

Kempsey Times

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

Issue 12

March 2025

FREE



St Marys Church, Kempsey

The news that approval has been given to build 300 houses by Tiddesley Wood has left many people shocked! A feeling of dismay and disbelief! This cannot happen! The affect on the wildlife is uppermost in people's thoughts as well as the disregard for planning of any additional schools, roads, medical facilities etc. So many unanswered questions. We have carried out some research and our findings are as follows. The recent relaxation and reduction of 'red tape' in planning applications has put Tiddesley Wood at serious risk.

A property development company, Hollybrook Homes, based in London, parent of Formula Land Ltd, the company applying for planning permission at Orchard

Farm on the Defford Road, has persuaded the government's Planning Inspector to ignore the robust objections and arguments against the 300 house

development adjacent to the wood. Strong local opposition, plus the views of our local councils and vigorous support from our MP, Harriet Baldwin, have been over-ridden and ignored by the Planning Inspector. This is an affront to the democratic tradition whereby local people have a say in the management of their neighborhood. The unique environmental diversity and long history of the woodland which is a Site of Special Scientific Interest (SSSI) will be a permanent and tragic loss if the Inspectorate ignore the massive groundswell

of objections from our local folk. It is still not too late to raise objections. What can we do?

(Full details on www.kempseytimes.com)

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30th March



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County & District Report



Disasters come in all shapes and sizes: moles have moved into my garden. Or, to be more precise, on to my veg plot! Why couldn't they have just gone for the lawn? It's time to get the children's toy windmills of yore to see if the vibrations get the moles to move along. Talking of disasters, the County Council finances are in a mess. I can only hope that, as we become a Unitary Authority in a couple of years, things improve.

Worcestershire On Demand Bus Grows

If you're kind enough to be a regular reader, you will know I am a keen supporter of the On Demand Bus service that runs in my County Council Division of Croome. After much to-ing and fro-ing, WCC have agreed to my request for the service to now go to Eastnor Castle and Ledbury. Plus, I am thrilled to say, that Veterans, on production of their Veterans I.D. Card, can now use this service for free. I was asked to help promote this important change; hence, my gong got a polish, and I did a photo shoot with Cllr Marc Bayliss. There are other great destinations to visit: Malvern and its retail park, Croome Court, St Peters Garden Centre and not forgetting Tewkesbury. The service runs Monday to Saturday 7am to 7pm. You can



either download the free app "Worcestershire on Demand" or phone 01905 846180 to book a trip. Please give it a go – it's great.

Severn Stoke bund meeting a success !



In late January I called a public meeting to bring residents up to speed about the Severn Stoke Bund saga. I'd like to thank all those who attended on such a cold night. I felt it was a very good meeting, during which WCC promised that the costs to construct the Bund would be provided to the Environment Agency by the end of February or the early part of March

2025. The EA then agreed to have a Yes/No answer by the end of April 2025. I have agreed for the next public meeting to take place on Wednesday 7th of May 2025, commencing at 18.30. This next meeting is crucial; I am determined that our poor residents are no longer left dangling on a hook.

Councillor Martin Allen

Hanley Road: A Question Of Time?



During the last two years I have been working with MP Dame Harriett Baldwin and members of WCC, the EA, and not forgetting the Upton Town Council, to find a way forward to solve the Hanley Road Flooding problems. Last May WCC commissioned road engineers Jacobs to produce an assessment with options and costings to find a solution. In the meantime, it was agreed that WCC should press on with installing a new drainage carrier system with two none-return valves to prevent water coming up the Hanley Road drains. On Friday 31st of January, we met again and agreed to the proposal to drop the installation of a low-level soil bund in favour of a more robust improvement which will raise the kerb height between 100 and 125mm. The committee scrutinised the Jacobs report, where the first option to fully raise the road to give 1 in 78-year flood protection found most favour with the EA. However, with the construction requiring the Hanley Road to be closed for over 300 days, the committee unanimously agreed that, until the effects of global warming have increased such that the road is closed for a far longer period than it currently is, the committee could not inflict the great damage to business such a lengthy closure would cause. It has been agreed that the report is to be kept and to be revisited when and if the flooding times increase to a point where it would be in the best interest of the people of Upton for the work to be carried out.

The committee briefly discussed the option of a by-pass being installed around the back of Upton, but the perceived huge costs and disruption to the town left the committee all agreeing this was not a sensible option. I am pleased that the initial work that this committee

previously approved, plus the additional work now agreed, will be undertaken later this year. That will make some difference, although, clearly, it is disappointing that more cannot be done at this time.

Unfortunately, as global warming continues, this matter will need to be revisited, but at least we are two years further along the path than starting from scratch. I feel is a case of when the work will be done, not if.

Dame Harriett Baldwin, MP for West Worcestershire, has kindly commented: "The work to raise the road by the Marina and the new Bluebell Farm roundabout have seen some major road projects in recent years to improve access to the town, especially through times of flood. The work currently undertaken should buy a few more hours of time whenever the Hanley Road floods, and I welcome it. We also now have an extensive study carried out by Worcestershire County Council showing further options. The Hanley Road closes for flooding on average nine days a year. The best solution in this study, to raise the Hanley road, would cost nearly £9 million and close the Hanley Road for nearly a year. Therefore, I conclude this it does not make sense to pursue this project at this time. The County Council has provided a detailed analysis of the options which can always be revisited in the future should things change."

and finally . . .

I had hoped for more with the Hanley Road, but at least we know the facts. For me, its back to the battles of County Elections and moles; I'm not sure which is worse! I'm here, as ever, if you need me.

Martin Allen

District Councillors Report

David Harrison & John Michael

Ten Year Anniversary -Severn Stoke Flood Defence

Unfortunately the inaugural meeting held on 14th March 2014 for a new Flood Defence for Severn Stoke has not yet seen full action? Although we still keep pressing for this to be built, with the newt fencing being up for over 18 months, soil on site, but as I write this – no contractor has yet been appointed?

Flood Defence Upgrade

Kempsey is undergoing maintenance and alteration to stop the tree branches getting into the pumps – this should be completed by November/December this year. No down time is expected.

On-Demand Bus

Trips must be pre booked – Good news in that anybody booking and wishing to go to Croome Court will not have to pay to get into this marvellous facility – just show your booking confirmation.

Ward Budget allocation

Our allocation for community projects has been increased from £500 each to £1000 each this year, so for 2024/2025 we have donated £500 to the “Sensory Room at Kempsey School”, £1000 for the redevelopment of the garden area at the rear of “The Lawns Nursing Home” and £500 for “Kempsey Skate Park”. The “Come-on-In coffee

morning”, PACT group, Cornflower group, and the blinds now being erected in the Parish Hall along with the paint for inside are making this a brighter place, Kempsey Scouts, Kempsey CIC and Severn Stoke Parish Council have all been contributed too by our grants in this last 18 months.

Daffodils -

Kempsey & Kinnersley

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

Malvern Council Tax etc.

No increase proposed by Malvern Hills to the 2025/2026 Council Tax bill as we have received government funding to compensate for this – but other parishes and Towns may put theirs up. Commercial food waste will commence from businesses in April this year but food waste from all households will not start until after April 2026 and this will be a free service for domestic properties.

General problems within the Ward

Both John Michael and myself have continued to deal with all sorts of questions to try to resolve residents problems – our details are at the bottom.

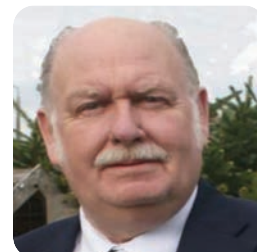
Smart Water

All residents have been given the opportunity to have “SMARTWATER” – a means of individually marking all your possessions. If you are new to our ward and want this invisible marking kit then please contact us – its FREE!! -- Or you can buy a kit from £59-95.

Parkway Success!

The Parkway rail station is a great success and with the latest destinations to now include direct trains from Parkway to Scotland along with many other services and more to come in May, but with it's success means that parking is now well over subscribed. Remember you can pre-book the ON-Demand bus to take you and bring you back direct to Parkway. This brings me to my next topic which is that following my Cancer diagnosis in November 2023 an operation in December 2023, various follow up appointments and further operation in December 2024 – I am now classed as “Cancer Free” and have to go back for a check up in December 2026. Remember Parkway to the QE on the train is 28 minutes and only 100 metres from the station called “University”. It was a vast benefit to me and Jan. Development Plan for the three Councils. The results of the consultation will be discussed

in March and April this year and a decision on where development will go will be decided by the Inspectors. I objected to the building within the “Significant Gap” in 2023 and again in February I strongly objected to development in this area between Kempsey and Worcester.



David Harrison
01905 828107
david.harrison@malvernhillsc.net



John Michael
01905 317930
john.michael@malvernhillsc.net

Cornflower Club

Our next meetings are on
Wednesday 12th March,
Wednesday 26th March,
Wednesday 9th April.
We meet every other Wednesday
at 2-30pm to 4-30pm in the
Parish hall, Kempsey.
We would love to welcome
new people to the club.

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

Sally Linsey 01905 820476
Julia Grant 01905 820138



Save the Children

On February 8th we held a
Coffee Morning in St. Mary's
church and lots of people came
and enjoyed homemade cakes
and fresh coffee. We raised
£611.00 for the fund. We have
a wonderful lot of people in
Kempsey who support us year

in year out, a huge thank you
to them all.
I also would like to amend the
yearly amount made for 2024,
instead of £3,537-40 the
amount for 2024 is £4,072-90.
Heather Davies 01905 821040
Julia Grant 01905 820138

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A few words from... Dame Harriett Baldwin MP



Blown away by indoor drier venture

Dame Harriett Baldwin MP has offered her support to an entrepreneur who sells indoor clothes driers to help people cut their energy bills. The MP visited Julu – a home-based business in Leigh Sinton - which invented and sells the wooden clothes drying frames across the country and around the world. The wall mounted wooden frames allow people to dry clothes naturally and help to reduce the use of energy wasteful tumble driers, especially in winter.

Dame Harriett met with company founder Julia Adams who briefed her on the challenges the company was facing and the opportunities arising from rising electricity costs. Dame Harriett said: "I am always amazed at the positive entrepreneurial spirit of people living in West Worcestershire and it was interesting to meet with Julia to hear about her home-based venture. Most successful businesses start off in a spare room or garage and I often wonder how many star

businesses of the future are starting on their journey at this time. I was keen to meet with Julia to hear some of the challenges she is facing and the steps she takes each day to overcome hurdles, especially with company logistics. It's a great product, which can clearly pay for itself by saving on electricity costs, and I wished her every success in the future."

Company founder Julia Adams added: "The last few years have thrown unbelievable world events in the path of our growth, covid with exceptionally high shipping prices, then a blocked Suez causing further shipping disruptions followed by a war in Ukraine reducing the supply of wood for our product. Each time I have pushed on with the knowledge that our product is so well received by our customers this is reflected in the lovely positive reviews we receive. Many customers say once you have a Julu Laundry Ladder you would not want to be without one."

Kempsey Parish Council

Local Defibrillators – know where your nearest one is located
An Automated External Defibrillator (AED) is a portable life saving device that can give a casualty's heart an electric shock, when it has stopped beating, normally in a sudden cardiac arrest. It works by checking the casualty's heart rhythm once the defibrillator pads are placed on their chest and giving them a shock if needed. By using a defibrillator before an ambulance arrives, you can significantly increase someone's chance of survival.

We are pleased to report that a further AED unit is available 24/7 for public use, having been installed at the Parish Hall (Tin Hut). This unit is particularly important as it is now the nearest unit for residents in and around the centre of the village. It was originally donated to KPC by Taylor Wimpey. There are in addition a further eight AED units within the Parish accessible by the public and registered at the British Heart Foundation's www.defibfinder.uk website. Five are in outlying areas; the other units within the village are at Plovers Rise Playing Fields, the Community Centre and at 8 Brookend Lane (Cllr & Mrs Harrison). To support the effective use of defibrillators, we shall be promoting training in cardiopulmonary resuscitation (CPR) that will teach individuals to recognize a cardiac arrest, perform chest compressions and use a defibrillator. More immediately, the British Heart Foundation offers a free 15-minute online CPR training course called RevivR (www.bhf.org.uk) which readers are recommended to watch.

South Worcestershire Development Plan Review Examination

The Examination of the plan is to open on 4th March 2025, so may already have started by the time you read this. The plan will set out the planning policies and allocate sites for development for the Malvern Hills, Worcester City and Wychavon Districts up to 2041. There are to be 11 hearing days and 4 'reserve' days to allow for run over. The first three weeks will be held at The Guildhall, Worcester, the final week at the Civic Centre, Pershore. The programme, which is open to amendment, is available to view on the Parish Council website alongside a



link to many associated documents. The hearing sessions will explore 16 'matters' identified by the two appointed Inspectors as requiring particular attention. The Inspectors' job is to test the 'soundness and legal compliance' of the plan. If it is found not to be sound, it cannot be adopted. The Parish Council objected to the inclusion of a 2 ha. employment site in the Significant Gap designated to the north of Kempsey to keep the area open and to prevent the merging of Worcester with the village. However, the Inspectors have questioned whether such a gap is justified here and elsewhere in the plan area. The Parish Council has made representations on both issues. Other than the South Worcester Urban Extension already in the current plan, there are no other sites for development allocated in the Parish. Regrettably that is unlikely to prevent developers trying!

Youth hub

Our Community Builder has secured £3000 from the County Council's Youth Innovation Fund for developing a meeting place for young people at the Youth Centre, Plovers Rise. The main activity will be team internet gaming, recognised by WCC and West Mercia Police as a way of engaging with young people to prevent anti-social behaviour and other forms of criminal activity. We have also applied to the National Lottery for funds to support this work.

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 Dunn, Parish Council Clerk and Financial Officer on 01905 828183 or by email at kempseyparishcouncil@gmail.com

Teddies for Tragedies

I am still taking in any knitting people may have to help this charity. Teddies, jumpers, hat, scarves and mittens, small blankets.

For more information, please ring Julia on: 01905 820138, thank you.

Join us for a Historic Celebration

Put the date on your calendars! On the 21st of June, St Mary's Church are running their annual fete. This year we are celebrating the 80th anniversary of VE day. There will be the usual artisan and local produce from stall holders, the most fantastic live music from Ruby Rouge, (you may remember Ruby from the

D-Day beacon lighting), a grand raffle amazing prizes and for younger family members, there's children's entertainment. So, let us come together as a community to commemorate this significant milestone. Bring your family and friends for a day filled with joy, music and laughter.



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Hats Off to everyone at The Lawns

We are sticking to our New Year's resolution, getting our step count in with lots of walks, in spite of the gloomy weather. Thank you to our volunteers Ginny and Leslie, for helping with so many of our walks. After one chilly walk in the fog, we spent a lovely warm afternoon with a cuppa learning about the history of hats. There was a huge array of hats to try on. So much fun and laughter finding out some were larger than others. The photos are priceless, so do check out our Facebook page.

We have enjoyed crafts with Kirsty and creative sessions using our new sewing machine. Thank you to volunteers Heather and Sarah who organise our regular poetry and prose read aloud sessions, which are always very much looked forward to. Our Gents Group made bird feeders together and now their focus is on the Six Nations Rugby. And for a 'try something different' Friday afternoon there was cheese tasting with fresh fruit and prosecco.



There have been visits from the year 6 students of Kempsey Primary School. They are so well behaved and engaging with our residents. They shared Chinese New Year with us and then we had an afternoon of Chinese food tasting, new learning, fortune cookies and lucky red envelopes. One of our residents dressed in a kimono and looked fabulous!

February is Dignity Action month and we are having a Digni-tea afternoon on 12th February for residents, family and friends. There will be musical entertainment and tea and scones. There is a focus through the month on how we care unconditionally, spread kindness, respect and compassion and promote dignity.



With best from Joy Hoskins, Lifestyle & Well-being and Team Lawns. Main Road, Kempsey, Worcester WR5 3NF
01905 821388
www.heritagemanor.co.uk/locations/the-lawns

Ukraine Freedom Company – three years on . . .

On 24th February 2022, Putin's Russian army invaded Ukraine, and as the ensuing war enters its fourth year, similarly Ukraine Freedom Company (UFC) commences a fourth year providing aid to Ukraine's men and women fighting in the front line, their families, schools, hospitals and other elements of Ukrainian society. While the international community appears split and confused over Ukraine's future, UFC is steadfast in its promise to continue support throughout the conflict and beyond. Thanks to support from local Rotary Clubs, other groups and many individuals across the county, UFC Worcestershire representative Brian Watkins is pleased to report that 2024 saw record quantities of 'comfort' boxes and trauma packs delivered to individual frontline troops, large quantities of assorted medical equipment provided to Ukraine's hospitals (including ambulances purchased by Hereford Elgar Rotary, Malvern Rotary, and others, and packed out with medical supplies by UFC) plus educational items to schools and orphanages, and a whole variety of other miscellaneous items such as generators and vehicles. Brian

says he has been humbled by the kindness shown by so many local people. Speaking from a purely personal perspective, he has also realised that positive outcomes can be found even from apparently negative occurrences. Late in 2024 he was informed that the specialist nursing home in Kidderminster where his elderly sister was a resident faced imminent closure, and although supporting a campaign to keep it open, this failed to have any effect, and the family faced the daunting prospect of finding an appropriate alternative – with the support of a super social worker this was achieved just prior to Christmas. The Ireland-based company providing the care at the home was pulling out of England completely, and it appeared that much of the contents of the home were highly likely to end up in landfill. However, Brian managed to contact a senior manager and negotiated the donation of the entire medical contents of the home. Not only that, the company owned a children's home in Leicester that had been empty for three years, and similarly offered the medical related contents to UFC. As a



result, and following numerous trips from Pershore to Kidderminster and Leicester, UFC's appeal benefitted to the tune of 15 hospital beds, five mobile hoists, numerous medical cabinets and trolleys, and large quantities of assorted medical and first aid items, all of which are now in use in hospitals in Ukraine. Brian received a second bit of bad news just before Christmas – his car failed the MOT, requiring a lot of expensive welding and other work. On the basis that welding would be much cheaper in Ukraine, he decided to donate the vehicle to Ukraine, and along with two donated 4 x 4s, and packed with medical supplies, it was loaded on to a lorry early in January and within a few days was in Ukraine. He is pleased to announce it is now

being used by a doctor to visit outlying villages - another example of a positive outcome from a seemingly adverse situation. And to aid his collection of donations he has now purchased a small van, which has already been filled on numerous occasions so early in 2025! The message from UFC is clear – support can only be maintained through the kindness of local people. If you are an individual seeking to help, contact Brian, details below. If you are a local group or organisation interested in having UFC give a presentation to your members, please get in touch.

To contribute/donate or for further information contact Brian Watkins – email: lovelacewatkins@uwclub.net

Kempsey Badminton Club

Every Wednesday 7pm -9pm

Kempsey Parish Hall

Centre of the village by flagpole with good parking

Enquiries contact:

David 07956 399957 or

Jack 07583 619748

or Just call into the Parish Hall on
a Wednesday evening

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17th Century Local Hero

Tim Hickson



The Mayflower

When I was teaching Physics at The King's School in Worcester, the laboratories were in a 1950s glass and concrete structure called the Winslow Block. The Physics Department was on the top floor and every time I climbed the first flight of stairs, I was faced by a stone plaque commemorating a past pupil, Edward Winslow. Edward Winslow was born in Droitwich in 1595. His father, who came from a Kempsey family, was involved in the salt production trade. As a young man, Edward gained a Scholarship to The King's School in Worcester. During his five years there, he would have studied Grammar, Latin and Greek. It is not certain what happened when he left but he might have gone to Cambridge University. At eighteen, in August 1613, he was apprenticed to a printer and stationer in London for a term

of eight years. However, he did not complete his time but appears to have been recruited in 1617 by one of the leaders of a group who had fled to the Netherlands to escape religious persecution. They were looking for bright, young educated men to run a press in Leyden to produce Puritan writings banned in England. Edward thrived in this community, was joined by his brother Gilbert and became one of its leaders. He married Elizabeth Barker in 1618. Then, having decided that the group, who became the Pilgrim Fathers, would have more religious freedom if they moved to the new English colony of Virginia, in America, in 1620 they set sail in The Mayflower. The boat was overcrowded, ill-provisioned and, in the storms they encountered, starting to leak. Furthermore, having reached the coast of

America, the bad weather prevented them from sailing south to Virginia so they decided to land and make a colony they named Plymouth. It was bitterly cold and many were ill from the voyage. Consequently, nearly half the passengers died, mostly women and children including Edward's wife Elizabeth. Just a month and a half later, Edward married Susanna White whose husband had also died. In spite of the bitter conditions, the local native people were happy to trade and were friendly and helpful. The natives taught their ways of farming and hunting and the colonists build houses. The colony established itself harmoniously. Also, Edward was particularly good at fostering this friendship. When the chief of the tribe fell ill, it is recorded that Edward walked forty miles to help nurse him with chicken soup until he recovered. When the first crop could be harvested, Edward decided to celebrate with the natives. The English went and shot wildfowl and the natives brought venison.

This was the beginning of what became the American Thanksgiving Day.

Having served a spell as Governor of the colony, Edward returned to England to represent Plymouth. He also brought back goods, including furs and skins, which helped to pay for the voyages and returned with much needed provisions including three Devon cows and a bull. He

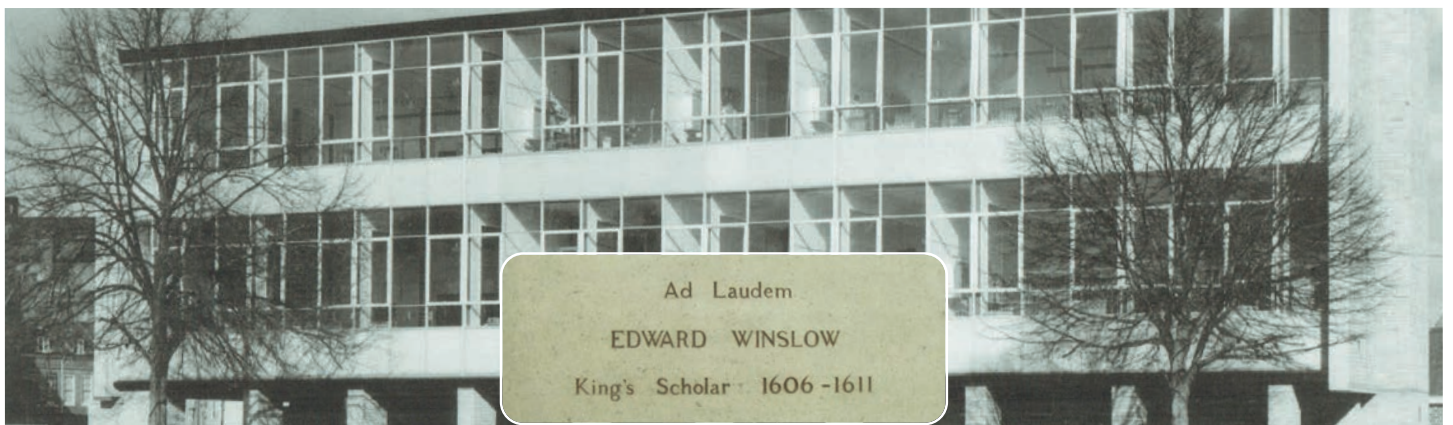


Edward Winslow

*Born: 18 October 1595, Droitwich Spa
Died: 8 May 1655 (age 59 years), Caribbean*

made several voyages back to England, eventually staying there and using his political skills to represent the new Plymouth including defending its existence from opponents. At one stage they got him thrown into the Fleet Prison in London for conducting marriage ceremonies whilst not being ordained. Although he pointed out that, in the absence of a priest, he was acting as a magistrate, he still served seventeen weeks.

During the Civil War, he got on well with Cromwell and when the war ended and Cromwell was appointed Lord Protector, Edward was appointed Governor of Jamaica where there was trouble with the Spanish. Edward was sent to sort this out, which he did but caught Yellow Fever and died at sea. Quite a life!



Ad Laudem

EDWARD WINSLOW

King's Scholar 1606-1611

Plaque and building from Danny Payne's The King's School, Worcester

Farming

A very recent episode of Question Time on Radio 4 brought up the subject of Growth in the Economy, and the need for expansion (encouraged more often than not by Govt); amongst those options was streamlining and relaxation of Planning procedures. One of the easier options there is to just relax Planning requirements and allowing expansion of both domestic and industrial development around existing cities, towns and even villages; such expansion is more likely than not going to be into existing good quality, productive agricultural land. Alongside this – certainly in my estimation – needs to be consideration of the need for this country to be as self-sufficient as possible in the production of its own basic food needs. We need to import many foodstuffs that for climatic reasons cannot be grown here; that has to be a given. Over the last seven years global consumption of basic food grains has risen by a little over 200 million tonnes, but in that same time production has risen by a little short of 160 million tonnes, meaning World reserves have gone down by

Mike Page

approaching 50 million tonnes; should this trend continue it may be bring about widespread shortage and huge threat of change in the World Order. This, I would suggest, is why control of international aid and general trade is used increasingly as a non-military style weapon in settling disputes between nations such as we are seeing in the conflict over Ukraine. As yet no Government of the UK has taken on board fully the need to protect and even enhance this Country's need to feed itself and the slow but seemingly never-to-end development and loss of agricultural land goes on. We produce grain crops averaging around 7.5 tonnes/ha (3.0 tonnes/acre to those of you who, like me, still think in imperial weights!) in the UK, compared to a World average of about 3.5 tonnes/ha (1.5 tonnes/acre); as last autumn and winter's UK weather proved, with total crop output here the lowest it has been for several years, this is heavily dependent on climate. Having said my piece on that subject, we must look forward to this year's production cycle



A small group of cattle enjoying life in the shelter of a barn on a cold, wet day with dry, warm straw to lie down on

and we are at least seemingly heading out of a better winter for crops and for grassland. By the time this circulates the first lambs will be seen out at the foot of ewes grazing on pastures, with herds of beef cattle and milking cows to follow: Having spent the last four months or so in the warmth and shelter of a barn cattle are usually more than ready to get out and revert to what for them is 'normal life'. Perhaps change in practice is being signalled there because as farmers we are being encouraged to adopt more natural and environmentally friendly grazing practices, with livestock no longer being strictly controlled

behind moveable electric fences, but allowed to graze more naturally, as they would choose to do if left to their own devices. The end result must be something that is tolerable for both animal and man, but it seems to indicate one amongst many changes that are coming about in agricultural practices as environment becomes an important element rather than just maximising output regardless of any other effect. But going back to the paragraph above, encouraging production and conserving the environment are two goals that often do not sit well together.



Preventative Health Care



Preventative health care is an important part of veterinary practice. It is a medical approach focused on maintaining good health and stopping diseases before they occur. The main way of doing this is through regular health checks for your pet with vets and nurses and keeping up to date with vaccinations. It can also include regular parasite control for both external parasites (fleas, ticks and mites) and internal parasites (gastrointestinal round- and tapeworms).

What happens at a health check?

At a routine health check the vet will perform a physical exam looking for anything out of the ordinary. Areas that are looked at include:

- Mouth – checking for dental disease or other disorders
- Eyes – looking for signs of aging of the lens and conditions like 'dry eye'
- Ears and skin – checking for signs of irritation or growths that can occur over time
- Chest – listening for indications of heart or lung disease
- Abdomen – feeling for any abnormalities like fluid or growths
- Mobility – are they moving around as freely as they should be

If anything of concern is found, then discussions can be had as to what the next steps could be. This might be further investigations, treatments or just monitoring.

As cats and dogs age much quicker than humans we recommend 6 monthly health checks, often an annual vaccination and health check with the vet and a visit at 6 months with the nurse.

Older animals also benefit from routine blood and urine testing and blood pressure checks. These can often detect conditions much earlier than when looking for clinical changes in your pet's health.

If your pets' vaccination has lapsed this can be quickly got back up to speed with a second 'top up' vaccine to ensure full immunity. We regularly run a Vaccination Amnesty where you can get the vaccination course for the cost of a booster vaccination if your pets' vaccines are overdue.

Best wishes *Eliza*

Ailsa's Kitchen *Ailsa Craddock*

March, and the garden is really starting to wake up. Little shoots appearing (I can never remember exactly what I planted where so it is always a bit of a surprise what pops up) and the days a little longer and lighter. There are plenty of lovely vegetables about but what could be better than carrots - the unappreciated gold amongst vegetables? They are cheap and plentiful; from big ones to little chantenays. Too often presented as a side dish of extraordinary dullness, they can be pepped up with herbs, lemon juice and butter - or made into any of the below recipes.

Spiced Carrot and Lentil Soup

2 tablespoon butter
2 onion, finely chopped
1 -2 cloves of garlic
2 dessertspoon grated ginger
1/2 teaspoon each chilli flakes,
ground turmeric, ground
coriander, ground cumin
4 - 6 carrots, peeled and
chopped
1 tin chopped tomatoes
1500g red lentils
1000ml vegetable stock

Melt the butter in a saucepan and gently fry the onion, ginger and spices and cook until soft. Add carrots, lentils and stock and slowly bring to the boil. Cover and simmer for about 40 minutes until tender. Serve, with toasted sourdough, in a bowl with a swirl of yogurt and mint or parsley for garnish.

Quick Carrot and Walnut Bread

350g plain flour
150g wholemeal flour
1 teaspoon salt
2 teaspoon bicarbonate of soda
150g carrots, peeled and grated
walnut or pieces a handful,
toasted
300ml Greek yoghurt
125ml semi-skimmed milk

Heat oven to 230c/fan 210/gas 8. Mix the flours, salt and bicarbonate of soda, then stir in the carrot, walnuts and yoghurt, followed by enough of the milk to make a soft, quite sticky dough. Tip onto a floured surface and form a flat ball, put on a baking sheet, slash the top and bake for 30 minutes until risen and cooked. It'll sound hollow when you tap it.



Carrot Muffins (makes 6)

75g margarine
125g carrots
100g sugar
100g Self raising flour
3/4teasp cinnamon
1teasp baking powder
1large egg
60g sultanas
25g nuts

Preheat the oven to 200C/gas mark 6/fan 180C. Melt the margarine in the microwave. Top and tail, then peel and grate the carrots. Combine the carrots, sugar and margarine in a bowl.

Sift in the flour, cinnamon and baking powder. Beat the egg in a small bowl and then add to the mixture. Also mix in the nuts and sultanas. Line a muffin tray with six muffin cases and divide the mixture equally between them. Bake for 20 minutes. Allow to cool - and either enjoy them as they are or mix a little cream cheese and icing sugar together as a topping.

*Be kind to yourself –
pour yourself a cup of tea,
grab a muffin and curl up with
that book you've been meaning
to read!*

A view from the middle

After what seemed like an even longer January than usual, I find myself halfway through February without even noticing it has started. The days are getting noticeably longer and I come out of work at 5pm to see that it is still light. It seems the days are racing away with me and it'll soon be Summer. Spring competes very strongly with autumn to be my favourite time of the year and it is so heartening to see signs of it peeking through the cold and gloom. I've seen snowdrops and primroses and even the beginnings of some daffodils but it is the crocuses and tulips that I am most eagerly awaiting. They were my late father's absolute favourite and he once surprised my mother by planting dozens of bulbs in

the lawn. They ended up looking magnificent and it meant the chore of mowing the lawn was suspended until the flowers went over. It is funny the things that remind you of lost loved ones. I still have some bulbs in pots that he gave me and I'm dreading the year that they no longer come up. However, nature is a very good reminder of the ebb and flow of life. In the very depth of winter, it seems so implausible that our outdoor spaces could ever become because a riot of colour and warmth again. Yet, reliably, they do so every year. I take great comfort and courage from that at this time of the year and I send much good cheer to all readers at this time.

"All that I am, or ever hope to be, I owe
to my angel mother"

Abraham Lincoln

"Mother o' Mine"

If I were hanged on the highest hill,

Mother o' mine, O mother o' mine!

I know whose love would follow me still,

Mother o' mine, O mother o' mine!

If I were drowned in the deepest sea,

Mother o' mine, O mother o' mine!

I know whose tears would come down to me,

Mother o' mine, O mother o' mine!

If I were damned of body and soul,

I know whose prayers would make me whole,

Mother o' mine, O mother o' mine!

Rudyard Kipling

What do Bee's do in Winter?

Martyn Cracknell



When the air temperature drops below 10 °C, honey bees tend to stay in their hive and cluster together to keep warm. The ones on the outside of the cluster burrow inwards and displace the ones in the middle, pushing them out to the surface so there is a constant but gentle movement. They eat honey from their accumulated stores and they eat 'bee bread'. This is pollen which has been moistened with honey and has been pickled by the action of *Lactobacillus*. The pollen is not wholly digested so wastes accumulate in the bees body and need to be excreted from time to time. When the sun provides a bit of warmth they may be tempted to come out

and have a 'Cleaning flight', flying a short distance around the apiary and excreting in mid air. The waste looks like tiny strips of brown sand and it sets hard on windows and cars and can stain fabrics. At other times of year the bees are flying great distances and their excreta is spread far and wide so it is of no consequence. Throughout the winter there is a continuous loss of bees and after every cold snap a dozen or so dead bees are thrown out of the entrance. Enterprising birds take advantage of this food source and in our garden it is primarily Great tits and robins that clean up the casualties. The colony gradually shrinks from its summer peak of 60,000 to

about 10 – 12,000, but no new young bees are produced. Even if the queen were to lay eggs, the colony would not be able to maintain the high temperature (37C) needed for the growth of bee grubs, nor would the bees be able to supply the fresh pollen to feed them. When the spring warmth comes, with abundant blossom, the queens will resume egg laying and the surviving bees will cluster over them to keep them warm. We have to hope that there will still be enough old bees to create that essential warmth. A long winter and /or a cold spring can result in a colony dying out. As many as 10% of hives die out in the winter in Britain, and occasionally many more which has prompted research into the thermal properties of hives. It seems that the normal wooden designs are much less insulated than a hollow tree or even a straw skep and various insulation products are now available as well as hives made of polystyrene or with built-in insulation. In more severe climates like in Canada, many beekeepers do not try to overwinter colonies but just import them from the southern states of USA, when spring flowers are emerging. It is tempting to buy in replacement

queens or small colonies from warmer countries to replace our winter losses, but this international trade has enabled hive pests and diseases to spread around the world and it is strongly discouraged by the British Beekeepers Association. Instead we should minimise our losses and breed replacement queens from our best colonies as soon as the warmer weather permits, in May to June. The hive entrance has been reduced by insertion of pieces of foam to minimise draughts and a mouse guard has been pinned over it to prevent intruders. Bumble bees and wasps have a different winter survival strategy. Their colonies produced new queens in the Autumn which left their colonies to mate and to find somewhere to hibernate. Bumblebee queens mostly burrow under leaf litter beneath hedges, while wasp queens tend to find sheds and outhouses, or inside beehive roofs. They won't be seen again until Feb or March when they will start to build completely new colonies. Adult solitary bees have also all died out leaving behind larvae with a food store which will hatch sometime next year.

Village Life

John Driscoll

Spring is finally approaching and for many of us it can't arrive too soon. After a disappointing summer last year, and a predominantly grey autumn and winter punctuated by nasty storms and lots of rain, it seems we're ready for an up-lift. What better than early spring flowers with the first brave daffodils blooming at the end of January to be followed by waves of fresh vibrant colour. New signs of life on our trees and wildlife returning in abundance. I'll be on the lookout especially for the spring bulbs planted around the village by friends old and new. Some only a year or so ago, others surviving since a flurry of planting around the Millennium celebrations and before. They make for a fabulous welcome to our village for residents and visitors alike and serve to remind us of the benefits of pitching in with our community. Plenty of us have also added our own splashes of colour

outside our houses. One house in particular stands out every year with the very first daffodil to open, cheering up all who pass. I wonder if there is a competitive streak in dafs and this little beauty knows it's our first! I hope so! This year we have a village project to promote birdlife. Our village fund will be buying bird houses that residents will be able to place in their gardens. We'll encourage people to take photos of their new feathered neighbours and to encourage them to make long term homes. Some will be on view from the roads and lanes and others will be in gardens, but all will hopefully encourage increasing numbers of wild birds with the benefits in wellbeing they can bring to us all. Another great advert for community action and for bringing people together in a shared project. I'd like to think we can take inspiration from those



competitive daffodils and our new feathered friends to renew our efforts to make the most of our surroundings during 2025. Maybe we can recreate the lock-down Easter displays we had in our hedges and trees? They added a lovely splash of colour. If nothing else perhaps we can take a cue from that

first daffodil – while remembering that the greatest impact comes from all the blooms working together to create an amazing splash – long after that first brave soul has faded. Roll on spring and let's all honour that brave little first bloom and make this a spring to remember!

Five garden design trends to transform your home . . .

Transforming your garden into a beautiful and useable outdoor space doesn't have to be daunting. With innovative garden design trends, you can create a stunning home that reflects your style. It can also add value to your home, as much as 20%, so it's worth thinking about especially if you're planning to move home. Here are five garden design trends to consider which could make a difference on how you use and enjoy your garden.

Vertical Gardens

Incorporating vertical gardens is a fantastic way to maximize space and add greenery to small outdoor areas. These gardens can be created using wall-mounted planters, trellises, or vertical garden kits. They are perfect for urban gardens, balconies, and patios where space is limited. Use climbing plants such as Clematis, Honeysuckle and Roses to add height or mask unsightly vistas.

Consider your style, available time, skill level, space, and budget to determine which is the best option. The wall mounted planters will need to be assembled and fixed to the wall, so if you don't have a drill, spirit level etc, it may mean budgeting for expert installation. Compared to a climbing plant, which simply needs a pot and a trellis/frame.

Edible Landscaping

With gardens getting smaller, more people are including edibles in the same space as their flower garden. Thankfully, edible landscaping combines the beauty of traditional flowering plants with the functionality of edible plants.

Consider planting colourful vegetables like rainbow chard, kale, chives or edible flowers such as nasturtiums and calendula which are easy to sow and grow from seed. Add blueberries in a pot if you don't have ericaceous soil – they're a fabulous all-round plant as they're bushy, grow to around 1m tall and have delicious fruits and beautiful autumn colour too. This trend promotes wellbeing and allows you to enjoy fresh, homegrown produce right from your garden.

Wildlife-Friendly Gardens

With a huge decline in the number of butterflies and bees, its super

important to build a garden that attracts and supports local wildlife. It's a trend that benefits both your garden and the environment. Incorporating pollinator-friendly plants, water features like birdbaths or small ponds, and providing shelter with log piles or birdhouses can make your garden a haven for birds, insects, and other wildlife.

Zen Gardens

Zen gardens, inspired by traditional Japanese gardens, offer a tranquil and minimalist approach to garden design. These gardens typically feature elements such as gravel, rocks, and carefully pruned plants. The simplicity and balance of Zen gardens create a peaceful atmosphere, making them perfect for meditation and relaxation.

Outdoor Living Rooms

Transforming your garden into an outdoor living room is a trend that is gaining popularity. This



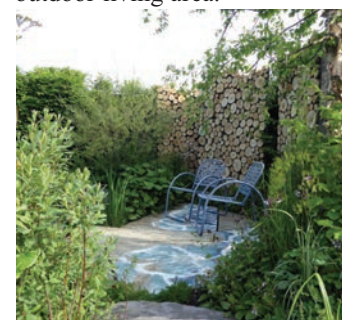
Nikki Hollier

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concept involves creating a comfortable and functional space where you can relax, entertain, and enjoy the outdoors. Key elements include cosy seating, outdoor rugs, lighting, and weather-resistant furniture. Adding a fire pit, outdoor kitchen, or pergola can enhance the comfort and usability of your outdoor living area.



March gardening tips

Early March

Lift and divide herbaceous plants. Plant alpine/herbaceous plants. Lightly mow over the lawn. Prepare sites for new lawns. Prune rose bushes soon if not already done. Plant onion, garlic and shallot sets. Start Begonia and Gloxinia tubers into growth indoors. Buy seedlings or baby bedding plants to grow on at home.

Mid Month

Support all tall growing herbaceous plants from early in the season. Try growing some ornamental vegetables in the flower garden, e.g. red leafed lettuce and runner beans. Prune Blueberries. Sow hardy annual flowers like Eschscholzia, Godetia, Clary, Mignonette etc. direct in the garden borders. Treat moss, scarify and aerate lawns as well as feeding the grass, you can now get moss killers that digest dead moss, so no raking or use traditional

Lawn Sand. Prune late summer flowering shrubs, like Buddleia and Caryopteris, as well as Hydrangea paniculate varieties and Hydrangea arborescens Annabelle. Prune down hard shrubs with coloured stems like Cornus, as well as hardy Fuchsias. Trim over winter flowering heathers cutting to the base of the flower clusters. Buy and plant pots of herbs. Sow seeds of hardy herbs in the garden, like parsley. Plant seed potatoes – but beware of frost once the shoots emerge from the soil. Vegetable seeds to sow now include: broad beans, lettuce, leeks, parsnips, peas, radish, salad onions, spinach, Swiss chard and spinach beet. Sow summer bedding under glass: dahlias, impatiens, petunias, phlox drummondii, salvias, asters, tagetes, mesembryanthemums, alyssum, nicotiana, marigolds and zinnias. Plant lilies outdoors in borders and tubs. Lay out

growing bags in the greenhouse to warm up the compost before planting. Sow fruit and vegetable plants for growing on in a heated greenhouse, e.g. tomatoes, aubergines, peppers, cucumbers, etc. or you could decide to buy plants later.

Late March

Plant less robust hardy evergreen shrubs e.g. Hebe and Ceanothus. Lay turf or sow lawn seed. Start feeding pond fish more frequently as the water temperature rises. Vegetables to sow now include: Brussels sprouts, red cabbage, summer cabbage and summer cauliflower. Dwarf French beans can be sown under cloches. Watch out for the buildup of pests and diseases. Hine weevils will be starting to lay eggs in the compost of pots and containers now. An organic answer is a half inch deep layer of horticultural grit over the compost surface to deter them. It is still a bit too early to use predatory nematodes

Reg Moule BBC Hereford & Worcester



to control the grubs. Marginal plants in pond can be divided if overcrowded but watch out for frog spawn.

Remember

You can't race the seasons and seeds do not have to be sown exactly when the packet tells you. My advice, with outdoor sowings is watch the weather, not the calendar, as seed sown later when conditions are right usually catches up and surpasses crops put in earlier that had to suffer during bad weather.

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"Don't watch the clock;
do what it does. Keep going"

Sam Levenson

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Evie's Teenage Focus

Evie Aubin Oxford Brookes University



Another month has been and gone, the winter season is finally coming to an end and signs of spring are starting to show. I was doing my weekly shop just the other day, and walking to Tesco, I passed over a dozen carpets of snowdrops; which was honestly just what I needed. It's got to the point in the year where I simply need to see the Sun again. I have always loved how cosy winter is, being able to snuggle up inside whilst drinking tea and reading a book; however if I don't see the Sun soon, I think I might go crazy! However, with signs of spring starting to show, some fun events are also up and coming. Firstly, Valentine's day, this year me and some friends from my flat went out to Wagamama's for lunch, did some shopping in the city and then got each other flowers. We spent the day together and had lots of fun being bitter about all the happy couples (I promise we are actually happy for you). Next up is my birthday, it's been weird this year not being home with my family but nonetheless I am still excited. My plan at the minute is to make the best of both worlds; I'm going to a restaurant whilst I'm here at university with a bunch of friends, including some that I'm going to drag from home down to Oxford, for dinner and drinks the day before my birthday, then go home on my birthday and spend it with my family. At the moment, I think we will go to a restaurant called Shoryu in Westgate, A friend of mine went there a few weeks ago

and I've only heard good things about it. The next big thing on my calendar is a couple of concerts. These will be my first of the year and I am very excited. I get to see Sabrina Carpenter on March 6th and Gracie Abrams on March 8th. I got the tickets late last year and have been planning outfits since; My outfit for Gracie is sorted, I'm going with my bestie and we decided to get matching outfits and honestly, I can't wait. Sabrina is being a bit more difficult though; I got a dress but I don't really like it, I have a backup dress but I could do better, so I'm now I'm a constant state of keeping my eye out for anything I see that I would want to wear and also fits the aesthetic of the concert. Champagne problems really, but that's where I'm at. Anyway that's all from me, I'll make sure to tell you how it goes next time I write. Toodles!x

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Gregory's World!

Gregory Sidaway Exeter College, Oxford

There and Back Again

Note to self:

Next time, pack a coat.

A lot of my memories of Munich are still dripping and soggy to this day, but I'll try to wring some out for you. Storm Boris was sweeping through neighbouring Austria, Poland and Czechia – and it had its eye on Germany next. As we weaved between puddles and thirsty drains, I barely looked up, my head bowed against the frigid winds. Natdog strode on heroically in front, navigating with Google maps while raindrops splattered his phone screen into pixelated splodges.

Since 1978, thanks to the great Douglas Adams, every aspiring traveller from Kempsey to Kakrafoon now remembers to pack a towel before they embark on their journey. I myself had remembered my towel. More specifically, it was a micro towel. The 'micro' bit is supposed to mean 'microfibre'. Well, I don't know what I clicked when I ordered online, but the towel that came in the post was a micro towel. It had enough microfibre material for me to dry myself one toe at a time. Anyway, if this lowly columnist might be considered alongside Mr Adams for just a second, he'd like to add 'coat' underneath 'towel' as the second most important item to

pack.

Natdog had booked that night's accommodation. Instead of another hostel, he'd chosen a one hundred and eighty man tent ... called 'The Tent'. It really should be considered the Tent because after this one, you'd never want to stay in another. It was as if we'd stepped, sodden and cold, into the barracks from Full Metal Jacket. Had we arrived there in warmer weather and heard the strumming of a guitar in the air and ice cubes clinking in two cold beverages just for us, it might've been a haven. But on this rain-slapped, wind-whipped day, no number of ill-fitting blankets we were given could quite scratch our itch for a warm bed and feeling in our fingertips. Natdog was adamant we book an emergency hotel. I was convinced after we made a pit stop at the toilet. I'll try to be delicate, fellow reader. Inside, we saw a poor plumber on his hands and knees, wrestling with a Hoover and sucking up something unmentionable from under the urinals.

We fled and dared not look back, the cry of the Hoover trembling in our ears. Chug-slurp! Chug-slurp!

If Natdog had a round of applause every time he got us out of a sticky situation, my hands would've fallen off ages ago. After recuperating in our snug

hotel room, we explored Marienplatz and headed to a cavernous beer hall to imbibe ourselves in Bavarian culture. I was very impressed with my pint. Natdog scrunched up his face and said it tasted like liquid bread, yeast, and bile – but other than that, he was impressed too. We ended the night crammed in a very hot cellar, dancing on a bench to Toto's 'Africa'. I'd been lucky enough to visit Berlin already – see last May's article for further details. This time around, our accommodation was wedged into a well-worn and graffitied nook of the city that still gave off a whiff of old East Berlin. We had to walk alongside a remnant of the Berlin Wall to reach it. I even added a few more places to my list of visited locations, namely: the Reichstag, the Mall of Berlin, and – my favourite – Schnitzelhaus. It soon dawned on us that we were nearing the end of our epic adventure. We marked our last night with a very sophisticated candlelit dinner, then discovered an awesome bar called Republik-Berlin. In the back yard, was a double-decker bus for bier buffs to sit in, upholstered with padded seats, mirrors and even an old Oxfordy table to rest our steins on. After we were denied entry to one club, and Natdog had an expensive ordeal in an off-licence with a



highwayman ATM machine, our luck improved when we found 'Matrix'. I did some crazy dancing and Natdog – having avoided the beer – kept his dignity.

Rain had been chasing us since Slovenia, but our final morning dawned blue and bright. I packed away my micro towel for the last time – which was now very pungent. The bathmat Natdog had been using as a towel had turned to cheese in his damp bag, so that wasn't joining us on the flight home. Waiting for our train to the airport, I sat under the Fernsehturm and nibbled the finest Apfeltasche my taste buds have ever bumped into. Then, before we knew it, we were on the plane, fighting to ram our rucksacks under the seat in front, and what had essentially been a very long and eventful way of getting from Bristol to Birmingham was complete. Thank you, Natdog. Thank you, fellow reader. Thank you, micro towel.

Romy's Uni Life

Busy, Busy

Romy Kemp Liverpool University

It's still freezing here in Liverpool and my bones are chilly. There is a constant draft of bitter wind everywhere which isn't the best but it's making me look forward to summer even more! For the first time ever, I think, I'm really looking forward to summer. I've always been a winter type of person, but I think being here in Liverpool means I'm now pretty sick of the cold weather and I'm so excited for summer clothing, activities and a warm breeze. I think new clothing is one of the things I'm looking forward to most because I'm sick of wearing jumpers, jeans and winter clothes. Both of my housemates have birthdays two days apart which made it easier but harder for me to decorate the house. I had to make two cakes over the weekend

but at least my skills got better for the second cake and blowing up balloons was probably the funniest part. The first cake sort of erupted inside the oven because there was too much batter, but it still turned out pretty good! I'm obviously not a professional baker but seeing as I haven't baked a cake in a while, I feel as though they're not too bad. The cake on the left was the first cake (which erupted) and the cake on the right is the second cake which turned out better but didn't taste as good if I'm honest. The chocolate icing on the first cake was just supreme. For my housemate's birthday we went to play mini golf in Liverpool town centre and it was absolutely fabulous! There were three courses and the themes and lights were captivating. I won the



first round which was great for me! I enjoyed it immensely and it was nice to meet her friends from home too who came up to see her over her birthday weekend. It was fun to hang out as a group for both of their birthdays.

A Little Bit on Loss

I've recently lost my nana which has been very hard for me because we were very close. I don't want to talk too much on this because it is still extremely painful for me, but I did want to bring it up in my



article this month to be a relatable thing. Although I am not yet ready to talk about it properly, I'm sure I will at some point, it's just important to remember that everyone goes through grief. Everyone will experience love and loss and it's important to deal with it however you feel is best. Being at uni is a lot harder because I can't grieve at home with my family, however I'm glad to have the support of the people around me at uni.

Your state pension

Carol Draper

Are you up to date with your state pension contributions?

To receive a full state pension, which is currently £11,500 per year, you need 35 years of national insurance (NI) contributions.

If you are below state pension age and have gaps in your NI record dating back to 2006 you have the option of making voluntary contributions to make up your NI record and hopefully achieve a full state pension.

However, you need to be quick as the option to go back to 2006 is only available until 5 April 2025. After that date you will only be able to make voluntary contributions for the last six years.

If you are employed NI contributions are registered from employee National Insurance deductions and if you are self-employed contributions are registered from Class 2 NI payments made.

If you are unsure if you have the requisite number of years contributions you can go online to check using HMRC's online tool called "check your state pension forecast", is a joint service provided by HMRC and the department for work and pensions. As the name suggests, the service gives a forecast of what pension you will receive based on the NI contributions you have made and calculates if there are any outstanding contributions needed to ensure you receive the full state pension when you



retire. It can be accessed by following the link:

www.gov.uk/check-state-pension

To sign in you will need to have set up a government gateway or have downloaded the HMRC app.

The contribution required to fill a missing year is normally £825, which will boost your state pension by approximately £330 a year. Any investment made will be recovered within three years of retirement, so it is worth thinking about.

Making voluntary contributions may not always be the right decision to make. If you are early in your career and have every likelihood of achieving the required 35 years of contributions, there is no cause for concern. However, if you are later in your career and closer to retirement it is worth checking your NI contribution history to see if there are any gaps.

Carol Draper FCCA
Clifton-Crick Sharp & Co Ltd

"To the world you may be one person;
but to one person you may be the world"

Dr. Seuss



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Rewards!

Angela Johns

Mud, so much mud. I have been trying to walk every weekend to get some exercise in, even though the weather has been pretty grim. Walking through wet, muddy and waterlogged fields, the mud clinging to my boots but the effort rewarded with either a flask of tea or half a pint, depending on the route. The bird song has been changing with the progress of Spring, not just earlier and louder, but the variety songs. I try to keep my ear tuned in when I'm out, and when I'm unsure or clueless I use the app I have on my phone to identify it. My repertoire of birds I recognise by their songs and calls has grown over the last few years but I'm always having to clarify with my trusty app. Sometimes, at a later date, I listen back to the recording it makes and have to chuckle as I hear myself exclaiming in excitement. I have either been rewarded by identifying a more elusive species, or I'm just so pleased that I got it right!

There are plenty of other rewards I get on my walk: good company, a quality snack, a different perspective from the familiar view from the car, the kind of tired that will give me a great not just good sleep, and even a pious kind of feeling that tells my slothful part "See, I told you it would be good to get out and now you don't feel so naughty eating that chocolate!"

We do all sorts of things for reward and the main drive behind it is our own self-worth: I deserve it. The more things we do that increase our own sense of personal satisfaction,



the more our self-esteem will be rooted in our own set of values, not someone else's. This way our achievements give us confidence, resilience and belief in our own abilities. We can confidently set our boundaries, speak up for ourselves and gracefully accept a compliment. We know we are worth it because we feel it. We don't have to rely on someone else to reward us to make us feel good and we can also stop seeking it. What a relief! We more quickly can drop those bitter feelings we get when we don't get the reward, we think we deserved, because we value and appreciate ourselves anyway.

Angela is a qualified Emotional Therapeutic Counsellor registered with the FETC and NCPS. Also a Reflexologist and Reiki Practitioner, she is passionate about her therapies and spends quality time with her clients to facilitate their wellbeing. You can find her at angelajohns.co.uk

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Pain Education in Childhood:

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

The Case for Pain Education in Childhood:

How Early Understanding Can Reduce Chronic Pain

Chronic pain is a growing concern, but education can reduce its severity and its long-term impact. Pain perception develops in childhood, influenced by caregivers, educators, and early experiences. Helping our children understand that pain is not always a sign of harm but a natural protective mechanism can reduce the risk of acute pain developing into chronic pain.

The way we experience pain is shaped by biological, psychological and social factors. Schools play a vital role in fostering healthy pain responses, equipping children with the tools to understand, interpret, and manage pain effectively.

Louise Anderson, a consultant pain psychologist and occupational therapist, runs Cognisance Pain Management in Pershore, where she provides educational and therapeutic support for chronic pain. Her commitment to pain education grew after witnessing well-meaning caregivers promoting unhealthy pain behaviours in children experiencing pain. Recognising the need for better understanding, she now champions early pain education. "How we teach children to respond to pain will shape their experiences for life," she stresses.

How Can We Start?

What Can Educators and Caregivers Do in Pershore?

If a child frequently reports

pain, always consult a healthcare professional. But beyond that, educators and caregivers can take simple steps to foster a healthier understanding of pain:

1. Teach Children That Pain is Normal Pain is the body's alarm system, but it isn't always a sign of harm. Understanding this can reduce fear and anxiety.

2. Encourage Movement and Resilience Avoiding movement worsens pain. Teaching children to stay active and trust their bodies builds confidence and reduces fear-based responses.

3. Connect Emotions and Pain Stress, fear, and anxiety amplify pain. Mindfulness, breathing exercises, and cognitive reframing help improve resilience.

4. Change How We Respond to Pain It is important to acknowledge and convey empathy for children in pain, but instead of reacting with fear, adults can encourage self-assessment. Asking, "What is your body telling you?" fosters a healthy pain relationship.

5. Educate Parents, Teachers, and Society Adults shape children's pain perceptions. Teaching pain science in homes and schools can break the cycle of fear-based responses.

"Pain is a Brain Thing—And That's Good News" Pain is generated by the brain as a protective mechanism, and understanding this can benefit everyone. By educating children in our community about pain, we can reduce fear, build resilience, and empower people to live fuller, more active lives

Be kind to yourself

Emily Papirnik

Be kind to yourself and see what benefit it brings to you and others.

The Importance of Being Kind to Yourself

Self-kindness involves treating ourselves with the same warmth and understanding as we would offer a friend facing difficulties. This practice fosters resilience, enabling individuals to navigate life's challenges more effectively.

The Positive Outcomes of Self-Compassion

Incorporating self-kindness into daily life yields lots of benefits: **Enhanced Emotional Resilience:** Self-compassionate individuals are better equipped to handle adversity, viewing setbacks as opportunities for growth rather than as personal failures.

Improved Mental Health: Regular self-kindness practices are associated with lower levels of anxiety and depression. By reducing self-criticism, we create a more supportive internal dialogue.

Stronger Interpersonal Relationships:

When we are kind to ourselves, we are more likely to extend genuine compassion to others, fostering deeper and more meaningful connections.

The Detrimental Effects of Self-Criticism

Conversely, a lack of self-kindness can lead to negative outcomes:

Increased Stress and Anxiety: Harsh self-criticism activates the body's stress response, leading to heightened anxiety and tension.

Lowered Self-Esteem:

Constant negative self-talk can erode self-worth, making it challenging to pursue goals and embrace new experiences.



Impaired Social Interactions:

Individuals who are unkind to themselves may struggle with feelings of isolation, as their internal negativity can hinder authentic connections with others.

Cultivating Self-Kindness

Developing a habit of self-kindness requires intentional practice:

Mindful Awareness:

Recognise and acknowledge your emotions without judgment. Mindfulness allows us to stay present and reduces the tendency to ruminate on past mistakes.

Positive Self-Talk:

Challenge negative thoughts by reframing them into supportive and encouraging statements. For instance, replace "I always mess up" with "I'm learning and growing from my experiences."

Self-Compassionate Actions:

Engage in activities that nurture your well-being, such as taking a relaxing bath, going for a walk in nature, or practicing meditation.

By prioritising self-kindness, we lay the foundation for a more fulfilling and balanced life.

Embracing our humanity with compassion enables us to navigate the complexities of existence with grace and resilience.

LOUISE ANDERSON

(MBPSs, MSc, MSc, BSc, BA, BSc Hons)

Consultant Pain Psychologist and HCPC Registered Occupational Therapist



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The easy way to
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Healthy Heart Tip:

Protein and heart health

Many people know the benefits of protein for muscle growth and repair, but do you know the other benefits for your health? Protein is one of the main forms of nutrients you need for your body to function. In the UK, on average, there is an over consumption of the recommended amount of protein but often from few sources.

It is essential that your body is getting protein from a range of different foods to ensure you meet all your body's requirements. Did you know that approximately 16% of the UK population follow a meat-free diet? These people may need to focus more attention on meeting their protein requirements than those who regularly eat meat.

In this healthy tip we discuss the importance of protein, different sources and how to get protein into your diet.

Importance of protein

Protein is required for general health, growth and maintenance of the body's tissues. It helps your bones, muscles, tendons, ligaments and skin to stay healthy and have structure, strength and elasticity. Protein helps your muscles to repair and rebuild after exercising and helps to increase your muscular strength. It also supports the immune system by helping to form antibodies that fight against disease-causing bacteria and viruses.

Protein has a satiating effect on the body and helps you to feel fuller for longer. It provides energy to your body, but only as a last resort if all your carbohydrate and fat stores have been used up. It should make up 10% to 35% of your total daily energy intake.



Sources of protein

Animal proteins are often more known and more commonly consumed than other protein sources. These include meat and poultry, fish and seafood, eggs, and dairy products. However, more people are beginning to follow a diet rich in plant proteins and consuming more nuts and seeds, beans, chickpeas, lentils and tofu.

Getting protein into your diet

You should try to include a portion of protein in every meal of the day, as well as in the snacks you eat. This will help to keep you feeling fuller for longer and reduce those cravings for foods with low nutritional value.

For better heart health you should aim to eat a diet that is rich in plant foods. This simply means you need to consume lots of plant-based foods and proteins, and lower amounts of proteins from animal sources. This will not only benefit your heart health but also the sustainability of the planet. If you are consuming animal proteins, then red meats and processed meats are often high in fat and it is more beneficial for your health to consume leaner protein sources such as plant proteins, poultry and fish where possible.

Child Trust Funds



A Child Trust Fund (CTF) is a tax-free saving account for children set up by the government at the time. It was set up if the child was born between 1 September 2002 and 2 January 2011, and the parents or guardian received Child Benefit.

Child Trust Funds have since been replaced by Junior ISAs, so only existing accounts remain. However, because most accounts were initially opened with at least £250, with interest or investment growth, this could be worth a lot more now. Therefore it is worth understanding your rights and what you can and cannot do with the fund.

What you can do with a Child Trust Fund depends on your age. Up to age 16 the parent or guardian of the child must manage the account, such as paying in money – up to £9,000 a year; switching to a new provider or transferring it to a Junior ISA.

At age 16 and over the young adult can manage the account themselves and at 18 they can access the money, leave it where it is (it'll just change to an adult

ISA); move it to a different type of savings account or even spend it.

Many families may have forgotten once set up that they even had a Child Trust Fund and not even added anything to it since they were set up. If you are in this situation don't worry because you can ask the HMRC to find it for you and there is a useful free tool on the gov.uk website that can help you with this. You only need your National Insurance number and date of birth. There is absolutely no need to pay someone to find it for you.

For further information and advice, please contact your local Citizens Advice South Worcestershire office on 01684 563611 or visit www.citizensadvice.org.uk

Preventing car theft - Part 2

3. Be aware of carjackers

The fact that you're in the car isn't always a deterrent to someone trying to steal it. In traffic, drive with the doors locked and when queuing leave enough space in front of your vehicle to enable you to get out of a tight spot. If your vehicle is bumped from behind, wait to pull over – somewhere safe and preferably where there are people. After all, you don't know the person who has collided with you; they could well be hijackers. If you're at all suspicious, consider calling the police. If someone threatens you, it's better to hand over the keys to the vehicle than become a victim of assault. Then call 999 as soon as possible, and ask for the police. If your car is stolen, some modern vehicle alarm and tracker systems have the facility to isolate or shut down fuel systems, bringing the vehicle to a halt and leaving the thief high and dry.

4. Park responsibly

It's always advisable to avoid parking in dark and secluded areas. It's worth an extra five or ten-minute walk if it means



your vehicle is left in a well-lit and busier street. If possible, always try to park in illuminated and staffed car parks or those with a Park Mark safer parking award. To find one, simply check out Park Mark.

5. Watch for illegal tow trucks

Thieves often attempt to lift vehicles from the street, literally. So, if you see a towaway crew acting suspiciously – especially if their vehicle isn't branded or if they're not in uniform – then please report it immediately. With every report of suspicious behaviour made in good faith, we'll never blame anyone for calling us if it proves unfounded. Car parks with height-restricted entrances help prevent illegal tow trucks and removal vehicles. And fitting a Thatcham rated category 1 or 2 alarm system with tracking, immobilisation, anti-grab and movement sensors can help protect and trace your vehicle.

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Back in the Day



One of my earliest memories concerns my Grandmothers' farm – and in particular my task of churning the family's butter. Life at Bwlch - Bychan centred around the animals so we started early which meant that my butter churning took place between breakfast and Church on Sunday. This memory came vividly back to me this week when I learned that butter churning is now at the centre of an immersive learning experience just down the road from us in Broadway's Museum and Art gallery.

Go back in time to the 1600's and Broadway was at the heart of the Coaching scene, a place where weary travellers stopped to rest and take refreshment. Now this taste of the past has been recreated with captivating tales of the town's stagecoach history, highwaymen and 17th century life plus the chance to learn the skills of butter making and seasoning with, what else, traditional Droitwich salt. Then enjoy a hearty mid-morning or mid-afternoon meal, featuring either a rich, warming vegetable stew or a traditional Ploughman's served with freshly baked bread and a local ale – perfect for enjoying with the butter you made yourself just moments before. Experiences cost from £37.50 per person and are available weekly throughout the year. For details see: www.broadwaymuseum.org.uk When the trains came it changed

Broadway fundamentally and it became a fashionable resort for, amongst others, artists such as the famous American John Singer Sargent who died exactly a century ago on 14 April 1925. So the Museum and Art Gallery are holding a special exhibition of his works, and those of his associates plus offering private guided tours of the exhibition and a range of talks as part of the forthcoming Broadway Arts Festival. Further into the Cotswolds and

the booking is now open for the Longborough Festival Opera season, which starts on 27th May with 'Wahnfried: The Birth of the Wagner Cult' which explores the inner circle of the composer's family after his death and is followed by the ever popular 'Barber of Seville, by Rossini from 8th June until 13th July. That's followed by 'Pelleas et Melisande' a fresh take on the love triangle, inspired by the mythic world of Arthurian legend which runs from 28th June to 10th July and finally, the first English operatic masterpiece 'Dido and Aeneas' on stage from 26th July until 2nd August.

For details see: www.lfo.org.uk Talking of booking ahead reminds me that now's the time to book tickets for both the main shows at Malvern this year, the Malvern Spring Festival runs from 8th May to the 11th and includes very well known personalities such as Alan Titchmarsh CBE. Then the following month we have the 'biggie' –one of the largest agricultural celebrations in the UK- the Royal Three Counties Show which runs from 13th to 15th June and features a whopping 8,000 animals across the long weekend. Appearing at the Show for the first time this year will be furry friends and their human companions from Atwells Farm Park, sited in our County, Worcestershire, who are offering a new animal encounter and interactive learning area.

Brian Johnson-Thomas

Another new feature at this year's Show is the Pig Village, offering engaging educational experiences and insights into the world of pig farming.

For those who like a spot of retail therapy there's going to be a new 'Fairfax and Favour' area, hosted in the luxurious Royal Parade where we can browse the very latest in British lifestyle fashion before relaxing with a glass of champagne and live music. The organisers say that there will be over 101 free family activities to enjoy over the long weekend. Advance day tickets to the Royal Three Counties Show cost £24.85 for adults and children under 16 are free.

For details see: www.royalthreecounties.co.uk Finally I should perhaps remind you that it's just eighty years this coming May since the end of the Second World War and the occasion will be marked in Worcester Cathedral on Saturday 3rd May at 7.30 pm with a commemorative concert featuring the Band of the Mercian Regiment accompanied by the Oakville Singers in a programme of regimental marches and wartime songs with music by Elgar and Walton. Tickets for nave seats cost just £20, to reserve please contact davidjshallmark@gmail.com or phildouce68@gmail.com Spring is in the air! Look forward to seeing you out and about!

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80TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION

WORCESTER CONCERT COMMEMORATING VE DAY

VE DAY
80TH ANNIVERSARY
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Jazz News

Peter Farrall



Quite a busy start to the year at Pershore Jazz. In January we enjoyed bespoke arrangements of early jazz numbers from the Adrian Cox Trio and, in February, excursions from classics to jazz with Rich Hughes' "Fugue and Groove" quartet. On 3rd February ticket booking opened for "Pershore Jazz on a Summer's Day" at Number 8 on 9th August. Quite a way ahead but already over one hundred seats have been taken so make haste to reserve the seats of your choice for this one-day extravaganza of jazz and swing from the 1920s right up to the 1950s.

Jazz club regulars are eagerly looking forward to a return visit from the Hot Teapots band from Italy with their unusual combination of clarinet/sax and violin on the front line and a drumless rhythm section. Last March, the Teapots so thrilled us with their acoustic style of delivery that we just had to book them when they were here again even though a clash of dates and times mean that this will be an afternoon performance. Our thanks to Anna and crew at the football club for opening especially.

The usual evening session this month presents long time friend of Pershore Jazz, the award-winning star of saxophone clarinet and flute, Amy Roberts with her "rhythm boys". Another

not to be missed performance. A recent offering in the Music Spoken Here series at the Marris Bar in Worcester was a young, up and coming quintette from Birmingham quirkily named Impossible Conversations who "blend traditional sounds with their own contemporary styles"; perhaps not a band for Pershore Jazz Club (at least not at present) but worth hearing if you wish to broaden your jazz appreciation. A tenuous connection with Pershore is that the group is led by drummer Louis Hamilton-Foad, grandson of the iconic saxophonist Andy Hamilton who appeared at Pershore Jazz Festival way back in the mists of time. Andy came to Britain as a stowaway from Jamaica, pre Windrush generation, and settled in Birmingham where he continued his jazz career and, in spite of instances of racism, rapidly became a much-acclaimed performer, composer and ambassador for jazz in his home city and internationally. His passion for involving young people in music earned him an MBE in 2008. After a phenomenal life, he died in 2012 at the age of 94.

Andy was very appreciative of the effort to begin a new jazz outlet in Pershore and commented "now keep it up".

Well, we did keep it up Andy.

Hot Teapots

Wednesday 12th March

Doors open at 11.30am, music at 12.30

Amy Roberts Quartet

Wednesday 26th March 2025

Doors open at 7pm, music at 8

Function Room, Pershore Football Club

Admission £12.50 to include a raffle ticket

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Sustainable solution to indoor drying!



Based in Leigh Sinton, Julu Ltd, are making laundry days a little more eco-friendly with their award winning wall mounted clothes airer the Laundry Ladder. The Laundry Ladder is helping homes around the UK to change the way we dry our clothes. Air drying clothes is the eco-friendly way to dry washing. Clothes that are air dried last longer as they avoid the harm done by tumble driers. There is a growing trend to lengthen the life of clothes. This clever wall-mounted version is so versatile that as well as using it as an indoor solution with its portability it can easily be transported to be used outside on sunny days. Customers who wish to take advantage of the fresh air and warm rays on sunny days simply have a second set of brackets on a wall outside. Made in

wood this attractive compact clothes airer is designed to last and its gentle curves give it an elegant look.

Julia one of the original founders of Julu Ltd, recently completed a sustainability course run by Small Business Britain and sponsored by BT.

After completing the six week course the participants were invited to a Lunch at the House of Lords. Julia told us it was an interesting experience to meet with lots of small businesses all striving to find ways to make their businesses more sustainable. One of the key messages from the course is that sustainability does not always cost more. Love Your Laundry.

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Music Matters

Steve Ide

Black Sabbath - Back to the Beginning live show

There was much excitement around Black Sabbath's announcement of their July live show at Villa Park. The show will feature the original lineup of the band and is reported as their very last show, with support acts such as Metallica and Pantera (and rumours of more to be announced). Fans that managed to pay around £200 for a ticket (and reports of tickets going for thousands of pounds) presumably felt like an "Iron Man", while the majority that missed out were left feeling "Paranoid".

Marianne Faithful

Sadly, we lost the singer-songwriter Marianne Faithful on 30th January. Marianne started her career in 1964 and was famous for her songs such as "As tears go by" and "Come and stay with me". She was famous for her distinctive voice and had a highly published relationship with Mick Jagger. Marianne survived many personal problems and suffered poor health in later life, but continued making music, including collaborating with Warren Ellis on the captivating album of romantic poems "She walks in beauty".

Marianne Faithful

29 December 1946 - 30 January 2025

Notable new albums

The bad fire by Mogwai

The Scottish foursome have offered up an uplifting new album while sticking to their modus operandi, largely instrumental, guitar-based, unpredictable and largely instrumental. Try it, you won't be disappointed.

EUSEXUA by FKA Twiggs

FKA Twiggs has described this album as techno-inspired but it also has a trance-like feel to it. An outstanding collection of 11 tracks that describe intense human emotions.

Debi tirar by Bad Bunny

The latest from the Puerto Rican star, a joyful collection of Portuguese rap songs

Look up by Ringo Starr

His 21st studio release is a country album, and it sounds like Ringo doing whatever he wants to do.

Add to playlist

People ruin paintings
by Manic Street Preachers

Everything is peaceful love
by Bon Iver

Remember my name
by Sam Fender

I love America and she hates me
by The Wombats

Wanna die
by Emma Jean Thackray

The heart is a foolish thing
by Edwyn Collins



View from the Boundary

Not a good start to 2025 for either England men or Women. The men lost the latest T20 by two wickets. India reached 165/9. The women have been trounced by Australia and have not won a game in any format.

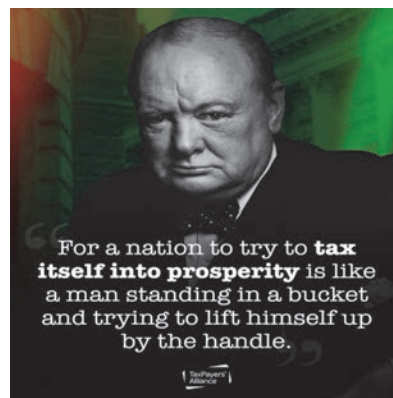
The Six Nations has started. England lost to Ireland. Why? Again, too many penalties given away. Wales v France, well there were some outstanding plays by France and we will see how good they are against the other teams. However, Wales I do not think were as bad as every commentator said.

Let's look to nearer home and what affects us. "Rachel from accounts" as described by Lee Anderson went to China to do a deal, what deal?

Here is a thought. Starmer wants to give the Chagos Islands to Mauritius. I'll bet that China will pay Mauritius and Mauritius will pay us and then China will control the Chagos islands. The Starmer drive to financial ruin has caused the pound to drop and Trump, whatever you think of him, has made the

dollar strengthen. This has caused our oil and gas prices to increase, but if there was confidence in the Pound we would do well.

This brings me to the question of national security; Ed Miliband wants to cancel our right to drill in the North Sea but my comments is as Trump's, Drill baby Drill and make sure that we are self-sufficient. The same goes for shale gas and coal. We must NOT be reliant on any foreign power. The same goes for farming; we need to be able to feed our ever-increasing population. Let's turn further to inheritance tax. Most farms are handed down from father to son and are never sold. The tax on farms over a million is ridiculous. Take a small farm of 200 acres the land value of £12,000 per acre is £2,400,000 plus, say a house and a farm workers cottage of £500,000 takes this to three million less one million therefore inheritance tax. If a farmer and his wife earns £30,000 a year they have no chance of ever paying a mortgage to pay the debt to the government.



I turn to another issue in the NHS, management. I give you an example. A patient who has a liver and spleen issue needs a fibroscan. The only machine is owned by the NHS. Privately you can have it in ten days using public-owned equipment, using the same machine and same operators. If you are an NHS patient 33 weeks was quoted. This equipment should operate 24/7, 365 days a year and given that the taxpayer owns the machine, the question must be, should they not come first? Your answers to the editor. All these deaths being typically perpetrated by people, shall we say not hereditarily from the

UK has begged a question. Should we come out of the European Court of Human Rights? if so let's have a poll by writing to the editor and secondly, for some types of murder and rapes should we bring back the death penalty? another poll to the editor!! or, do a deal with say Chikurubi Jail in Zimbabwe to house lifers at £2.00 per day rather than the huge cost the taxpayers have to pay for cat A prisons. Oops, the editor is going to be busy.

I enclose a little comment made by Sir Winston courtesy of the taxpayers alliance



Thoughts from the Snug ... Grumbling verses stoicism

We often get grumbling in the Snug. It's probably a part of British hypocrisy that whilst we are fluent enough in grumbling about small inconveniences, we insist on making light of great inconveniences, grief and even disasters. The skill of the typical English understatement has its

origins in the spectrum of British grumbling. For example, someone who loses a leg may quip, "That's inconvenient, but at least it's helped me reach my target weight." Such is stoicism, the antidote to those who resist moaning and complaining. Whilst stoicism is a truly admirable

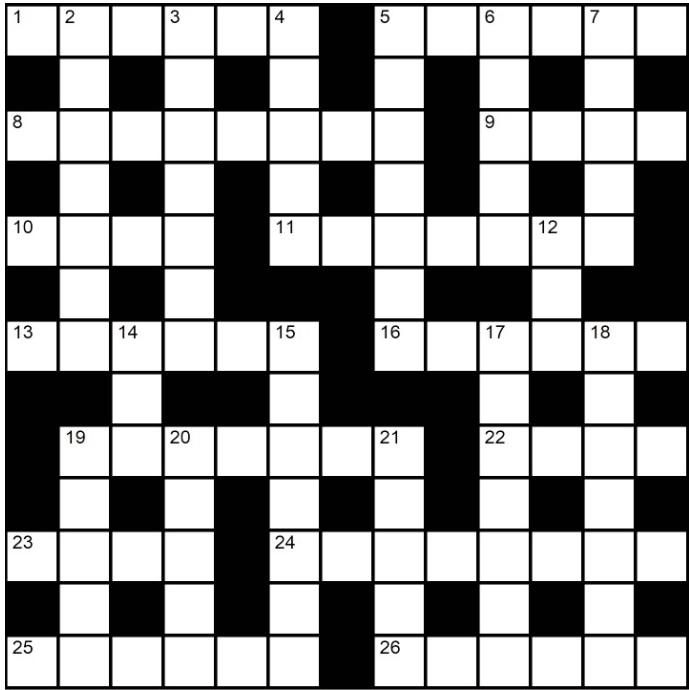
quality, grumpiness can be entertaining if not taken to excess. But here in the Snug grumbling is alive and kicking. We have an expert grumbler who regularly visits us. He's the kind of fellow who would grumble about his own shadow following him. Frankly he is designed for the part. Sagging face, weighty, pouting lower lip squeaky voice and a generally doleful expression. It has been said he once complained to his wife,

"This vinegar has lumps in it!" she replied, "Those are pickled onions. Now eat your fish fingers!" His repost was, "Fish don't have fingers." Technically right, of course. No denying it. The same character, on reaching a significant milestone birthday, was congratulated on the event. He responded, "I'm not happy, but I'm not unhappy about that." Typically British; long live grumpiness!

Buddy Bach

Coffee Break

Crossword



Across

- 1 Harp on about Jane Eyre, for example (6)
- 5 Encourage (6)
- 8 Performed surgery (8)
- 9 Quartz grains (4)
- 10 Punch (4)
- 11 Transcendent (7)
- 13 Jericho was, until Joshua arrived (6)
- 16 Bury (6)
- 19 Profits (7)
- 22 Copies (4)
- 23 Duration (4)
- 24 Magnificent (8)
- 25 Vigour (6)
- 26 Clear a channel (6)

Down

- 2 Reproduction (7)
- 3 Injurious (7)
- 4 Short letters (5)
- 5 Loud enough to be heard (7)
- 6 Uncooked meal suitable for Fridays, maybe (5)
- 7 Anger about scope (5)
- 12 Holstein holler? (3)
- 14 Shelter (3)
- 15 Think it probable (4,3)
- 17 Learner (7)
- 18 Assembly (7)
- 19 Get ready to eat (5)
- 20 General meaning (5)
- 21 Reliable (5)

Sudoku

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

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

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

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

Wordsearch

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

ANEW
ASSAM
BAT
BY FAR
CUBE
DO IT
DOG
DOWNS
EBB
EELS
EWING
EX-WIFE
INKY
INS
LAX
LENT
NELL
NEST

NOOK
NOS
NUTS
ODOURS
OWL
QUEEN
REDO
RETAIN
ROBE
SENSE
SUB
SUM
TIES
WETTER
WIELDS
WIG
WISH

Brainteaser

You can throw me
off a tall building
and it won't hurt me.
If you put me in
water I break.

What am I?

Poets' Corner

XLII - The Merry Guide

Once in the wind of morning
I ranged the thymy wold;
The world-wide air was azure
And all the brooks ran gold.

There through the dew beside me
Behold a youth that trod,
With feathered cap on forehead,
And poised a golden rod.

With mien to match the morning
And gay delightful guise
And friendly brows and laughter
He looked me in the eyes.

Oh whence, I asked, and whither?
He smiled and would not say,
And looked at me and beckoned
And laughed and led the way.
And with kind looks and laughter
And nought to say beside
We two went on together,
I and my happy guide.

Across the glittering pastures
And empty upland still
And solitude of shepherds
High in the folded hill,

By hanging woods and hamlets
That gaze through orchards
down

On many a windmill turning
And far-discovered town,

With gay regards of promise
And sure unslackened stride
And smiles and nothing spoken
Led on my merry guide.

By blowing realms of woodland
With sunstruck vanes afield
And cloud-led shadows sailing
About the windy weald,

By valley-guarded granges
And silver waters wide,
Content at heart I followed
With my delightful guide.

And like the cloudy shadows
Across the country blown
We two face on for ever,
But not we two alone.

With the great gale we journey
That breathes from gardens
thinned,
Borne in the drift of blossoms
Whose petals throng the wind;
Buoyed on the heaven-heard
whisper

Of dancing leaflets whirled
From all the woods that autumn
Bereaves in all the world.

And midst the fluttering legion
Of all that ever died

I follow, and before us
Goes the delightful guide,
With lips that brim with
laughter

But never once respond,
And feet that fly on feathers,
And serpent-circled wand.

A. E. Housman 1859-1936

Quiz!

- 1) Which US rock band, formed in 1976, is known for hits like "Rock Lobster" and "Love Shack"?
- 2) The classic British sitcom "Only Fools and Horses" is set in which part of London?
- 3) Which British playwright wrote the controversial drama "Blasted" in 1995, receiving both acclaim and criticism for its explicit content?
- 4) The 2008 film "In Bruges" stars Colin Farrell and which other Irish actor?
- 5) Which actor is known for his portrayal of Gollum in the "Lord of the Rings" film trilogy?
- 6) "Life on Mars" and its sequel "Ashes to Ashes" are British TV series that combine police procedural with which other genre?
- 7) Who is the British singer-songwriter behind hits such as "Shape of You" and "Thinking Out Loud"?
- 8) "The Office", a mockumentary sitcom that depicts the everyday lives of office employees, was co-created by Ricky Gervais and whom?
- 9) The Kray Twins, notorious British gangsters, operated primarily during which decade?
- 10) "Bandersnatch" is an interactive film that is part of which British TV series anthology?
- 11) What is the name of the thin, circular structure in the eye, responsible for controlling the diameter and size of the pupil?
- 12) What part of a human body is the Mandible?
- 13) What is the name of the muscle found at the top of the arm and shoulder?
- 14) The Palatine Glands are more commonly known as what?
- 15) If the inner surface of the lungs could be laid out flat the surface area would match that of a) half a badminton court b) half a tennis court or c) half a football field
- 16) What organ could be described as the main waste filtering and disposal system of the body?
- 17) What is the largest vein in the human body?

Answers: 1) The B-52's 2) Peckham 3) Sarah Kane 4) Brendan Gleeson 5) Andy Serkis 6) Science fiction 7) Ed Sheeran 8) Stephen Merchant 9) 1960s 10) Black Mirror 11) Iris 12) Lower jawbone 13) Deloit 14) Tonis 15) b) half a tennis court 16) Kidneys 17) The Inferior Vena Cava

February Answers



March Brain teaser solution: Paper or tissue paper.

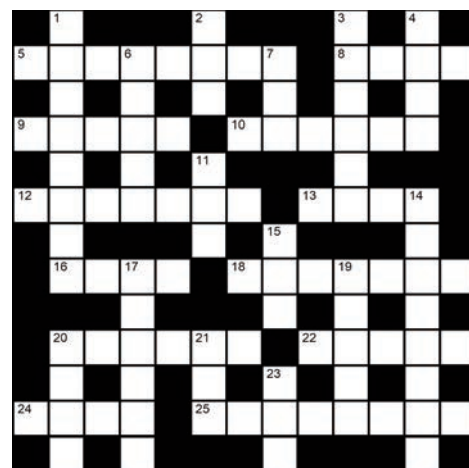
Anagram Crossword

Across

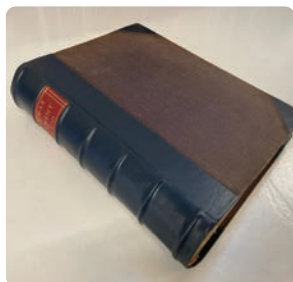
- 5 Aspiring (8)
- 8 Earp (4)
- 9 Pasta (5)
- 10 Itches (6)
- 12 Betting (3,4)
- 13 Mete (4)
- 16 Et al (4)
- 18 Bipolar (7)
- 20 Statin (6)
- 22 Preys (5)
- 24 Go up (1,1,1,1)
- 25 Brigades (8)

Down

- 1 Roasting (8)
- 2 I S P (3)
- 3 Hailed (6)
- 4 Best (4)
- 6 Paint (5)
- 7 Tug (3)
- 11 Den (3)
- 14 Merriest (8)
- 15 Tar (3)
- 17 Dial-up (4,2)
- 19 Beady (5)
- 20 Gust (4)
- 21 Bat (1,1,1)
- 23 Run (3)



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Copy Deadline for

April Issue -

17th March 2025

Camera Club



"A Vase Full Of Sunshine"

With, after weeks of damp, cold and grey weather, the days getting longer and a hint of Spring on its way, we are all hoping for more opportunities to get out with our cameras. In the meantime the Club continues with its varied programme of activities for all, whether current, former or prospective members, much of it in the comfort of their own homes. This month we again have an interesting selection of events which we hope might appeal.

On Wednesday 12th March we are delighted to have talks by a number of our members, including Colin Trow-Poole FRPS, of some of their more recent work. This is followed on Thursday 20th by the latest

instalment of our most long-standing photographic "battle", that with Digibox CC of Worcester. We conclude the month on Wednesday 26th, when we have our second themed projected image competition of the season. This time the subject is "Environmental Crisis" and the judge will be Bob Goode. We look forward to seeing Bob again and to hearing his commentary on what has proved to be a challenging subject. 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 - "Banded Demoiselle" by Tissy Davidson and "A Vase Full Of Sunshine" by Cathy Dhonau - one of the six top placed images and one of the six commended images, respectively, in our most recent print competition, held in November 2024.



"Banded Demoiselle" by Tissy Davidson

Malcolm A Hay
Secretary

Music Society

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

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

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

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

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

March 13th & 27th

April 10th & 24th

May 8th & 22nd

June 5th & 19th

July 3rd, 17th & 31st

For further details please contact: Anne on 07931 636309



Spot & Shop - February Winners

- | | |
|--------------------|-----------------|
| 1) Tina Henderson | 5) Rose Price |
| 2) Victoria Kite | 6) Alan Dufty |
| 3) Bill Day | 7) Hilda Tustin |
| 4) Heather Perkins | |

Last month's answer:
The Lawns Nursing Home



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

Chance
to WIN
£50
CASH

This
month's
anagram
JENI PRYOR

This month's prizes!

1st - £50 cash

2nd - £25 cash

Donated by Hughes & Company

3rd £20 Food Voucher

at The Queen Elizabeth, Elmley

4th £10 Voucher

at Revells Farm Shop, Defford

5th £10 Voucher

at Craftypyro, Bakers Arcade, Pershore

6th Reg Moule Gardening Book

7th Pat's Pantry -

Jar of home-made marmalade/jam

Complete and return this form or email:

news@hughes.company for your chance to win!

Kempsey Times closing date: 28th March 2025

Answer:

Name:

Telephone/email:

Return to: Hughes & Company/Kempsey Times

8 Church Street, Pershore Worcestershire WR10 1DT



Stepping Stones

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

Crafts and a sensory around a theme!

Monday 10:30am

St James Church Norton

Tuesday 10:00am

St Mary's Church-Kempsey

Thursday 1:00pm

St Mary's Church-Kempsey

£3 per family - Snacks and refreshments provided!

All Welcome!

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



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

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

Free of charge to come

A tuck shop - for those who want sweets!

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

Year 6 - Year 13 Term time only!

For more information

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



Calling all knitters and Crocheters!

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

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

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



Join us on Fridays

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

from 9.30 to 12pm during term time.



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

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

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



Art Ministry Relaxation & Mindfulness

Mindful Colouring - Bible Journaling - Sketching

Poetry - Creative writing - Painting

Prayer Doodling - Collage

Friday 9:30am - 12:00 noon

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

Term time only!

Sanctuary Arts Community

St Mary's Church, Kempsey

Car Park on Hatfield Lane WR5 2PY

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

For more information Please contact Kay Mason

01905 356216 / 07921 122802 Email: kay.mason@motov8.org.uk

TOOLS WITH A MISSION

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

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

Please telephone Joy Clee 01905 820317



Severnside Parishes

Contact Information

Curate in Charge: Rachel Colthurst -

email: rachel.colthurst@motov8.org.uk

Baptisms: email: libberty.holt@motov8.org.uk

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
---------	----------------	----------------------------

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

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

live music: local stalls: fantastic food: grand raffle

STALL HOLDERS WANTED

Are you a local produce maker, crafter, artisan?

We have tables available at our VE celebration event

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

contact us on
 infokempseyrebels@gmail.com

Kempsey Summer Fete SATURDAY 21st JUNE 2025

Scouts
 6th Worcester (Kempsey)

Spotted our volunteer rota?

We want to make it easier for people to help out at Scouts, without committing to being here every week.

We'd love to add your name.

It's up to you what your involvement looks like: we understand that everyone has different skills (and amounts of time) to share.

We'll give you the support and training you need to shine. You'll also have fun, learn career-boosting skills, and bond as a family. Because volunteering at Scouts is a two-way street – good for young people, and good for you too.

Get in touch to add your name today.

membership@6thworcesterscouts.co.uk

07950256363

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£5000 target for Cancer Research UK donation

In memory of our friend and colleague, Susan Catford Hughes and Company have produced a limited edition book of every article, poem and painting, that Susan produced for the Pershore Times. A 100 A4 pages in full colour. All proceeds from the sale of this book and any donations will go to:

Cancer Research UK Ltd. The articles are of a very high quality, each one is different and a joy to read. Susan's 'Women's Hour' was a much loved regular feature of the paper. We received many positive comments, about the articles. A recent purchaser of the book said: "I looked forward to reading Susan's articles every month. They were always positive, engaging and thought



provoking. I never met her, but felt I knew her. I love the book and pick it up often to read" Now is your chance for a great read and donate to charity.

Writings & Paintings of Susan Catford Book is available priced at £20 from:
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Severn Stoke and Croome D'Abitot Parish Council

We at Severn Stoke and Croome d'Abitot Parish Council will be celebrating our Platinum Jubilee in May 2025. The resident petition was made for a merger of Severn Stoke Council and Croome d'Abitot Council in 1953 and this was ratified by the county council in May 1955. Thank you to all residents, councillors (past and present), clerks, lengthsman and volunteers for a wonderful 70 years serving our joint communities! As we head towards Spring in 2025, we are keeping our fingers crossed that this year's 'once in a 100-year flood' won't be affecting the residents of Severn Stoke, Sandford and Clifton once again. The continuing project for the construction of the desperately needed flood defence bund was further highlighted on 29th January at a public meeting at St Denys Church organised by County Councillor, Martin Allen. Attended by representatives of the Environment Agency (EA), Worcester County Council (WCC), Malvern Hills District Council (MHDC) and the Parish Council, local residents were given an update on the current status of the project and provided with an opportunity to ask questions. To summarise, the Environment Agency has been unable to find an affordable contractor within its frameworks for delivery and government procurement rules but is now exploring a contract with Worcester County Council and their contractor, Griffiths, for construction of the bund. Discussions between the EA and WCC will take place over the next seven weeks to, hopefully, finalise a contract to enable construction to begin this coming summer. It was emphasised to all parties the need for a definitive answer to be given to the community as to whether the flood bund will be built or not by the end of April. A further public meeting is scheduled for 7th May when residents will be informed of the decision. Elsewhere in the parish, we have agreed a contract for the repair and repainting of the old BT telephone box in High Green which was purchased by the parish council. That will be done over the next few months as the weather warms up. Consideration will then be given to how best the telephone box might be used in the future. Using a grant from the county council, we are also arranging for the seat and white railings

by the War Memorial in Severn Stoke to have a 'freshen up' following requests from residents. Thank you to Martin Allen for arranging the tidy up of the pavement there. Thank you to all that responded to the recent questionnaire about the future of the lease of the now demolished parish hall land. We are awaiting a few stragglers before really analysing the results and will consult further on refined options. We will also take into account the April flood bund decision. Thank you to all residents that have cut hedges and made the parish look so tidy ready for the spring. Please could residents, landowners and contractors make sure that they tidy up cuttings and remove debris and mud from the road afterwards. This avoids the parish and county councils having to arrange to clear drains and gullies and reduces the risk of flooding. A number of complaints have been received about dog mess in residential areas and also contaminated animal sawdust being dumped along the A38. More signs will be going up, arranged by the District Council. Malvern Hills District Council can issue a fixed penalty notice for dog fouling. Dog fouling can be reported online via the district council website. The number of complaints about dogs being exercised off the lead through crop fields is also increasing. Farmers cannot sell or use crops /grass etc that has been contaminated with dog waste. Our new footpaths officer is in post and working hard to inspect our network of public rights of way. Please let the parish council know if you spot any issues – remember to take a photograph – and we will forward the report to the county council for action. Landowners and occupiers can help too and are responsible for: maintenance of stiles and gates; clearance of overgrowth i.e. vegetation growing from the sides or above; re-instatement of paths after ploughing; keeping paths clear of crops; making sure they don't obstruct paths in other ways. What3Words is a really easy way to mark the location of a problem that requires reporting. Using this app, every 3m square of the world has been

given a unique combination of three words, which allows the authorities to quickly identify where a problem is. Of course, we also still accept good old fashion map coordinates or addresses! Residents have written to tell us of concerns about roads and gardens flooding in Kinnersley caused by overflowing ponds and poorly maintained ditches. Please can we remind residents of the matter of riparian duties, which are the legal rights and responsibilities of landowners who own land next to a body of water/ditches etc. These duties include the right to use water, the responsibility to protect property (yours and others), and prevent flooding of land, homes and infrastructure. The parking signs to aid considerate parking at Knights Hill will be installed very soon, now that we have received the go ahead from all concerned and the ok from our insurers. Please accept our apologies for the delay. In the autumn the parish council wrote to Dame Harriet Baldwin MP to alert her to the threat that regular flooding has to the viability of many churches – where insurance is withdrawn due to flooding. Harriet kindly investigated the matter and has responded with some quite practical advice and options, which has been passed on. The new parish council website is nearly up and running and a new parish council logo is being designed, incorporating the Panorama Tower, with the kind permission of The National Trust. Residents have been helping the parish council research how to make parish council meetings available to watch online live – watch this space! Thank you to all residents that have submitted landscape photos to use on our new website – please keep them coming. What else have we been up to... we are looking at the 'Safety of Lithium-ion Batteries Campaign' which hopes to change the law to ensure that e-scooter batteries are tested before being sold and that there is a viable route for safe disposal. We have been working with the Citizen's Advice Bureau and identifying ways to make sure that residents continue to have access to this service. We have

made a small donation (part of an annual commitment) to the Upton library to try to help ensure that that service stays open as well. We hear more and more about Devolution these days. The English devolution white paper, published on 16 December 2024, sets out the government's intended approach to accelerate and standardise the processes by which it passes powers, funding and programmes from Westminster to local areas. In Worcestershire this means that ultimately our district and county councils will be abolished to form a single unitary council - this is not an optional process. At present there are no timescales for this that we are aware of. The main message is that nothing will immediately change in the way that services for residents and businesses are delivered. The parish councils are reported to be remaining in place, for now. It would help with the preservation of your parish council if we had all seats full. Like most small community councils we are desperate for more recruits to help us represent the views and concerns of our local community. If you feel you would like to join us or just want more information about what's involved, please contact the parish clerk who will be happy to help.

Next Meeting:

Wed 26th March 2025, 7.30pm
Annual Parish Meeting of Residents of the Parish Areas of Severn Stoke and of Croome d'Abitot. Venue: St.Denys' Church, Severn Stoke
A standard Parish Council meeting will occur afterwards. 8.30pm approx. Items already on the agenda – M5 diversions along the A38. Sign up for community litter picking. Tell us what other items you would like to discuss.

Lisa Stevens,
Parish Council Clerk
T: 07950256363
E: parishclerk@severnstokeandcroomedabitot-pc.gov.uk

Your councillors are Susan Faulkner (Chair), Laurence Freeman (Deputy), Royston Garrard, Richard Hill, Pat Preston & Raymond Williams. We have vacancies for parish councillors. Contact the parish clerk if you would like.

Severn Stoke & Croome D'abitot News

Happenings in Severn Stoke and Environs

St. Denys' Church, Severn Stoke

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

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

St Denys' Church Clock – After some 25 years, Norman

Snowball wishes to hand over the task of correcting the Church clock, whenever there is a power outage or change of hours, neither of which are frequent occurrences. Please contact Norman 01905 371371 or John 01905 371 218 if you are local and could take on this responsible public service.

Friends of St. Denys, Severn Stoke -

Raising funds to modernise the church!

The Friends of St Denys Annual General Meeting will be held on 25th March at 7.00 p.m. in St Denys' Church. This will be an important meeting for all the Friends as we need new volunteers to continue to raise funds for the maintenance and improvement of the church or



the organisation will fold after 57 years of enjoyable work providing events and functions for the local community.

Again, we need a volunteer to take over the running of the 100 Club, not an onerous task,

but it will finish if no one comes forward. It raises over £800 annually towards church funds and many have benefited from the monthly prize draws. Please contact Sally Linsey – 01905 820476

Kempsey WI



There was a 'back to school' feeling at the last meeting when members found themselves sitting around tables with pieces of card, colourful printed paper and glue, in a fun craft session. Committee member Julie Smith, with friend Elaine Hemingway, guided the members through making a small decorated calendar and notepad, suitable for placing near a phone. They even thoughtfully provided wipes for over-enthusiastic gluers! Everyone went home with a successfully completed creation.

Hilary Wallace's book of watercolour paintings won the competition for a hand-crafted item. A raffle of donated items raised £64 for the Midlands Air Ambulance.

The March meeting is due to feature a talk about Witley Court.

Next meeting:

Monday 17th March at 2pm.
Kempsey Youth Centre,
Plovers Rise,

Contact: Secretary,
Judy Sanders,
kempseysec@wi.org.uk

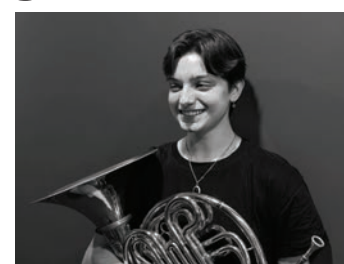


Worcester Philharmonic Orchestra Spring Concert

The WPO Spring Concert is full of European musical gems. Dan Watson conducts works by Dvorak, Svendsen and Brahms 3rd Symphony. We are delighted to welcome the talented young horn player, Fran Penny to perform the Richard Strauss Horn Concerto no 1. This work is the most frequently played 19th century piece in the horn repertoire, giving you an unmissable opportunity to hear this masterpiece. Fran Penny is from Leicester. From an early age, she wanted to play the French Horn. Her father was her inspiration and teacher from the start of her

musical journey aged seven. Fran has played with the National Youth French Horn Ensemble and CBSO Youth Orchestra. She says there is nothing like the feeling of getting to the end of symphony and hearing the applause as the whole orchestra stands! In 2022, aged 17, Fran won the Rutland Sinfonia Young Musician and Bardi Young Musician competitions. Fran is currently studying at the Royal Northern College of Music under Lindsey Stoker. Some of her favourite projects so far are playing Mahler 1 at Bridgewater Hall with the

RNCM Symphony Orchestra, and playing Beethoven 8 on the natural horn with the RNCM Chamber Orchestra conducted by Edward Gardner (principal conductor of the London Philharmonic Orchestra). As well as music, Fran has many other interests and hobbies. Dancing was a huge part of her life for 12 years, indeed she considered a career in dance, and has appeared with her fellow dancers in performances of the Firebird and the Nutcracker with the Bardi Symphony orchestra providing the music. Additionally, she enjoys sewing, baking, and mountain biking.



Fran Penny

Saturday, 15th March 2.30pm
at Pershore Abbey
Tickets £15 (Under 16s free)
available from tourist offices in
Worcester, Pershore* and
Malvern. *cash only. And at
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Fossils found in Worcestershire

You don't have to go looking for Fossils on the Dorset coast anymore. They can be found most Sundays in the summer in Birlingham or Malvern. The majority are between 50 and 70 years old, with a few even over 80. All you have to do is turn up at Birlingham or Malvern cricket ground and listen for the plop of ball on bat, plus the odd shout of "OWZAT!" and you have found the Fossils Cricket Team.

If you enjoy playing cricket, have given up or are thinking about giving up – don't. The Fossils Cricket Team start their 30th season this year and will welcome you. They play friendly games on Sunday and midweek.

Want to find out more?
Contact John Reynolds on 01905 427007

Fashion museum in Great Malvern

The owner of a nationally significant collection of vintage and antique clothing is fundraising to open a fashion museum in Great Malvern. Fashion Museum Malvern will offer residents, visitors and fashion enthusiasts the opportunity to be immersed in the stories that antique and vintage clothing, accessories and collectables have to tell. As well as conserving and displaying this brilliant collection, the museum is planning to host exhibitions, talks and workshops throughout the year. The museum aims to be the most comprehensive fashion research library outside of the Victoria and Albert Museum (V&A) in London and Bath Fashion Museum. The space will be an open and welcoming destination for fashion and history enthusiasts, and those looking to learn more, to meet likeminded people, reminisce and share stories.

To make this happen, the museum is fundraising through Spacehive and the deadline of 31 March 2025 is fast approaching. Malvern Hills District Council has already pledged its support through its Connected Communities Fund. The project has already raised over 60 per cent of its target but needs an extra push to hit its target and to access the council's pledge. Having worked with residents and charity shops, owner Romy Lincoln-Trappnell has built up an impressive collection of pieces that preserve the history of the fashion houses of Malvern – past and present. At the heart of the museum will be their volunteer programme, allowing people of all ages, genders, backgrounds and abilities to access this history and get involved with the museum.

For more information and to donate, visit: www.spacehive.com/fashionmuseumandresearchlibrary

South Worcestershire Archaeological Group

SWAG - South Worcestershire Archaeological Group is a group formed in 1981 to study landscape archaeology and has a programme of lectures and walks to places of archaeological interest. We have had a series of very interesting talks this autumn ending in a most enjoyable post-Christmas party at Callow End Village Hall. Our next talk is on Saturday 8th March. Jan Scrine will follow our short AGM with a talk on Highways and Waymarkers. In 12th April, Chris Ludlow will be telling us all about Old Pershore in pictures. All meetings are held at Callow End Village Hall which has plenty of parking. We meet at 1.30 for a 2.00pm start. (A small donation of £4.00 for non- members). Tea/coffee and biscuits always available! We are always pleased to welcome new members either as a one off or to join our friendly group in our many activities.

For more information please email: swagmembership@googlemail.com

Paul Dallimore



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Kempsey Police Station 101
.....(In an emergency always call 999)

CrimeStoppers 0800 555 111

Kempsey Post Office 01905 828469

Kempsey Doctors Surgery 01905 820466

Kempsey Parish Council 01905 828183

MHDC Council

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

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

- Waste Services 01684 862490

- Planning Dept 01684 862221

- Pot Holes 01905 765765

Severn Stoke Parish Council 07950 256363

Help the Homeless 0300 500 0914

Please put your bin out by 7am on collection day

Green recycling bin Black waste bin

WASTE AND RECYCLING COLLECTION CALENDAR

MARCH

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						

APRIL

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

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Celebrating a Double Achievement: U3A Cycling Group's Remarkable Journey

The University of the Third Age (U3A) Cycling Group in Pershore, Worcestershire, promotes physical fitness and fostering friendships. The group meets weekly on Mondays for cycling adventures, experiencing the beauty of the Worcestershire countryside and surrounding areas.

In the past two years, the Group has celebrated a double milestone: completing 3,000 miles and undertaking 100 rides. Reaching the 3,000-mile mark is a significant accomplishment that displays the riders' consistent efforts. These achievements highlight the group's commitment, endurance, and love for cycling. Every Monday morning, around six to eight enthusiastic

riders gather in Pershore for their weekly adventure, covering a 30-mile route. The chosen routes maximize the enjoyment of the ride, traversing charming villages and scenic countryside.

A highlight of the rides is the stop for refreshments towards the end of the journey. These breaks are more than just a chance to refuel; they are moments of bonding and camaraderie. Over a cup of tea or coffee, the riders share stories, laughter, and experiences, reinforcing the sense of community within the group.

The group welcomes new members to join their weekly rides and become part of their journey. For further information about all the activities that U3A Pershore



offer see the U3A Pershore website, there are many and varied interest groups, all of which are organised by our members for our members on a voluntary basis and cover a

huge range of topics. U3A is open to all people in their 'third age' (retired or no longer in full time employment) who live in Pershore and the surrounding areas.

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