborne yeasts to enter and start the fermentation process converting each into a nice little ‘nip’. Some years ago I made the mistake of not putting the ewes in this field until a considerable proportion of the fruit (and it was a very productive season) had matured and fallen to the ground. Straight away the whole flock gathered under the trees, all eating every pear they could find, but eventually, after half-an-hour or so, with most of the fruit consumed and they had had their fill, the majority retired to the open field and reverted to grazing grass; just a few of them perhaps a little bit ‘tipsy’ but showing no signs of that. But one small group of maybe half a dozen chose to remain under the trees waiting for the characteristic thump! of a fruit falling to the ground and then rushing to the site of that thump to consume the newly fallen pear. Those few ewes remaining under the trees had after a time consumed a lot more fermented fruit than any of the rest of the flock and were quite obviously seriously intoxicated, staggering around



mostly quite aimlessly. Funny to watch, but relatively safe as they restricted themselves to life under the trees and with a leg at each corner they could somehow just about manage to stay upright, but with much of their sense of direction impaired they slowly but surely found it more and more difficult to locate fruits that continued to fall and their booze-up became self-limiting. Evening and darkness arrived finally giving them the chance to sleep it off and by the next day all were fully sober again, and with other ewes returning to forage under

the trees and share in the newly fallen fruit, they remained sober. Recounting this story to a friend and fellow farmer he said he had had a similar experience, but in his case it was mature bullocks turned into an apple orchard. A group of animals of that size, and weighing perhaps ½ tonne apiece, just about managing to stagger around drunk out of their minds, must be quite a sight to see, but unlikely to be dangerous as, like my sheep, their chief interest in life was in managing to stay upright.



VETERINARY ADVICE ESPECIALLY FOR YOU!



Fireworks and Your Pets

For many pets the fireworks celebrations around Bonfire Night, Christmas and New Year can be scary events. Those with noise aversions can spend the night cowering and trembling or show erratic excitable behaviour. And even those previously unaffected can be triggered into anxiety by a firework blast too close to home.

There are numerous things that you can do to help make your home a comfortable and reassuring space for them, but if your pet is severely affected please seek help from your vet who may be able to prescribe anti-anxiety medication and offer further support.

Here are some tips to help your pet around fireworks nights:

- Place a **pheromone diffuser** in your house or use a pheromone spray, these help your pet to feel calm and reassured in their space, there are also some helpful ‘off the shelf’ anxiety medications that can work well. These products need to be started several weeks before the fireworks commence.
- Create a **calm and comforting environment** by using comfy beds, cardboard boxes for cats and providing treats, toys, food and water within easy access in a quiet part of the house. This provides somewhere they can retreat to if wanted but make sure they are also still able to access their usual areas of the house as well.
- **Walk dogs earlier** than usual to avoid the early start of some celebrations and try and **keep cats indoors** if they are happy to do so.
- **Close windows, curtains and blinds** to muffle sounds as much as possible and turn up the tv or radio a little bit to cover noises. Classic FM provide a calming playlist for fireworks specifically designed for dogs that you may find useful.
- **Stay at home** with your pet, your presence is likely to be the most reassuring thing for them. Remain calm and relaxed yourself and provide comfort if your pet seeks reassurance from you.
- Bring hutches for rabbits and other small furies indoors if possible and provide **extra bedding** for them to hide in.
- Make sure your pets are **microchipped** and the details are up to date, if they did happen to run away from home you want to be able to be reunited with them.

For future years sound therapy is something that can be used to accustom dogs to noises, this is ideally useful for young puppies but can be employed to help adult dogs, it should be started many months ahead of the fireworks season. Dog’s Trust provide resources called ‘Sounds Scary’ that are free to access and download.

Above all keep your pets safe and enjoy the celebrations!

Best wishes *Eliza*

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



Cooking for fun!

Ailsa Craddock

The beautiful colours and light of Autumn herald night's drawing in and darker nights. The Husband hates the switching of the hour but I really embrace the changing of the seasons. Whilst, obviously, I love hot summer days and long summer nights, Autumn and Winter bring their own delights. Crisp, frosty mornings, firelight and drawing the curtains to snuggle down with The Cat and a good book (and not feeling guilty that I should be working in the garden!). It's a change of eating/cooking habits, too. Salads and barbeques (although The Husband has been known to be out on ours in snow and ice cooking the excellent flatiron steaks he does!) make way for stews and soups and comfort puddings. It's also very easy to start piling on a few pounds, too, so I think the best way to avoid that is to start the day well with a good breakfast. Personally, I sit down to fresh fruit, porridge (jumbo oats, milk, a little brown sugar (and a tiny shake of salt), 1 slice of sourdough toast and honey and a large cup of strong coffee. I know breakfasts aren't for everyone, so I thought I would just give a few suggestions to get you going. They don't have to be eaten first thing - call them brunch if it makes you feel easier - but they will fill you up, giving you energy for the day and kick start your metabolism.

Breakfast Pancakes -
this makes quite a few pancakes, depending on size. However, they freeze beautifully and are also delicious toasted the next day!

200g self-raising flour
1 ½ tsp baking powder
1 tbsp golden caster sugar
3 large eggs
25g melted butter, plus extra for cooking
200ml milk
vegetable oil, for cooking
maple syrup
toppings of your choice, such as cooked bacon, chocolate chips, blueberries or peanut butter and jam

Mix flour, baking powder, caster sugar and a pinch of salt together in a large bowl. Create a well in the centre with the back of your spoon then add 3 large eggs, melted butter and milk. Whisk together either with a balloon whisk or electric hand beaters until smooth then pour into a jug. Heat a small

knob of butter and 1 tsp of oil in a large, non-stick frying pan over a medium heat. When the butter looks frothy, pour in rounds of the batter, approximately 8cm wide. Make sure you don't put the pancakes too close together as they will spread during cooking. Cook the pancakes on one side for about 1-2 mins or until lots of tiny bubbles start to appear and pop on the surface. Flip the pancakes over and cook for a further minute on the other side. Repeat until all the batter is used up.

Serve your pancakes stacked up on a plate with a drizzle of maple syrup and any of your favourite toppings.

Cheesy French Toast –
serves 1-2

2 eggs, beaten
1 tbsp milk
35g gruyère, grated
1 teas chopped chives
knob of butter
thick slices of baguette loaf



60g cherry tomatoes on the vine
olive oil, for grilling
sliced ham - serrano is delicious!
watercress, to serve
Heat the grill to high. In a shallow bowl, whisk together the eggs, milk, cheese and chives. Melt the butter in a large non-stick pan over a medium heat. Dip slices of bread into the egg mixture, then place them in the

pan. Cook for 3-5 mins on each side, or until golden and crisp, then keep warm in a low oven if you need to.

Place the vine tomatoes on a baking tray, drizzle with a little oil and season with salt and pepper.

Grill until they start to soften and blister.

On a large platter, pile up the cheesy French bread, grilled tomatoes, sliced ham and a pile of watercress, and dig in!

Thoughts from the Snug . . .

Enterprise

Diversification is all the rage in these economically stringent times. One of our Snug regulars spotted this notice in a pub that certainly had the potential to boost trade and help income flow. Geinus. With the alarming rate that we are loosing pubs, particularly in rural areas, this kind of entrepreneurial spirit is to be applauded.

Buddy Bach

We deal with enquiries from the Wife!

(Please see the barman upon arrival)

£1 – 'NOPE! NOT HERE'

£2 – 'SORRY, JUST MISSED HIM'

£3 – 'JUST HAD ONE DRINK AND LEFT'

£4 – 'HASN'T BEEN IN ALL DAY.'

£5 – 'SORRY. NEVER HEARD OF HIM.'



Twogetherness



It seems that the gift giving season has started early this year as we've just been given a Two Together Railcard. Although it's newer than the other Railcards (just ten years old this year) it offers the same one third off rail fares when two people are travelling together. We're planning on using it for a trip to Cardiff's Christmas Market which opens later this month. That's partly because there's a very convenient rail service from Worcestershire Parkway straight to Cardiff in just under an hour, and it's about an hourly service, then the train station is just a short walk from the city centre and the market itself. As an added bonus the organisers offer a mobility service for elderly and disabled people around all the pedestrianised zones for free, just ring 029 2087 3888 to book.

Although it's an easy day trip it's also nice to spend more time in

that city, especially perhaps in the Cardiff Bay area which has emerged from post industrial grime to a glitzy 'Cocktail Crowd' venue. If you want to go top of the range and five stars then the St. David's Hotel is for you. (if you Google it, remember that the proper title is the Voco St David's Cardiff) If, perchance, you like cocktails but can't afford Cocktail Bar prices, then help is at hand. I also had an email from Mixologist's Garden who sell a range of freeze-dried fresh fruits made, especially to serve with drinks and cocktails of all kinds. Costing just a couple of pounds the options include lemon, lime, strawberry and blueberry – and you can get them in both Asda and Tesco. Now I don't want to trespass on the grounds of my gardening colleagues but I met a really interesting bloke at the Malvern Show recently. Jo Kirby has

spent over thirty years researching his masterpiece – The Good Slug Guide – which is surely THE definitive guide to garden pests. Until I read his book I had no idea that there were 'good' and 'bad' slugs and certainly didn't know that the average garden contains some 35,000 slugs!

However, the book isn't just about garden pests, rather it's a route map to a more holistic garden environment, as this quote shows:- "We are all trying to garden in a more environmentally friendly way, but these findings show that it is not enough simply to give up our chemical habit and try to carry on in the same way. We need also to plant more plants and to add more organic matter. Then natural controls will develop to our advantage". His book is widely available from most book shops but if you should have a problem then the publishers are Gemini Books at www.geminibooks.com Finally, nearer home and just over the county border, the

Brian Johnson-Thomas

Spectacle of Light is set to return to Sudeley Castle on the outskirts of Winchcombe for its' ninth year, running on selected evenings from the 22nd of this month up until December 30th.

The theme this year is Sleeping Beauty featuring dazzling lights and immersive storytelling during a journey through the Castle's gardens where we will meet, not only the Sleeping Beauty and the heroic Prince but the Wicked Fairy and Good Fairies who will interact with us around the trail and help bring this magical story to life. Also, St.Mary's Chapel, the final resting place of Henry VIII's last wife and Queen, Catherine Parr, will be bathed in soft, glowing candlelight. *Tickets are not available 'on the door'. Advance tickets giving a ten percent discount are available until the 21st via www.everymantheatre.org.uk/sudeley or by phoning 01242 705555*

We're already looking forward to it! maybe see you there?



The Road to Ukraine

Birlingham resident Chris Hermon joined forces again with old friend and business partner David Brandon (Ex. Directors of the late Pershore Poultry) to deliver a 4x4 vehicle to Ukraine in part of a convoy leaving Dover on Saturday 31st August they travelled through France, Germany and Poland arriving in Ukraine on Monday 2nd September. The vehicles were duly delivered to the Charity "Driving Ukraine" in the city of Lviv. The cars were to be sprayed in a khaki colour and

forwarded to the frontline for use as ambulances and military transport. The group stayed overnight in Lviv leaving in the afternoon of the 3rd September following a visit to the war graves cemetery. The following night Lviv was heavily bombed by the Russians killing several residents and injuring more than 50 people. Chris and David are now back safely but say they are quite prepared to make the journey again. Over 3,000 miles.



Bees



Honeybee on ivy flowers, bristling with stamens bearing pollen

When we see bees and other insects flying around we rarely stop to consider whether they ever get ill. Well they certainly do. Each type of insect is susceptible to a range of viral, bacterial and fungal infections and external and internal parasites. In spring you may find large queen bumblebees crawling about which are absolutely covered in parasitic mites so they can barely fly.

Beekopers inspect their bees regularly during the year to monitor the level of any problem and where necessary we take action to prevent it getting out of control. However, sluggish crawling insects may not be diseased at all. In Autumn you may find some large bumblebees crawling about on the ground. Some people scoop them up and take them indoors and offer

them a bit of jam or sugary syrup, which they will readily lick up. Once warmed up and fed, they will then fly off, seemingly refreshed. In many cases these will be drones (i.e. males) which have been thrown out of the nest as they are no longer needed for mating with queens. They may have run out of food or may be too cold to fly. Most insects need an air temperature of 10C to remain active, and they either have to bask in the sun or shiver to generate the necessary heat in their muscles.

Ultimately all the worker and drone bumblebees and wasps will die, leaving just mated queens to hibernate and to start new nests next spring.

However, honeybee colonies will survive all winter and this requires considerable preparation. Firstly they reduce their consumption of food resources, by throwing out the males and defending against robbers like wasps. Secondly, they accumulate a store of honey. Each hive will need a store of honey equivalent to about 30lb sugar, stored in the honeycomb and sealed with a capping of watertight wax. Thirdly, they also store pollen, mixed with a little honey and

inoculated with *Lactobacillus* and yeasts to form plugs of slightly sour tasting 'bee bread'. This resists decay and is an additional winter food. It is rich in protein, oils and carbohydrates, as well as vitamins and minerals. On fine days they forage really vigorously to gather adequate supplies for the winter. One of the most important plants for bees at this time of year is ivy. Its umbels of green flowers produce abundant pollen and very concentrated sugary nectar. In the autumn sunshine, bees and a very wide range of other insects can be seen feasting on it.



Retirement

So, you're retiring. As in voluntary career re-alignment rather than the 'shy and retiring' variety!

It's a moment when people you hardly know feel empowered to ask what plans you have. In honesty, my first reaction is to point out it's really none of their business, but what I actually say is 'well, I've not planned the past 60-odd years so why would I start now?'

Anyway we all know that most plans are destined to drastic change if not actual failure. No plans then, other than a determination to do as little as possible for the immediate future and to fully enjoy this new-found freedom. What bliss – mornings can start when I'm ready not because the clock decides they should. Mental note – be sure there's time for a mid-morning coffee well before lunch or you'll lose all structure! First priority was for a 'well earned' trip to France for a bit of gallic catch-up, mostly

involving delicious food, cheese, wine, cheese, a bit of historical culture, cheese with a little more cheese to round off.

Expanding horizons and, sadly, waistline.

Now, what next? Advice from a friend – be sure to do one job a day. You get to choose the job (be it large or small), when to do it and when you can regard it as completed! Result – a sense of achievement and boost in self-worth, and of course the job gets done! Who thought cutting the grass or re-arranging the garden chairs could be regarded as a whole job?!

I was also advised not to stop all work-type activity straight away, for much the same reason. So here I am two years on and lucky enough to be able to take some casual work doing what I've been doing for the past 50 years. It's now on my terms, and I realise that after all this time I'm starting to get the hang of it! I rather enjoy it too! Next adventure?

John Driscoll



Well, my wife and I have been made grandparents for the first time and are so lucky that the little chap lives nearby (with his Mummy and Daddy!) so we get to see lots of him and can even have him for the day to

give everyone a break. Exhausting (there's a reason parents tend to be quite young) but so rewarding and we suspect this will likely shape our journey over the next few years – exciting days ahead!

Writings & Paintings of Susan Catford



£20

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

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Laura Marling - Patterns in Repeat Steve Ide



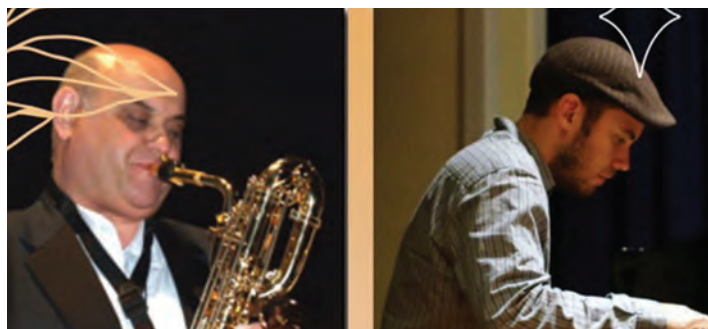
Laura Marling's 8th studio album and her first since the birth of her daughter is a glorious collection of songs about motherhood and family. This album finds Laura happy and content in a new phase of her life as a mother and it's clear that she's relishing the role. Recorded in a studio she set up in her home, the opening track, 'Child of Mine', starts with her setting up her equipment while her daughter babbles in the background. The track moves from family life 'You and your dad are dancing in the kitchen' to looking forwards 'Time won't ever feel the same and I don't want to miss it'. Previously Laura has talked about sacrificing motherhood for her career but in the title track she's clearly changed her approach 'I want you to know

that I gave it up willingly. Nothing real was lost in the bringing of you to me' And the track 'Shadows' looks at a future when children grow up, fly the nest and relationships change. Laura's lyrics have always been poetic and well informed, but this album shows another side to her. She avoids veering into sentimentality, instead producing a positive, truthful and relatable album.

Recently, Laura has hinted that she may stop producing music so that she can concentrate on her daughter and husband. While nobody could blame her for doing this, she clearly still has much to offer the world of original music.

Patterns in Repeat was released on Chrysalis Records on 25th October 2024

Jazz News Peter Farrall



News from Perschore Jazz
The Music Venue Trust is a charitable organization whose aims are to protect and secure grassroots music venues for the benefit of communities, artists and audiences. They have recently announced the unsettling news that touring bands and musicians are reducing their tour itineraries by half because of ever increasing costs. The music industry association, Live, also concurs that, although larger venues presenting major artists like Beyonce and Coldplay are faring quite well, it is the smaller festivals and clubs that

are falling victim to financial problems following the desolation of live entertainment during the Covid pandemic. Current Secretary of State for Culture, Media and Sport, Lisa Nandy, told a recent music industry conference that over one hundred music venues closed in 2023, and the ongoing rate of closure is about two per week! It is true that the government allocated £1.75 billion to a Culture Recovery Fund after lockdown but this was administered by Arts Council England whose 24-page application document is a

nightmare of required conditions. A crucial factor for small organisations was the requirement to possess dedicated premises. Huge number of clubs and festivals, including our own Perschore Jazz, disqualified at the first hurdle!

The government is to reconsider a proposal (which hadn't materialised) by the previous government to impose a levy on tickets for arena and stadium events to create a grassroots live music fund. If it does happen, let's hope that Arts Council will adopt a more applicant friendly attitude. There is, however, a charity, Grassroots Jazz, set up by top guitarist Nigel Price (remember

his Organ Trio at the Club?) specifically to raise funds for the preservation of the smaller jazz clubs and festivals where many dazzling jazz careers of today and tomorrow are, and have been, nurtured.

grassrootsjazz.com
A number of local jazz clubs have closed, probably for ever but, because of astute financial and artistic planning and with staunch support from our loyal fans, Perschore Jazz Club is still healthy, and the annual Perschore Jazz on a Summer's Day is well under way for 9th August 2025. Keep an eye on www.perschorejazz.org.uk Meanwhile, enjoy a fabulous session of music from the mainstream of jazz this month.

Zoltan Sagi
with the Andrzej Baranek Trio
Wednesday 27th November
Function Room, Perschore Football Club
Doors open at 7pm, music at 8
Admission £12.50 to include a raffle ticket
Book in advance and pay on arrival
club@perschorejazz.org.uk Tel: 01527 66692 find us on Facebook

Shrubtastic Autumn Foliage

Choosing the right shrub for your garden can be overwhelming when there is a gazillion to choose from and some shrubs can grow taller than some trees, so it can get confusing. The main difference between a shrub and a tree is the stem/trunk. Trees have one trunk, and shrubs have multi stems, however, there are multi-stemmed trees and 'standard' shrubs such as the lollipop style of Bay trees. So the main things to consider when choosing a shrub is the situation, space, soil type and climate. Do you need an evergreen or is a deciduous ok for the space? Once you've worked out the basics, then it will whittle down the list of suitable shrubs for your plot.

If you have heavy clay soil for example, you may be able to grow your chosen shrub in a container,



so all is not lost! Use a John Innes III compost in the pot. Here's my 'Top Three' suggestions for you to consider for autumn colour.

Callicarpa:

These are also known as beauty berries, because of their striking purple berries that appear in autumn. They have small, pink or white flowers in summer, and oval leaves that turn yellow or purple in autumn. They can grow up to three metres tall and wide and prefer fertile, well-drained soil in sun or part shade. It fruits best when grown in groups; at least two plants are needed to ensure pollination and berry production.

Please note - berries are ornamental only and should not be eaten and are unsuitable for pets.



Hydrangea:

These are popular shrubs that produce large clusters of flowers in summer, ranging from white to pink, blue, or purple. Some varieties also have stunning foliage that changes colour in autumn, such as *Hydrangea quercifolia* (oak-leaved hydrangea), which has lobed leaves that turn burgundy and bronze.

You can dry the flowers simply by cutting the stems and placing them in a vase of water and letting the water evaporate. The flower heads can be used in festive floral arrangements.

Euonymus alatus:

These are also known as spindle trees, because of their hard wood that was used to make spindles. It's a dense, bushy, deciduous shrub with dark green leaves that turn a brilliant



Nikki Hollier

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shade of red in autumn. They can grow up to 3 metres tall and wide and tolerate a range of soils and aspects.

When you're choosing a shrub and it's in a 2L pot on the nursery shelf, it can be difficult to imagine how big it will get. But you can cut back the bushes before they reach maturity and take over the garden. Or another idea is when the shrub has matured, you could remove any lower branches and under plant them with shorter plants such as *Heucheras*. So, my top tip is to buy the shrub you love!

November gardening tips

Reg Moule BBC Hereford & Worcester

Early in November

Try to finish off bulb planting soon. In fact, this is a great time to be planting tulips but if your soil is heavy put some coarse grit into the planting holes. Mounded, fleshy leafed alpine plants benefit from protection against getting too wet. Cover with a small cloche. Plant trees, shrubs, fruiting plants and roses of all kinds. They will be able to settle themselves in before the spring. Sow *Aquadulce Claudia* broad beans and round seeded peas, like *Feltham First*, in sheltered spots for cropping in June. Christmas roses (*Helleborus niger*) flower better and earlier with a little protection from a cloche. *Hellebores* hate being disturbed but if you must move one this is the best time. Lift it with a good large ball of soil around the roots.

Mid November

Check tree stakes and ties before winter winds cause damage. Plant *Paperwhite*

narcissi for Christmas flowers. Clean the glass and insulate your greenhouse using bubble polythene. Pinch out the tips of autumn sown sweet peas when they are 10cm (4in) tall. Plant garlic by the end of this month, it enjoys a well-drained position. If in doubt plant cloves 10cm (4in) deep in mounded rows 15cm (6in) high. Take hardwood cuttings of soft fruit bushes and shrubs. Plant bare root hedging plants. Keep greenhouses and frames ventilated on bright days. Grass growth generally slows down a little this month, so only give your lawn a light mowing if the grass is dry. If you have not already done so, treat the lawn to a dose of autumn lawn fertiliser and aerate it. This treatment will pay dividends in the spring. Some herbaceous plants – e.g. *Dicentra spectabilis* and *Primula denticulata* can be brought indoors for early flowers. If your garden is lacking colour plant some

winter flowering shrubs now. Sow fast maturing carrots, radishes, winter hardy salad onions etc in the greenhouse for April harvest. Plant a container with winter flowering heathers to brighten up your patio. Trim over summer heathers to remove the old flower stems. Slugs find greenhouse conditions ideal, so they will still be very active in there. Take some steps towards controlling them. Clean patios and concrete paths to remove potentially slippery moss and algae. Patio Magic, or Algon are some of the best treatments to use.

Late November

Feed flowering houseplants weekly but foliage ones once a month. Pot up pieces of chives, parsley and mint to bring indoors for fresh foliage all winter. Begin pruning grapes as soon as the leaves have fallen. Garden birds benefit from extra feeding all year round, but it is especially important in the winter months.



Try to put out appropriate food for the species living in your garden and make sure that water is readily available too. Prune free standing apple and pear trees after leaf fall. Place houseplants on wide saucers of moist gravel to provide extra humidity. Grouping them together on trays of moist gravel helps even more, as central heating is very dry. Begin washing pots and trays in disinfectant ready for the new sowing season if you have had trouble with seedlings rotting off last year. There are safer ones available now based on citrus waste such as *Agralan Citrox* and *Vitax Greenhouse Disinfectant*.

Death and taxes

Carol Draper

Coping with the death of someone you love is emotionally traumatic but dealing with the finances and paperwork can feel overwhelming. Sadly, I am in that situation now and thought it would be helpful to offer some tips or guidance from personal experience.

There are many organisations to inform when someone has died but it is made easier by using the "tell us once" service. Once a death has been registered you can use this service to inform organisations such as HMRC who deal with state pensions and benefits, DVLA, The Passport Office and the local council who handle council tax, the electoral register, bus passes and library cards.

Bank accounts held in joint names of say husband and wife will be changed to the sole name of the surviving spouse. Any accounts that are in the sole name of the deceased will be frozen and it may be funds cannot be accessed until probate has been sorted. This can cause cashflow problems especially if there are funeral expenses to cover so it is good to know, that subject to there being enough money in the account, the banks are able to release funds direct to the funeral director to pay for funeral costs.

When a husband or wife dies, their assets will automatically pass to their spouse unless



there is a will which states otherwise. The surviving spouse is not liable for inheritance tax on the assets they receive, but any unused portion of their partner's inheritance tax band will be saved up to use when the surviving spouse eventually dies. HMRC should sort out whether there is any income tax outstanding and inform the estate. However, if the deceased completed Self-Assessment returns before they died, HMRC will require a final return to be completed that covers the period from the start of the tax year to the date of death. Any tax due is payable out of the estate. The most difficult thing for me has been locating where all the information is kept as my husband's systems were very different to mine. It would have been helpful to have a list of financial assets so at least I would know I have covered everything. Something for me to consider for the future.

Carol Draper FCCA
Clifton-Crick Sharp & Co Limited

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

William Shakespeare

Foraging

Angela Johns

I spent a lot of the end of summer foraging for what the local hedgerows could offer. Damsons, blackberries, plums and yes even nettles. Nettle seeds are a new one for me but apparently a teaspoonful a day is excellent for hair, skin and strengthening your adrenals for stress busting. In the olden days they were fed to horses due to be sold to make their coats super shiny. I collected several bags of the female stems when the bright green seeds were abundant and dried them for a few days on my conservatory windowsills. I used gloves to sift the seeds out before the leaves dried up and crumbled into the mix, as I didn't fancy those prickly bits ending up sprinkled onto my morning cereal. My excitement and impatience in getting all the seeds collected, packed and stored meant that sometimes, if I was walking past, I would test to see if they were ready by doing the sifting gloveless. Gloves just seemed to be too big and clumsy for the delicate work. Just a bit, I'll be careful, I would say to myself. Ouch! But that wouldn't stop me the next time. It was a challenge to see how much I could do before I reached for the gloves. It wasn't the tearful sting of my childhood memories, but more of a build-up of intense tingling until a fresher stalk delivered a bite! I was very pleased with my haul of seeds in the end. Blackberry picking was equally successful and far less hazardous. It's funny how my standards changed as I moved forwards then backwards along the chosen hedgerow. To start with, only

the bigger riper juicier berries fill the slightly battered and reused Carte D'Or containers that I pulled from my rucksack. The promise of the best ones seemed always to be just along a bit further. But at the end of the row, the fourth and final container was still only half full. Going back over the hedgerow I picked the smaller denser berries that I had snubbed on the first scan and took more effort to pull off the stalks. Sometimes counselling is a bit like foraging. We know that the histories of our lives bear the fruit of experience and learning. That fruit may be easy to pluck off the life tree and pop into a favourite recipe. Or it may be that we need to sift through the painful and the prickly to reveal it. We may need to revisit the life path we took to see what it was we could have taken from that journey and whether it was worth it. Would we do it again no matter how hard it was because of what we have gained in the end? It might just be better to take out the heavy feelings we carry in our rucksack of stories and choose which ones to keep so that we can walk on freely with a lighter step.

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



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At the eleventh hour on the eleventh day of the eleventh month – we will remember them!

The Armistice, an agreement to end the fighting of the First World War as a prelude to peace negotiations, began at 11 am on 11 November 1918.

Armistice is Latin for to stand (still) arms.

To this day we mark Armistice Day around the United Kingdom with a Two Minute Silence at 11 am on the 11th day of the 11th month.



REMEMBRANCE, one of the key objectives of the Royal British Legion, is embraced in November – the 11th hour of the 11th day of the 11th month as dictated at the end of the First World War.

We have a number of events to 'Remember' our friends and colleagues who lost their lives in conflicts across the ages. Some may remember relatives who fought back in the Boer War [1899-1902], WW1, WW2 and many other Wars and conflicts since. So, our community will commemorate these lives lost or forever damaged by War and help those still suffering. The annual Poppy Appeal commenced on the 24th October with a stall in Asda

and in other premises around the Town and the villages. There will be collecting in Pershore on the three weekends following: - There will be a RBL gazebo in Chapman Court on Saturdays, 2nd and 9th of November where 'poppies, badges and memorabilia' will be available to support the work of the RBL.

A Garden of Remembrance, where 'poppy crosses' can be laid, will be in the passageway beside the Town Hall from Saturday 24th October to Remembrance Sunday.

£19,500 was raised by the Pershore and District branch of the RBL last year. This money goes to helping and supporting Veterans and their families. H M the King, Charles III was appointed as the Patron of the Royal British Legion this year - following in the footsteps of his late mother, Queen Elizabeth II. He was at the ceremonies that commemorated the 80th anniversary of D Day earlier in the year.

Events in Pershore for Remembrance are:-

10th November -
Remembrance Sunday – a Parade marching through the town to the Abbey and back after the Remembrance Service. The parade will form up at 1000hrs outside the Leisure Centre and we invite veterans to join us and Townsfolk to come and support the Parade. We are requested to be seated in the Abbey by 1030hrs.

A Service of Remembrance at the Cross of Sacrifice in the cemetery at St. Mary's Church in Wick at 1500hrs.

11th November –
A Service of Remembrance at the Cross of Sacrifice, Pershore Cemetery-please arrive by 1030hrs.

Thank you for your support for the Royal British Legion in our local area.

The Branch are always looking for new members to support the work of the RBL and at the same time enjoy comradeship with colleagues. There is no need to have served in the Armed Forces to join.

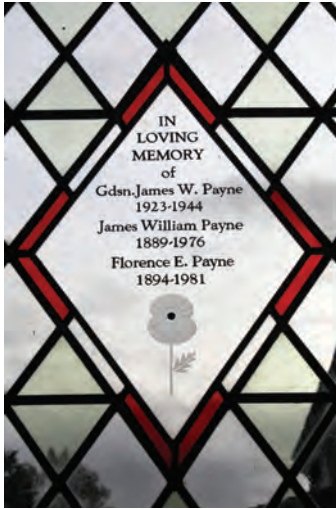
Anyone interested may contact the Chairman, Gerald Gregory, on 07802 897088



Guardsman James Payne of Lower Moor

Roy Albutt

Commonwealth War Cemetery, Florence, Italy



The number 14 bus from the centre of Florence took about thirty minutes to reach San Jacopo Il Girone in the Tuscan countryside east of Florence. A short walk brought me to the War Cemetery which lies on a gentle slope between the Florence to Arezzo Road and the river Arno. The entrance to the cemetery is through impressive wrought iron gates. A double stone stairways led down to a large rectangular lawn where the marble Cross of Sacrifice with its bronze sword stands. These crosses, designed by the architect Reginald Blomfield in 1918, are a feature of Commonwealth War Cemeteries containing forty or more graves. There is a similar

Cross of Sacrifice in the War Graves section of Pershore Cemetery. Behind the Cross of Sacrifice between the two stairways is a brown stone shelter accessed by three arches. This covered shelter has seating along the walls and a lockable wall safe housing the Cemetery Register which containing the names of all those who are buried here. The names are in alphabetical order so there was no problem finding the entry for James Payne.

From the Cross of Sacrifice a wide grassed avenue leads to the Stone of Remembrance, a large altar-like structure, another feature of Commonwealth War Cemeteries, designed by the architect Edwin Lutyens in June 1919. Lutyens also designed the Cenotaph, our National War Memorial in Whitehall, London, the focus of Remembrance Day in November each year. Crosses of Sacrifice and Stones of Remembrance do not have inscriptions. They are intended to commemorate those of all faiths or none. Lines of marble headstones face inwards on each side of the grassy avenue. James Paynes's headstone is in Section 2, Row C. Number 8. His headstone has the following information in

incised capital letters:
2665854 GUARDSMAN
J. W. PAYNE
COLDSTREAM GUARDS
15 SEPTEMBER 1944 AGE 21
Below this inscription is an incised cross bearing his regimental badge. Beneath the cross is written:
UNTIL THE FEVER OF LIFE
IS OVER
AND OUR WORK DONE
DEAR ONE GOODBYE
Each headstone has similar information – service number, rank, name, regiment, date of death and age – the exception being the personalised inscription beneath the cross provided by the family of the deceased. There are 1617 graves in this cemetery, all casualties of the Second World War. Most commemorate British Nationals, but military personnel from Canada, Australia, New Zealand, and India are also buried here - a reminder that this is a Commonwealth War Cemetery and of the vital role played by Commonwealth personnel during the Second World War. All 1617 died in the Florence area during the advance of the Allies northwards through Italy. The headstones commemorate mainly men although I did see one to a Cadet Ensign DIANA MARY MANNING of the Woman's Transport Service,

who died on 19th February 1

1945, age 21. Perhaps the most poignant of all the headstones I saw was one with the inscription A SOLDIER OF THE 1939-1945 WAR – an unknown soldier. The cemetery is a peaceful but sad place, bathed in Tuscan sunshine, in a wooded region. The grounds were immaculately cared for, with flowering plants growing among the headstones. I came away feeling somewhat elated at having visited the grave of James Payne, a local man, who made the ultimate sacrifice for our freedom nearly eighty years ago.





The History of the Poppy

The red poppy is worn as a symbol of both Remembrance and hope for a peaceful future. They are a show of support for the Armed Forces Community. During World War 1, much of the fighting took place in Western Europe. The countryside was blasted, bombed and fought over repeatedly. Previously beautiful landscapes turned to mud; bleak and barren scenes where little or nothing could grow. But out of this devastation the delicate but resilient bright red Flanders poppies grew and flourished in their thousands. In the Spring of 1915, shortly after losing a friend in Ypres, a Canadian doctor, Lieutenant Colonel John McCrae was moved by the sight of these poppies and that inspiration led him to write the now famous poem- 'In Flanders Fields'. The poem then inspired an American academic Moina Michael to adopt the poppy in memory of those who had fallen in the War. She campaigned to get it adopted as an official symbol of Remembrance across the United States and worked with others who were trying to do

the same in Canada, Australia and the UK. Also, involved with those efforts was a French woman, Anna Guerin, who was in the UK in 1921, where she planned to sell poppies in London. There she met Earl Haig, the founder of the RBL, who was persuaded to adopt the poppy as our emblem in the UK. The RBL, which had been founded in 1921, ordered 9 million poppies and sold them on the 11th of November- they sold out immediately. This first Poppy Appeal made £106,000 to help veterans with housing and jobs- this was a huge sum at that time. Today 40,000 volunteers distribute 40 million poppies each year. Major George Houson set up the Poppy Factory to employ disabled ex-servicemen and today the factory and warehouse in Aylesford are still producing poppies. Today, only donations from the sale of our red poppies go directly towards helping the Armed Forces Community. Thank you for your donations.

The Royal British Legion.

In Flanders Fields

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' Fields.

John McCrae 1872 – 1918



The Soldier

If I should die, think only this of me:
That there's some corner of a foreign field
That is for ever England. There shall be
In that rich earth a richer dust concealed;
A dust whom England bore, shaped, made aware,
Gave, once, her flowers to love, her ways to roam,
A body of England's, breathing English air,
Washed by the rivers, blest by suns of home.
And think, this heart, all evil shed away,
A pulse in the eternal mind, no less
Gives somewhere back the thoughts by England
given;
Her sights and sounds; dreams happy as her day;
And laughter, learnt of friends; and gentleness,
In hearts at peace, under an English heaven.



Rupert Brooke



'The core', what exactly is it?

Karen Harris

'I need to strengthen my core.' I hear it a lot; well-meaning people recommend it to people with back problems, or overall weakness. It's no doubt overheard, so it's often repeated as it's believed to be a solution to a weak back without perhaps understanding the meaning behind it. So, people hit the gym with the high hopes of building core strength, but in many cases end up planking, deadlifting, and crunching their way into more pain, compensation and dysfunction.

There is a saying 'an exercise is only as good as the body you bring into it.'

Although exercises, such as planks and deadlifts ARE effective core exercises, when you bring a body that's out of alignment to any exercise you could just be strengthening in the dysfunction!

So, what actually constitutes 'the core'? Abs? (Abdominal muscles) Yes definitely, but what about all the other muscles that attach to the pelvis?

Your hamstrings, obliques, adductors (inside thigh) and glutes (bum muscles) are all considered 'core'. And given the lines of fascia that run throughout the body, it may surprise you to know that your big toe and tongue are all part of this unified body unit we are aiming to strengthen.

There may be a time and place for an instructor to say, 'engage your abs,' but it is not healthy, or realistic to focus on a constant state of engagement and rigidity. Take a runner for example, do you think they are as efficient as one who is relaxed and fluid?

And how do you think focusing on ab contraction affects your ability to take a full breath? The strength and stability of the core is dependent on the position and relationship of our pelvis and ribcage. To maintain core strength, the pelvis must be in alignment, so the relationship of the muscles surrounding the core can be at their resting length. We must re-establish muscular balance, regain functional joint alignment and mobility, and restore the correct spinal curvature so the core can be strong and stable without

conscious effort. This provides a solid foundation from which to build true strength and not reinforce compensatory patterns. Lack of core strength, dysfunctional movement, and pain can stem from a variety of factors so holding in your abs in is not going to solve the problem. What causes the pelvis to lose its neutral alignment differs from one person to the next, and the muscles that need to engage - or relax - in order to restore alignment may not be the same for each individual. This subject, and more, is covered in more detail, along with various alignment routines in my book *Staying Aligned* (available on Amazon).

As always, it makes sense to straighten before strengthening. It has been my pleasure to write this column for the last four years, but this will be my last, as I am moving to sunnier climes. I have met, and helped, many people through the P.T readership and had lovely comments from avid readers. I hope that you have enjoyed - and maybe learnt a little more - about your structure and how important it is to maintain it. From these articles the basis of my (extremely good) book was formed.

Pershire Times (and now many other areas) is a great community resource with some great contributions from local writers. Emily who is always with me on 'our' page, suggested me for this column back in Covid days, so a big thank you to her, and Alan, for giving me the platform to engage people in health and wellbeing.

I wish you all very well indeed.

Karen



Thank you Karen for your articles and support over the years.
We wish you a very happy retirement in warmer climes.
Kind Regards Ed.

Becoming Conscious – Our Body:

Emily Papirnik

A Deeper Connection Through Massage Therapy

In today's fast-paced world, many of us are so focused on the external—our work, relationships and responsibilities – that we often lose touch with something essential: our body. It's easy to take our physical self for granted until discomfort, pain or tension becomes impossible to ignore. Yet, our body speak to us all the time, signalling imbalances or stressors that we often push aside. Massage therapy can play a critical role in reconnecting us to this silent dialogue and helping us become more conscious of the signals our body sends.

The Power of Touch:

A Gateway to Awareness

Working as a massage therapist for nearly two decades, I have seen first-hand the profound effects of touch on the body's awareness. With every session, I observe how massage enables my clients to tap into a heightened sense of bodily consciousness. Through the hands-on manipulation of muscles, tissues and pressure points, massage encourages a person to 'feel' in ways that are often new or forgotten.

Massage isn't just about relaxation:

It's about reconnection. The practice opens the door to understanding where our body stores tension and how it response to stress. As a therapist, I always encourage my clients to focus on their breath, slowing and deepening it. Breathwork not only calms the nervous system but also softens muscles tension, allowing for deeper, more effective massage work. This conscious breathing also facilitates a stronger mind-body connection, allowing clients to tune into areas of discomfort or misalignment.

Listening to the Body's Signals:

Pain as a Messenger. Often, clients come in with a specific complaint yet as the session progresses, both the client and I realise that the discomfort is not isolated. The misalignment may not even be physical but rooted in emotional or mental stress that manifests as muscle tension.

With massage, we can bring this awareness to our clients, helping them understand that pain isn't just something to numb or ignore. It's a messenger, drawing our attention to parts of ourselves that need care and adjustment.

The Importance of Balance:

Holding ourselves through life

Throughout the day, we hold our bodies in ways that create imbalance. We may hunch over our desks, hold tension in our jaws or shoulders, or lean to one side when carrying a bag. Over time, these small habits can result in tightened muscle groups, postural misalignment or even chronic pain.

Other ways like movement practices such as yoga, Pilates and resistance training promote body awareness with slow and steady movement, core stability and intention of movement.

Meditation and mindfulness practices offer another layer of body consciousness. By regularly 'checking in' through body scans, we can identify areas of tension or discomfort, even when we are at rest.

By learning to listen to our bodies, we can catch the early signs of imbalance and take steps to correct them. Often, we are encouraged to push through pain or discomfort, body consciousness teaches us to pause, reflect and nurture ourselves from within.

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Healthy Heart Tip:

Basics of heart health and how you can reduce your risk



Maintaining a healthy lifestyle can be challenging, particularly with the conflicting advice found online and on social media about what is good or bad for your health. Surveys conducted in the UK revealed 33% of men and 31% of women had at least two unhealthy traits that could be harming their health. Coronary heart disease is preventable. By minimising your risk factors and eating a healthy diet, carrying out regular physical activity, not smoking and reducing your alcohol consumption, you're helping to keep your heart healthy. In this healthy tip, we ways you can benefit your heart health and basic ways you can look after your health.

Healthy eating

Following a Mediterranean-style diet has been proven to be great for your heart health. This way of eating highlights plant-based foods, lots of fibre and healthy unsaturated fats. The Mediterranean diet involves consuming lots of fruit and vegetables, wholegrains including wholegrain pasta and rice and wholemeal breads, nuts and seeds, beans and extra virgin olive oil. Moderate amounts of fish, seafood, poultry, eggs, cheese and yoghurt. Little or low amounts of red meat, processed foods, sweets, butter and sugary drinks.

Physical activity

Carrying out regular physical activity will help to strengthen your heart muscle to reduce your resting heart rate and blood pressure. You should aim to carry out at least 30 minutes of physical activity five times a week, this will help you to

meet the recommended physical activity guidelines and keep you healthy. If you're new to physical activity, then make sure you gradually introduce it into your lifestyle and don't run before you can walk. Try making the activities part of your daily routine and make sure it's something that you enjoy doing, this way you're more likely to continue doing it.

Quitting smoking

Seeking support to stop smoking from professionals will help you to improve your heart health. Try setting yourself a date within the next two weeks when you're going to stop smoking and make sure to remove all your lighters, matches, ashtrays, cigarettes and any other reminders of smoking from your house. Within six hours of quitting, your heart rate and blood pressure will improve and within two to twelve weeks your blood will pump more efficiently through your heart and muscles.

Reducing alcohol consumption

Drinking alcohol on a regular basis can increase your risk of developing heart disease, increase your blood pressure and cause weight gain. The NHS recommends no more than 14 units per week spread over three or more days, or skip drinking altogether where possible. If you do regularly consume alcohol, then try to have more alcohol-free days within your week and make sure to choose lower alcoholic or non-alcoholic options where possible. If you need support to help you to reduce your alcohol consumption, seek professional help and advice from your GP.

A view from the middle



As a follower of cricket, it is impossible to ignore the recent feats achieved by England's men's team in Pakistan. The first Test in Multan saw them post an incredible 823 runs in one innings, which may be more runs that I have ever scored in my life! It was so extraordinary and unexpected that I did wonder whether the BBC had erred in reporting the score, but it has sunk in now. Much less surprisingly, Joe Root overtook Sir Alastair Cook as England's highest ever run scorer and I've been reflecting on how much of a pleasure it has been to watch him play over the years. He is the picture of drive and dedication to his craft - even now, at the top of his game, he practices and pushes himself to perfection, even putting in extra running sessions while the other players enjoy refreshments during the interval. There may be lessons to learn there about what is required not just to get to the top, but also to stay there. In

whatever field of life, there is much to be said for steely determination, hard work, and a constant desire to learn and improve. Of course, there is a need for opportunities and good fortune before enjoying the fruits of your labours, but those characteristics help. A man who epitomises all of these good things and more is the great Olympian Sir Chris Hoy, who recently disclosed that he has terminal prostate cancer and is only expected to live for a few more years. I was always blown away by his performances on the bike, but his response to this prognosis seems even more superhuman. When others may, quite understandably, be shattered by similar news, Sir Chris appears remarkably positive and filled with gratitude that medicines exist to treat his disease for however long his life may now last. I wish him, and all those enduring similar trials, strength and comfort and as much joy as is possible for as long as possible.

'A Shropshire Lad'

Author: John Hayward

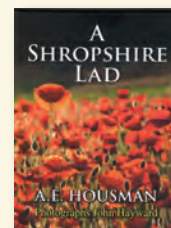
This is the first photographically illustrated edition of 'The Shropshire Lad', timed to coincide with the 50th Anniversary of the A E Housman Society, recently launched by the BBC television presenter, Nick Owen. Photographer John Hayward follows the different locations mentioned in the poem with stunning, full-colour plates.

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Romy's Uni Life

Romy Kemp Liverpool University

Back to University

I have been back in Liverpool now for around a month (two of those weeks were before the university term actually started). I am living in a house this year with a couple of my flatmates from last year, so we already know what it's like to live with each other. The first few days back up in Liverpool were purely just cleaning around the house and unpacking all of my belongings. It didn't take as long as I thought it would if I'm honest, so I'm happy about that. My dad helped me out a bit when he drove me back up which I'm grateful for. It was weird saying goodbye again for another few months until Christmas! Obviously, this is completely normal. I still don't think I've settled into the house completely yet because it's quite early and I'm still waiting on storage boxes and what not to make my room feel more homely and cosy. I did move all of my belongings and furniture around by myself one night which took a while, but it seems to feel cosier already. All I need now is some wall decorations and to put my photos up on the wall. My fairy lights are scattered around as well as my salt lamp which I love! Smaller lights are great for nighttime to calm down after long days. Cooking my own meals every night has been absolutely fabulous! I've really been enjoying making healthy pasta sauces. Another favourite of mine is fajitas! My housemate makes his fajitas in a different way to me and I'd like to know which way is more known. Obviously you need the wrap



and heated veggies with a meat if desired (peppers, onions, chicken, and lots of seasoning), and then I put grated cheese, grated carrot, avocado and cucumber into the wrap as well, whereas my housemate uses the veg and meat with rice in the wrap and that's it. He thought I was weird for having my extras, but I've never heard of rice being in a fajita (a burritos perhaps). My timetable for university is pretty good! I don't have any early lectures and I have enough time throughout the week to get my reading done but also have social and solo time. Going back into university life is rather strange, it's the feeling of freedom and learning but also vulnerability. It is rather hard to get back into the routine of living and thinking independently. I know that quite a few people have struggled with this and so it is important to socialise and meet with friends who you haven't seen for a while. It may take time to get back into that routine and feel the need to go out and about to socialise, however it will happen as much as you're willing to make it happen. Each person is different in how much they wish to interact with other students.



We unite across faiths, cultures and backgrounds to remember the service and sacrifice of the Armed Forces community from United Kingdom and the Commonwealth. We will remember them.

Evie's Teenage Focus

Evie Aubin



I'm both happy and proud to say that I have now been at university for over a month; and so, I believe it's time that we have a catch up on everything that has happened to me since I've been here. To get started, I would like to say that I do really love it here. My course is so interesting and everything I wanted it to be (just as a reminder the course is, Media, Journalism and Publishing). In addition to this all my lecturers are so lovely, I've only had five weeks of seminars and lectures so far, but it's all turned out good so far. The only disappointing part of it all is that all of my lectures start at 9am. I have however been one of the lucky ones who have made it to every single lecture; however there are some tempting times when I'm lying in my bed in the morning, all cozy and I don't feel like leaving. However, something I know that always gets me out of bed is the friends that I've made here. My flatmates are some of the best people I have ever met. There are ten people in my flat all together, five of which are girls, five guys. Something funny I found out a few days before I got here though, was that one of the guys in my flat I had already met... as it turns out we went to both middle school, and high school together. The coincidences of this were absolutely insane, we had both gone to separate sixth forms and neither of us had

known about the other university options. To be completely transparent, I was worried he would've turned out to be a bad person and it would've made this year really awkward. But I'm happy to say that he isn't, and is in fact a really nice person! But more importantly, the girls in my flat are so lovely. Most of the time me and two of the other girls just chat in each other's room. We have also gone back to our girlhood roots and can often be found in each other's room watching the Barbie movie. I know my first few weeks here definitely felt surreal, but it was nice to have people I was comfortable with around me. I didn't think the homesickness really hit me until my mum came and visited me for the first time; whilst I love it here I do miss my home and family, despite all of that I'm having a great time here and am meeting some amazing people. I can't wait to write to you again next month and update you. But for now, Toodles!

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Gregory's World!

Gregory Sidaway Exeter College, Oxford

Greg's Grand Tour: Part I
Budapest. Midnight approaches, the city bakes in residual heat of the day, and everyone except me is wearing shorts. Barely a week ago, I'd been buffeted by rain and winds on an Orkney cliff face, retracing the steps of Saint Magnus – no record exists of whether Magnus also paused on a beach during his pilgrimage for a chicken tikka sandwich. Now, I was relieved to be saying hello to shorts and t-shirts again. And I would not be doing it alone. The visionary (and Google maps) behind this grand interrailing adventure was my best mate, Nathan (codename: Natdog). Without him, I would've had no one to laugh with and I'd undoubtedly still be lost in rural Czechia. After a rib-rattling bus journey from the airport, we arrived at our hostel, Corvin Point. Either you, fellow reader, or your friend have probably stayed at a hostel before and can recount with jittery laughter at least one colourful experience. This was my first hostel, so I was naturally cautious. Yet, despite the hour, our host emerged in his flip flops and welcomed us. He handed me a physical map and circled the best sight-seeing spots. It also featured basic but essential words – 'Yes' = 'Igen', 'No' = 'Nem', 'Beer' = 'Sör' – and gulyás recommendations. I personally

am quite partial to a physical map, though Natdog's Google maps navigation always got us where we needed to be in half the time. Time was of the essence. We planned to cover eight cities in fourteen days. We achieved 40,000 steps in Budapest, power-walking from the Market Hall to the Royal Palace and the Fisherman's Bastion, before taking the underground – on a train like a boxy, orange caterpillar – to get as close as we could to the Széchenyi Thermal Bath without paying. Hours of research were side-stepped by Natdog's ingenious decision to use ChatGPT to plan our itinerary. At Kispiac Biztro, the inexpensive but traditional restaurant recommended by Mr GPT, I tried my first gulyás; it was like a very tasty beef and vegetable stew, and the complementary crusty bread gave it the edge as my favourite delicacy of the trip. Next stop: Bratislava. Our adventure really did zoom by at this pace, with more foreign location transitions than a Bond film. It transpired that our hostel, Safestay Bratislava Presidential Palace, was called that because of its close proximity to the Slovakia's Presidential Palace – not, as we'd hoped, because it treated interrailers lodging there for €20 a night as if they were Joe Biden. Besides the shriek of a

power drill at 6:00 am, and 9:00 and 10:00 am being marked by the strangely punctual scream of a gentleman in the street below, Bratislava was very pleasant. Its smaller scale gave us time to peruse Freedom Square, St. Martin's Cathedral and the banks of the Danube; contrary to Strauss II's waltz, the river wasn't blue but rather greenish and curiously flanked with 'no bungee jumping' signs. After we'd had enough of Bratislava Castle's sizeable collection of skulls and Moravian pots, we tried our second authentic dish: sheep cheese dumplings with bacon. It tasted like a macaroni cheese / carbonara combo and was clearly popular with tourists, as the waitress frisbeed us each a bowl of the stuff before our drinks were even ready. Vienna awaited us. We'd purchased a seven-day travel pass on our 'Rail Planner' app, which sorted out QR codes and details about which trains we'd need. This mostly saved a lot of hassle. However, we did raise our eyebrows when it instructed us to travel from Bratislava to Vienna (roughly, a fifty-mile journey westwards) via a one hundred and ten mile route resembling an ECG blip. A train would take us up to Breclav, Czechia – presumably for a laugh – then a connecting train would take us down again into Austria. Okay ... Things



were running smoothly until an intercom announcement explained the train was taking a 'detour' and would instead fork north-east, away from Breclav – not stopping there at all. It was like when your outspoken friend says: 'Nah. You don't wanna see that. See this!' The good people of Czechia must have a whale of a time commuting to work, and must have to allocate at least twenty-four hours either side of travel for being toured at random, up and down the length of their country before they reach their destination – if they ever do. Natdog and I alighted at the next stop, a town called Hodonin. The train rumbled into the distance, leaving us on an empty platform, in the wrong country and the wrong mood, feeling about as far from bustle, beer and schnitzel as possible.

*How did we escape?
Well, fellow reader,
I'll tell you ...*

Banking Hubs

Are you worried about the loss of face-to-face banking services when your bank branch closes? This might be especially inconvenient when the closure of a branch of your bank or building society happens in a rural area. Yet access to cash and other traditional services is still important for many people with over 5 million people still saying that they rely on cash (for example) in their day to day lives. Online or digital solutions are not always available or suitable for everyone. The good news is that Banking Hubs make it easy to do your banking face to face, whoever you're with. Located in communities across the UK, they're owned by Cash Access

UK (a not for profit organisation) and operated by the Post Office in partnership with nine major high street banks. Usually you can use a banking hub to do much of your usual banking like paying in cash and cheques, withdrawing cash or checking your balance. You can also pay utility bills and top up your gas and electricity if you have a prepayment meter as they all offer a counter service just like a traditional bank. Importantly you can also meet with a representative face-to-face as a banking hub brings together a number of different banks available on different days which means you get in-person help with your banking enquiries.

Sometimes temporary hubs are opened in Communities while a permanent location is sought for them but the services provided in a temporary Hub are the same as those provided in the permanent one, just in a different location.

Pershore Banking Hub
(for example) is available every weekday between 10.00 am and 4.00 pm in the Library, Church Street Pershore WR10 1DT

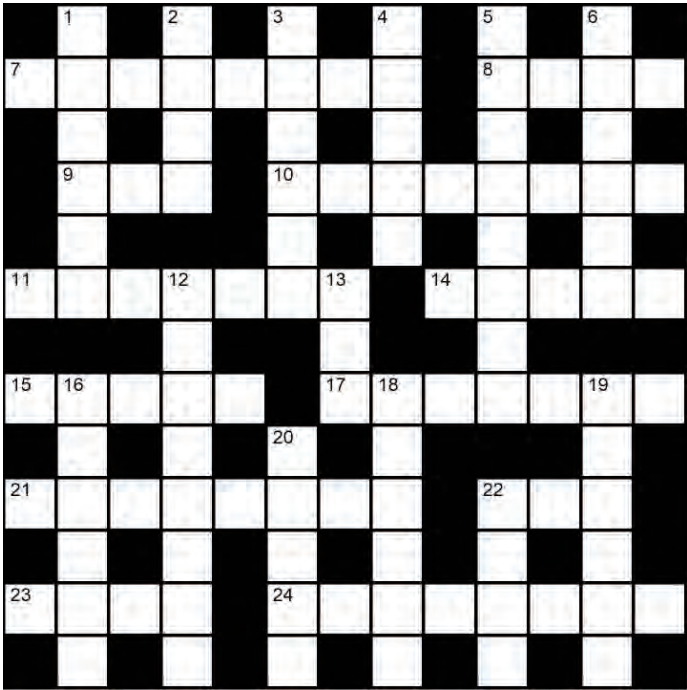
With representatives available in person from a number of banks on different days:



NatWest Mondays
Lloyds Tuesdays
HSBC Wednesdays
Barclays Thursdays
Santander Fridays.

Coffee Break

Crossword



Across

- 7 Metrically, about 1,340 horsepower (8)
- 8 Comply (4)
- 9 Stretch (3)
- 10 Having considerable worth (8)
- 11 Car stores (7)
- 14 Wash (5)
- 15 Courageous (5)
- 17 Official sitting (7)
- 21 He's off, or out at sea (8)
- 22 Nickname for Margaret (3)
- 23 The Great ---, constellation (4)
- 24 Man-to-man, in basketball (3-2-3)

Down

- 1 "Conventional" city? (6)
- 2 Venture (4)
- 3 Immature insects (6)
- 4 Motionless (5)
- 5 Currently (8)
- 6 Investment goal broke the law (6)
- 12 Gurus (8)
- 13 MI6 (1,1,1)
- 16 Fill the tank again (6)
- 18 Cricket team (6)
- 19 Keyboard instruments (6)
- 20 Boarded (3,2)
- 22 Window division (4)

Sudoku

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

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

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

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




Wordsearch



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




A T P
ADOPT
APPROVE
AYE
CUT
DOER
DRUG
E T A
ELAN
ESTHER
GLUM
LAX
LIT
OMEN
OPERA
PIT
POX
QAEDA

QUICK
REACH
REEL
RYE
SAG
SAP
SLIM
SOAK
SPACE
SYSTEM
TAX
THRIVE
TLC
TYPOLOGY
VILE
WOE
YEARLY

Brainteaser

 +  +  = 12

 +  = 6

 +  +  = 12

Find the solution on next page

Poets' Corner

A Shropshire Lad

XXXV

On the idle hill of summer,
Sleepy with the flow of streams,
Far I hear the steady drummer
Drumming like a noise in dreams.

Far and near and low and louder
On the roads of earth go by,
Dear to friends and food for powder,
Soldiers marching, all to die.

East and west on fields forgotten
Bleach the bones of comrades slain,
Lovely lads and dead and rotten;
None that go return again.

Far the calling bugles hollo,
High the screaming fife replies,
Gay the files of scarlet follow:
Woman bore me, I will rise.

XXXVI

White in the moon the long road lies,
The moon stands blank above;
White in the moon the long road lies
That leads me from my love.

Still hangs the hedge without a gust,
Still, still the shadows stay:
My feet upon the moonlit dust
Pursue the ceaseless way.

The world is round, so travellers tell,
And straight though reach the track,
Trudge on, trudge on, 'twill all be well,
The way will guide one back.

But ere the circle homeward hies
Far, far must it remove:
White in the moon the long road lies
That leads me from my love.

A. E. Housman 1859-1936

Fun Quiz!

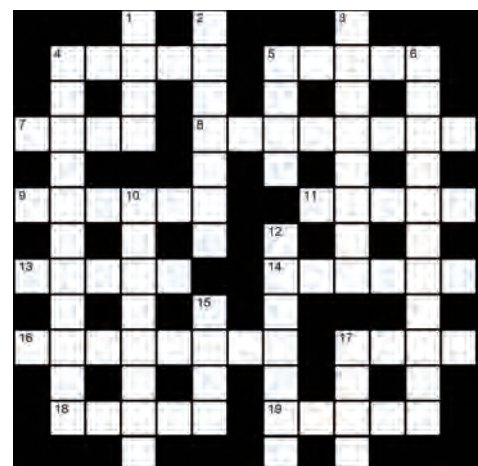
- 1) Which Latin phrase is used in English to mean 'and other similar things'?
- 2) Which Greek hero of the Trojan War had only one weak spot, his heel?
- 3) Which 'C' are the smallest blood vessels in the body?
- 4) Which British Formula 1 driver won his only World Championship in 2009?
- 5) The apse, altar and nave are areas within what type of building?
- 6) Which Scottish actor played Robbie Turner in the 2007 film Atonement?
- 7) Kigali is the capital city of which African nation?
- 8) The Channel 4 show 'Four in a Bed' focuses on owners of which type of establishment?
- 9) What type of animal is 'in the room' in the British idiom describing a controversial issue?
- 10) Which 'M' was the Roman goddess of wisdom and strategic warfare?
- 11) Which Scottish comedian was given a knighthood in 2017, the year of his 75th birthday?
- 12) Englishman Richard Illingworth is an umpire in which sport?
- 13) In which part of a cow or horse would you find the hock?
- 14) In which year of the 1990s did Bill Clinton first become a US President?
- 15) Dawn French played Geraldine Granger in which successful British comedy?
- 16) The Walbrook is a tributary of which UK river?
- 17) Block & Quayle was the original trading name of which British DIY store?
- 18) Anne Hathaway was the wife of which English playwright, born in 1564?
- 19) Anthea Turner, Stuart Miles and Tim Vincent all presented which BBC children's show?
- 20) Tom Rowlands and Ed Simons make up which electronic music duo?

Answers: 1) Et cetera 2) Achilles 3) Capillaries 4) Jensen Button 5) Church
6) James McAvoy 7) Rwanda 8) B&Bs 9) Elephant 10) Minerva 11) Billy Connolly
12) Cricket 13) Leg 14) 1993 15) The Vicar of Dibley 16) River Thames 17) B&Q
18) William Shakespeare 19) Blue Peter 20) The Chemical Brothers

October Answers



November Brainteaser solution: Each triangle has a value of 5



Anagram Crossword

Across

- 4 Riled (5)
- 5 Grate (5)
- 7 Acer (4)
- 8 Demister (8)
- 9 Ratios (6)
- 11 Chain (5)
- 13 Loafs (5)
- 14 Gone in (6)
- 16 Cup of tea (4,2,2)
- 17 Rene (4)
- 18 Seven (5)
- 19 Abyss (5)

Down

- 1 Dole (4)
- 2 Dare not (5,2)
- 3 Cashmere (6,2)
- 4 Procreation (11)
- 5 Mega (4)
- 6 Tentatively (11)
- 10 Delivers (8)
- 12 Bound to (2,5)
- 15 Peso (1,1,1,1)
- 17 Hans (4)

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Camera Club



"Roosting White" by Graham Cullimore

With autumn now in progress, we hope that our continuing programme of varied activities will prove of interest to current, former and prospective members. Our first meeting of what will be a busy November, to be held on the afternoon of Saturday 9th in Defford Village Hall, will be the first of our two print competitions of this season. The theme will be Open and the judge will be John Haines. Our second meeting, on Wednesday 13th, will be a Members' Evening, in which two panels of volunteers from our ranks will provide constructive technical and artistic critiques of images submitted by the membership (including themselves). On Monday 18th we will take part in a three-way "image battle" with two other relatively local clubs, Stratford Photo Group & Vale of Evesham CC, in Evesham; this will be the second iteration of this particular contest and, having acquitted ourselves well in 2023, we hope we will do likewise this year. Our final meeting of the year, on Wednesday 27th, will be a

second Members' Evening; the first half will take the form of some technical (software based) demonstrations, while the theme for the second has yet to be determined.

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

In the meantime we hope that you will enjoy these two different styles of photography - "Roosting White" by Graham Cullimore & "Moored Up For The Night" by David Winter - the first placed and one of the six highly commended images, respectively, in our first open projected image competition of this season, which was held in early October.

Malcolm A Hay
Secretary



"Moored up for the night" by David Winter

South Worcestershire Archaeological Group

SWAG is a group formed in 1981 to study landscape archaeology and has a programme of lectures, walks and fieldwork.

We have now completed our summer walks which included a couple of walks exploring the history and development of Stourport dock followed by a guided tour of Gloucester docks and the link to the River Severn and an explanation of the reason for the development and the necessity for the building of the Sharpness canal. A very social afternoon with walk on the Old Hills and a light hearted quiz was enjoyed by members who entered into the coronation spirit.

Our winter programme of talks Saturday 9th December is our Christmas social lunch and

afternoon at the same venue where members are encouraged to bring any artifacts or photographs which are often of much interest to all. A buffet lunch is provided by our superb caterers. (Cost to be advised). In the New Year we have a series of talks and walks which will be publicised nearer the time. We are always pleased to welcome new members either as a one off or to join us in our many activities.

For more information, please contact Mike Ellison on 07738 995825 or wmellison@tiscali.co.uk or swagmembership@gmail.com Follow us on Facebook: South Worcestershire Archaeological Group

Spot & Shop - October Winners

- | | |
|------------------------|---------------------|
| 1) Elizabeth Storey | 5) Max Constantinou |
| 2) Phil Westaway | 6) Jeff Perry |
| 3) Henrietta Pritchard | 7) J Burrows |
| 4) Sandra Gibbens | |

Last month's answer:
Pressure Tec

**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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to WIN
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CASH

This
month's
anagram

**IF MEX
ROW**

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4th £10 Voucher

at Revills Farm Shop, Defford

5th £10 Voucher

at Craftypyro, Bakers Arcade, Pershore

6th Reg Moule Gardening Book

7th Pat's Pantry -

Jar of home-made marmalade/jam

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Answer:

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Thursday 1:00pm

St Mary's Church-Kempsey

£3 per family - Snacks and refreshments provided!

All Welcome!

For more information Please contact Libberty at libberty.holt@motov8.org.uk



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

Year 6 - Year 13 Term time only!

For more information

Please contact Libberty email: libberty.holt@motov8.org.uk



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 creatives, 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.

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Email: kay.mason@motov8.org.uk or Call: 07921 122802



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Prayer Doodling - Collage

Friday 9:30am - 12:00 noon

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

Term time only!

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For more information Please contact Kay Mason

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Funerals: email: rachel.colthurst@motov8.org.uk

Weddings:

email: 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
---------	----------------	----------------------------



Pershire & District
Monthly Meetings

Tuesday 19th November At 2pm

"Dead in the Water"

Local canal and river crime writer Andy Griffie
talking about the crime fiction genre and
the creative writing process

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

All welcome , no need to book

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

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

PERSHORE FLOWER CLUB

Presents

SARAH FENTON

'CHRISTMAS CHEER'

Thursday 21st November 2024



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Saturday Nov. 30th

Sunday Dec. 1st

10.00 – 3.30

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Severn Stoke & Croome D'abitot News

Happenings in Severn Stoke and Environs

St. Denys' Church, Severn Stoke

Come to the Artisans and Crafts Fair in St Denys' Church

on Saturday, 9th November, between 10.00a.m. and 4.00p.m. Please make a note in your Diaries. Delicious refreshments and lovely crafted items to buy for Christmas Stockings! Please do not forget the **Remembrance Sunday Service** in church at 10.45a.m. on Sunday, 10th November. 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.

Friends of St. Denys, Severn Stoke

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 October was Pam Hartland of Knightshill.

John Henderson



Kempsey WI



New College, Worcester was the subject of a fascinating talk given to members of Kempsey WI at their October meeting. Lorna Phillips, who has worked at the residential school for blind and visually impaired students for 10 years, gave an illustrated talk about the history of the school and the life experienced by its pupils. She explained how the school started out at The Commandery in Worcester in 1866, initially very small and exclusively for sons of gentlemen. After a spell in Powick, it moved to its present site in Whittington Road, where the school was built on land donated by a wealthy local woman. Through being a Grammar School, then

being taken over by the RNIB, it finally became an independent non-maintained special school in 2007. Now co-educational, it has day and boarding pupils from across England and Wales, who study the usual exam courses, plus classes aimed at their needs, such as mobility, Braille, Access technology and independent living skills. Students who featured in a short film explained why they liked being at NCW and how much it helps their independence, confidence and skills development. Other pupils were in a special film about Braille, marking the start of a year of events celebrating 200 years since the tactile



Lorna (second from left) with committee members writing system was invented by Louis Braille. After a question-and-answer session, Lorna was thanked by Denise White. *The November meeting will*

hear about Victorian traditions of Christmas. Monday 18th November, Kempsey Youth Centre, 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 7th November 2024
Thursday 21st November 2024
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

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Fred Allen

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Rotary News



Pershore Rotary is launching its 2024 ‘Tree of Remembrance Appeal’ and Christmas is that special time when we think about our families and friends - those around us and those we have loved and lost. There is so much conflict and sadness around the world right now, with whole families being displaced and homeless, resulting in many lives lost. This is the time to remember those we have loved and have their names recorded in our online Book of Remembrance. Pershore Rotary’s ‘Tree of Remembrance Appeal’ is a special way to remember family and friends who are no longer with us, by supporting charities that help us in difficult times. The organisations we will be supporting this year are:

St Richard’s Hospice, Acorns Children’s Hospice and the Midlands Air Ambulance - three locally based organisations that provide essential, caring and compassionate support in times of need. This is an opportunity to remember those we have loved and lost. Donations in memory of them can be made at any time by scanning the QR code below or through our online giving account at: www.pershoretreeofremembrance.com. At the end of November, we will be holding a street collection in Pershore for the charities and our Tree of Remembrance stall will be a very active place at Pershore’s Georgian Christmas Fayre. Donations can be left in the Rotary blue post boxes at



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.pershoretreeofremembrance.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 14th October and also on ‘The Memory Tree’ at SUGAR N’ SPICE at 20 High Street, Pershore, and on www.pershoretreeofremembrance.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.

Sugar n’ Spice and Acorns in High Street, Pershore and, on the weekends running up to Christmas, we will be collecting for the charities outside Asda and Co-op in Pershore.

Please put your bin out by 7am on collection day

WASTE AND RECYCLING COLLECTION CALENDAR

Green recycling bin

Black waste bin

OCTOBER

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

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

DECEMBER

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

For further help and advice please visit:

www.malvern hills.gov.uk/waste-and-recycling

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.
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Kempsey Times



A view from the Boundary

What are we doing playing tests matches in Pakistan?. Two tests were played on the same track. This is not sour grapes because they won the series. You need to have pitches that are even for batting and bowling. I will say no more!

The football season is well underway with local Birmingham side Aston Villa doing well. The Rugby Internationals are upon us. I am a guest for Wales v South Africa at Cardiff.

A great stadium in the middle of town. I will report next month. Bill Gates is over here to meet the Prime Minister to persuade him to buy crickets that he breeds in the USA to put protein in our bread and biscuits.

What next? Bread already has Soya now bugs !

The budget is upon us. It is said that National Insurance for

employers will be going up, not for the civil service, the biggest employer in the country by miles. Does she not realise that not only will it be inflationary, but it will cause companies to reduce their workforce and cause unemployment. The secretary of state for health said the NHS is broken. It is not just badly run and disorganised. The NHS may need money, but before you provide that, the processes must be fixed. For example, if you have a half full glass of muddy water and top it up with clean water, you still have muddy water.

The clocks have gone back. Why do we not stay as we are giving some light in the afternoon for sport after school? Your views to the editor would be interesting.

Coronation Music

In their concert at the Abbey on Saturday 23rd November, Pershore Choral is showcasing Charles Villiers Stanford's "Te Deum in C", which was chosen for the Coronation of King George V in 1910 in Westminster Abbey and also in 2003 to celebrate the 50th anniversary of the Coronation of the late Queen Elizabeth II. The concert, which commemorates the centenary of Stanford's death in 1924, also includes works by other composers who were colleagues or pupils of Stanford who also were asked to compose works for Coronation services in the 20th century. Composers such as Sir Hubert Parry (who also wrote the music to "Jerusalem") and Ralph Vaughan Williams.

The choir will be joined by up-and-coming Baritone soloist

Teddy Woolgrove who trained at the Royal Birmingham Conservatoire and Charles Matthews at the fabulous Ruffatti organ; directed, as always, by Carleton Etherington. It promises to be an evening of rich joyous music filling the Abbey. Don't miss it!

Ticket details on the Pershore Choral website
www.pershorechoral.co.uk

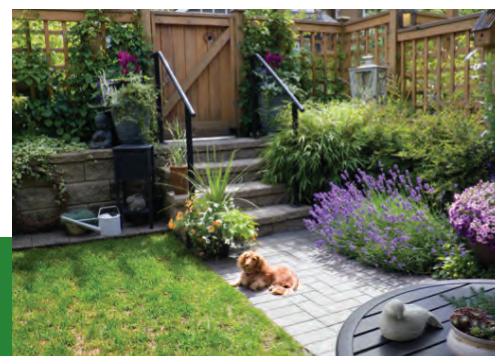


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