

Powick Times

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



Issue 24

June 2025

FREE



Battle of Powick bridge and a former hydro-electricity works

June already, half the year nearly gone! The weather has been glorious and nature has seemed to move faster than usual. We are continually playing catch up in the garden! We live in a lovely part of England; the countryside is outstanding and the scenery glorious. This idyllic situation clashes with lots of challenges in the world at the moment. We hear so many people complaining, but we still have so much to be thankful for! The UK is a fantastic place in which to live and leads the world in so many ways.

It's very easy to criticise but as a great man said, 'Any fool can see what's wrong, look at all the things that are right!'. We hear people talking about

the 'good old days', in my experience 'today's days' are the very best days ever! Everything is better! Health, education, hygiene, the variety

and quality of food, travel, communications, and so it goes on and on, the list is endless. We are a multi-national country with a Commonwealth of nearly two billion people. One of the greatest innovators and exporters, with the sixth largest economy in the world. We outstrip many much larger countries including Russia. We have led the way so many times and we are respected throughout the world. Let's take heart from this. Believe all will be well, think positive. The Brits always get it right, in the end!

The cricket season is well underway and we look forward to some great matches against the West Indies and in the County Championships at New Road. Village cricket is very popular and Sunday afternoon at the Village Green is a traditional British summer pastime.



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RBL Powick , Callow End & Malvern Branch

**Advanced Notice: VE & VJ Celebration, Commemoration -
Saturday 12th July 2025**



Location:

The Old Bush PH, Callow End

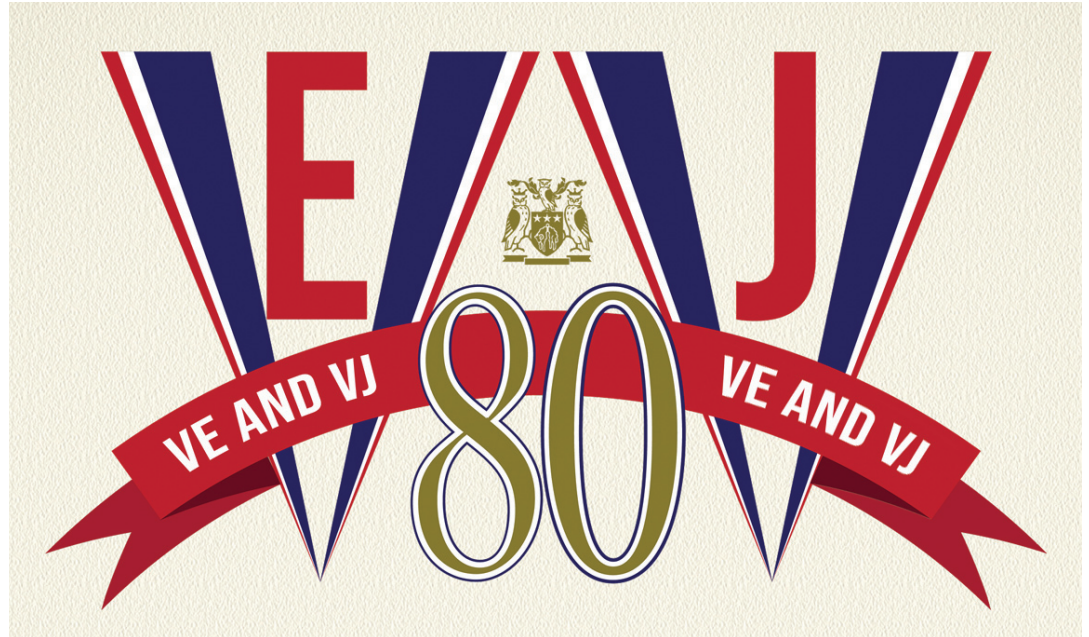
Timings:

16-00 - 23.30

With kind permission of the Matt & Karen, owners of 'The Old Bush PH', the local RBL Branch will be Commemorating and Celebrating the end of WW II. You are all Invited.

Local Artists and DJ 's will provide music and karaoke. A Band is booked to bring the night to a close.

RBL will undertake Wreath laying with a Bugler, in the early evening in order to remember those who are no longer with us. A BBQ will be in operation by the Pub Staff. A Marquee will be provided to shelter under



from either the heat or rain showers(or both). A Tombola and Raffle is also planned to Increase Branch funds and to support the 'Poppy appeal' We would welcome donations

for the Raffle and or Tombola, anyone can donate Items for the raffle /tombola, these can be left with kind permission of Matt & Karen, at the 'Shop at the Top'.

See: www.old-bush.com

Nigel Owen, Membership Sec

Email: PowickCallowEnd.MemSecretary@RBL.Community



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

JUNE 2025

Sunday 1st June

Seventh Sunday of Easter

9.30am Morning Praise at GUARLFORD

11.00am Living Communion at POWICK

Sunday 8th June

Pentecost

9.30am Pentecost Communion at CALLOW END

11.00am Pentecost Communion at MADRESFIELD

Sunday 15th June

Trinity Sunday

8.00am BCP Holy Communion at POWICK

9.30am BCP Holy Communion at GUARLFORD

11.00am Morning Praise at POWICK

Sunday 22nd June

Trinity 1

9.30am Living Communion at CALLOW END

11.00am Living Communion at MADRESFIELD

Sunday 29th June

St Peter's Patronal

10.30am Songs of Praise at POWICK

Midweek Communion at The Orchard Room in Colletts Green
Thursdays 5th & 19th June from 10.30-11.30am



We send our best wishes to Rev Gary and wish him a speedy recovery from his recent surgery.

Ed.



01905 830270 www.oldhillsmalvern.co.uk

For Zoom Access codes and links, please contact us via

revgarycrellin@gmail.com or oldhillsmalvern@gmail.com



A few words from...

Dame Harriett Baldwin MP



Dame Harriett Baldwin MP, front joins local councillors David Watkins and Karen Hanks and local people in the queue for the 43 bus service at Malvern Vale.

MP urges Locals to hop on popular Malvern bus service

Dame Harriett Baldwin MP has urged local people to hop on a new bus service which has returned to north Malvern. The new 43 service running from Malvern Vale and on into Worcester re-started on Monday 28th April, following a campaign led by the MP. The service, which runs on school days, means that people can now pick up a bus outside Dyson Perrins Academy and travel into Worcester. This means that a bus that would otherwise have been empty, can take passengers into the city and the same bus will take people from Worcester into Malvern before collecting pupils from school. Further services along the route are being planned but Dame Harriett urged local people to show support for the service by hopping on the 43 bus. She said: "This is a huge victory for common sense and only came about when I sat down with the First Bus management to find a way to re-start the service and test the demand. "Many people contacted me calling for the return of bus

services for north Malvern residents and I am hoping that these people will now use the service to connect into Malvern, Malvern Link and Worcester. First Bus indicated to me that there are ongoing discussions to add two more 43 services and I am hoping that this collaboration is the sign of great things to come. Worcestershire County Council have a £3.4 million programme to improve bus services and this is exactly what was envisaged when the cash was awarded under the last Government. Our area needs good links between buses and trains to make it easier for people to use public transport and I hope this will be a factor in allowing more people to ditch their car for commuter, shopping and leisure journeys."



Play at the Malvern Ink & Curtain Festival

A play debuts at the Malvern Ink & Curtain Festival in the Coach House Theatre in August. It has been twenty years in the making. There will be two performances on Saturday 9th August this year at 2:30pm and 7:30pm at the Coach House. Tickets are £12 (including booking fee) and are now available on sale at Malvern Theatre. A further performance will take place at Malvern Theatre later on in August. Afterwards there will be performances in a variety of local venues in Herefordshire, Worcestershire and Gloucestershire, before finishing the tour at the Edinburgh Fringe in 2026. This is a fascinating local story that has already received national and international interest from media and producers as far away as Sydney. For anyone unfamiliar with the event and to give the play some context; what started out in 1992 as a small, free festival for travellers on Castlemorton Common, turned into the biggest illegal rave ever in the UK. It resulted in a trial costing four million pounds and the passing of the Criminal Justice and Public Order Act. The playwright Rachel Tobin says; 'the idea for the play has

been whirling in my head for many years, from living on Castlemorton Common and hearing local peoples' stories about the event... it seems it is never to be forgotten!' The play is based in a farmhouse on the Common during this time. It is a story unusually told - from the locals perspective of how the whole crazy event unfolded on their doorstep. As well as being the Playwright, Rachel is also the Producer/Director. Rachel goes on to say; 'this is an organic project and I will be working and learning from a group of amazingly talented and dedicated actors from the area, equally eager to tell this story'. I am looking to open the play with voice recording from local people, talking about their take on the festival. I would also like to hear from any Police Officers who attended the event'.

If you are interested in this community project and would like to be interviewed please email; racheldianetobin@gmail.com with details. Also please get in contact with Rachel if you would like the play to be put on in a venue near you.



Preserving Powick Landscape and Nature (PPLAN)

*Proposed Monksfield Solar Farm
(aka Chapel Hill Solar Farm)
between Worcester and Malvern.*

*For further details visit:
www.pplan.org.uk*

Peter Loader

Email: admin@pplan.org.uk

We are campaigning against an industrial scale solar farm being built on iconic British countryside between Malvern and Worcester. The size is huge - 271 acres on both sides of the A449 which is not far off 200 football pitches. Instead, we aim to Preserve Powick Landscape and Nature for future generations of residents, visitors and wildlife. Monksfield Planning Matters



Sutcliffe & Co named a top insurance employer

Worcester-based Sutcliffe & Co Insurance Brokers is proud to announce that they have been recognised as a 'Top Insurance Employer 2025' by Insurance Business UK (IBUK) Magazine, marking their third consecutive year receiving this prestigious award. Insurance Business UK Magazine's Top Insurance Employers initiative is designed to identify and celebrate the best employers in the insurance industry. They invite organisations to participate in this award by completing an employer form detailing their workplace culture, benefits, and employee development programs. Employees from nominated companies are then asked to provide anonymous feedback evaluating their workplace across key areas, including benefits, compensation, culture, and diversity and inclusion. Through overwhelmingly positive feedback from the team, Sutcliffe & Co has once again been recognised as a Top Insurance Employer.

Duncan Sutcliffe, Managing Director, said:

"Winning this award for the third year in a row is an incredible honour, especially as it is based on feedback from our team. We are committed to providing a positive and supportive working environment, and this recognition reaffirms our dedication to our employees'; well-being and professional growth. Our success as a business is built on the strength of our team, and I couldn't be prouder."

As one of Worcester's oldest independent insurance brokers and a fourth-generation family business, Sutcliffe & Co Insurance Brokers has been recognised with multiple industry awards, including 5-Star Brokerage of the Year and the Herefordshire and Worcestershire Chamber of Commerce 'Excellence in Professional Services' Award. Their commitment to employee well-being and creating a nurturing and supportive



workplace environment has directly contributed to their exceptional client service.

*For more information about
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*Insurance Employer 2025,
please contact the Sutcliffe
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01905 21681
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'Eye-catchers'

Tim Hickson

This was the term used in the C18th for objects in the landscape - usually man-made - which catch our attention. In Croome Park, Lancelot (Capability) Brown arranged for several to be included in the views he designed, for the 6th Earl, in the second half of the 1700s.

However, some are natural. Whenever I come home from a trip abroad or from another part of the UK, I know I am nearly there when I catch sight of the Malverns. At Croome, before George William Coventry became the 6th Earl, a cedar tree had been planted to the west of the Court. When Brown came he deliberately included that tree as something to look at from the Long Gallery. Go to have a look. (As I sometimes say to visitors, the Malverns were also in the right place so he did not have to move them!)

Arriving at what is now the National Trust property of Croome, passing through Reception and then emerging from the Shrubbery Walk, we suddenly see that magnificent view across the Severn Valley to the Malverns. Our eyes are caught by the appearance of the Court below and, if on a sunlit morning, to the right, by the sight of Pirton Castle. This apparent piece of an old castle was built in the late 1700s simply as something to catch your attention. Sometimes referred to as 'follies', these were appearing all over the world at that time.

As you may have read in an earlier article from Nicola Hewitt, the 9th Earl bred several Grand National-

winning racehorses. If he had guests at Croome Court, he would take them to Pirton Castle so they could climb the staircase inside to gain a good view of these horses in training. However, continuing down to the Court, and then looking back, you see the church you passed. The original church was down near the Court but Brown and the Earl must have wanted an unobstructed view of the splendid new building. So, the old church was dismantled and as much as possible of the structure re-used. (Go into the Basement and look at the Boys' School boot room.) The new church was clearly meant to have striking appearance - to be an eye-catcher.

Often, by now, trees have grown to hide what would once have been clearly visible from the Court such as Dunstall Castle. Curiously, whilst marked on all the maps I have, only the 1930s one gives this building a name. Travelling on the A4104 from Pershore to Upton, once past Woodmancote there is a sharp bend to the left followed immediately by a road on the right to Kinnersley. Take that road and you will reach the Castle. Back at the Court, just to the east, up on the bank is the Rotunda, once visible from the main building. Further away to the west, off the road from Kinnersley towards High Green, on Cubs Moor, is the Panorama Tower, which can be seen from the M5. It was said that this was built so the 6th Earl and his guests could view his estate from its gallery. Every so often this is open to visitors.



Croome Court

Towards the end of his life, the 6th Earl decided he needed a spectacular tower high up above Broadway. 'Capability' Brown and Robert Adam had both died so he invited an up-and-coming architect, James Wyatt, to design and build it. Completed just after the Earl died, this is now Broadway Tower, quite an eye-catcher!

For those of us in the Vale of Evesham, Parson's Folly or Bredon Tower, constructed on the top of Bredon Hill is interesting. It, too, was built in the C18th, for the owner of Kemerton House, John Parsons, M.P., as a summer house for picnics with a view. However, its height, 19ft, also makes the top 1 000ft above sea level, the height of a mountain. Some may remember the Hugh Grant film, *The Man who went up a Hill and came down a Mountain* in which a Welsh hill had a cairn of stones built on its summit to make the top 1 000ft above sea level. Finally, I have been told that if you go to the top of Pershore's Mount Pleasant, Abberley clock tower can be seen, though whether it would catch your eye I leave for the reader to discover.



Broadway Tower



Parson's Folly



Pirton Castle



Rotunda



Panorama Tower

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Reg Moule

In addition to his award winning media work
Reg is also available
to speak at
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Farming

Mike Page

A BBC programme was broadcast on the radio recently outlining some of the differences the farming industry has with the policies being pursued by the present Government. One of the points put across was that it did seem to some senior negotiators representing the agricultural industry that many of those with high influence within the Government, even at ministerial level, had only a low understanding of how the farming industry operates. UK based agriculture is hugely important to this country, supplying the majority of the foodstuffs (as well as many other goods) consumed here. But it does have one important difference between itself and nearly all other major UK industries: when the end product is sold the price received is set more by the buyer than the seller, and that can fluctuate widely, depending on trade world-wide. Selling at a price below production cost cannot be sustained for long, and so for many decades – using grants and subsidies – the Government of the day has supported the farming industry in order to guarantee that supermarket and other outlet shelves remain well stocked with essential supplies at reasonable prices. The policy of supporting farm production continued when the UK was a member of the EU, where the need to give support guaranteeing supply was

recognised also, perhaps in part arising from very direct experience of the effect war would have on the reliability of supply. Things started falling apart after the UK decided to leave the EU and the UK Government of the day commenced developing its own support policies, based mostly on environmental support rather than simple production support. The new policies were radically different from what had gone before and over the few years since first introduced, and then found often to ‘not work quite as they should’, have been subject to many amendments. The plug was pulled finally on the so called Sustainable Farming Incentive (SFI) by the Labour Government this spring, with the promise of a reintroduction after suitable scrutiny and necessary changes have been made: Afraid to say ‘suitable scrutiny’ sounds very much like ‘budgetary cutbacks’ to me, but we will have to wait and see: I might be wrong, and hope I am. In the meantime, it is good to see sheep and cattle out on grassland and other grazings across the countryside as we move from Spring into Summer and this year round under much drier and more favourable conditions; this time it is more a pleasure to access the fields knowing most jobs can be done in near ideal conditions rather than the rain-soaked battlefields of last year, many not



permitting access for any purpose whatsoever. But even the cattle themselves pose a problem: cattle particularly produce large amounts of Methane which they belch out; and this is not simply bad manners on their part, but arises from their rather complex digestive process of rumination! Methane (which eventually downgrades naturally to CO2) contributes to Global Warming. There is research going on at the moment into raising more cattle from breeds that have been measured as having a lower Methane output, and on supplying them with a diet based on varieties of grasses and other vegetation known, or bred, to produce less Methane during the digestive process. More and more farming seem to be moving towards what we are ‘allowed to do’ rather than what we might choose to do: a far cry from the world of agriculture I entered after leaving school. To add to our

difficulties even further there are yet to be finalised aspects of the trading agreement reached just recently with the USA. We have been told that further details are yet to be negotiated, but it is difficult to see the US having backed away from its threatened tariff of 25% down to 10% giving any more ground: the farming industry in the UK is heavily dependent on some imported commodities, and much of that (such as soya beans) – a very important source of protein in manufactured animal feeds – is imported from the USA, giving the US Trump Government an ace card to play when pressing for any amendments to trade they want to see. Plenty of troubles on the horizon and I am reminded of a saying I first heard many years ago: “If it wasn’t for bad luck, I wouldn’t have any luck at all.” but perhaps this year the weather will not be part of that and so far so good at least on that score. There is an optimist in me somewhere!

A sun bed for slow worms

Karen Rose

This month I’ve been scattering squares of old roofing felt around Stoulton Community Woodlands; it may look like I’m littering but I’m making sun beds for slow worms. These lovely woodlands have open glades and meadow edges which are perfect for these sun loving reptiles. Late Spring is the time when slow worms get ready to breed and when you’re most likely to see them. Despite their name, slowworms are neither worms, nor particularly slow. The slowworm is a leg-less lizard (*Anguis fragilis*), not a worm or a snake, and like all cold blooded reptiles they rely on the warmth of the sun and of surrounding surfaces to keep warm. That means they are

often to be found underneath old tin sheets or thick vegetation, where they warm themselves before disappearing underground. Old roofing felt provides a perfect sun bed for them to bask on and lie under. You may find them too in your garden since a warm compost heap is a favourite place for them to hide. If you do see them don’t worry, they are harmless and unlikely to be a nuisance, preferring to eat your slugs and snails and to hide from trouble. If disturbed they will most likely disappear underground, but they do have an amazing trick if caught. First they will defecate foul smelling poo, hoping to put off the predator, and, if that doesn’t work, they simply shed their

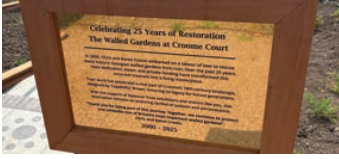


tail, which continues to wriggle around to distract the attacker, while the rest of the slow worm quickly makes it’s escape!

Photo by Charlie Bennet

Karen Rose
A biodiversity officer for
Wychavon District Council

The Walled Gardens at Croome Court – A living legacy in full bloom!



As The Walled Gardens at Croome Court proudly mark twenty-five years of restoration, the celebrations continue with renewed energy and reflection. Following the unveiling of the new water garden by Harriett Baldwin MP in May, the team behind this extraordinary project has been heartened by the surge of public interest and support. Visitors from across the region have flocked to see the transformation first-hand, walking in the footsteps of history brought vividly back to life. Chris and Karen Cronin's ongoing commitment to the restoration of one of Britain's largest Georgian walled gardens has not only revived a lost landscape but also created a space where heritage and horticulture intertwine. Their journey, which began with little more than overgrown wilderness and derelict buildings, has become a nationally recognised example of visionary conservation, executed entirely through private means and unrelenting personal dedication.

The gardens are more than just a beautiful place to visit; they tell a story of perseverance and discovery. Every path, wall, and planting bed carry echoes of the past. Once home to exotic fruits, intricate glasshouses, and Capability Brown's sweeping design. Today, thanks to the Cronins' sensitive restoration and the invaluable support of National Trust volunteers, these elements are once again flourishing, offering a unique insight into Georgian horticultural heritage. New additions, including the water garden and the striking Mosaic Garden, reflect the evolution of the project. They represent not just restored beauty, but new creative interpretations that honour the past while embracing the future. As the garden matures, it continues to reveal hidden features and inspire future possibilities, ensuring that the work is never truly finished, but always growing. With regular weekend openings from April to September, the Walled Gardens welcome

visitors to explore, reflect, and enjoy this living legacy. Whether returning after many years or discovering the site for the first time, guests are invited to witness the results of a quarter-century of devotion. Group tours by arrangement offer a more in-depth look at the site's history and horticultural techniques. In a world where so much heritage has been lost, The Walled Gardens at Croome Court stand proudly as a symbol of what passion and perseverance can achieve.



Harriett Baldwin MP at The Walled Gardens at Croome Court



**Visit The Walled Gardens
at Croome Court,
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**Once forgotten and overgrown, these remarkable
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Chris and Karen Cronin since 2000.**



Nestled within the Croome Court estate, near Pershore, the gardens are open every Saturday and Sunday from April to September, including Bank Holidays. Opening hours are 11 am to 5 pm, with the last entry at 4 pm.

Admission is £7 per adult, and children under 14 go free
(regular National Trust admission applies).

All proceeds support the ongoing restoration of this historic landscape. Exclusive group tours outside regular hours are available for parties of 15 or more. For enquiries, email info@croomewalledgardens.com.

Discover a hidden gem and explore centuries of history in bloom.

Website: www.croomewalledgardens.com

Facebook: The Walled Gardens at Croome Court

Instagram: @croome_walled_gardens

X: @Croome_Gardens

Inspiration from the RHS Malvern Spring Show

The RHS Malvern Spring Festival is a treasure trove of inspiration for gardeners. With its stunning show gardens, expert advice, and innovative planting ideas, it offers countless ways to transform your own outdoor space. Whether you have a sprawling country garden or a compact urban retreat, the principles showcased at Malvern can be adapted to suit your needs. *Bringing Show Garden Ideas Home*

One of the most exciting aspects of the festival is the Show Gardens, where designers push the boundaries of creativity and sustainability. While these gardens are often grand in scale, their core ideas can be translated into smaller, more personal spaces. Here's how you can incorporate some of the standout themes from Malvern into your own garden: *Layered Planting for Year-Round Interest*

Many of the gardens at Malvern feature tiered planting, combining trees, shrubs, perennials and ground cover to create depth and texture.

To achieve this in your own garden, start with structural plants like small trees or shrubs for seasonal colour. Incorporate perennials and ground cover to fill gaps and provide continuous interest. Plants such as Geums and Heuchera make a lovely combination.

Sustainable Gardening Practices Sustainability is a key theme at Malvern and all RHS shows, with many gardens showcasing eco-friendly techniques. You can adopt these practices by:

- Using reclaimed materials for pathways and seating.
- Installing a rain garden to manage water runoff.
- Choosing native plants that support local wildlife and require less maintenance.

Red Campion is a wildflower and was used extensively throughout the show.

Creating a Tranquil Retreat

Several gardens at Malvern focus on well-being and relaxation, incorporating elements that encourage mindfulness and connection with nature.

To bring this into your own space: Introduce seating areas surrounded by calming plants like Lavender for sunny gardens and ferns for shady spaces. Use water features to add soothing sounds and



designate a quiet corner for reading, meditation, or simply enjoying the outdoors.

Adapting Malvern's Themes to Different Garden Sizes

Not everyone has the luxury of a large garden, but the ideas from Malvern can be scaled to fit any space.

Small Gardens & Courtyards

- If you have a compact garden, focus on vertical planting and multi-functional spaces.

- Use climbing plants like clematis and wisteria to add flowers and greenery without taking up ground space.

- Opt for raised beds to maximize planting areas.

- Incorporate foldable furniture to create flexible seating options.

Urban Gardens & Balconies

Even the smallest outdoor spaces can benefit from Malvern-inspired ideas:

- Grow herbs and vegetables in containers for a practical and beautiful display.



Nikki Hollier

nikki@borderinabox.com

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- Use mirrors to create the illusion of depth. However, be careful where they are placed as they can confuse birds who may fly into the mirror and damage it and hurt themselves too.
- Choose pollinator-friendly plants to support biodiversity in city environments. Create 'green roofs' and use them on pergolas and sheds.



June gardening tips

Reg Moule BBC Hereford & Worcester

Early June

Mulches help to conserve water but the soil must be moist before they are applied. Sow quick growing hardy annuals e.g. clarkia, Virginia stocks for late colour in dull spots. When watering concentrate on climbers on walls, container and basket plants, newly planted items, dahlias, sweet peas, leafy veg. crops, celery and fruit bushes. Dig up bare centred alpine plants and divide them, re-planting the young pieces from around the edge. If you use nematodes to control vine weevil grubs buy them online or mail order. They are also available at some garden centres through the Agralan company. June is one of the worst months for pest and disease attacks, so check plants regularly. If using a trigger spray product remember to shake it first and there are lots of safer "organic" treatments available now.

Mid June

Make sure plants in tubs and baskets are fed regularly, as well

as watered. Many climbing plants can be increased by layering at this time of year.

Mow the lawn to leave the grass 2.5cm (1in) tall. Makes grass more drought resistant. Treat established lawns with a lawn weed killer but not if there is a drought.

Dead head rhododendrons after flowering to encourage new growth. If you need more fish in your pond this is an ideal time to introduce them but goldfish can be detrimental in a wildlife pond.

When picking strawberries always remove any rotting fruit, otherwise problems increase.

Watch out for cabbage white butterflies around your brassica plants. If you do not like to use chemical sprays, try Grazers G3 organic caterpillar repellent. They also make good repellents for slugs and lily beetles too.

Sow radicchio now for winter salads. Choose a good coloured variety like pallo rossa.

Sow salad crops regularly, in small amounts, sowing the second

row as the first emerges. Tomatoes can be planted outdoors. Select a sheltered site and support the plants. Take cuttings from dianthus (pinks). They root easily now in a shady spot.

Lettuce will not germinate in hot weather. Sowing in moist drills in late evening helps.

Shade the greenhouse, ventilate it well and spray water over the floor to raise humidity.

Take softwood cuttings from shrubs. Remove 7.5 cm (3in) of shoot tips. Root in pots of gritty compost, placed in polythene bags, in a shady spot.

Late June

Lift and divide flag iris after flowering. Re-plant young growths, keeping rhizomes above soil level.

Prune back side shoots on cyttissus (broom) after flowering to keep plants neat.

Deadhead roses regularly to prolong flowering.

Remove any "suckers" as soon as they appear.



Watch out for algae / blanketweed in pools. The introduction of a product based on barley straw can provide an organic control measure. Feed tomato plants regularly from when first fruits begin to form, using tomato food.

Take out one third of the older branches on deciduous shrubs, like Philadelphus, Weigela and Deutzia after flowering.

Put cymbidium orchids outside in a sheltered, shady spot until late autumn. Keep them well watered and fed over this period.

If pollen beetles infest your cut sweet peas, put them in water in a shed for a while. The beetles will fly into the window attracted by the light.

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demand for solar, for example, heat pumps, electric vehicle charging, batteries to time-shift excess energy, as well as smarter technology have all helped improve the pay-back on investment by harvesting more energy and increase independence from the grid. This coupled with spiralling energy costs and more recent price drops for owning solar has created a 'perfect storm' for consumers and business owners.

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Can plants be over pollinated?

Martyn Cracknell

Pollination is the transfer of pollen grains from the anther of a flower to the moist surface of the stigma of the same flower or a different flower of the same species. Honey bees are of particular importance for pollination of fruit trees and Spring flowering plants, because there are few other adult insects around at that time. However they are fair weather creatures and only work if the temperature is above about 10 °C, and it is neither windy nor rainy. This year the extended period of dry warm days and frost-free nights has resulted in extremely good conditions for pollination. Each pollen grain deposited on a receptive stigma, grows a slender tube which delivers a male nucleus to a female egg cell and if they fuse, they will form a seed. Meanwhile a plant hormone called Auxin is secreted by the pollen and this causes many changes in the flower. Scent and nectar production cease, the petals may change colour and then wither and the wall of the ovary in which the seeds are growing will start to swell to form a fruit.

The supply of auxin is soon exhausted and if there are no seeds developing, the small fruitlets will drop off. In apples this generally occurs about mid June and is colloquially known as the 'June drop.' However if embryonic seeds are developing they will produce additional auxin and the fruitlet will remain and grow. An apple has five chambers in its ovary each with two seeds and to produce a uniform round fruit there must be one or two seeds in each chamber. If a chamber has no seed in it, the ovary wall adjacent to it will not grow, resulting in a lop-sided fruit. Good pollination therefore affects both the quantity and the quality of fruit, but can you have too much of a good thing? If a tree has an excessive fruit set it is likely that none of the fruit will grow to full size, resulting in a very large crop of very small fruit. The problem extends into the following year as the auxin from all the developing fruitlets will suppress flower bud formation for the next year, so the tree will only have modest blossom and a few fruits.



Excess fruitlets should be rubbed out, leaving just one or two fruitlets per cluster

This is biennial bearing. To achieve a good crop of quality fruit every year, good pollination is required, followed by a June drop, and then manual fruit thinning to reduce the number of fruitlets.. It may be rather tedious and impossible for large trees, but in a garden context it is well worthwhile. Annual pruning also helps to ensure a consistent harvest, year on year. People sometimes wonder if the flavour of fruit is influenced by the source of the pollen brought

to the tree by bees. Would crab apple pollen make fruit sour? The part eaten, i.e. the flesh of the apple, is entirely derived from the ovary wall which is exclusively from the tree which bears the fruit, so it will always be true to type. However each seed in the fruit has genes from both pollen and the parent tree. Every apple pip is therefore a new variety, but it would take about six years to grow it to fruiting size to see if it is any good.

Village Life

John Driscoll

It's May in our village with great weather unless you're a gardener or farmer and hankering after a spell of rain. There's of course every chance that by the time this is printed we'll be regretting those rain dances and wishing for a bit more sunshine – especially as we all know that Wimbledon weeks normally bring plenty of the wet stuff! The main May event in our village has been a get together to mark the 80th anniversary of VE Day. Commemorating the heroism of the generation who paved the way for our current way of life. In common with most communities we no longer have residents who have direct experience of serving during the war years. However, many of us have memories, either of the impact of the war on our early lives or passed-on from our parents or other family. In many cases very poignant, and in our case, these were shared with a book of memories and loaned artefacts giving an insight into the suffering and experiences, made available for all to see and absorb. Our event started with a replay

of Winston Churchill's radio broadcast announcing the end of the war in Europe. It was a surprisingly long speech (by today's 'sound-bite' standard) and the assembled crowd listened in silence while reflecting on the impact it must have had 80 years ago on the 8th May. Not a pin was heard to drop! We continued the 1945 theme with sing-along versions of Vera Lynn's 'We'll Meet Again' (or 'Whale Meat Again' as my parents would have insisted) followed by a spirited 'Pack Up Your Troubles'. Not sure we did either full justice, but more than a mere nod to 1945, especially as many of us had donned period dress for the occasion. The Land Girls and flight crew made a spectacular appearance! Party bags of period sweets (rationing was lifted for the day!) and fish and chips served from cones made from 1940's newspaper (well, almost – this is the 2020's after all!) provided welcome refreshment. The day continued with period games and dance lessons, before fast-forwarding to the 1980's and beyond for a touch of Karaoke. Not surprisingly

it's very difficult to source suitable tracks for 1940's classics without words so instead we skipped forward. Probably just as well as the standard of singing would likely have horrified any veterans who were listening! Best of all, the beer was the equivalent of sixpence a pint – oh no, that was an illusion brought on by too much sun – but still fantastic value as always and among the best bitters in the land! I know for sure my Mum and Dad would have approved and would have wanted to help us mark the occasion in style.

A wonderful day and a great way for our community to commemorate the end of World War Two. A day with many conversations and shared memories that hit upon a good mix of celebration and reflection, honouring our heroic and stoic ancestors without who we would not be enjoying the many freedoms we now take for granted. What a generation! Now, we hopefully have a great summer ahead of us and is too much to ask for a few good overnight showers leaving us to enjoy sunny days? Fingers crossed, chin-chin as my Mum would have said!



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2.30pm

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Coleridge-Taylor - Petite Suite de Concert

Finzi - Five Bagatelles for Clarinet and Strings

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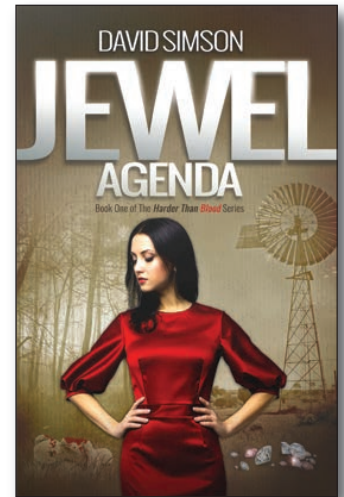


Book Review

Richard Catford

Jewel Agenda
by David Simson

Reviewed by Richard Catford
Local author David Simson (Drakes Broughton) has written and published a 400-page fiction of a double murder in a remote, forested part of Northern France. The murder scene, with one survivor is discovered by a lone British motor cyclist. The victims and survivor are also British, the perpetrators Australian and the interplay between French, British and Australian investigators (including embassy officials) is well researched and convincing. Indeed, the whole plot, and it is a complex one, is meticulously and methodically detailed. Back-stories of the main characters, their personal journey to the heinous crime are a strong feature of this novel. Victims, survivors, criminals and investigating officers are all included in these explanations, including descriptions of the locations involved in the plot. If you like authenticity and detail this is the book for you. David Simson's style, the descriptions and back-stories, often resonates with Fredrick Forsyth and Dan Brown's work. The real strength of this novel is not only in the detailed descriptions of the locations but in the relationships between the characters involved. There



is rivalry and suspicion within both criminal and investigation teams. This story has the potential to make a very good basis for a serial TV Drama. However, if you can't wait for such a TV drama to emerge but you relish the detail of a complex chase, David's book would provide solace whilst on your sunbed this summer, or perhaps a distraction whilst travelling to distant places. The conclusion of this tale is not for this review to deliver but is enough to say further publications in the future will extend the suspense.

David Simson's website:
www.jewelbooks.co.uk and
Jewel Agenda on Facebook
will provide more details.
Email:
davidsimson@rocketmail.com

INSIDE AND OUTSIDE



INSIDE

All aspects of DIY:

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Ailsa's Kitchen *Ailsa Craddock*

June heralds the Summer Solstice on the 21st and is often referred to as the first day of summer, and yet celebrations across the Northern Hemisphere at this time of year carry the name Midsummer, which is pretty confusing. Midsummer and the summer solstice are used interchangeably, but they refer to different things.

The solstice is the beginning of the astronomical summer that has been celebrated since ancient times as the longest day of the year, whereas Midsummer now refers to numerous celebrations that are held over the solstice period, between June 19th and June 24th, with both pagan and Christian origins. Midsummer, as in the religious observances traditional in many countries, occurs close to the June or Summer Solstice. With celebrations originating in ancient times as a festival for the summer solstice, this could be where the name comes from. Bonfires were lit up to ward off evil spirits as the sun turned southward. If you only had the sun to measure time and dictate your hours of light, the longest day would feel like a mid-point before you make the descent back into winter. Follow the next few recipes and you will have the perfect Summer Solstice Dinner. Fingers crossed for the sunshine and moonshine!

Salmon Rolls with Asparagus and Butter Sauce

Asparagus spears
4 thin salmon fillets
Juice of a lemon
2 small shallots, finely chopped
6 peppercorns
120 ml white wine
4 tablespoons double cream
200g butter, cut into small cubes
fresh parsley

Steam the asparagus for 6 - 8 minutes till tender, refresh under cold running water. Lay on top of the salmon fillet and roll up. Place on a rack over a pan of boiling water, sprinkle with lemon juice, cover and steam for 3 - 4 minutes till tender.

Sauce:

Put the shallot, peppercorns and wine into a small saucepan and heat gently until the wine is reduced to a tablespoonful. Strain and return to the pan. Add the cream and bring to the boil then lower the heat. Add the butter to the sauce in small pieces, whisking all the time.

DO NOT ALLOW THE SAUCE

TO BOIL AS IT WILL SEPARATE!

Season to taste, add a little parsley and serve with the salmon roll, some new potatoes, Tenderstem broccoli and/or spinach.

Anything with basil immediately transports me to summer and the Mediterranean - if I could bottle its' smell, I would - sun, warmth and taste in one little green plant!

Chicken, Pepper & Basil Traybake

2 tbsp olive oil
4 chicken thigh cutlets, bone in
Salt and pepper, to season
2 red onions, peeled and cut into wedges
3 - 4 cloves garlic, peeled and lightly crushed
Red pepper, cut into thick slices
Yellow pepper, cut into thick slices
3 - 6 anchovies, chopped (optional)
200ml cup chicken stock
A pinch of sugar
Loosely packed basil leaves, torn
A splash of balsamic vinegar

Heat your oven to 200C.

Take a large baking dish or frying pan that can be placed on a stovetop as well as into the



oven and heat over a high heat. Add the olive oil, season the chicken thigh with salt and pepper and fry, skin side down, until golden brown. Turn the chicken and add the onions, garlic and peppers around the chicken. Scatter with the anchovies (if using) and pour over the stock. Season very well with salt, pepper and a good pinch of sugar and transfer to the oven for 30 to 35 minutes, until the chicken is just cooked though. Scatter with the torn basil leaves and serve immediately, with a splash of balsamic vinegar. A side salad and some little Jersey potatoes would be perfect alongside.

And now for the first strawberries – what else stands for summer?

Strawberry & Mascarpone Gelato

Strawberry and mascarpone is a classic mix and this is also one of the easiest ice cream recipes you could possibly make.

300g strawberries, hulled and chopped
2 tbsp elderflower cordial
150g golden caster sugar

500g mascarpone
100g white chocolate, roughly chopped
200g strawberries, hulled and quartered
1 tbsp elderflower cordial
2 tbsp golden caster sugar
 Put the chopped strawberries in a bowl. Add the cordial and sprinkle over the sugar. Set aside to macerate for up to 1 hour. Beat the mascarpone and white chocolate together, then fold through the strawberry mixture. Put in a cling film-lined, straight-sided freezer-proof box (about 1 litre) and freeze overnight. For the soft strawberries, put the berries and cordial in a bowl, then sprinkle with sugar. Set aside for 15 minutes. Slice the ice cream and spoon over the strawberries to serve. Meteorologically, we're nearly a month into summer. Astronomically, the summer has only just begun. But, of course, it won't really feel like summer in Britain until we start complaining it's too hot!

Philharmonic Orchestra

On Saturday 14th June at 2.30, the Worcester Philharmonic Orchestra will present a feast of popular Summer Music by British composers, in Pershore Abbey. Dan Watson conducts the WPO in a programme including Vaughan Williams' Folk Song Suite, Coates' Three Elizabeths Suite and is joined by Chris Goodman for a performance of Finzi's Five Bagatelles for clarinet and strings.

The programme also includes Ethel Smyth's Overture the Wreckers and Coleridge-Taylor's Petit Suite de Concert. Both these lesser known works

are delightful and deserve more frequent performance.

Chris Goodman studied at the Royal College of Music, London where he won several prizes and was selected to perform as part of the Rising Stars series at Cadogan Hall and at Castleton Festival USA under the baton of late conductor Lorin Maazel. He has performed all the major clarinet concerto repertoire with orchestras in the UK, China and USA. Chris maintains a busy freelance orchestral career and has played with many British orchestras including London Symphony Orchestra,

Philharmonia Orchestra, Royal Philharmonic & Royal Philharmonic Concert Orchestras, Royal Northern Sinfonia, English National Opera, Birmingham Royal Ballet and Manchester Camerata.

Come and join at Pershore Abbey!

Tickets £15 (Under 16s free) available from Tourist Offices Worcester/Pershore/Malvern (*cash only) or worcesterphilharmonicorchestra.ticketsource.co.uk*



Romy's Uni Life

Romy Kemp *Liverpool University*

Summer is Coming

My second year at university has come to an end and my word was it eventful! My exams have finally finished, and I now have about a month to say here in Liverpool before returning home for the summer holiday. I was extremely exhausted after my exams because they were back to back 24-hour exams, meaning that I didn't have a lot of time in-between to catch up on energy. I'm grateful that my literature module exam was before my language module exam because

I needed more brain power to analyse Shakespeare. Even writing this article may not make total sense because my brain is still recovering. With my exams, I really enjoyed making the notes and mind mapping my ideas however when it comes to writing the exam, my brain seems to struggle with coming up with the right wording. There is a lot that I need to do in the next couple of weeks. I am trying to organise my life more and get in better shape both physically and mentally. As much as I have looked into

possible career paths for me, I haven't found anything yet that I am set on. This means that I need to keep looking and just try out different things. Work experience is a great way to try out potential professions and that is what I intend to do. Taking a break from studies will be great to clear my mind and reduce my stress levels. Despite this, I do not want to take too big of a break from work because I will most likely forget how to do certain things and then this will inevitably lead to a more complicated start to third year. I am excited to

have a relax and have fun over summer because it is probably the last time I can do so before I enter the adult world. There will be no more student summer holidays, but only finding a job to explore and live on. I have a university trip coming up that I am extremely excited for. We are going to the Lake District for a few days to explore the history of literature. I have told quite a few people and they have all said to try the gingerbread there because it is one of the best places to get it. This I intend to do and will rate it in my next article.



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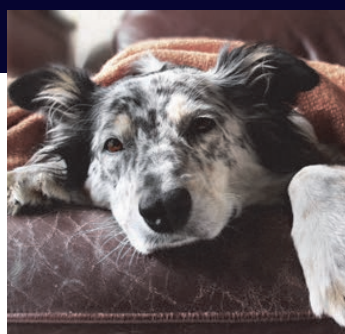
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Dental disease in cats and dogs



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

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

So what can we do?

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

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

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

Best wishes *Eliza*

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Gregory's World!

Gregory Sidaway Exeter College, Oxford

Beat It

Trainers: on. Headphones: on. Let's go! There's only so much time I can spend revising in my room. Too many notes and quotes! My brain has turned to mushy peas. Time for a reboot, time for a run! Golden hour glows over Oxford. My route takes me along Walton Road, past the bakeries and coffee shops of Little Clarendon Street, and up Woodstock Road, where a huge queue of bow ties and high heels eagerly anticipates the Somerville College ball. Late spring has transformed Banbury Road into a great green tunnel of birdsong and bright flowers. Late spring also heralds exam season. The change of mood around town is palpable. The subject of exams creeps and pokes its way into almost every conversation. Students in black gowns billow on bicycles through the streets. Chalkboards outside the King's Arms now read: 'Good luck to students writing exams!' In my case, I'll be typing them. Mine is the second year of English students to sit a typed exam. Gone are the days of my teachers whipping out their red

pens, circling entire paragraphs of my inky, illegible handwriting and putting a '?' next to them. The examiners will be able to read everything perfectly now. With any luck, they'll like what they see. As I run, my heart hammers. My legs throb. I gasp and try not to inhale a falling catkin. But a breeze is streaming over my face and my brain doesn't feel quite so mushy anymore. The bold, zinging synthesiser of Michael Jackson's 'Beat It' rings through my headphones and spurs me onwards. In this very funny period of term time, a period of information-overload, of headaches and stomach-jitters, it's important to get outside and keep moving. This is it, the final countdown, the big push. Three years, nine terms, two thousand coffees, and one grey hair later, I've reached the end of my course. There's just one more hurdle – well, technically, there are four – left to leap over. We can beat them, fellow reader. Haven't we been through thick and thin together? Besides, it'll all be over in a blink of an – I open my eyes. I'm sitting on the floor of the Exam Schools marquee. An ocean of English students stirs and rises around

me. Some are pacing, reciting quotes to themselves as though they're practicing incantations. Others stand in circles and talk with their arms crossed. Nor are we allowed to sit these exams in our shorts and t-shirts. Nothing says feeling cool and comfortable on a baking May afternoon like wearing a suit and a commoner's gown. The gown's extra floppy bits (not their official name) do add extra flourish to my walk, though. Leaning forward, I catch the pungent whiff of the carnation in my breast pocket. It's traditional for students to wear a carnation on their lapel when they sit exams. Today's is white. I'll wear a pink one for the next two exams, then a red one for the last hurrah. Apparently, the colour change is supposed to symbolise the blood being drained out of us as we battle on, but I'm not sure if that's true. The conversations lull as we are summoned into the Exam Schools. I step beneath the sandstone archway and venture down a pillared corridor with a vaulted ceiling, black and white tiles, and busts of stern-faced men wearing frilly wigs. My insides jitter. The days of sitting mock exams in the school sports hall feel like a



lifetime ago. I find my seat – no. 95 – at the end of a right-angled hall called the North School. Although it's a typed exam, we can't use our own laptops; the uni has provided everyone with a mac book ('jammy' doesn't even begin to describe it), so I log in and wait with my mouse hovering over the 'Start Test' button. 14:27, 14:28, 14:29 ... I de-robe out of my gown and jacket to free up my arms, preparing to thunder away at the keys. We can do this. I know we can. ... 14:30. "You may begin." C'mon, fellow reader. Let's beat it.

Evie's Teenage Focus

Evie Aubin Oxford Brookes University

I am both filled with sorrow and overjoyed to tell you all that I have officially finished my first year at university. After I handed in my final assignment of the year, I had three weeks at university before I went home. And I spent that time surrounded by my friends doing everything we hadn't had a chance to do yet. As well as this, one of my friends had been able to bring her car up for the few final weeks which allowed us to find some amazing spaces which we wouldn't have been able to do otherwise. I think my favourite would be the lake. It's a lovely little space called Hinksey lake, and whilst it does have an outdoor swimming pool right next to it, we found it much more enjoyable to sit in the pontoon on the lake. The space itself is absolutely beautiful, it sits in the middle of a park and as mentioned before it does

have an outdoor swimming pool close by as well. The park has a few other smaller lakes but none of them you are able to swim in. Once we got to the lake, we found a few groups of people already on the pontoon; it was quite full, but nonetheless we found some space, put down our blanket and enjoyed a day in the sun. In addition to the other people there, there was also the cutest family of ducks that kept on swimming around us, and one of the baby ducklings even tried to nibble at my foot whilst it was in the water! I think some of my favourite memories though will come from the last two days that I was at university. Two days before I left, we spent the day shopping, and once we got back, we all made some funny PowerPoints that we showed each other that night. I did mine on what I thought everyone be if they

were a Taylor Swift album (surprising to nobody I'm sure), Gen made a PowerPoint on what dinosaur we would all be, Grace made one on all the male celebrities that she hates and why, and Liv made one on what type of star wars character we would be. All in all it was very good and absolutely hilarious, especially once we had a couple of drinks. On my last day we finally got around to punting, and I will tell you now, it's a lot harder than it looks. In the morning we went to the botanical gardens and finished by getting a coffee by the river and watching other people punting. Some made it look so easy, and others were struggling; at one point we even watched someone get stuck in a tree! We laughed at the time, and then a couple of hours later we were stuck in the exact same tree. Karma I suppose. But by some miracle



we managed to get the boat back to the people we hired it from, all of us somewhat dry and unscathed. After that we went out for dinner at the alchemist, it was amazing and I would definitely recommend going if you are ever in Oxford. We spent the rest of the night hanging out in the kitchen, we had a few tears before we went to bed; and even more when I left the next day. But in the end, I got home, officially surviving my first year at university and cannot wait for the next; and so, until next time, toodles!

Recoup, Regroup, Recover Out of Alignment?

Angela Johns

I'm sitting in the garden on a beautiful sunny Sunday afternoon. My hands and forearms are covered in scratches and my nails are grubby and ruined. Yes, I've been gardening. It's a hazardous job. I have had a wonderful weekend of reading books with the rising sun, bike rides, socialising and a beer at the allotment with the setting sun - that perfect mixture of relaxing and activity, solitude and mingling. As far as I know, all my loved ones are safe and I can just sit in the moment. And I am remembering a touching moment from yesterday. On moving a plant pot in my conservatory I found a bumblebee that seemed barely alive, all tucked in on itself and covered in spiderweb. From my phone case I pulled a loyalty card from Coffee Culture (in Malvern, thoroughly recommend) and scooped her up. I deposited her in an outside plant pot and fetched a teaspoon of sugared water and held it next to her. She immediately lifted herself forward and her tiny tongue dipped into the mixture as she drank and drank and drank. After a pause she used her two front legs to scrape away at the web but it was a struggle. I used a dried blade of grass to help and, after we both rested a moment, she drank some more. We scraped some more, rested some more and finally she was revived and free enough to fly off. Not far mind. She soon touched down on the clover in the lawn near me then a few seconds later took off again, did a turn and flew right at me. In and out she darted around my face then all of a sudden, she was away up high and disappeared. It was like she had said, 'Thank



you so much!' before fully reclaiming her freedom. It was a heart-warming moment. Like the bee, we all have times when we just need a serendipitous break, a helping hand, even just a moment that stands between us and what's happening all around us. A space when we can coast for a bit, recoup, regroup, recover. If we don't listen to our minds or our spirit then our bodies will tell us when we need it. We might have an ache or our skin flares up, and if we still don't listen, we may even get knocked sideways with the lurgy. I have had cause just lately to be reminded to look out for those messages, in fact I wrote a list of all possible messages my spirit and body might give me just so I can be mindful. And, of course, a list of all my day to day remedies which was wonderfully much longer. If I can't rest completely then I need something to pull out of the metaphorical bag to give me a helping hand until I can. I would love to hear what is in your bag.

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

Emily Papirnik

Let nature bring you back!

There are days I wake up and just feel... off. Maybe you know the feeling too - unsettled, slightly disconnected, as if your rhythm has slipped just half a beat behind the world. You're not quite sure what's wrong, but you know something's out of alignment. When I feel that way, I know it's time to walk. To step outside and let nature take over. I know and understand that we're not designed to operate in constant productivity, noise, and stimulation. Our nervous systems, our emotions and our energy are deeply attuned to the natural world. When we lose that connection, everything can start to feel misaligned.

Nature Is My Healer

Whenever I feel out of sorts, I return to nature. I walk through the trees, breathe in the quiet wisdom of the earth, and let myself be reminded of something deeper—something steadier. The natural world doesn't force anything. It trusts its timing, its seasons, its cycles.

I am learning to do the same. In nature, I don't have to fix anything. I just have to 'be', and somehow, through the birdsong, the wind, the scent of the blossom, my energy begins to soften. I don't rush. I don't push. I walk, I pause, I feel. And in that space, my rhythm returns.

The App: Me helping me

Part of my work—and something I've poured my heart into—is developing an



app that supports this reconnection. In the app, I use energy practices that are inspired by and woven into the rhythms of nature. These aren't just meditations; they're invitations to realign with the natural world's intelligence. Practices you can do sitting by a window, under a tree, or even just visualising the earth beneath your feet.

These simple but powerful techniques are designed to calm your nervous system, ground your energy, and bring you back into harmony—with yourself, and with life.

Perfect Timing

Nature reminds me every day: there is no rush. There is only now. Leaves fall when they're ready. Flowers bloom in their own time. You are no different. If you're feeling out of rhythm, know this—there's nothing wrong with you. You're simply being invited back to your own natural state of balance.

So take a breath. Step outside. Feel your feet on the ground. Let the wind clear your thoughts. Let the sky open you up.

You don't need to do it all. You just need to return. And nature will meet you there.



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Healthy Heart Tip: How to eat a healthy balanced diet



Is there a secret formula for maintaining a balanced diet?
With the constant influx of conflicting advice and diets, it's easy to feel overwhelmed by all the information.

What is a balanced diet?
We often hear the terms "balance" and "moderation", yet many of us struggle to find that sweet spot. A healthy balanced diet is one that includes a variety of nutrient-rich foods in the right proportions, providing the body with essential macronutrients such as carbohydrates, proteins, fats and micronutrients like vitamins and minerals to support overall health, energy, and wellbeing. It emphasises moderation, variety and portion control to maintain long-term

health and prevent disease.

What are macro and micronutrients?

When it comes to eating healthy, understanding the role of nutrients in our diet can help us make informed choices about what we put on our plates. There are different categories of macronutrients. Macronutrients include carbohydrates, proteins, and fats and are the building blocks of our diet. They provide us with the energy to fuel our daily activities, support growth, and keep our bodies functioning properly. Carbohydrates are the main source of energy for your body and are most associated with foods like pasta, rice, potatoes, bread, and cereal. But they are

also found in other foods such as fruits and vegetables, sugar-sweetened foods and drinks such as cookies and fizzy drinks. There are two types of carbohydrates – simple and complex. Simple carbohydrates generally include refined, 'white' food like white bread, pasta and rice; these break down quickly into energy. Complex carbohydrates should make up the bulk of your intake as they release energy more slowly and these include wholegrains like brown rice and wholewheat bread, beans, lentils and vegetables. Fats are the body's second source of energy, and these are used up when we have depleted our carbohydrate stores or when we are consuming a very low-carbohydrate diet. Consuming fat is essential, without fats you wouldn't be able to absorb vitamins A, D, E and K, which are fat soluble and can only be digested when there is fat present. Fats also provide essential fatty acids that the body can't make itself; these help your body to regulate the immune and central nervous systems as well as help with skin health, brain function and heart health. Choose heart-healthy fat sources such as those coming from nuts, seeds, oily

fish, avocados and olive oil. Protein is the body's last resort for energy, used when carbohydrate and fat stores are depleted. It helps to repair and rebuild muscle after exercise, it also supports overall health. Protein is essential for the growth and maintenance of tissues, keeping bones, muscles, tendons, ligaments, and skin strong and healthy. It supports the immune system by forming antibodies to fight infections and helps keep you feeling fuller for longer. Healthy, high-protein foods include lean meats, fish, eggs and reduced-fat dairy. We can also obtain protein from plant-based sources like chickpeas, lentils, beans, nuts, seeds and tofu. It's a good idea to include both animal and plant-based options." Micronutrients include vitamins and minerals and are needed in smaller amounts than macronutrients, but they are just as important for maintaining overall health, supporting immune function, bone health, energy production, cognitive health and much more. The key to ensuring we consume enough micronutrients is to eat a variety of foods.

Heart Research UK

What are your children doing online?

The School holidays just around the corner and children will have more spare time on their hands. What's almost certain is that during the school holidays, they'll be going online much more than in term time ... for entertainment, keeping in contact and chatting with their mates, gaming, and the multitude of other things kids use the Internet for. With all the additional time spent doing more online, how can you be sure that the young people in your family are safe from the issues they can encounter every day? The Internet lets children connect with friends and learn new things. But there are also dangers to going online, and children can be particularly vulnerable. Talking to your children is one of the best ways to keep them safe online. By understanding the risks and keeping yourself

up to date on the latest technology, websites and social networks you can help your child enjoy the Internet safely and securely.

To help protect your children online:

- Keep computers, phones and games consoles in family rooms where you can monitor activity
- Install parental control software or activate parental controls through your Internet Service Provider (ISP) to prevent access to inappropriate content
- 'friend' or 'follow' your child on social networks, so you can see how they're using them
- Check age restrictions for websites or social networks to make sure your children are allowed to join
- Advise your child not to post personal information, or any images they wouldn't want everyone to see.

- Check their social media accounts' privacy settings, so their posts are only seen by friends and their location isn't tracked
- Avoid using webcams, unless talking to close friends or family, and consider covering it when not in use
- Monitor how your children use the Internet and watch for any secretive behaviour
- Encourage your child to be open about what they do online, and who they're talking to
- Insist you go with them if they wish to meet online friends face to face
- Ensure the games your children play online are age appropriate

Source:
Metropolitan Police

Please feel free to share these messages with any vulnerable friends, relatives or neighbours.



If you've fallen for a scam, report it to Action Fraud on 0300 123 2040 or via actionfraud.police.uk

Scam Text messages can be forwarded to 7726 to help phone providers take early action and block numbers that generate spam on their networks.

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For further information visit: www.actionfraud.police.uk or www.takefive-stopfraud.org.uk

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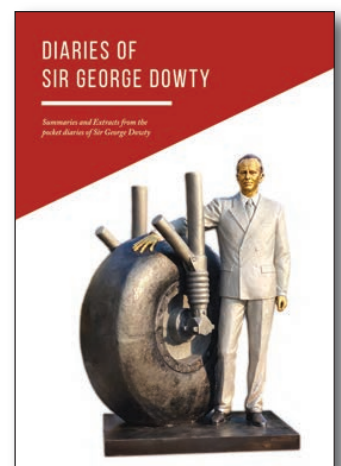
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Sir George Dowty book release invitation

The initial response to the release of the Sir George Dowty Diary book has been most enthusiastic- both here and overseas. It is a most fitting accompaniment to his statue erected a year ago. Few 20th century industrialists have received such international recognition - it reflects the magnitude of his achievements. The formal release of the book is to take place on the 9th June at the Graeme Hick Pavilion at the Worcestershire County Cricket Club. Rhodesian born Graeme played his entire domestic career of over twenty years exclusively for Worcestershire.

The event commences at 10am in the presence of many distinguished guests and is to be followed by refreshments. The diaries from 1919 to 1975 will be on display including the fully restored 1953 edition. The setting is most appropriate given that Sir George Dowty was Worcestershire born, educated and apprenticed in



Worcester and President of the Worcestershire County Cricket Club during their championship winning sides of 1964 and 1965. The Dowty Group acquired Worcester based mining engineers Meco in the late 1960s.

To reserve a place at this iconic occasion email:
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What is happening to P11D's

Carol Draper FCCA



A P11D is the document given to employees at the end of the tax year that details the taxable value of employment benefits they have received from their employers during the year. Common benefits are company vehicles, health insurance, gym membership and low interest loans but there is a vast array of other things which HMRC class as taxable benefits.

It is probably fair to say that many employees who receive P11Ds are confused by the forms themselves, the figures that are included on those forms and the implications they can have for tax. At the same time employers can also find the job of preparing P11Ds onerous.

Benefits reported on P11Ds will always generate a tax liability that HMRC will collect by amending an individual's tax code. This means tax is collected in arrears as a benefit for the 24-25 tax year, will not be reported on a P11D until July 2025 and the tax code may only be amended for the 26-27 tax year.

In an attempt to simplify the system and to collect tax in real time, it has been mandated that all benefits in kind will be reported through payroll rather than P11Ds. Payrolling means the annual value of benefits

provided is calculated and an adjustment made to the employee's salary to reflect the value of benefit received. This means there is no alteration to tax codes as a result of the benefits, but tax is paid on the benefit at the time it is received.

In January 2024 it was announced this would happen from April 2026, although this has now been delayed until April 2027 meaning that July 2027 will be the last time that all benefits in kind can be reported on a P11D. There is however no need to wait as all benefits, other than employer provided accommodation and interest free or low interest loans can be payrolled now. If you are an employer and would like to find out more about payrolling benefits and the changes to P11Ds speak to your accountant.

Carol Draper FCCA
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"In victory, you deserve champagne;
in defeat, you need it!"

Napoleon Bonaparte



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Protect your State Retirement Pension



Under the new state pension system, when you retire you will need at least 35 years of National Insurance contributions or credits to qualify for the State Pension of £230.25 a week in the 2025-26 tax year. You can claim the new State Pension if you're: a man born on or after 6 April 1951, or a woman born on or after 6 April 1953.

But if there are gaps in your NI record, perhaps from being out of work, only working part-time and not paying NI you may not get the full amount. If you don't have the full 35 years of NI contributions or credits, you will get a pro rata smaller amount of state pension.

If you are in this situation what can you do?

If you have not yet reached state pension age, the most important thing to do first is to check your individual state pension forecast online:

www.gov.uk/check-state-pension

This should tell you what you are expected to receive on reaching pension age, and if there are gaps in your record. It should also tell you how much more you could get if you are able to make up the shortfall. You may be able to do this by paying Class 3 voluntary contributions which can be backdated for six years. The cost of doing this varies

depending upon the tax year they were originally due. For example, the cost to fill in a gap in your NI record for the full 2022-23 tax year is £824.20, while the cost for 2023-24 is £907.40

This one-off payment can add up to 1/35th of the full rate to your eventual state pension based on current rules which can build up over time and be financially beneficial when you retire depending on your own particular situation and whether you have other taxable income. It is also worth remembering that there are many situations where you could get NI credits or might have been eligible for them such as when you're claiming benefits because you're ill or unemployed. For example, if you receive Universal Credit, you get Class 3 credits automatically.

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The Fossils Cricket Team 1995 - 2025

John L Reynolds (J.R.)



On tour in Bude

It all started in the winter of 1994/5 when I attended the Malvern Wells Cricket Club dinner at the County Ground. I overheard a distant relative of mine, who was then in his 60s, talking about how league cricket had stopped older players from playing because the general feeling was 'win at all cost'. I casually asked him why he didn't start an over 50s team, then he could still play friendly matches? I didn't give it another thought until just before I left for home, two chaps came up to me and said that when I started an over 50s side, they would play. I said that I just thought it would be a good idea - not that I'd start it myself. The very next day, Les White, who had also been at the dinner, rang and said that he also would play. A few days later whilst walking up the Shambles in Worcester, another chap asked when I was going to start an over 50s team and I gave him the same answer. But by this time the seed was sown. So one morning, I told Margaret that I was going to form an older blokes' team, but I couldn't think what to call it. Margaret's response was that because we were a lot of old fossils, why not call it 'The Fossils'? And The Fossils was born. My initial objective was to play one or two games a year, but this soon became six in the first year and subsequently rose to fifty. We also had some excellent tours. For almost 20 years, I did all the admin work, from finding grounds and players, selecting teams, arranging tours and helping Margaret organise teas. All this as well as being captain of the team, finding

teams to play against, buying kit and score books. One year I made over a thousand telephone calls with no mobile or text messages in those days. Plus I was running my own business, Willow Print, full time. In time, we became a very good side, often scoring over 200 runs and one of our stars, John Shepherd, scored 1,000 runs three years running. He also scored seven centuries for the Fossils. I did so much for the team that one player called me a dictator which I probably was at the time. At the same time I was also running my own business but it was always Fossils before business in my mind. However, in 2019 I had a quadruple heart bypass so I decided to garner some help just in case I had to give up altogether. Brian Norfolk, Paul Thompson, Derek Ebbage and Martin Woodward took a lot of the load off my shoulders, arranging mid-week fixtures, selecting teams and taking on all the other administration work. The first game the Fossils played was at my old club, Rushwick on June 15th, 1995. Roy Booth, the ex-Worcestershire wicket keeper was President and he put a side out to play us. We batted first and made 160 for 8. Geoff White scored 47, I made 39 and Len Walker 31. Dave Adams took 5 for 26 for the President's XI. When they batted, the President's XI recovered from 99 for 5 to 172 for 5 winning by 5 wickets, mainly thanks to an amazing century from their opener, Neil Homer. It was a great game and after that everyone wanted more games to be arranged so I

arranged them!

Other notable players for the Fossils included Colin Groves, Bob Rogers and Geoff White who scored the first century in 1996. Dick Champion was the first bowler to take five wickets for us in 1995 and Martin Mudway's 8 for 41 in 1999 is the most wickets taken in a match so far. I've been honoured to receive two awards - one from the MCCC

for Services to Cricket and an 'OSCA' from the Worcester Cricket Board again for services to cricket since 1957.

In 2012, Peter Jewell invited me to play for his Old England Invitation XI against an Australian seniors XI. The game took place on the Worcestershire County Cricket Ground. Our side was a mixture of old county cricketers, including Wayne Larkins, Roger Tolchard and Neil Radford, and local amateurs. I was invited to open the bowling for the England XI and it was an excellent day. What's more, we beat the Australians! Peter Tudge was our Vice Captain for 20 years and many fine local cricketers have played and enjoyed the Fossils since 1995. During the 2015 season, a record 59 different players turned out.

I never thought that at the age of 83 I would still be playing cricket and I'm very proud that I started the Fossil cricket team as without them I doubt I'd have been playing in 2024. Finally, I must thank my wife, Margaret for supporting me over 60 years at whatever team I have played for. Without her, none of it would have been possible.



Celebrating 10yrs of The Fossils at Rushwick v Ray Julian's XI

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From the Boundary



At last Worcestershire have had a win against Essex however, it still leaves them firmly at the bottom of division 1, it will need luck and bad weather to go in their favour to avoid the drop. The members are still on the war path with the board who are in many ways very limited in cricket knowledge. However Test Cricket is upon us and we need a big win against Zimbabwe before the might of India and Australia.

Verstappen is back on the war path in the formula One and is clearly the best driver with the McLaren drivers still very much in the hunt and it is turning into a three-horse race. The Rugby Lions side are roaring and ready and I think that they will do well. I watched a bit of the FA

Cup final whilst working in the office. What always strikes me is these pansies fall over and hold their head, arm, leg and cry. But when the referee does nothing, they carry on.

The County Council elections are over and what a surprise, I did not see that result coming. Reform will have to watch out because the press will look for any mistake. I am concerned that this does not attract heavy weight businesspeople. The council has money problems and to maintain services it needs people with ability and knowledge to undertake a forensic audit on all procurement and contracts. I am convinced that there are brown envelopes going around and if not that, pure incompetence.

Our country is in trouble, Starmer who was seen handing little white packets to Macron its contents nobody knows !!!! has surrendered to Europe. Instead of getting out of the ECHR we are now firmly entrenched, I have not had the opportunity to research the numbers but will do so. This country has a 2.5 TRILLION debt, yet we can have an annual debt of 89 million a year, net Zero is 10 billion, Migrant hotels 6 billion, Foreign aid 6 billion and HS2 6 billion. What could education and health do with that. An interesting film by Richard Jeffs is worth a look:

<http://tinyurl.com/5fa7yk2y>

By the way, give me 3% of the Hotel cost for migrants and I will stop the boats within a month and that is not a Trumpism! THE SILENT WAR is upon us

these hidden attacks include War on food, war on heath, war on travel war on speech war on nature, war on Children and the family. It is warning signs of tyranny being put in place. For example there can be a demonstration suggesting the death of all sorts of people and the authorities say they are monitoring the situation, yet a man can be reading the bible at the same time and is charged with inciting violence?? Since I last spoke, terrorists in jail have thrown boiling water on prison officers. What on earth are they doing with their own kitchens. They should be all in prison overalls and locked up. It makes you wonder, whether the lighthearted comment on Chikurubi in Zimbabwe is a more inviting idea. Where are the letters to the editor. Let's have some ideas, agreement or decent.

A view from the Middle

After documenting my excitement at the start the cricket season last month, I am pleased to repeat I played and won my first game of season this week. The weather was unseasonably warm and it was a chastening reminder that the years are catching up with me. Although I take great pride and pleasure in the fact that cricket is a sport which can be played by people of a great range of age and ability (or disability), I may have to accept that I'm not as sprightly as I was as a teenager and that my body may not turn or bend or slide in the same way as before.

Outside of the sporting arena, I

have been enjoying the weather with cultural visits to Bristol and Birmingham and the recent Art Week exhibition in Oxford. It is remarkable how artists are able to express themselves in one particular way and then leave it up to the audience to react to it in an entirely different one.

I spoke to one abstract artist who had composed a painting based on a vase of flowers but, in my mind's eye, I saw a woman in a bright headdress looking to the sight. It's always an interesting experience to consider things from other people's perspective.

In addition to the arty trips, I also took a journey to the seaside!

It is a little annoying that Pershore is so far from the coast although dogs and their walkers seem to enjoy the tiny 'beach' down at the wetlands. My hope, now that the weather has improved and people are spending more time outdoors, is that everyone will treat that environment, and others, as well as each other with care and respect.

Unfortunately, I have great trepidation about walking at Tiddesley Woods now, following a couple of incidents of walkers who refused to keep their dogs on a lead and were unable to stop them chasing me. And I heard recently about a sheep farmer who lost some ewes due to a dog chasing them in their own home field. It doesn't take



much to clip a dog onto a lead in those circumstances and, if someone is not prepared to do that, maybe they should reconsider dog ownership altogether. Having said that, there are so many responsible dog owners around - and I often greet them before their humans when walking. It's always a pleasure to amble around the countryside locally and I'm looking forward to doing more of it in the evenings this summer. Let's count our lucky stars.

Thoughts from the Snug... It's common sense!

"You are not allowed to use common sense anymore" or "Common sense is uncommon". These two refrains frequently erupt as cries of frustration, usually about politicians or their political policies; decisions that seem to fly in the face of tradition, normality and basic common sense. The 'Nanny State' and 'woke thinking' is the curse of most governments. Politicians seemed surprised when their economic policies too often lose the good will of the electorate. Winston Churchill once said, "For a government to try and tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle."

That is common sense. So why has this government recently raised National Insurance? Hardly helpful to encouraging business growth. Why give away the UK's coastal fishing rights to Europe; it's yet another nail in the coffin of British fishing industry. It is obvious our waters will be plundered over the next decade. Why not allow British fishermen larger quotas and sell our fish to Europe? Common sense. Cutting the winter fuel allowance for OAPs is another vote looser that seemed to surprise politicians at the recent May elections. A big mistake. The inheritance tax on family-owned farms is bound to change

the whole nature of farm management and very likely food production. Farming is a lifelong commitment for families. Why risk tampering with the traditions that kept the farming society and food productivity stable? The dramatic increase in 20 MPH speed limits in several inappropriate locations, but especially in Wales, is hugely unpopular. Perhaps some adaptations were needed but not on the scale we now suffer. The exodus from private schools caused by imposing VAT will put additional strain on the inadequately funded state system. Will our existing schools cope with the influx of children

expecting a place? Common sense tells us, NO! Overcrowding is inevitable, it will take years to build extra classrooms and facilities. All school children will be affected adversely by this policy. It is not just politicians that leave us irritated and annoyed. The rise in bureaucracy and the woke thinking that is invading so many aspects of life. The editor would love to hear of any other examples of the defiance of common sense. Think of: Health and Safety, labeling, parking, TV programming and so on. They need to be shared. Cheers!

Buddy Bach

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Speaker Chris O'Grady -

"Keep the Sea on the left...remember to turn right at Land's End!"

Tales of a haphazard trek around the edge of our 'sceptred isle', walking the entire coast of England and Wales

Tuesday 15th June at 2pm

"Healthy Ageing - is it possible & how?"

With Professor Janet Lord, who has researched and published extensively on this topic, renowned both academically and in popular culture

All welcome, including non-members
Meetings held at Number 8, High Street, Persore
For more details, contact Sally Whyte
Speaker Coordinator on
email: u3apershoresally@gmail.com
www.persore.u3asite.uk

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9.30am (9.5 miles) or 12.00 noon (2.8 miles)
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Minimum entry fee:
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bishamptonfete

21 June 3pm

50p ENTRY Children Free

St Mary's Church

KEMPSEY SUMMER FETE

to mark the 80th anniversary of VE day

LIVE MUSIC with RUBY ROUGE
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I-SING CHOIR
Malvern Hills Brass Band
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"My Party Music" DJ
The Swift Taylors

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PLUS
TRIM PETS FUN DOG SHOW - fourteen classes!
Meet your local Representatives
Memories of VE Day on 8th May 1945

Supported by:
Kempsey Parish Council
Severnside Parklands
Severnside CIC & Partnership
Follow our facebook page: Kempsey Summer Fete

Grand raffle prize £500



Fun Dog Show

St Mary's Church

KEMPSEY SUMMER FETE

3PM 21ST JUNE 2025

£2.00 per entry

Rosettes to win!

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Fancy Dress, Cutest Puppy up to 12 months, Best Rescue, Best Cross Breed, Best Pedigree, Prettiest Eyes, Long Coat, Short Coat, Waggiest Tails, Best Condition, Handsomest Boy, Prettiest Girl, Best Trick & Judges Favourite

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Also visit the website to see and find more information about the Big 450 Bess-tival

thebig450bess-tival.co.uk



Passports, Macbeth & lots of animals

Brian Johnson-Thomas

So here we are in Flaming June with lots of us looking forward to a few all to brief days holiday somewhere sunny. For that to happen we need, above all else, a passport. These days a Passport is a little booklet issued by a government which states your nationality, birthday and other personal information. But that's not how it started. Originally a Passport was issued by the country you were GOING to and was an authorisation to enter. Pass-the-port if you like.

Indeed many famous people fell foul of that little detail, like Lady Hamilton, Nelson's notorious bit -on -the -side who was so unpopular after his death that she had to flee Britain for France. However she only got as far as Calais and was refused entry to the rest of France, so she died there in 1815. Oscar Wilde also fell foul of the civil servants in Calais but he did eventually make it to Paris where he died in 1900. This goes to show that it doesn't do to get on the wrong side of the jobsworths in Border Controls anywhere as a lot of Britons have found out recently. We used to issue British passports which, when renewed, were valid for ten years from the original expiry date - so that the passport would last more than ten years. This is arguably not on in terms of internationally agreed practice and many folk have found themselves being refused entry to Europe as a result. Not only that but if you do as I used to do, for example,



and fly from Birmingham via Air France, LKM or Lufthansa via their hub airports to the rest of the world then you can also fall foul of this interpretation of the rule. This is because when you're in transit some countries regard you as being in their land and others regard you being Airside as being in limbo. So if you're flying via Schiphol then you're entering the Netherlands but if you're transiting Munich then, no, you're not in Germany. Daft, isn't it?

The solution, alas, if you have one of the affected passports is just to bite the bullet and get a new one. Don't try and wing it because it probably won't work and, more to the point, if your passport's not in order then you won't qualify for compensation from the airline and your travel

insurance won't pay out either. Now to nicer topics, in a few days' time the annual Royal Three Counties Show opens on Friday 13th at the Malvern Showground. As well as thousands of animals in almost infinite variety it's also a good venue for some retail therapy - especially so this year with the creation of the Royal Parade, a shopping area made up of luxury country wear retailers as well as what the organisers describe as "the finest independent makers of accessories".

Booking in advance means that you can save some money to splurge elsewhere, ring: 0344 338 5400 between 9am and 530 pm to buy them. I was interested to hear from the Royal Shakespeare Company about their collaborative venture

into the world of video games. A game called Lili, inspired by Shakespear's play Macbeth, has just been premiered at the Cannes Film Festival. Look out for it, hopefully in time for Christmas. Also in Stratford the Swan Theatre will be presenting a play called "The Constant Wife" by Laura Wade which is based on the play by W. Somerset Maugham and runs from Friday the 20th until the 2nd of August.

Ring the Box Office on: 01789 331111 to book tickets. Don't forget that the Opera season is now under way at Longborough, near Moreton in Marsh and runs until August. See www.lfo.com for details. Now it's back to the garden... Don't those hedges grow fast at this time of year?

Wahnfried: The Birth of the Wagner Cult



This new opera with music by Avner Dorman has just seen its' UK premiere as the opening offering of this years' Longborough Festival. It's a challenging work which examines the way in which

Wagner's family sought to favourably massage the composers reputation in the years following his death and thus deals candidly with such issues as the then prevailing mood of anti-Semitism plus a

deep cultural abhorrence of homosexuality. The sparkling libretto by Lutz Hubner and Sarah Nemitz perfectly complements the music thus providing a challenging evening's entertainment. "Challenging" because the cast includes not just Kaiser Wilhelm but also a young Adolf Hitler and even the notorious Russian anarchist Mikhail Bakunin as well as assorted members of the Wagner clan. As the plot develops, we see just how Wagner's reputation is being massaged with incidents less favourable to the family's narrative being skilfully excised from the record to arrive at a more acceptable legacy.

The production epitomises the

high production values we have come to expect from Longborough but it was especially thrilling to see even more effective use being made of the Longborough Community Chorus whilst I felt that Meeta Raval, playing Anna Chamberlain, showed a nice understanding of the distinction between bathos and pathos. The plot is quite convoluted, as one might expect, and I don't want to give too much away as I hope this note will encourage you to see for yourself.

There are still three performances this month, on the 10th, 12th and 14th

See www.lfo.com or ring the Box Office on 01451 830292 Try and go!

FUN AT THE ABBEY

Sunday 22 June

Outside the Abbey by the Wild Flower Meadow

Everyone is welcome to come along, to the service, the games, or the picnic - hopefully all three!

1030 Morning Praise Service in the Park

1130 Games - for all ages!

1200 Bring a picnic and enjoy being in the Park

A chance to meet other families and make new friends

Organised by the Pershore Abbey Community

The event will be held in the Abbey if the weather is not suitable for outdoor play!

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11&12 JULY



Fladbury Village Hall

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JULY 19TH
10AM - 4PM

King George's Field, King George's Way

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Songs from the Stage - from Verdi to Lloyd-Webber via Gilbert & Sullivan - Conducted by Jonathan Brown with soloists from Royal Birmingham Conservatoire

Saturday 28 June from 12.30pm

Great Malvern Priory, Church Street, Malvern WR14 2AY

Come & Sing - £20 for visiting singers (under 21s free)

(includes music hire, programme and tea between rehearsal and concert)

Evening concert at 7pm - £15 (under 21s free) Drinks will be available in the interval

For more details, visit: malvernfestivalchorus.co.uk

or contact Barbara Moss on 01684 564366

For Come & Sing reservations and Concert tickets: www.trybooking.com/uk/ESPQ

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www.mentorlink.org.uk find us on Instagram and Facebook

Reg Charity No. 1169026

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Part-time Chef/Cook required

We are looking for a self-employed part-time Freelance Chef/Cook to join our team at Severn Motor Yacht Club

Initially the role will require availability on Friday and Saturday evenings with potential to include Sunday Lunch as demand improves

We would like our menu to reflect the quality of food served in good public houses

Hours per shift would be 12.30pm to 10pm (Restaurant service hours are 5pm to 8.30pm)

Working hours is £160 per shift overtime would be paid accordingly. Responsibilities: Create and set the menu.

Order supplies and ingredients as needed. Additional benefit is that you would have the option to use our kitchen and restaurant during the weekdays to cater for your own catering plans

Please contact Barry Read, Hon Secretary
email: severnmotoryachtclub@gmail.com

Jazz News

Peter Farrall

With this month's band, Dixiemix, the clue is in the name; expect a hearty serving of Dixieland jazz but with many flavourings of their own from this popular East Anglian band. Dixieland was a nickname, originating in the nineteenth century, for the Louisiana area and it is popularly suggested that the name derives from a ten dollar note issued by the Bank of Louisiana, and bearing a prominent "DIX." Louisiana was, at the time, home to a large French speaking population. Around the time of the American civil war the name was used in the northern USA as a derogatory term for the southern states in general but as an expression of patriotism by the population of those states. A more sinister explanation is that it derives from "Dixie's Land" after the estate of slaveowner and trader, Jonathan Dixie. Nowadays the word is used with some reservation because of the connotation with that unfortunate period in US history but the paradox is that without slavery we probably wouldn't have had jazz.

In the world of jazz, Dixieland is a development of that happy, toe tapping music that spread northwards from its origins in New Orleans in the early twentieth century and, although recognised as essentially a product of black culture, it seems a little ironical that the very first jazz record made was by "The Original Dixieland Jazz



Band", a group of white musicians. By the 1920s jazz was firmly established in Chicago by the likes of King Oliver and Louis Armstrong, and young white musicians seized on the music and developed their own style with guitar replacing the banjo and sometimes adding saxophone to the traditional line up. The music was rowdy, sometimes a little ragged, certainly alcohol fuelled but captured the very essence of the period when all aspects of life were infused with the spirit of jazz and in a "speakeasy" you could possibly be in the company of members of the Capone, Dillinger, or Moran mobs. Perhaps the most "Dixieland" of all jazz was this period when

Eddie Condon, Red McKenzie, Wild Bill Davison and all played the background music for flappers, gangsters, prohibition, and all that constituted the "jazz age". We probably won't have

flappers at the club this month, no gangsters (that we know of), and alcohol will be available, but the music will be an authentic blast from the past firmly established for the future.

Dixiemix

Wednesday 25th June

*Doors open at 7.00pm music at 8
In the Function Room, Pershore Football Club
Admission £12.50 to include a raffle ticket*

Book in advance and pay on arrival
email: club@pershorejazz.org.uk tel: 01527 66692
find us on Facebook

Music Matters

Steve Ide

"I know a girl who thinks of ghosts, she'll make you breakfast, she'll make you toast" wise words from Wayne Coyne in the song She Don't Use Jelly. But what do the lyrics mean, or what the song is about? It could be about someone Wayne met or global warming or is it about the Maoist doctrine of the state capturing power through armed insurgency? Maybe it's all these things, maybe none of them, or maybe it doesn't really matter. It's just a great song and sometimes it's easy to think too deeply about music and forget that it's supposed to be fun, meant to be entertainment. 'Happy' by Pharrell Williams, Lemon Jelly's record 'Nice Weather for Ducks', and Bill

Withers 'Lovely Day', when you listen to tunes like this, it's impossible not to smile, they make your day a little brighter. Music is amazing because it can be many things to different people, but we should all find time in our lives for the simple fun of a track that makes your step a little lighter and the sunshine a bit brighter. Even Bob Dylan had fun with 'Bob Dylan's 115th Dream'

Notable new albums

10 by Sault
Sault are an elusive musical group, and this latest release was dropped with little warning. A true summer vibe, this album keeps the enigma flowing

A Complicated Woman
by Self Esteem

Strong, warm, wild and free, full of joy but with strong messages underneath

A Study of Losses
by Beirut

Written for a Swedish circus, this is a transcendental journey with consistently good songs from start to finish.

Still Blooming
by Jeff Goldblum & the Mildred Snitzer Orchestra

As well as a fabulous character actor, Jeff Goldblum is also an accomplished Jazz pianist. This an album to put on a Sunday evening with a glass of something nice... smooth

Add to playlist

Here's the Thing
by Fontaines DC

Jetplane
by Sorry

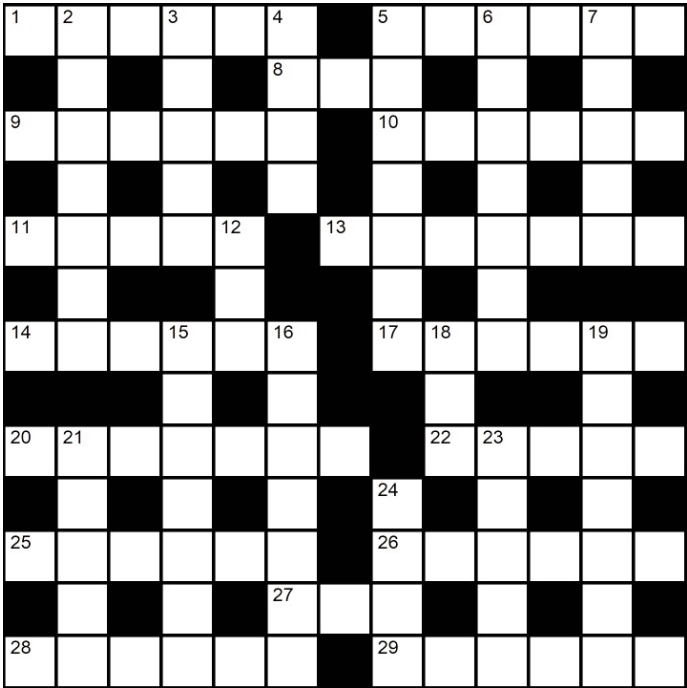
Woman
by Little Simz

Uptight (everything's alright)
by Stevie Wonder



Coffee Break

Crossword



Across

- 1 Source (6)
- 5 An absolute riot (6)
- 8 Whisky cask material (3)
- 9 Dexterous (6)
- 10 Like some jobs and information (6)
- 11 Perfectly vertical (5)
- 13 Did cats frolic? They can't stop (7)
- 14 Breathe with difficulty (6)
- 17 Be a benefactor (2,4)
- 20 Less sorrowful (7)
- 22 Infernal writer? (5)
- 25 Militaristic city-state (6)
- 26 Wood finish, in marquetry (6)
- 27 Stage (3)
- 28 Let out (6)
- 29 Canadian pole-vault star --- Newman (6)

Down

- 2 Annual flyer with a famous nose (7)
- 3 Cake figurine (5)
- 4 Marginal inscription (4)
- 5 Lost traction (7)
- 6 Ruined rug isn't going to ruin (7)
- 7 Examine the books (5)
- 12 "Well, that's show --- !" (3)
- 15 British and Roman, for example (7)
- 16 May birthstone (7)
- 18 Eccentric (3)
- 19 It'll never get off the ground in Africa (7)
- 21 More than enough (5)
- 23 Soothe (5)
- 24 Latvian capital (4)

Sudoku

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

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| 6 | | | 9 | | | 7 | 1 | |
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| 7 | | | | 4 | 6 | | 1 | |
| | | 4 | | | 8 | 7 | | |

Wordsearch

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

- AA MILNE

AESOP

ANN B. ROSS

BUCHAN

BUNYAN

BYRON

CAMUS

DANTE

DIDEROT

GRIMM

HARDY
- HOMER

KAFKA

KEATS

LUCIAN

MARLOW

PASTERNAK

PLATO

PROUST

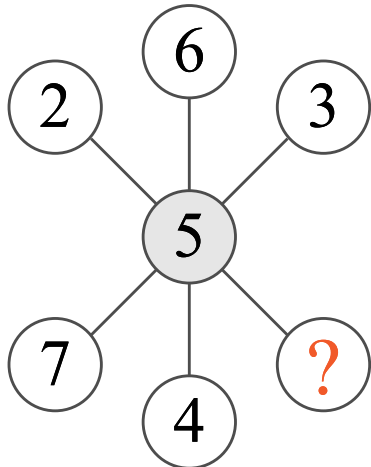
SARTRE

SHELLEY

WAUGH

Brainteaser

What is the missing number?



Poets' Corner

XLV

If it chance your eye offend you,
Pluck it out, lad, and be sound:
'Twill hurt, but here are salves to friend you,
And many a balsam grows on ground.

And if your hand or foot offend you,
Cut it off, lad, and be whole;
But play the man, stand up and end you,
When your sickness is your soul.

XLVI

Bring, in this timeless grave to throw,
No cypress, sombre on the snow;
Snap not from the bitter yew
His leaves that live December through;
Break no rosemary, bright with rime
And sparkling to the cruel clime;
Nor plod the winter land to look
For willows in the icy brook
To cast them leafless round him: bring
No spray that ever buds in spring.

But if the Christmas field has kept
Awns the last gleaner overstept,
Or shrivelled flax, whose flower is blue
A single season, never two;
Or if one haulm whose year is o'er
Shivers on the upland frore,
Oh, bring from hill and stream and plain
Whatever will not flower again,
To give him comfort: he and those
Shall bide eternal bedfellows
Where low upon the couch he lies
Whence he never shall arise.

A. E. Housman 1859-1936

Quiz!

- 1) More than half of the United States entire coastline is situated in which state?
- 2) Which Brazilian rainforest produces over 20% of the world's oxygen supply?
- 3) Which city is the only city in the world to be located on two separate continents?
- 4) What is the world's smallest island with country status?
- 5) The Kola Superdeep Borehole, the deepest hole ever drilled by man, reached a depth of over 12km but in which country was it located?
- 6) Angel Falls is the world's highest waterfall. In which country is it located?
- 7) Superior is the largest lake in which continent?
- 8) The Great Bear lake pans over 12,000 square miles. In which country is it located?
- 9) Which continent is the world's second-smallest by size but also has the second-largest population?
- 10) What is the capital city of the Republic of Ireland?
- 11) The river Plate has which capital city on it's banks?
- 12) Which, as of 2015, is the largest city in the Americas?
- 13) In which country is the world's highest waterfall?
- 14) Which lake holds by far the largest volume of water in the UK?
- 15) The M1 motorway is how many miles long? a) 175 b) 186 c) 193
- 16) Which city in Bulgaria on the River Vladaiska, also has the River Perlovska and the River Iskar flowing along it's outskirts?
- 17) How many National Parks are there in Wales?
- 18) Oakham is the county town of which small county?
- 19) The UK towns of Bootle and Birkenhead sit on which river?
- 20) Baku is the capital city of which eastern European country? Which national park became Britain's first in 1951?

Answers: 1) Alaska 2) Amazon 3) Istanbul, Turkey 4) Pitcairn Island in Polynesia 5) Russia 6) Venezuela 7) North America 8) Canada 9) Europe 10) Dublin 11) Buenos Aires 12) Sao Paulo 13) Venezuela 14) Loch Ness 15) c) 193 16) Sophia 17) 3 18) Rutland 19) Mersey 20) Azerbaijan 21) Peak District

MayAnswers



June Brain teaser 8, The average of 8 and 2 is equal to the middle number 5.

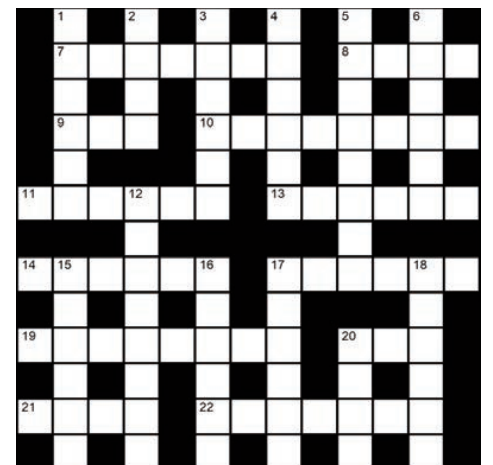
Anagram Crossword

Across

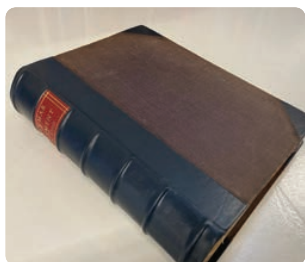
- 7 Mingled (7)
- 8 Alto (1,3)
- 9 Tow (3)
- 10 Reserved (8)
- 11 Wakers (6)
- 13 Phaser (6)
- 14 No rime (6)
- 17 Denies (2,4)
- 19 Backward (8)
- 20 Deb (3)
- 21 Emir (4)
- 22 Angered (7)

Down

- 1 Pro tem (6)
- 2 Laos (4)
- 3 Briefs (6)
- 4 Savage (6)
- 5 Admirers (8)
- 6 Poseur (4,2)
- 12 Sweater (2,2,4)
- 15 Nearer (6)
- 16 Go near (6)
- 17 Likely (6)
- 18 Denude (6)
- 20 Bars (4)



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July Issue - 23rd June 2025

The Golden Age of Hollywood



The Fulltone Orchestra go on a musical journey back to Hollywood's most iconic era with their new concert, The Golden Age of Hollywood, at Worcester Cathedral on Friday 13th June. This event will feature the unforgettable music from some of the most beloved films in cinema history, promising a night full of nostalgia and great musical hits from an era that shaped the film world of the 20's to 60's.

The Fulltone Orchestra's fifty strong orchestra will deliver a captivating performance that brings to life the soundtracks that made movies like The Magnificent Seven, Ben-Hur and Breakfast at Tiffany's. Under the masterful baton of Anthony Brown, audiences will hear the music of legendary composers like Max Steiner, Bernard Herrmann, and Henry Mancini - composers who lit up the screen with their exceptional music. They will be joined by the remarkable vocal talents of the evening's soloists; Edward Kerr and Jemma Brown, singing the big golden screen musicals that were massive at the time. Edward Kerr has been singing for over 30 years across a wide range of styles, from Italian arias, through big band classics to rock. A staple of the Fulltone Orchestra, he is excited to follow in the footsteps of some of the greatest singers of Hollywood's golden age.

Jemma Brown trained under Geraldine Roche ARCM (Hons) and has performed in various professional musical ventures, most recently with Fulltone in The Peacemakers. She is currently studying for her LLCM and works as a vocal coach at her school, Devizes Music Academy,

where she nurtures aspiring singers. In addition, she leads The Big Sound, a vibrant community choir.

The Fulltone Orchestra, founded by Musical Director Anthony Brown in 2017, features 50 exceptional musicians from the South West who perform iconic music across genres, from awe-inspiring classical masterpieces to thrilling contemporary works. Anthony created the orchestra to bring to life his dream of performing powerful and genre-defying symphonic music. With a rich background in musical theatre direction, Anthony's approach to orchestral music is as dynamic and vibrant as his personality, ensuring each Fulltone concert is a one-of-a-kind experience. Anthony said 'The Golden Age of Hollywood is a concert that we are really excited to perform and really does showcase the orchestra's exceptional musicianship. In the beautiful settings of Worcester Cathedral, Exeter Cathedral and Chester Cathedral, the symphony orchestra, accompanied our sensational soloists, will transport audiences to the glitz and glamour of classic Hollywood for this splendid evening of music that you really won't forget!

Whether you're a movie lover or simply enjoy great music, The Golden Age of Hollywood offers a chance to experience the magic of these classic films on a wonderful and exciting scale!

Book today for Worcester Cathedral on Friday 13th June at 7.30pm.

Tickets start at just £12.

For more information or to book tickets visit fto.org.uk

theWI
INSPIRING WOMEN

Callow End WI

Callow End WI held their May meeting in the village church, St James.

Our guest speaker was Avril Pulley. She was previously employed by the Royal Worcester pottery, decorating a variety of items. She was using air dry clay to make beautiful flowers - roses, fuchsias and primroses. Fascinating to watch their creation.



Our next meeting will be in the village hall, Thursday 5th June at 7.30pm

The speaker will be Ginny Davis, discussing 'Pillory to prison cell'

Spot & Shop - May Winners

- | | |
|-----------------|--------------------|
| 1) Kate Edgar | 5) Stella Willams |
| 2) Gill Wylde | 6) Sarah Kenwright |
| 3) Chris Tandy | 7) Dawn Perkins |
| 4) Jill Hopkins | |

**Last month's answer:
The Gutter Consultant**



COMPETITION TIME!

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

**Chance to WIN
£50 CASH**

**This month's anagram
ADALINE
GARROTTER
SMART**

This month's prizes!

1st - £50 cash

2nd - £25 cash

Donated by Hughes & Company

3rd £20 Food Voucher

at The Queen Elizabeth, Elmley

4th £10 Voucher

at Revills Farm Shop, Defford

5th £10 Voucher

at Craftpyro, Bakers Arcade, Pershore

6th Reg Moule Gardening Book

7th Pat's Pantry -

Jar of home-made marmalade/jam

**Complete and return this form or email:
news@hughes.company for your chance to win!**

Powick Times closing date: 27th June 2025

Answer:

Name:

Telephone/email:

Return to: Hughes & Company/Powick Times

8 Church Street, Pershore Worcestershire WR10 1DT



Rural Reels Films

Callow End Village Hall
Doors open at 7.00pm -
Films starts at 7.30pm

Tickets £5 each

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

Malvern Folk Dance Club

**Wednesday afternoons
2pm - 4pm**

at St Andrew's Church Hall,
Churchdown Road, Malvern WR14 3JX

Gentle dancing, no partner necessary

Admission £4

*If you would like more information
please contact:*

Marion Couston
01684 310378



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.
GARDEN & WILDLIFE
TALKS, PLANT SALES,
FRIENDLY GROUP.

**VISITORS AND
NEW MEMBERS
WELCOME.**

INDOOR MEETINGS 2.30PM
POWICK PARISH HALL.
MEMBERSHIP £7.50/YEAR.
MEETINGS MEMBERS £2.50
NON-MEMBERS £5.00

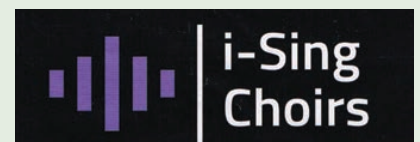
www.blackpeargc.org.uk Brian. 01684311297



7th Worcester Scouts Powick & Callow End Group

*We are the UK's biggest mixed
youth organisation. We
change lives by offering 6 to
25-year-olds fun and
challenging activities, unique
experiences, everyday
adventure and the chance to
help others so that we make a
positive impact in our
communities.*

Parish Hall, Malvern Road,
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

Fri 27th, Sat 28th & Sun 29th June

50+ performances in 9 venues | Our Rising Stars are back again
Church Service. | The 7th Upton Jazz Fringe.
Malvern Jazz Jam on Friday.

**OUR TICKETED CONCERT PROGRAMME,
AT £68 FOR THE WEEKEND.**

Enrico Tomasso with two fabulous bands, and young vocalist Cia Tomasso | Amy Roberts
Alan Barnes & Bruce Adams with Craig Milverton | John Hallam with Tom Kincaid
Leeds City Stompers | The ever popular Ben Holder | Alex Clarke with Dave Newton
Ian Bateman's show, the Louis Armstrong All-Stars | Graham Hughes' Sunshine Kings
Hot Banana are back with boogie/swing/rhythm & blues.

WE CONTINUE TO OFFER FREE-TO-ENTER GIGS IN 7 VENUES AROUND TOWN, JUST ½ MILE APART.

* Dave Vaughan's Swingtet * Louis Louis * Centenary Serenaders * Easy Street Spankers
* Hotsy Totsy * John Hallam & Tom Kincaid * Cate Cody and Dave Newton * Sauce City Jazz
* Brian Chell/Dominic Steele * Panama Jazz Quartet * Keith Little Quartet * Bill Frampton Trio
* Rich Hughes' Back to Boogie * Tunehead.

2025 £68 WEEKEND TICKETS ARE ON SALE NOW (via the website)
Day tickets (a few only) please apply by email.

www.uptonjazz.co.uk | E: info@uptonjazz.co.uk | 07759 342073

**JAZZ IN JUNE
DOWN BY THE RIVERSIDE**

Worcester Philharmonic Orchestra

Soloist Chris Goodman
Conductor Dan Watson
Leader Graham Longfils

SUMMER CONCERT

Saturday 14th June 2025

2:30pm

Pershore Abbey

WR10 1BL

Ethel Smyth - Overture: The Wreckers
Vaughan Williams - English Folk Song Suite
Coleridge-Taylor - Petite Suite de Concert
Finzi - Five Bagatelles for Clarinet and Strings
Coates - The Three Elizabeths, Suite for Orchestra

Tickets: £15 (under 16's FREE but ticket required)
Tourist Offices: Worcester/Pershore*/Malvern (*cash only)
Ticket Enquiries: 07805 077279
Online www.ticketsource.co.uk (booking fees apply)
Registered Charity Number 512073

making music

ARTS

Powick Community Choir

The award winning

Powick Community Choir

is looking for new members from across the Worcestershire area.
Open to all vocal parts, but tenors and basses are especially welcome!
No auditions, but previous singing experience desirable.

Rehearsals at Powick Village Hall
Sundays from 16:15 to 17:45
Thursdays 19:00 to 20:15

Come along and give us a free trial

www.powickcommunitychoir.info/join-us

Tom Wells - 07702 996203

In memory of a special cat at Malvern Priory Bowling Club

George:

Watch out for George!

He cannot read and cannot write.

But he can scratch and he can bite.

He is the guardian of the green

The hidden claw, the guard unseen.

He sits there proudly on the wall,

And if you woof or growl at all.

He will come out with language bad,

And then report you to his dad.

Come the lockdown in two twenty.

The bowling green was quiet and empty,

George sat watching on the wall,

But no one came, no one at all,

The road was also quiet and empty,

No motor cars and parking plenty,

No car horns or angry beepers.

No shoppers or shopkeepers.

Then one day with lockdown over,

A man came along with a dog called rover,

More and more people began to appear,

And all the ladies stroked him and called him dear.

Then the bowlers came back and made a fuss,

It was all too much for a shy young puss.



Where have you all been he said in Meow,
Time for someone else to look after it now!

In the bushes he sat one day

When suddenly he felt a spray,

He scampered quick across the green

Muttering words which were obscene,

It cannot be rain he thought .poor cat

Washing his paws as he sat.

It seems to come from out of ground,

Wetting and watering all around.

World must be upside down he said,

May be better off in bed.

Sleeping this way, then sleeping that

He dreamed of his girlfriend tabby cat.

He dreamed he was king and she was queen,

Meeting at his favourite bowling green,

But behind the bushes creeping low,

Came a rival, what a blow. . .

But then a smile came on his face

It was not a member of the cat race.

It was a squirrel with bushy tail and ears

One he had not seen for years and years

"George! Wake up you lazy soul!

I've just put your supper in your bowl".

Roger Davies



What's on in your local club



thecallowendclub.co.uk



[thecallowendclub](https://www.facebook.com/thecallowendclub)



[thecallowendclub](https://www.instagram.com/thecallowendclub)



01905 830640



info@thecallowendclub.co.uk

✳ Exciting News for June!

We are launching our first-ever Immersive Movie Night Experience with the feel-good classic: **Mamma Mia!** Sing along, dress up, enjoy a Greek Mezze buffet and dance in the aisles, it's a movie night like no other!

📺 Coming Soon:

We are proud to introduce the award winning **Hawkstone Premium** lager to our taps this month – another exciting first for the club!

Hawkstone



🎯 Regular Events:

- Live Music
- Monthly Pub Quizzes
- Darts, Pool & Snooker Tables
- Movie Nights (**Mamma Mia! 28th June**)
- Foody Friday: Showcasing, exciting street food vendors
- Club available for hire for events & private parties
- Well stocked bar and a warm welcome

Ran by volunteers for the local community! Membership £12.00 per year!

Come and see us, get involved, and be part of something special!

Check our social media pages above for regular updates and further information.

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Tel: 01386 803803

print@hughes.company

www.hughesprinters.co.uk

Four generations of printers

Powick Times



Monthly classic car coffee morning



Sunday of the month until the last event in October while the weather is mild. We expect car models and numbers to vary at each event, but everyone with a classic car is very welcome. The flat and even carpark is perfect for classic car owners to come and meet the general public, and pass on any tips to the general public who may like to find out more about classic car care.

There will be complimentary refreshments for this morning event.

Venue:

Elgar Court Care Home

35 St Andrews Road

Malvern

WR14 3PT

Time: 10am – 12.30pm

Malvern's newest Residential home Elgar Court, is holding a

monthly Classic Car Coffee Morning starting Sunday 18

May at 10am – 12.30pm.

The event will run every third

For further information please call the team on: 01684 211720

Do you have a Lasting Power of Attorney & Will?

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

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