

Powick Times

A free monthly newspaper for Powick, Callow End and surrounding villages



Issue 18

November 2024

FREE



Poppy Fields

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

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

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

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

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

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

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

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Ages and stages of volunteering

I've always been a busy Mum. When I made the decision to stay at home and stop working, I filled my days with volunteering. By volunteering I set into motion the path to my children volunteering, I normalised volunteering to them.

Being part of something that works better with volunteers, is often the first foray into volunteering. Contributing to and being part of something, is a great social skill to develop in the childhood stage (3 – 11 years old).

Adolescence (12 -18 years) sees school hours increase, and exams start to loom. Realising that being part of something is a good attribute to show to others, sees volunteers looking for opportunities to add to a CV.

In early adulthood (19 – 45 years) individuals often choose to volunteer to build confidence, grow skills or connect with a new local community or a new passion. The next stage is one of life's transitions, middle adulthood (46 to 65 years). This stage

sees the start of many choosing to step back. For some we fill the time with volunteering opportunities that better align with our own passions or hobbies.

As the work hours reduce, many of our volunteers increase their own volunteering hours. We see volunteers supporting multiple community groups and engaging with a broader range of projects and opportunities.

As life progresses many continue to increase their participation in local activities and community groups. This age group, later adulthood (65 years and older), represents the highest proportion of volunteers within the UK. A sense of belonging, being connected and giving back are all contributory factors to volunteering at this stage in life.

No matter your age and stage, get in touch to find a volunteering role that suits your needs. E-mail us on volunteering@communityaction.org.uk



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VOLUNTEERING

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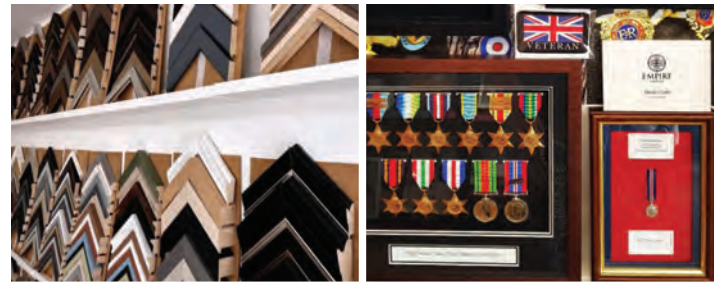
The Blue Bell, Callow End - The Fold Cafe, Bransford

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The Old Bush, Callow End - Shop at the Top, Callow End

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Madry, Malvern



Madry opened its latest concession on the first floor of Handyman House in Malvern in February 2024. Established in Shropshire on 2014, Madry is a family run framing, medal, trophy and picture framing company. The store in Malvern boasts an array of personalised gifts, military medals, awards and trophies as well as an impressive selection of frame samples. Our framing specialists are on hand to help you create the right frame for your artwork, certificate, football shirt..... in fact you name it, Madry frame it!

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

Harriett Baldwin MP

Member of Parliament for West Worcestershire

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

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

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Cavity in Malvern's Dentistry filled by recovery plan

Malvern will benefit from a significant rise in dental appointments, Dame Harriett Baldwin MP has learned. Staffing shortages over recent years meant some practices stopped registering new NHS patients, but data for the area shows that from this year, Malvern's dental capacity will exceed pre-pandemic levels. In February, the previous Government introduced a £200 million Dental Recovery Plan that incentivised dentists to see more NHS patients and took measures to help staff

recruitment and retention. The news was confirmed after Dame Harriett met with the local Integrated Care Board and British Dental Association to understand the status of Malvern's dental provision. Dame Harriett said: "I was delighted to be told that Malvern will receive a significant boost to its dental provision, and I hope that residents will notice improvements soon. Since the pandemic many constituents have complained to me that they or family members were unable to register for NHS



dental services as new patients. Thanks to the steps the previous Government took to encourage dentists to carry out NHS work and train more dental students, Malvern's dentistry is returning to a much better level. I will continue to raise this issue in Parliament and with local health leaders, and I hope that the new Government builds on this progress when it reviews the NHS Dental Contract."

A Season of Remembrance, Reflection and Anticipation

Dear Friends,

As November arrives, we enter a month rich with tradition, memory, and a deep sense of connection—both to those who have gone before us and to the sacred rhythms of our faith. This is a season in the Church when we take time to reflect on life, death, and the unbroken bond we share with all of God's people. We are reminded of our heritage in faith, the promises of hope, and the light of Christ that guides us through each season.

Early in the month, we observed All Saints' Day and All Souls' Day, two occasions that give us space to remember and honor those who have passed from this life. All Saints' Day is a day of celebration for all the saints, known and unknown, who have walked in faith and whose lives shine as beacons of God's love. We give thanks for their examples, inspired by their courage, wisdom, and dedication to God. The saints remind us that each of us, however ordinary our lives may seem, is called to reflect God's light in the world. We also noted that through our baptism, we are all saintly. Now there's a thought...

All Souls' Day, meanwhile, is a more personal and intimate time - a day for remembering those in our own lives who have passed away. It is a sacred opportunity to remember parents, siblings, friends, and loved ones who touched our lives deeply. On the 3rd November, upwards of

forty people gathered at Powick Church for our annual Memorial Service. We lit candles, offered prayers, and sat with memories of those we have loved and lost, trusting that God's love binds us together across time and eternity. This act of remembering is not just a way of holding onto the past; it is a reminder of the Christian hope we hold so dear: the promise of resurrection and life everlasting. In Christ, we are never truly separated from those we love.

As we move through the month, we also gather for Remembrance Sunday, an occasion that invites us to remember the courage and sacrifice of those who served in times of conflict. Wearing our poppies, we stand in gratitude for those who gave their lives for peace, and for all who continue to serve in His Majesty's armed and security services in particular. This day calls us not only to honour the past but to take seriously our commitment to peace in the present and future. That might be all so difficult given the troubles we see on the TV news each night. We are challenged by our faith to, each day, to work for justice and reconciliation, to stand against hate, and to be bearers of God's peace in our world. The silence we observe is a solemn reminder of the cost of war and a powerful call to cherish and uphold the peace we have been given.

As we move toward the close of November, our focus begins

to shift toward Advent - a season of waiting, preparation, and longing for the light that is to come. Advent calls us to pause, to slow down, and to prepare our hearts and homes for the coming of Christ. It's a time that feels countercultural, as the world around us rushes into the festive season: the first adverts for Christmas appeared on the TV on the 3rd November, I think. But in Advent, we are invited to wait with purpose, to lean into hope, and to remember that God's promise to be with us is fulfilled in the birth of Jesus. In our Advent journey, we reflect on the ancient promises of God, the prophecies of a coming Savior, and the hope of God's light breaking into the darkness. We prepare not only for Christmas but for the coming of Christ into our hearts and lives in a deeper way. This season invites us to consider what it means to prepare a place for Christ in our world, in our communities, and within ourselves. There will be a series of reflections each Tuesday evening via Zoom to help us to do that. Contact me if you need more information. Advent reminds us that we are called to be bearers of hope, peace, joy, and love in a world that deeply needs them. As we light each candle on the Advent wreath, may we be reminded that Christ's light is not only for us but for all, shining in the dark places of our world and calling each of us to shine with that same love and to share that



sense of love with those that we meet and greet. Thank you to anyone, with that grace in mind, that is pulling together a Christmas Shoe Box for our Christmas Appeal for the charity Teams4U - the deadline for delivery - to the churches or vicarage - is the 20th November (17th November for church drop off at Powick and Guarlford). So, November is a month of remembrance, but also of hope. As we honour the saints, remember our loved ones, and reflect on the sacrifices of those who served, we do so in the light of Christ's promise that life and love endure. And as we look forward to Advent, we are reminded that even in times of waiting, God is with us, and hope is alive. May this season draw us closer to one another and to the God who is present in every season of life. May we find comfort in remembering, strength in hope, and joy in the anticipation of the Saviour's birth.

With blessings and peace,

Rev Gary Crellin

Get creative with Food Waste Poster Competition!



Budding artists across the Malvern Hills District are being encouraged to get creative and to help spread the message of the importance of reducing food waste. Malvern Hills District Council (MHDC) is challenging children aged five to 12 across the district to design a poster that encourages residents to think about what they throw away and to not waste food. The artwork can focus on themes such as planning meals, storing food properly, using leftovers, favourite foods and recipes, composting, growing your own food, and more. The winners will receive a seed kit, an educational sticker and activity book, a certificate, and will get the opportunity to see their artwork on display. Each year, UK households waste the equivalent of 15 billion edible meals and the average family in Worcestershire throws away an incredible £720 worth of edible food each year. MHDC is working with #FoodSavvy to spread the message that families could save money and help the environment by reducing the amount of food they throw away.

Cllr Mark Driscoll, Portfolio Holder for Environmental Services at Malvern Hills District Council, said: "We would like to see the most creative and fun posters to help encourage people to think before they throw food away. The winning designs will be put on display for residents to enjoy. Simple changes such as planning meals, freezing food and only buying what you need, can make a big difference to both financially and environmentally".
Poster designs should be sent to Communications Team, The Council House, Avenue Road, Malvern WR14 3AF or via email at: communications@malvernhills.gov.uk

Visit www.malvernhills.gov.uk/waste-and-recycling/food-savvy for food waste tips and about the competition terms and conditions.
The closing date for this competition 29 November 2024





Church Services and Online Worshipping Opportunities for Your Church in the Old Hills Malvern Churches

NOVEMBER 2024

Sunday 3rd November
Fourth Sunday before Advent
9.30am All Saints Communion at GUARLFORD
11.00am All Saints Communion at POWICK
3.00pm Little Angels Bereavement Service at POWICK
4.00pm Benefice All Souls Memorial Service at POWICK

Sunday 10th November
Remembrance Sunday
9.30am BCP Service at CALLOW END
9.30am Remembrance Service at GUARLFORD
10.45am Remembrance Service at POWICK
10.45am Remembrance Service at MADRESFIELD

Sunday 17th November
Second Sunday before Advent
8.00am BCP Holy Communion at POWICK
9.30am BCP Holy Communion at GUARLFORD
11.00am Morning Praise at POWICK

Sunday 24th November
Christ the King/Sunday next before Advent
9.30am Living Communion at CALLOW END
11.00am Living Communion at MADRESFIELD

Midweek Communion at The Orchard Room in Colletts Green
Thursdays 7th & 21st November from 10.30-11.30am

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Refuges

Tim Hickson



Croome Court

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

work was paid for by his younger brother, John Bulkeley Coventry. When, to the Earl's clear satisfaction, the house was finished, his brother actually took up residence. Whether this was meant to be temporary we do not know.

Nearly 20 years later, the Earl, now almost 60, clearly started to feel the need for somewhere to escape to when he could not cope with the visitors in the Court. Springhill was not, he felt, available as John was there so he asked Robert Adam to design a secret private apartment in the Service Wing. This would be accessed from a jib door (one that from the front looked like a piece of a wall) at the top of the first flight of stairs.

(I nearly added a picture of the door here but then thought it would be more fun if you went to Croome Court to find it!)

This private apartment contained a bedroom, a WC, a dressing room and a large sitting room with re-cycled C17th oak panelling and a Derbyshire marble fireplace surround. A door at the far end allowed access from the kitchen and the wine cellar. Some 'shed'!

In the 1780s and 1790s the Earl spent money refurbishing Springhill and commissioning new lodges and gates. He also bought more land, so the property went up to and beyond what is now the A44 from Broadway to Moreton in Marsh. That was because he intended that his favorite son, another John, by his second wife, Barbara, could live there.

I was interested to learn that in the Second World War, in that land there was a German Prisoner of War Camp. This was for prisoners who were not

avid fans of Hitler and many would have been content no longer to have to fight. For them this place would have been a form of refuge. Quite a number would have worked on neighbouring farms, doing something useful, being valued and, often, better fed.

Once the War was over, the camp buildings were then used as a hostel for the unfortunate 'displaced' Polish civilians who were in this country. Whilst they might rather have been back in Poland, the Russians were there, and return was either difficult or undesirable. The hostel was called Springhill Lodges Camp and it was run by National Assistance Board. Again, a refuge. (As a boy I remember seeing several such camps in various parts of the Cotswolds for different nationalities of displaced people.)



Springhill House



Prisoner of War Camp Buildings



Life in Springhill Lodges

Farming

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

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

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

Mike Page

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



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

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



VETERINARY ADVICE ESPECIALLY FOR YOU!



Fireworks and Your Pets

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

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

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

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

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

Above all keep your pets safe and enjoy the celebrations!

Best wishes *Eliza*

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



Cooking for fun!

Ailsa Craddock

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

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

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

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

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

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

Cheesy French Toast –
serves 1-2

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



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

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

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

Grill until they start to soften and blister.

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

Thoughts from the Snug...

Enterprise

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

Buddy Bach

We deal with enquiries from the Wife!

(Please see the barman upon arrival)

£1 – 'NOPE! NOT HERE'

£2 – 'SORRY, JUST MISSED HIM'

£3 – 'JUST HAD ONE DRINK AND LEFT'

£4 – 'HASN'T BEEN IN ALL DAY.'

£5 – 'SORRY. NEVER HEARD OF HIM.'



Twogetherness



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

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

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

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

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

Brian Johnson-Thomas

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

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

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



The Road to Ukraine

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

forwarded to the frontline for use as ambulances and military transport.

The group stayed overnight in Lviv leaving in the afternoon of the 3rd September following a visit to the war graves cemetery.

The following night Lviv was heavily bombed by the Russians killing several residents and injuring more than 50 people. Chris and David are now back safely but say they are quite prepared to make the journey again. Over 3,000 miles.



Bees



Honeybee on ivy flowers, bristling with stamens bearing pollen

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

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

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

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

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

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



Retirement

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

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

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

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

Expanding horizons and, sadly, waistline.

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

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

John Driscoll



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

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

Writings & Paintings of Susan Catford



£20

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

Produced in a limited edition of 250 copies

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Laura Marling - Patterns in Repeat Steve Ide



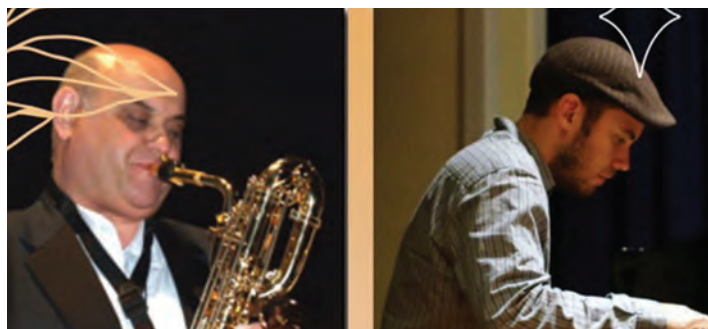
Laura Marling's 8th studio album and her first since the birth of her daughter is a glorious collection of songs about motherhood and family. This album finds Laura happy and content in a new phase of her life as a mother and it's clear that she's relishing the role. Recorded in a studio she set up in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

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

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

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

Jazz News Peter Farrall



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

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

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

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

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

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

Zoltan Sagi
with the Andrzej Baranek Trio
Wednesday 27th November
Function Room, Perschore Football Club

Doors open at 7pm, music at 8

Admission £12.50 to include a raffle ticket

Book in advance and pay on arrival

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

Shrubtastic Autumn Foliage

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

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



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

Callicarpa:

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

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



Hydrangea:

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

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

Euonymus alatus:

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



Nikki Hollier

nikki@borderinabox.com

@borderinabox

www.borderinabox.com

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

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

November gardening tips *Reg Moule BBC Hereford & Worcester*

Early in November

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

Mid November

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

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

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

Late November

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



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

Death and taxes

Carol Draper

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

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

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

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



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

Carol Draper FCCA
Clifton-Crick Sharp & Co Limited

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

William Shakespeare



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mail@clifton-crick.co.uk
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Foraging

Angela Johns

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

Blackberry picking was equally successful and far less hazardous. It's funny how my standards changed as I moved forwards then backwards along the chosen hedgerow. To start with, only

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

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

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available from

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

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

Armistice is Latin for to stand (still) arms.

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



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

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

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

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

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

Events in Pershore for Remembrance are:-

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

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

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

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

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

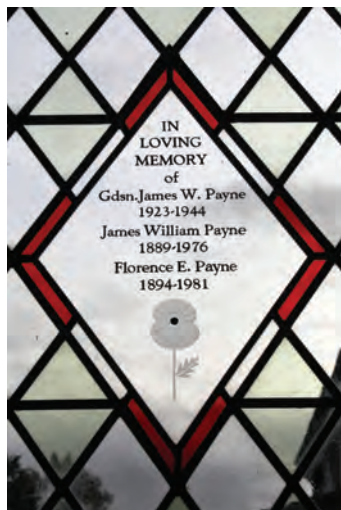
Anyone interested may contact the Chairman, Gerald Gregory, on 07802 897088



Guardsman James Payne of Lower Moor

Roy Albutt

Commonwealth War Cemetery, Florence, Italy



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

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

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

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

who died on 19th February 1

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





The History of the Poppy

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

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

The Royal British Legion.

In Flanders Fields

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

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

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

John McCrae 1872 – 1918



The Soldier

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



Rupert Brooke



'The core', what exactly is it?

Karen Harris

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

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

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

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

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

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

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

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

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

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

I wish you all very well indeed.

Karen



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

Becoming Conscious – Our Body:

Emily Papirnik

A Deeper Connection Through Massage Therapy

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

The Power of Touch:

A Gateway to Awareness

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

Massage isn't just about relaxation:

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

Listening to the Body's Signals:

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

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

The Importance of Balance:

Holding ourselves through life

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

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

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

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

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Healthy Heart Tip:

Basics of heart health and how you can reduce your risk



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

Healthy eating

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

Physical activity

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

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

Quitting smoking

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

Reducing alcohol consumption

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

A view from the middle



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

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

'A Shropshire Lad'

Author: John Hayward

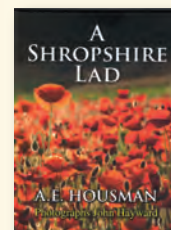
This is the first photographically illustrated edition of 'The Shropshire Lad', timed to coincide with the 50th Anniversary of the A E Housman Society, recently launched by the BBC television presenter, Nick Owen. Photographer John Hayward follows the different locations mentioned in the poem with stunning,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

Published by: Merlin Unwin Books, Ludlow, Shropshire
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Romy's Uni Life

Romy Kemp Liverpool University

Back to University

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



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



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Evie's Teenage Focus

Evie Aubin



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

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

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Gregory's World!

Gregory Sidaway Exeter College, Oxford

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

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

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



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

Banking Hubs

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

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

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

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

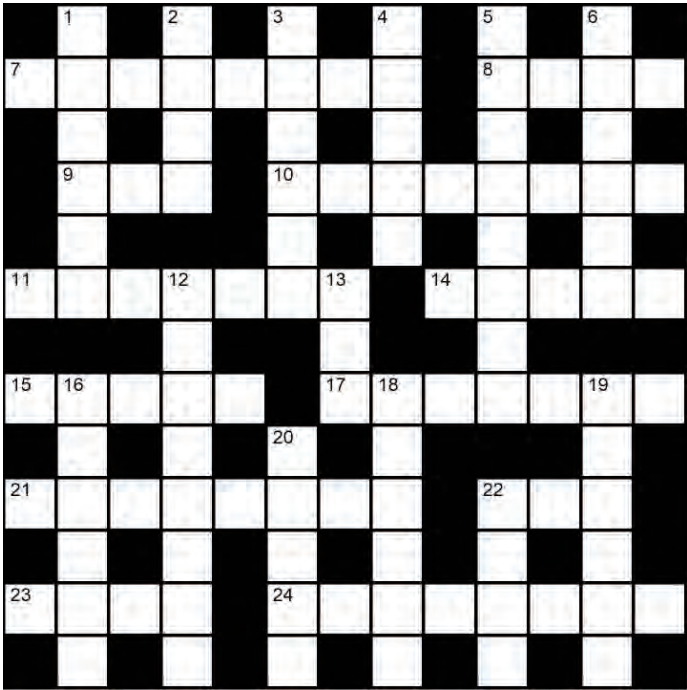
With representatives available in person from a number of banks on different days:



NatWest Mondays
Lloyds Tuesdays
HSBC Wednesdays
Barclays Thursdays
Santander Fridays.

Coffee Break

Crossword



Across

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

Down

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

Sudoku

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

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

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

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




Wordsearch



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




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

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

Brainteaser

 +  +  = 12

 +  = 6

 +  +  = 12

Find the solution on next page

Poets' Corner

A Shropshire Lad

XXXV

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

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

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

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

XXXVI

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

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

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

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

A. E. Housman 1859-1936

Fun Quiz!

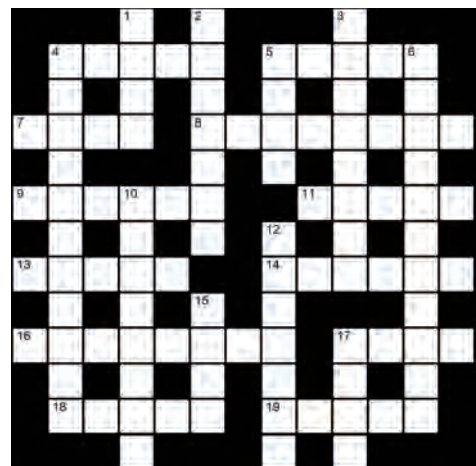
- 1) Which Latin phrase is used in English to mean 'and other similar things'?
- 2) Which Greek hero of the Trojan War had only one weak spot, his heel?
- 3) Which 'C' are the smallest blood vessels in the body?
- 4) Which British Formula 1 driver won his only World Championship in 2009?
- 5) The apse,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

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

October Answers



November Brainteaser solution: Each triangle has a value of 5



Anagram Crossword

Across

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

Down

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

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December Issue - 20th November 2024

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Elgar's association with Bredon Hill and the surrounding area

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

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

Elgar's microscope at the collection of leaves, butterflies, and the like which he had collected over the years. From there they would go on jaunts in Elgar's car to open spaces where they could exercise the dogs or to nearby towns, notably Pershore where Elgar had found a shop which sold delicious pork pies. It was also in Pershore, back in the 1870s, that Elgar would play the violin in concerts at its Music Hall, eventually as leader of the orchestra. When on top of Bredon Hill, Elgar would have been able to look down on Pershore and its ancient abbey; he would also have been able to look towards the village of Drakes Boughton on the road to Worcester. Nowadays, many hymn books include a tune by Elgar which almost bears the name of this village. It was written in 1878 for the words 'Hear thy



children, gentle Jesus' and in 1930 was included by Elgar in the first movement of his Nursery Suite. Whether he intended to give this tune a title or not, it first appeared as Drakes Boughton [sic] in 1939 in the 'Westminster Hymnal'.

Elgar was obviously familiar with the village, for he told one of his early biographers that he intended to come back to haunt one of its secluded lanes.

© Peter Avis October 2024
www.elgarsociety.org



Peter Avis

After teaching maths for ten years during the 1960s and 70s, Peter Avis moved into music administration; first as General Secretary of the Ernest Read Music Association and then as a House Manager at the Fairfield Halls in Croydon where he ran the Lunchtime Concerts. Since 1988 he has worked as a freelance writer of programme and CD booklet notes and giver of pre-concert talks at several venues including Fairfield, the Hexagon in Reading, the Wigmore Hall, the Sheldonian in Oxford, and on the South Bank. During the course of these talks, he has interviewed many conductors and soloists notably Andrew Litton, Leonard Slatkin, Carl Davis, Tasmin Little, Julian Lloyd Webber, Emma Johnson, Dame Gillian Weir, Natalie Clein and Stephen Hough. He

acts as speaker at Gramophone Societies throughout the South East and beyond and has recently given talks to several branches of the Elgar Society about the English composer Dame Ethel Smyth and the writer and musicologist Rosa Newmarch. For many years he has sung with various London choirs both in this country and on tour abroad.

In 2003 he gained an MA in Visual and Performing Arts (The Promenade Concerts) from King's College, London, and, in October 2010, made his debut on Radio 4 as the presenter of a programme entitled Rosa and Leoš which was based on one of his King's College essays and dealt with the visit to London in 1926 of Leoš Janáček, a visit which had been arranged for him by Rosa Newmarch. His second appearance on Radio 4 resulted from an invitation from its arts programme, Front Row, to talk about Arthur Wood, the composer of the signature tune used by The Archers. Over the past five years he has been working as a volunteer on various archive projects at the Royal Festival Hall and, during the summer of 2011, helped curate one of the exhibitions which formed part of the South Bank's celebration of the 1951 Festival of Britain.

Spot & Shop - October Winners

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

Last month's answer:
Solar Panel Specialists

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at Craftypyro, Bakers Arcade, Pershore

6th Reg Moule Gardening Book

7th Pat's Pantry -

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Name:

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Films starts at 7.30pm

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Tickets can be bought on-line and will also be available on the door subject to availability.

No bar. You are welcome to bring your own drinks and snacks.

Tea, coffee and squash will be served.

www.callowendvillagehall.co.uk



Community hedge for Callow End playing field

The roadside hedge at Callow End playing field is old and slowly dying from Dutch Elm disease. To act on this PACE has applied for 420 free hedging saplings from the Woodland Trust with the intention of creating a new hedge within the boundary fence. The plants will be delivered in the autumn and once established the new hedge will be of mixed species providing a varied, colourful and nutritional habitat for wildlife.

We will need help to prepare the ground, plant the saplings and to nurture the new hedge as it becomes established.

We would like the community to join us with this project, if you can help please contact:

Felicity Williams
Tel: 01905 830425
Email: fwilliams@powick-pc.org.uk

BPGC MEETING

USUALLY THIRD SATURDAY EACH MONTH.



GARDEN VISITS,
COACH TRIPS TO
INSPIRATIONAL GARDENS.
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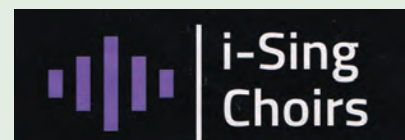
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Powick, Worcester WR2 4RT
www.scoutshw.org.uk



TUESDAYS

**Tewkesbury i-Sing Choir -
10.15am until 11.45am**

The Hall (Next to Tewkesbury Abbey),
50 Church Street, Tewkesbury GL20 5SN

WEDNESDAYS

**Malvern i-Sing Choir -
10.15am until 11.45am**

Eden Church, Grovewood Road,
Malvern WR14 1GD

Phone: 0845 838 2202
Email: helen@i-singchoirs.co.uk



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Marion Couston

01684 310378



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Time is running out to apply for community orchard grant

Organisations and businesses are being encouraged to take the opportunity to apply for a grant to plant a community orchard.

Between £200 and £10,000 can be claimed from Malvern Hills District Council to support the creation of a community orchard, which includes the cost of the trees, protection, fencing and installation. Groups including schools, residents' associations, community groups, charities, businesses, and parish/town councils across the Malvern Hills District are being invited to apply.

The orchards can be on private or public land with the aim of allowing community access and engagement opportunities. Tenbury Town Council received a grant of over £300 to create a small orchard in its Civic Garden, off Teme Street.

Five fruit trees were planted by Tenbury-based company Frank P Matthews Tree Shop and included three apple Adam's Pearmain, Herefordshire Russet and Red Windsor, one Conference Pear and one Victoria Plum.

The UK Government has provided a total of £2.5 million in funding to local governments, through The Coronation Living Heritage Fund (CLHF), which celebrates the coronation of King Charles III and supports tree planting projects across England.

Please visit

www.malvern hills.gov.uk/clhf for more information about the grant, selection criteria, and to apply.

Please apply by 20th December 2024. An officer from Malvern Hills District Council will be available to assist with the application process if needed.



For more information, please contact

CLHF@malvern hills.gov.uk.

South Worcestershire Archaeological Group

South Worcestershire Archaeological Group (SWAG) is a group formed in 1981 to study landscape archaeology and has a programme of lectures, walks and fieldwork. We have now completed our summer walks which included a couple of walks exploring the history and development of Stourport dock followed by a guided tour of Gloucester docks and the link to the River Severn and an explanation of the reason for the development and

the necessity for the building of the Sharpness canal. A very social afternoon with walk on the Old Hills and a light hearted quiz was enjoyed by members who entered into the coronation spirit.

Our winter programme of talks Saturday 4th November Stan Brotherton will talk on the archaeological history of Evesham.

Held at Callow End Village Hall 1.30 for 2.00pm start. Saturday 9th December is our

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



For more information, please contact Mike Ellison on 07738995825 or wmellison@tiscali.co.uk or swagmembership@gmail.com Follow us on Facebook South Worcestershire Archaeological Group.

Freedom Leisure contract extended!

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

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

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

residents.

- A successful open day was held at Malvern Vale in July with over 120 attendees from the local community being able to access 19 services under one roof.
- Occupancy of available space across the two facilities has risen from less than 30% usage, to over 45%.
- The appointment of a dedicated full time Operations Manager across the two centres.
- The implementation of all statutory health and safety testing, method statements, risk assessments, building compliance and operational processes, to ensure both facilities are now

appropriately managed in line with industry best practice.

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

Upcoming plans include:

- Dementia, menopause, bereavement, and soft play/toddler cafés.
- Midwifery services, footcare, physiotherapy and immunisations provision.
- Warm spaces.
- Born to move, and pre- and post-natal sessions.
- More after school clubs, sports activities, fitness classes and holiday camps.

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Powick Times



A view from the Boundary

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

The football season is well underway with local Birmingham side Aston Villa doing well.

The Rugby Internationals are upon us. I am a guest for Wales v South Africa at Cardiff.

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

What next? Bread already has Soya now bugs !

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

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

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

Coronation Music

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

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

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

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



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