

Upton Times

A free monthly newspaper for Upton-upon-Severn and surrounding villages



Issue 45

July 2025

FREE



Boats on the Upton upon Severn by grumpyumixer

Great weather and great cricket, that is my memory of June, and I can't wait for the next test match! The rest of the month was filled with politics and devastation all over the place. Doom and gloom are a reality in parts of the world and those poor people need our deepest sympathy. Fortunately we live far away and hopefully, we will be able to carry on in our own quiet way and appreciate what we have more than ever.

The cricket in the 1st Test Match between England and India was brilliant and enthralling. The Indian batting was magnificent in both innings but somehow, we held on and played even

better and against all the odds pulled off a fantastic victory. The sportsmanship from both sides was wonderful to see. I noted that in defeat, there was a shake of the head, a smile and

the hand was held out to congratulate the winner. As a number of my friends said when we were closing in on the score, 'it was a pity that anyone had to lose.' Sport is great education; it teaches us many things about ourselves and about other people. It certainly helps to take your mind off all the morbid news we have been having. Let's have more matches like this very soon.

In July, Upton is celebrating its Blues Festival and Welland, its Steam and Country Rally. Both of these events are always very

popular and well attended. Let's hope the weather stays good and everyone will enjoy themselves.

Blues Festival

Fri 18th - Sun 20th July

Welland Steam & Country Rally

Fri 25th - Sat 27th July

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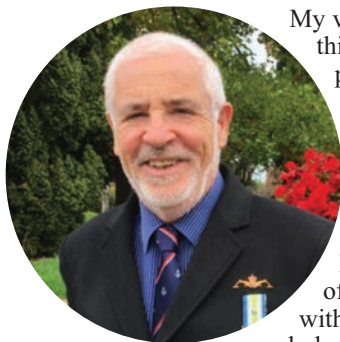
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County and District Report

Councillor Martin Allen



My veg plot has been badly neglected this year; I even had to resort to purchasing some winter veg plants from a well-known local garden centre, the shame of it! But, as I look back on the last few months, I can see that turning away from the gardening has borne fruit in other ways.

Discovering what Hayswood offers and also reacquainting myself with Upton's Tug of War teams has only been the tip of the iceberg; I've been

lucky to meet so many wonderful and interesting folk in our bit of merry old England.

Hayswood CIC Making A Difference



From left to right, Dave Norton, Linda Ravenhill sitting on Troy, Neil Palmer. Councillor Martin Allen, Lucy Guilding

Earlier this year I went to see the hardworking and fabulous Linda Ravenhill who runs Hayswood Equestrian based at Green Street Farm, Naunton. This CIC (Community Interest Company) is delivering a "Making a Difference" programme for all ages and abilities to connect with a pony or a horse through therapeutic horsemanship. This has proved beneficial to a range of individuals suffering from anxiety disorders, phobias, substance addiction, mental illness, learning difficulties and PTSD. I was able to help with some funding to enable much

needed kit to be purchased. Small donations can make a huge difference. Linda kindly said, "Warm thanks to Martin for funding the grant. With it, we were able to purchase new first-aid kits and walkie-talkies, both of which are essential for us to operate."

If you would like to know more about the programme for therapeutic horsemanship, and how to become a sponsor or participant, then please email Linda at: hayswoodequest@outlook.com. Flexible and inclusive options are available.



Colstons Bakery rolls onwards!

Did you know that Upton's brilliant bakery has moved from Old Street into the High Street? I am so pleased to see this happen. It just shows that getting the combined Talbot Head Hotel and two adjoining shops tidied outside has helped turn the shops into far more attractive locations to trade

from. Colstons is an Independent, family run bakery, and with high-end produce at very reasonable prices, it's one of my go-to places. I am hopeful that the second shop, currently empty, may be occupied soon. We will have to wait and see. I will of course do what I can to help.

Young Farmers' Clubs County Rally



I was very pleased to represent you and both the County and District Councils at the Worcestershire Federations of Young Farmers' Club County Rally. Mr and Mrs Cook kindly allowed the rally to take place on their lovely farm in Baughton. I was lucky enough to be included in the VIP guest list and had the pleasure of meeting the Lord-Lieutenant of Worcestershire, Mrs Beatrice Grant, who is in the photo with me and the Young Farmers' Club members who worked so hard to make this event a success. There were many attractions, from sheep shearing to vintage tractors.

The County Chair, pictured above on the right, Mr Harry Thatcher, must have been delighted with a job well done. I was also delighted to bump into the Upton Young Farmers Tug of War teams. Last year I found funds to enable the ladies' team to purchase Tug of War boots. I never knew there were special boots needed. Fortunately, the boots seem to have greatly helped, and I happily shouted myself hoarse as Upton successfully heaved away. It's great to see young people getting away from the Internet and having a whale of a time. Long may it last.

And finally . . .

So, the Blues and the Sunshine festivals are just over the horizon. Quite a lot of work has gone into trying to ensure the roads are less snarled up this year; let's hope the planning works and it's better

than last time. While the festivals are on, please allow extra time for any journey, especially on the Thursday – thank you. As ever, I'm here if you need me.

Martin Allen

Celebrate Jane Austen with Outdoor Theatre!



Worcester's favourite outdoor theatre event is back and this year they are celebrating Jane Austen's 250th birthday with this fresh, new adaptation of her beloved classic novel, *Sense & Sensibility*. Performed by the Worcester Repertory Company, this will be Austen's work as you've never seen it before in the idyllic setting of The Commandery gardens. It's the story of the Dashwood sisters, Elinor and Marianne, forced to leave their beloved home in Sussex and relocate to rural Worcestershire (really?!), where they navigate a new life and a series of romantic encounters. Populated with Austen's well-loved characters – the reserved Edward Ferrars, gentlemanly Colonel Brandon, unbelievably handsome John Willoughby and many more – this fast-paced and fun adaptation remains true to the original story while adding the occasional quirk and twist! This version, adapted and directed by Paul Milton, Creative Director at the Everyman Theatre in Cheltenham, promises to take you back to regency England for a very entertaining evening, running from Thursday 10th – Sunday 20th July. The show will be performed in the gardens of the historic Commandery, the location of the Royalist Headquarters during the battle of Worcester in 1651. It is a venue where walking through the door makes you feel as though you are stepping back in time, the perfect location to get lost in the world of Jane Austen. Audiences are encouraged to bring their own picnics and

favourite tipples, from Victoria sponges and sandwiches, to beer and prosecco, so you can really make the most of the British summer as you sit back and enjoy some light-hearted entertainment. While some chairs are available to hire at the venue, they are limited so audiences are encouraged to bring their own chairs, picnic blankets etc. If you're worried about what the weather will do then make the most of their Flexi Ticket option, where you can go to any performance during the run, just decide on the day.

This year marks the Worcester Repertory Company's 18th outdoor theatre production at The Commandery, where theatregoers from across Worcestershire enjoy the British summer as they indulge in some fantastic theatre. *Sense and Sensibility* is suitable for all ages so if you have any sense, you'll join in the fun and frivolity against the stunning backdrop of the Commandery Gardens this summer – we highly recommend it!

For more information head to www.worcestertheatres.co.uk or call the Box Office on: 01905 611427

Energy price cap updated



Ofgem has announced the energy price cap for 1 July to 30 September 2025. Prices are worked out per unit of energy used over a year. If consumers use more they will pay more. The exact rate and standing charge will depend on the region where the consumer lives.

From 1 July a household with typical consumption on dual electricity and gas will pay:

- £1,720 - direct debit
- £1,855 - standard credit (on receipt of their bill)
- £1,672 - prepayment meter

Tell your energy supplier if you cannot pay your bills. They must help you if you ask.

It is important to remember that you could pay less for your energy by changing your energy tariff / payment type or by changing supplier. If you're thinking about switching to get a better energy deal, you should check if the tariff will work for you. Think about what you want from a tariff and how important it is, for example if you want:

- the cheapest tariff available
- a tariff you can leave at any time without paying an exit fee
- a tariff for people who charge an electric vehicle - this called an 'EV tariff'
- a tariff for people who use a heat pump
- a renewable energy tariff

You can check your supplier's tariffs on their website or online app, or by contacting them. Compare your supplier's tariffs with other suppliers' tariffs to make sure you're getting the best deal.

You can check other suppliers' tariffs using a price comparison website. Not all websites will show the same tariffs and suppliers, so it's a good idea to check a few different websites. You can find a list of price comparison websites on Ofgem's website.

If you're switching because of poor customer service from your energy supplier, you can compare the customer service ratings of different energy suppliers by looking on the Citizens Advice website here: www.citizensadvice.org.uk/consumer/your-energy/get-a-better-energy-deal/compare-domestic-energy-suppliers-customer-service/



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Rotary News

This month's news starts with thanks to CJC Aggregates and Landscaping Supplies for their generous donation of a 'luxurious' chicken coop. Based in Upton Snodsbury, CJC provide a range of high-quality landscaping supplies to help create beautiful outdoor spaces.

Funds raised from the sale of the chicken coop were gifted to Wick Care Farm to support their incredible community work, where adults and young people benefit from farm-based activities that support both physical and mental wellbeing in a safe and welcoming environment.

CJC Director Richard Sadler shared, "We are delighted to be able to help out with the

donation of this beautiful chicken coop and hope the funds raised will provide much joy to the children and adults who use Wick Care Farm and also provide some 1st class accommodation for some great chickens!"



On Saturday 12th July Pershore Rotary will be helping to recognise the work of ShelterBox with a 'Tea in a Tent' event at Wick Care Farm from 2.30 to 5.00pm.

ShelterBox, now in its 25th year, is an international disaster relief charity that provides emergency shelter and other aid items to families around the world who have lost their homes to disaster or conflict. Known worldwide for its iconic green boxes containing the basic equipment a family of 10 would need to survive a disaster, ShelterBox responds to earthquakes, tropical cyclones, tsunamis, floods and volcanic eruptions. Over 120 million people around the world have been made homeless by disaster and conflict. ShelterBox is working to change this. Pershore Rotary has been an active supporter of ShelterBox for many years and the funds raised from our 'Tea in a Tent'

Richard Lees



event on Saturday 12th July will go towards re-stocking the contents of their boxes for future disasters.

For more information on ShelterBox's work, go to www.shelterbox.org

Together we see a world where people unite and take action to create lasting change across the globe, in our communities and in ourselves.

If you would like to work with us, we would love to hear from you. Follow us on Facebook, check out our website www.pershorerotary.club or email at:

secretary@pershorerotary.club

Tewkesbury and Bredon Hill Probus Club

The club for retired and semi-retired professionals and businessmen



Occasionally when a speaker visits Tewkesbury and Bredon Hill Probus Club, the subject of his or her talk engenders a desire amongst members to visit the place being described in the presentation. Towards the end of last year Duncan Cadbury, a member of the world-famous chocolate family and great-grandson of John Cadbury who founded the company in 1824 described the

work of the Bournville Village Trust set up by George Cadbury (John's son) and as a result of this we organised a visit to Bournville now of course a suburb of the City of Birmingham.

Duncan was approached and readily agreed to accompany us in the minibus all the way to Bournville describing the local landmarks as we approached our destination. Once we

arrived, Duncan took over as our guide and we had coffee at the Rowheath pavilion with its extensive sports facilities and beautiful Art Deco 100 year old pavilion building and then on to the Almshouses, a quadrangle of 33 bungalows built around a beautiful courtyard in 1898 for retired workers from the Cadbury factory.

From there we departed for the Selly Manor museum and then on to the Bournville Village Green which felt as if it had never changed in the last hundred years. One wonderful feature there was the magnificent Carillon which duly obliged by ringing out on the stroke of 12 noon.

We had lunch at Bournville Gardens which comprises 212 apartments for older people complete with leisure and recreational facilities and then on to Weoley Hill to see the parkland and the extensive sports facilities.

Our final visit was to the Serbian Orthodox Church built for political refugees from Yugoslavia. Completed in 1968, it is built of brick and stone with a magnificent interior of traditional Byzantine decoration. We were welcomed by Father Nenad who told us of the history of the church and captivated us all in singing a Serbian orthodox chant. All the members who attended



agreed that this was a really enjoyable trip which gave us an in-depth appreciation of the long history of this historic philanthropic project.

Forthcoming Events in July:

1st July -
Tales of Trains and Tax
with Geoff Guy

8th July -
The Two Ronnies
with Phil Collins

14th July -
Visit to The Fly-Fishing
Experience at Bigwell
Fishery

15th July -
The Industrial Revolution
Part 1 with Nigel
Thompson

22nd July -
Mahatma Gandhi Part 1
with Galen Bartholomew

29th July -
The ocean liners at war
with Douglas Butler

A few words from... Dame Harriett Baldwin MP



L-R Jess Day, Dame Harriett Baldwin MP and Henry White

Students Get VIP Political Work Experience

Dame Harriett Baldwin MP kicked off her annual work experience programme welcoming two eager young people to shadow her in Westminster. Jess Day from Malvern and Henry White from Birlingham carried out work experience in Dame Harriett's constituency office and the Conservative association office to learn about the work the MP carries out on behalf of local people. The pair were able to see Prime Minister's Questions and the Chancellor's Spending Statement during their visit to the House of Commons. Each year, the MP encourages local young people to take part

in a week of activities tailored to teaching them the wide range of duties that an MP has to carry out. Dame Harriett said: "I find that my annual work experience programme is always over-subscribed and I am pleased to say that three local people who did work experience in my office ended up getting paid jobs in my team. It is a great way to spot the talent of the future, and I try to make sure that they get an engaging overview of the wide variety of an MP's work. Over the coming weeks, more young people will take part, and I hope that they are all inspired to get more involved in politics, either locally or nationally."

'Screeching' Winter Fuel Payment U-Turn

Dame Harriett Baldwin MP has welcomed confirmation that the Government has reversed the catastrophic cancellation of pensioners' winter fuel payments. The MP has campaigned since the change was announced, stripping vital support from millions of elderly and vulnerable people. Last month, Prime Minister Keir Starmer confirmed the u-turn and today (June 9) the Government announced the detail on the reversal, meaning that all pensioners earning less than £35,000 each year would now get the payment. Under the last Government, 27,000 people in West

Worcestershire received the extra support to help with winter fuel costs but the Chancellor took the political decision to end the allowance for most local people. Dame Harriett said: "This was a chilling political choice made by the Chancellor last summer to take money from pensioners and hand it to her union paymasters. All the evidence shows that many more elderly people had to visit hospital last winter and many pensioners shivered. Today's screeching u-turn is the right thing to do but it must surely come hand in hand with an apology to all the people who had to suffer."

theWI
INSPIRING WOMEN

Queenhill



Despite the showers on Thursday 12th June, Queenhill WI members and friends were able to avoid getting wet on their annual outing. We had a very enjoyable day at Sudeley Castle, looking round the castle (fascinating), the exhibition (comprehensive and well arranged), and walking round the grounds (lovely). There was much to see that spoke of its history, its environment and the issues that face us today. We gazed at the elephant cane sculptures, watched films and

heard about their efforts to support biodiversity. Some of us even watched the many toadlets on their migration from the ponds across the grass and paths! We travelled comfortably by coach and arrived back at 4:30pm after a satisfying day.

Our next meeting at Queenhill WI hall is on:

Thursday 10th July at 2.30pm. Mike Bottomley will talk about Edith Cavell.

We welcome new members!

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Gift card frauds



As the name suggests, Gift Cards are a handy way to send a gift to a friend or relative. However, they are an equally handy way for Fraudster to extract money from an unsuspecting victim, and there is very little chance for a victim to get any reimbursement of the money lost.

Some retailers are now placing warning notices at Gift Card sales points, or restricted the value of Gift Cards made in a single purchase, but the reports of losses through Gift Card scams continue to come in.

What are the commonest types of Gift Card Frauds?

1. Emails claiming to be from Government Agencies such as HMRC, DVLA, or a Utility company demanding overdue payments with immediate reimbursement of the sums due by Gift Cards – would such an organisation really accept payment by Gift Card?
2. Urgent email or text from a person claiming to be a family member or friend by cloning their identity. They may spin out a hard luck excuse for a reason they cannot get out and buy the Gift Card themselves so ask you to purchase the card, then pass on the code off the back of the card. Always double check with that person by contacting them on a trusted number to make sure they had actually made that request.
3. Romance Fraud victims are often asked to send money via Gift Cards after the Fraudster has spun out some hard luck story to gain the victims sympathy, and once again asks them to then pass on the code off the back of the card.

4. Fake Prize Draws/ Competitions - you have won a major prize! You are then asked for a payment by Gift Card to cover the delivery costs of this fake prize, and once again your money is lost.

Always remember!

- The criminal does not need the actual card to redeem the money, just the code scratched off the back of the card.
- Never make payments by Gift Card to someone you have never met.
- Always check that the Card has not been tampered with when you purchase and always ask for a receipt for the value of that card. Unscrupulous retailers may also switch the card at point of payment and hand over a valueless card.
- You can always report the fraud to the Gift Card company, but you are only likely to have any chance of reimbursement if the fraudsters have not used the card details and drawn down the funds using the code sent to them.

If you've fallen for fraud

Report it to Action Fraud on 0300 123 2040 or via actionfraud.police.uk

Fake Text messages can be forwarded to 7726 to help phone providers take early action and block numbers that generate spam on their networks. You can also report fraudulent mobile calls by texting 7726 with the word "Call" followed by the fraudster's phone number.

Forward Fake Emails received to report@phishing.gov.uk

If you think your bank account or personal banking details have been used fraudulently, then use the short phone number - 159 - to contact the Fraud Prevention Department of most major UK banks.



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Bredon Hill

Tim Hickson



Bredon Hill

Referring to Parson's Folly in my previous article set me thinking about Bredon Hill itself. I knew that, geologically it is part of the Cotswolds and I also knew there were three Iron Age camps up there and that the folly stood on top of one of the ramparts of the western one. Archaeology has shown that this fort was attacked early in 1st century AD, but by whom is not known although it was, of course, before the Roman invasion (although there are signs of Roman fortifications on the Hill). It was found that the inner gate was burnt and the mutilated bodies of over 50 young men were found. A row of heads, presumably set on poles over the gateway, was also found. This fort is known as Kemerton Camp. Conderton Camp, to the east, is the smallest and was abandoned in the middle of the second century BC. The third camp had the Norman Elmley Castle built on top of it, high above the village. The castle is thought to have been made by a member of the d'Abitot family (of Croome

d'Abitot), was later passed to the Beauchamps (of Madresfield) and then to the Earl of Warwick. So it became a secondary castle to Warwick, and thus less important, which led to its eventual lack of use and decay in the C16th. Later some of its stones were used to repair the old Pershore Bridge which had been deliberately damaged during the English Civil War.

Near Parson's Folly, there are some very large stones. One large stone at the summit is called the Banbury Stone, deriving from a name for the fort in the C8th. It is known colloquially as the 'Elephant Stone' because of its resemblance to that animal. Another pair of stones below the summit are called the King and Queen Stones. Local myth tells that if you pass between them you will be cured of illness.

Many poets have written about Bredon Hill. Probably the most famous piece is in A.E. Housman's collection, *The Shropshire Lad*. It begins



Banbury Stone

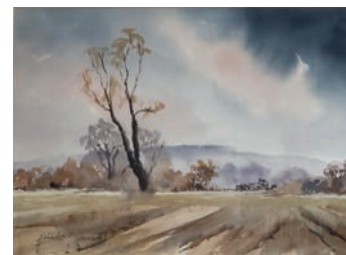
*In summertime on Bredon
The bells they sound so clear;
Round both the shires they ring
them.*

*In steeples far and near,
A happy noise to hear.
Here of a Sunday morning
My love and I would lie,
And see the coloured counties,
And hear the larks so high
About us in the sky.*

Authors notably include Tewkesbury's John Moore, who wrote the three *Brensham* novels, and Fred Archer who farmed at Ashton under Hill and wrote about his locality in the early C20th, beginning with *The Distant Scene*.

Among the composers who have produced music about Bredon Hill, Ralph Vaughan Williams is probably the best known. However, *Bredon Hill*, *A Rhapsody* for violin and orchestra, by the then Director of Music at Malvern College, Julius Harrison, is well worth listening to. This was commissioned by the BBC during WW2 and then broadcast to Africa, North America and to the Pacific.

Several artists have painted landscapes of the Hill. My own favourite, because it was done by my friend, the late Archie Nicholas, is this.



Its meteorological value is contained in the old saying, 'When Bredon Hill is wearing its hat, men in the Vale beware of that', meaning rain is coming! Also, in WW2, pilots hoping to land at RAF Defford would radio the control tower asking about Jumbo. If they were told, "Jumbo is still in bed", that meant the Hill was still hidden in cloud - so beware.

Finally, its name is amusing. Bre is the Celtic for 'hill' and don is Old English for 'hill'. So, literally, Bredon means hill, hill, hill.

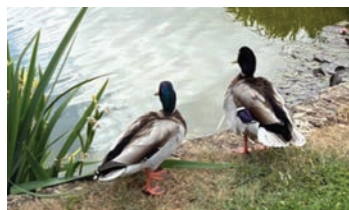


The Megalithic Portal, Kemerton Camp



King and Queen Stones, Bredon Hill

The Walled Gardens at Croome Court – A Summer of Growth, Flavour and Celebration



As the 25th anniversary year of restoration at The Walled Gardens at Croome Court continues, summer is now in full swing; and the garden is thriving with colour, flavour, and life. Following the unveiling of the new water garden in May, and a surge in visitors keen to explore this privately restored gem, the season has brought even more reasons to return.

The vision of Chris and Karen Cronin remains rooted in their original purpose: to breathe life back into one of Britain's largest Georgian Walled Gardens. This summer, that vision is tangible in every carefully tended bed, every buzzing corner of wildlife, and every bite of fresh produce harvested from the soil.

Take, for instance, the onion beds; a beautiful example of how practical planting can still be spectacular. From the deep hues of 'Electric' red onions to the golden glow of traditional yellow varieties and the early, hardy Japanese 'Senshyu', the diversity on display showcases the garden's productive roots. It's a reminder that the Walled Gardens are not simply a place of historic beauty, but a living, working space grown with purpose and passion.

Elsewhere, signs of the season are everywhere: baby melons are beginning to form, cucumbers are ripe and ready to pick (available for purchase just outside the garden gates), and the rose garden is heavy with the perfume of David Austin blooms - a sensory delight in every direction.

Wildlife, too, is thriving. The dipping pond has become a sanctuary for ducks, Great Crested Newts, and elusive moorhens who glide gently across the surface. You may be lucky enough to spot the even more elusive pond dwelling serpent too. These moments of natural tranquillity add to the sense that the garden, while designed and restored by human hands, now pulses with

a life of its own.

Special Events – July Highlights

Building on the momentum of a landmark year, two immersive events will bring new dimensions to the visitor experience this July.

Thursday 17th July - Hortus Croomensis promises a day of inspiration for garden lovers and heritage enthusiasts alike. With speakers including Chris Beardshaw, Jekka McVicar VMH, and Nicholas Dunn VMH, this one-day celebration of horticultural

excellence includes talks, discussion, and a light lunch, plus regular refreshments in the stunning garden setting (£75pp). Book tickets at: croomeht.org/cht-events.html
Tuesday 22nd July - The gardens will play host to **Garden to Table – A Taste of Croome**, an exclusive collaboration with renowned chef Felice Tocchini. Guests will enjoy a guided tour with the Cronins before watching Chef Felice create seasonal dishes from freshly harvested produce - complete with tasters

and expert cooking tips.
Don't Miss...

Croome Gallery and Pottery is open every Friday to Sunday and Bank Holidays, 11am–5pm, with access through the National Trust Croome visitor centre. Entry is free when the gardens are closed on Fridays (National Trust admission applies).

With nature at its peak and events that bring garden, food, and history together, there's no better time to experience The Walled Gardens at Croome — a living legacy still growing.



**Visit The Walled Gardens
at Croome Court,
where history and
restoration come to life.**

**Once forgotten and overgrown, these remarkable
Georgian gardens have been lovingly restored by
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

Farming

Mike Page

In the last article I mentioned seeing some of the earlier fields in the area being harvested for silage. Grass of course grows at its fastest in the summer and slows down to little more than zero during mid-winter.

Grazing animals running wild will tend to concentrate their grazing activities to areas where the grass is growing best in the summer and spread out over a much larger area in the winter: they are regulating their ration in the only way they know how, to make it sufficient for themselves, if having the freedom to do so. When raised on a farm matters are very different as a herd of cattle may have access to (say) 100 acres of grazing – providing all the foodstuff (forage) they might need in summer, but in winter the area available remains the same; they have to be fed supplementary feed or they are housed and all food is supplied. After an incredibly dry spring and only limited rain in recent times this season may well result in even summer grazing being in short supply. Many years since I last remember it happening, but there have been seasons when the feeding of hay or haylage to livestock out in the summer fields grazing was necessary to supplement their ration even in June/July: a case of bringing some of it off the field just harvested and taking it straight into the livestock fields for immediate consumption, rather

than into store for winter rations: solving one problem but at the same time creating another requiring a solution later on. But I did say last month in life I try to remain optimistic! The making of modern-day silage/haylage and hay is a specialist process. The idea for any farmer is to end up with enough silage/hay of the right 'D Value' (digestibility) to suit the needs of their livestock. In simple terms, grass in the earlier stages of growth has a much higher feeding value, and in its later growth stages there is much more of it, but its value as a feedstuff, as it has gone up considerably in fibre content of much lower digestibility, will have gone downhill markedly. In my younger days as a farmer, the generally accepted 'D Value' giving the best combination of quality and quantity for productive livestock was 63, that being determined by proper analysis, or for a range of commonly grown grasses and other forage crops could be predicted fairly accurately by calendar date, that being linked closely to stage of growth. If making silage/haylage or hay for productive livestock [ie those growing rapidly or (say) producing milk], the aim is for 63D, or perhaps even higher; if the aim is to feed non-productive livestock not producing milk – described in farming language as being 'dry') then grass can



A crop of grass this time (as yet not cut). The drought conditions mean it has thrown-up much fewer seed stems than usual, without much base growth and the hay crop eventually harvested will be relatively light posing problems for next winter's forage supply

be harvested much later as although its feed value will have gone down considerably it will be adequate for the animals' needs – and there is more of it! Barley straw and even wheat straw (which has a very low digestibility and feed value) can be fed to cattle if other higher quality forage is not available or in short supply: it will supply the 'long fibre' material they need to keep their ruminant digestive system 'ticking over', and if supplemented by highly digestible concentrated grain feed as part of the overall diet the cattle will thrive. A bit like offering a child ice cream or a nicely prepared steak: you know which is best for them, and you know which they will likely go for; cattle or sheep offered straw will usually turn away to begin with, but not for long and as they grow hungry they will

soon be consuming it – and seemingly with relish: it does at least fill their bellies, and that seems to be enough to satisfy them. That invites a personal question: At one time I had a field of lucerne on this farm, harvested each year for baled haylage to feed to sheep; a very nutritious foodstuff satisfying all their digestive needs, and one taken to by the sheep with immediate and obvious enthusiasm. It has always left the question in my mind: "Do they go for it with such enthusiasm because their digestive system can recognise it is supplying all their bodily nutritional needs, or because it tastes so good?" Perhaps all we need to make feeding kids an easier process is for some chef to come up with a recipe that makes a steak look and taste like ice cream?

Dragonfly displays

Karen Rose

We're now at the peak of the dragonfly season. Dragonflies, and their more delicate damselfly cousins, are brightening our ponds and riverbanks with their dazzling colours and beautiful wing patterns.

They may appear delicate, but they are one of nature's greatest hunters. Some people consider dragonflies to be the most successful hunter in the animal world, catching up to 95% of the prey which they chase. Able to fly in all directions, even backwards, and with eyes that are made up of thousands of lenses, their acrobatic flight and phenomenal vision mean they rarely miss their targets. And they can eat their own weight in insects in just 30 minutes! For most of the year our dragonflies are hidden from view. Life starts when an egg,

laid in summer near water, hatches into a nymph. This stays underwater, sometimes for years, feeding voraciously on insects and tadpoles until it is ready to become an adult. It then climbs out of the water, sheds its skin and emerges as a shimmering dragonfly, taking to the air to hunt and find a mate.

And while dragonflies love rivers and ponds you can do your bit for them at home as well. No garden is too small to help attract wildlife and any small water feature with aquatic vegetation can attract them. They will help to rid your garden of midges, aphids and mosquitoes and, for just a few short weeks, you can enjoy their beautiful colours and graceful aerial acrobatics.

Karen Rose,
A biodiversity officer for
Wychavon District Council



Emperor dragonfly

Summer to Autumn Flower Favourites

It's July and at this time of year, we are all spending more time in our garden, so, we can easily spot a gap that needs filling. However, finding the right plant for the right spot can be tricky with so many gorgeous plants to choose from.

Ideally, we want one plant to flower from now until Autumn, so here's my favourite flowers to fill the pots and borders with... If I could choose one annual flower, it would have to be Cosmos as they provide lots of colour and always look so cheerful in pots and borders. The 'Candy Stripe' variety has white flowers with magenta edges and stripes and are loved by bees and hoverflies. Their ferny-feathery leaves also add texture and as long as you dead-head them regularly they will bloom until first frosts. They're great value for money when grown from seed – which is simple to do in spring, but you can buy them

ready-grown from the garden centre.

Plant Cosmos with Verbena bonariensis for a gorgeous display. This is a perennial (comes back each year) variety which can grow to around 2m tall, so its best grown at the back of the border. They have slender stems with a purple 'bobble' type flower that are slightly scented and are also loved by bees. If that's too tall for your garden, try the 'Lollipop' variety, which is a small bushy option that grows to around 60cm tall. Under-plant them with Thyme 'Silver Posie' and you will have a lovely fragrant area which is also dog friendly.

Whilst choosing your ideal plants, it's important to consider the wildlife in our gardens and here's my top tips...

- Choose Single-Flowered Varieties: These provide bees and pollinators easier access to nectar.

- Plant in Clusters: Grouping flowers helps pollinators locate them more easily.

- Avoid Pesticides: opt for organic gardening methods to protect wildlife.

- Provide Shelter: Incorporate grasses and shrubs to create habitats for insects and birds. You can add some drama to your borders with Dahlias – purchase them ready to plant now or buy tubers in the spring. There are so many to choose from, such as the pom-pom styles to huge flowers such as the 'Café au Lait' variety which has flowers up to 25cm across and are very striking.

I grew Dahlia 'Bishops Children' from seed last year and although they started off well and were easy to grow, they didn't do much, but this year, they've put on a massive growth spurt and are covered in flowers. I really like the bronze-coloured leaves, but I'm not sure about the bright



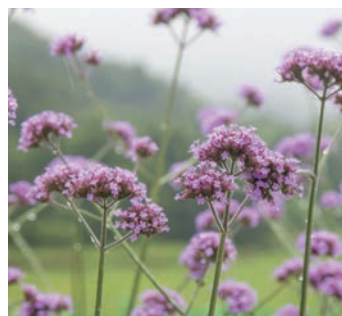
Nikki Hollier

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mix of flowers. If you want a bold border, these are the flowers for you. Add some cheery yellow and orange blooms with Rudbeckia and Helianthus which are commonly known as sneezeweed (what a great name). These will also look good planted in swathes with the Verbena. Their open daisy-like flowers are also good for pollinators.



July gardening tips

Reg Moule BBC Hereford & Worcester

Early July

When sowing seeds water the bottom of the drill, sow seeds and cover with dry soil. This maintains moisture levels around the seeds for a longer period. Cut back straggly violas to encourage new shoots. Use trimmings for cuttings. Water and ventilate the greenhouse regularly. Take clematis cuttings. Conventionally these are taken by cutting the stems into sections between the leaf joints but I find that they also root when cuttings are taken at the leaf joints too. Prune plums, olives, fruiting and ornamental cherries now. Treat large cuts with wound paint but do it straightaway or it will not be effective. Prune and shape bay trees. They will tolerate fairly severe cutting back now.

Mid July

Keep camellias and magnolias moist at all times from now until early October. This is an essential aid to the setting of next year's

blooms. Giving them a couple of handfuls of sulphate of potash now helps as well. Trim hedges including conifer and other evergreen hedges. Be careful with water – early morning and late evening are the best watering times. If you have slug problems morning is better. There is no need to water the lawn. Take particular care of planted containers. Keep them fed, watered and dead headed. I find using a more potash orientated fertilizer like Phostrogen is good. Cut down herbaceous geraniums and poppies as they stop blooming to encourage new shoots. Give roses a boost with a dressing of rose fertilizer. If greenfly attack water lily foliage, just sink the leaves under the water for a few hours.

Keep feeding and training tomatoes and other greenhouse fruiting plants. Try growing oriental vegetables, like Chinese cabbage, this is the best month for sowing. Sow beetroot,

Florence fennel, Swiss chard, raddichio, and turnips in the vegetable garden.

Spray potato foliage with Vitax Copper Mixture or one of the plant invigorators if attacks of potato blight are likely. You could also try using soluble aspirin two tablets per gallon of water sprayed over the foliage two weeks. Prune summer fruiting raspberries after harvest by removing old, fruited canes. Air layer straggly houseplants, usually near the top, to create a new plant. Pinch out the tips of unwanted grape shoots after one leaf, to concentrate the plant's energy on fruiting. Take conifer cuttings from stems that are characteristic of the variety.

Late July

Thin out oxygenating plants in pools as they can cause problems if over abundant.

Pinch out the tops of outdoor tomato plants once four trusses of fruit have formed. Sow parsley for winter use. Onions, garlic



and shallots are ready to harvest when foliage turns yellow and bends over. Sow autumn / winter salads, e.g. claytonia, salad rocket, corn salad, land cress, and winter hardy white Lisbon onions. Cut the old foliage off strawberry plants after harvest. New growth soon appears. Give them some sulphate of potash too. Take fuchsia cuttings to be trained as standards. Lantana, golden privet and elaeagnus are also suitable for training in this fashion. Take semi-ripe cuttings from most shrubs – they will root easily now. To encourage the production of plenty of embryo figs for ripening next year, pinch out the growing points of the new shoots once they have made five leaves.

Nectar flows

Martyn Cracknell

During the winter, trees may appear completely dormant but the cool conditions promote flower bud development. The buds gradually swell and burst into bloom as soon as warmer weather comes in Spring. This provides abundant nectar and if the weather is mild, bees will gather it, and store it. If we peep into the top of the hive we can see newly built white wax honey comb along the edges of the frames, and if a frame is lifted out and gently shaken over the hive, runny nectar sprinkles out like rain. We get excited because, 'there is a flow on', and we hope that it may translate into a honey yield. Unfortunately a period of cold wet or windy weather may stop the bees flying and they stay at home and eat it all.

Then we enter a period with few flowers which we popularly call the 'June gap'. That is now behind us and the shrubs which flower on the new year's growth, like privet, and brambles take their turn to provide a flower show. This

heralds a second honey flow.

This year I had a bumper Spring flow and virtually no June gap, because many agricultural holdings have been sown with wildflower or green manure mixtures giving a continuity of flowers. Fields of golden rape or field beans were followed by pinkish white buckwheat and mauve phacelia with occasional fields of pale blue linseed, borage or purple Echium. These benefit both hive and wild bees and other insects.

Now a second flow is underway. I have been kept busy trying to provide adequate space for storage of the large volume of watery nectar, which will ultimately become a much smaller volume of concentrated honey. With a modern hive, this is achieved by adding honey boxes, called 'supers' to the top of the hive but in the old days of straw skep beekeeping, the top of the basket was usually closed.

In this case the skep was lifted off its base, and a ring of a few



coils of straw, called an eke, were placed underneath. This practise of adding space beneath was called 'nadiring' as opposed to 'supering'. Periodically through the summer, additional coils were added so that the capacity of the skep was gradually increased, or 'eked out'. In the UK it is normal to take two harvests, rather than a little bit at intervals throughout the

year, but some beekeepers take their bees to the hills of Yorkshire, Wales or Scotland, for an August holiday, to take advantage of the flowering heather, and thus gain a third harvest.



Village Life

John Driscoll

So the year is half over, and the commonly held view seems to be this has happened all too quickly and how can 2025 be flying by at such pace?

Is this a sign of advancing age and the number of days already witnessed – or is there something more sinister going on?

Hard to know in our current world.

Anyway, it's summer and we seem to be having a great one so far. Sorry if you're a farmer or lawn-lover desperate for rain! Otherwise, what's not to love about long light evenings and no scrabbling around on dark mornings – unless of course you're venturing out before 4.00am. This brings the added bonus of having more time to just stop and spend time chatting with friends and neighbours when out and about. We don't have a village green or other focal point but our fabulous local pub does give us a gathering place with the added benefit of lovingly tended ales, wines etc, and always a great welcome.

Life in the village has actually been pretty quiet and uneventful of late, after our VE80 commemorations in May. I'm

thinking this is basically how we like it round here and a big attraction for those of us seeking life away from the hustle and bustle of city life. I certainly don't want that to change radically. We can't expect to live in a time warp insulated from the outside world, but aiming for a little bit of peace and quiet among like-minded folk surely isn't too much to ask?

This hiatus in village activities has me pondering whether we should be arranging something over the summer months, or whether we should just let it drift and allow events to unfold on their own. We do need to raise funds at some stage to buy replacement pads for our village defibrillator.

Funding the defibrillator a few years ago was a great example of our community getting together and we've since kept adequate money in the village account to pay for planned replacements. We'll now need to raise a little to replace the money spent, and I for one am confident we'll have no problem calling on local generosity to achieve this.

Thank goodness we haven't needed the defib yet, but there's



such reassurance knowing it's nearby should the need arise. Lots of our village residents have completed training in the basics of defibrillator use and CPR, and we have an emergency contact arrangement for everyone to access. A great local community effort. Okay, many of us would admit to having an implied vested interest in having this support nearby, but surely that's alright! Did I mention earlier that our local pub is the centre of village life for many of us? Fittingly, this is where the defibrillator is

located, with our landlords acting as custodians as well as providing the necessary electricity supply without charge. I would normally avoid quoting Jeremy Clarkson – maybe the ultimate 'Marmite' – but during his current series, he refers to a 'pub as a hub' for any community, and in our case that's certainly true. It's also a great example of giving people the chance to get together so they can do what people do best – work as a community. Thank you to our great hosts – and see you soon!

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Ailsa's Kitchen *Ailsa Craddock*

I have always loved ice-cream – not the Mr Whippy soft stuff but proper ice cream with eggs and cream and different tastes. When my brother was little, he used to think “various ices” on a menu was a flavour and there seems to be no ending now to the “various” combinations – you can even have savoury ones for in between courses. A few years ago, I entered a competition and won an ice cream maker but I also have a few favourites which don't need one – you just whip it up and freeze. If you haven't got a maker, and it's asked for, you can get by with taking the mixture out of the freezer and mashing the ice crystals in for a few times. Keeping it easy for you, these are all made without a maker – so you can definitely say you made these all by yourself.

French chocolate Ice cream

50g castor sugar

4 tablespoons water

175g plain chocolate

3 egg yolks (save the whites for meringues etc – you can even freeze them!)

300ml double cream

Melt the sugar and water in a pan to a syrup. Break up the chocolate into a bowl and add the hot syrup. Mix until smooth and add the yolks. Whip the cream until stiff and add the chocolate, folding it through until all combine. Freeze. Simple!

Lemon Ice Cream

Large lemon, juice and zested

200g castor sugar

250ml milk

250 ml double cream

Combine the zest and sugar. Put the milk in a bowl and stir in the zest mixture until the sugar is dissolved. Stir in the lemon juice. Whip the cream until stiff and gently fold into the lemon mixture. Line a loaf tin with cling film overlapping the edges. Pour into the tin, cover over with the edges and freeze. Tip out and slice to serve.

Stem Ginger Ice Cream

4 eggs, separated

110g icing sugar

3 – 4 pieces of stem ginger, finely chopped

275ml double cream, stiffly whipped

Whisk the yolks and icing sugar together until pale and very thick. Fold in the ginger and whipped cream. Using a clean whisk, whisk the egg whites into peaks and gently fold into the mixture. Pour into a 1.5 litre plastic container and freeze overnight.

Peach Ice Cream

6 ripe peaches

600ml pot double cream

397g can condensed milk

Put the peaches in a heatproof bowl and pour over boiling water. Leave for 5 minutes and peel off the skins and remove the stone. Roughly chop them and set aside. Whisk the cream with the condensed milk until



thickened slightly and falls in ribbons from the whisk. Add the peach chunks to the cream, stirring gently. Put into a 2 litre plastic container and freeze for 3 – 4 hours or overnight. Take out of the freezer 20 – 30 minutes before you want it. Filo Crisps – something a little different to serve with ice cream. The contrast between crisp biscuit and soft cream is really lovely! Lay a sheet of filo on a baking sheet, brush with melted butter and sift over some icing sugar. Repeat with 2 or more layers on top, finishing with a thick layer of sugar. Cut the filo into small squares and bake in the oven at 200°C for about 10 minutes until golden and crisp. Sauces to serve with ice cream – sometimes a good plain vanilla ice cream is all that is wanted – and a good sauce will elevate it to ambrosia!

Hot Chocolate Sauce:

Put 150g dark chocolate into a pan with 25g castor sugar and 4 tablespoons of water. Melt together over a gentle heat then slowly increase and boil for 2 minutes. Beat in 25g unsalted butter and serve hot.

Melba Sauce: Mash or puree 250g raspberries. Stir in 75g icing sugar and the juice of half a lemon. The sauce can be served warm or cold.

Toffee Sauce:

Put 50g butter, 50g brown sugar and 2 tablespoons golden syrup into a saucepan and heat gently, stirring, until the butter and sugar have melted. Bring to the boil and boil hard for 3 – 5 minutes. Cool and stir in 150ml single cream and while still hot pour over ice cream.

Voices

Angela Johns

The air is full of the sound of bird life today. The swifts are squealing and wheeling, the sparrows are squabbling and scrapping. And if I tune my ear in there is a wren, its voice so big for such a tiny thing, that I only hear my favourite blackbirds in between its repetitive refrain. Each have something to say: feed me, I live here, look at me, this is mine, danger!

My voice too, carries my message. Sometimes loud and sure of itself (even when I'm wrong), sometimes no more than a squeak (even if I'm right). Usually I want it to carry the feeling behind it with emotion and sincerity. But there are times I don't want my voice to reveal my vulnerability, or when I wish for others to keep their faith in me even when I can't do that for myself.

Years ago I once got stuck in a funicular railway with my young boys with the Austrian August sun beating down on our glass carriage above Innsbruck. I calmly narrated all the sights we could see whilst simultaneously fretting about how I could secretly share my bottle of water just between us, not the ten or so other people sharing that confined space. As it turned out it wasn't long before one guy collapsed, pale as a ghost, and I whipped out the water and gave it straight to him without a second thought. Now the quivery fear of thirst was dialled up a few notches but I continued to use the calm strength of my voice explain to the boys that the train people knew we were stuck and would be working to get us off soon – the next stop wasn't far and they always have a plan. Next, a lady started having a panic attack, screaming and wrenching at the door, and yet another was yelling down the intercom that someone was dying so they had better get us out quick. This was turning



into a precarious situation in a hot and tight space and I was starting to get a menopausal sweat-on. My boys moved in closer with their faces upturned and expectant. At this point I'm also reassuring myself. Fast forward to this year when my boys are legally, if not always practically, men and I have a partner that thoroughly knows my weaknesses. On a walk on a hillside in Spain with him this year I got stung by a bee. There was no-one I needed to show how brave I am so I screamed and cried like a four-year-old demanding that he gets it off me, get it off me! I then whimpered for the next mile repeating frequently that it "really hurts". The child inside of me felt safe enough to reveal how she really felt about being stung and was very vocal about it.

Our voices are instruments but what tune will we play? And who is listening? More to the point, who do we really want to hear it? Anyone? Someone in particular? Or is it just that we want to tell a part of ourselves because it doesn't feel like anyone else has got the message yet.

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

You can find her at angelajohns.co.uk

The power of your uniqueness

Emily Papirnik

As a therapist, one of the most recurring themes I see in my practice is people shrinking themselves to fit into someone else's idea of "normal." We try to belong, to blend in, to not stand out too much. However in doing so, we often silence the very parts of us that are the most powerful: our uniqueness. *This is your gentle reminder* — you are not meant to be the same as anyone else.

You have a unique combination of life experience, perspective, and energy. That alone makes you valuable. The way you see the world, the way you respond to it, the way you feel and express yourself — that's yours and yours alone. You are worth being seen, heard, and shared.

Sometimes we hold back because we think, "Who am I to share this?" or "No one will care."

What if your words, your experience, your insight — even if it seems small to you — is exactly what someone else needs right now? You never know what moment, what truth, or what expression might be the catalyst for someone else's healing or growth.

I see so many people playing



small, believing that their wisdom is only valid in private, with friends or family — if that. However if something helped you, brought you clarity, softened pain, or opened your heart... it's worth sharing. We don't need to speak to everyone, we just need to reach the one person who needs it most. When we let our uniqueness be known, we create ripple effects of connection. It's not about being perfect or profound — it's about being real and loving in what you offer. Wrap your words in care. Allow your truth to be felt. Please don't waste a moment hiding it from the light. There is power in your presence. There is beauty in your perspective. Let your nuggets of insight and knowledge be known. Someone, somewhere is waiting for the very thing only you can give.

"Politics is too serious a matter to be left to the politicians"

Charles de Gaulle

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Romy Kemp *Liverpool University*



My trip to Grasmere
A few weeks ago, I went to Grasmere on an English course university trip. We departed at 9.30am on Tuesday and it was already baking hot. However, as the coach continued to drive to our destination, clouds started to show, and the temperature declined - I found this wonderful but others did not. Obviously, we couldn't take a lot of luggage because of space and I struggled with this. I felt rather underprepared, but I was fine and got on with everything just fine without a single issue. It was just because the weather was hot in Liverpool that I didn't

think it was going to be as windy and rainy in Grasmere, but I was very much mistaken. Quite a few people on the trip seemed to be taken aback by the high pollen, and it certainly stopped me from sleeping. My friends on the trip even commented on it the next morning saying that they knew I was tired because I hadn't started yapping away yet. This did make me laugh! For me, one of the most important parts of the trip was all of the nature that I saw. I know living in the countryside we all see quite a lot, but I've always been interested in it and seeing it across the country is wonderful. I saw a buzzard and deer on the way there, and then when we were in Grasmere, I saw cows, sheep, a lot of birds, bees and even wild rabbits. Our accommodation was right next to a lake which was a delightful sight to wake up to. We went to William Wordsworth's Dove Cottage and museum which was definitely a good place to go to if you visit the Grasmere area. I'm not always a fan of walking around a museum but I really enjoyed

looking at all the artefacts and history of the Wordsworth family. We also climbed a mountain to look at a waterfall and become one with nature - this blew a few city students minds who didn't grow up around greenery. I think my mind was stuck in a high school mindset because I didn't think we'd get as much free time as we did, so we were able to go and explore for ourselves. I'm so glad that I went on the trip and I definitely made some new friends as well as strengthening the friendships I already had with my mates on the trip.

Work experience

Recently I had some work experience at a rural high school in Herefordshire. I primarily wanted to do it so that I had something else to write on my CV. However, I really enjoyed it and it has honestly become a route that I'd maybe want to go down after university. I met the English department team and sat in on lessons, even helping students with work. At first, it's hard to get to grips with because the kids don't know me enough to want to ask for any help from me, but they

seemed to ask for my help pretty quickly which was good. It really brought me back to high school though but in a different light; I really enjoyed helping the students analyse poems and extracts which I didn't expect.

Although I loved writing when I was at school, picking out important parts of the language used was never my favourite because I didn't quite get to grips with it but I had so much fun helping the students grasp meaning from the texts. I think I had more fun than they did! Overall, the English department team really welcomed me and made me feel as though I had something to offer. They all had a different way of teaching, but they couldn't have done more for their students, and it is evident that there is a real sense of compassion and pride for what they do. Both teachers and students alike show respect and friendliness to all within the school community and I really enjoyed my time and I thank them for having me. It was a really insightful experience that I may pursue as a career in the future.



Preventative Health Care



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

What happens at a health check?

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

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

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

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

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

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

Best wishes *Eliza*

Gregory's World! *Gregory Sidaway Exeter College, Oxford*

Every Day is Saturday
Nothing quite says looseness and a sense of freedom like a pair of baggy pants. Technically, they were 'fisherman's pants'; a pair of leaf-green pantaloons with self-tie straps at the front, and a waistline generous enough to fit at least two very close friends. A sign on the changing room wall would show me in six cartoon stages how to tie these straps and avoid any unwanted reveals. Along with the pants, the receptionist at the front also handed me a light green shirt. I hadn't slipped into something so flowing and oversized since I'd performed in *Macbeth* back in Michaelmas. I looked in the mirror. All I needed now was a cap and feather, and my transformation into Peter Pan would've been complete. Perfect. I was ready. My mate stored our belongings in a locker – our last reminders of our former selves, of a former life marred by exam strain and exhaustion. I squeezed into a pair of flip flops and waddled out into the corridor to begin my rebirth. I was about to become a new Greg, a looser, calmer, more pliable model after exam season had left the old one hunched and desk-bound. It had

long been one of my life goals to experience a Thai massage. My sauna-and-dunk-in-icy-water experience in Oslo at Christmas had been a step in the right direction. Now, finally, on Liberation Day, my first day of newfound freedom, it was happening. Two masseuses beckoned us upstairs into a dimly lit room with a row of beds. The air was heady with the tang of tea-tree oil, lilting with a gentle piano accompaniment. My mate had done this before, so I followed his lead, perching on the end of a bed like he did, while my masseuse knelt and washed my feet (brave woman). Next, she asked me to take off my glasses and lie on my front. My nose and mouth were over a groove in the pillow so I could breathe and live to write this tale. As I began to sway into a cosy void of relaxation, my masseuse found my toes. She subjected them to the most intense round of 'This little piggy went to market' I have ever endured. Snap, crackle, pop! Up, she climbed, her fingers working away. Originally, I thought there would be lots of back chopping. In reality, there was less chopping and more kneading. She pressed and

moulded me like a dough ball. The bed creaked – or was that my spine? Exam season preys on the spine and the head, in particular. Hour upon hour at a laptop had left me in dire need of straightening. Her thumbs found my shoulder blades and worked away at every crick, sinew and fleshy bit. Sensations rushed over me in waves, rising and falling along a scale of 'pleasant' to 'almost painful' then back to 'pleasant'. I couldn't believe it. She was so small but so strong. The head massage was a particular favourite – and sorely needed too. I flipped over, already feeling dozy. She shuffled around the bed and pressed both thumbs into my forehead as if I were a brand-new Easter egg she was trying to crack into. As she rubbed my temples in rhythmic pulses, she flattened out the furrowed brow of essay concentration. I imagined long streams of memorised quotes being squeezed out of my ears, lost for good. Adios! For the grand finale, I sat up and crossed my legs, while she buried her kneecaps in my back, pulled my arms behind me and stretched me into a human slingshot. Stretch ... Stretch ... Click! A click deep



in my back – like a knuckle rapping on wood – and, with that, my fifty-minute session was somehow already over. Time passes differently in a Thai massage parlour. When I emerged, I was no longer waddling. My posture was lifted, my forehead relaxed and freed, and the baggy pants felt like an extension of myself. What a stranger I'd been to my body! This sounds cheesy, but I mean it literally: it turns out I have a pressure point below my right shoulder blade that makes me laugh involuntarily. And laugh, we should. Every day is Saturday, fellow reader. Exams are over, the possibilities are endless. We could do anything, go anywhere. Besides, now I'm far more flexible.

Evie's Teenage Focus

Evie Aubin Oxford Brookes University

As I write this, I'm sat in my living room surrounded by my family; my cat purring on my lap as she digs her claws into me (her favourite pastime). It's been a month since I've come back home and I've fallen back into my calm and comfortable routine. The first weekend I had home (after spending time with all of my family) I deep cleaned my room whilst trying to throw away a bunch of, well anything and everything that was taking up space, either in my wardrobe, cabinets or shelves. And whilst I didn't end up chucking much out, after a bit (or a lot) of reshuffling I did get everything I needed back into my room. And soon after that, I started my new job at Costa coffee. After going to university I had decided to leave my old job at McDonald's and had decided to try something new. And honestly, I love it so much

more than McDonald's; I had worked there for almost three years, I had made some amazing memories and friends, but it was time to move on. I still work within the same service station, I just decided to switch restaurants, but with that came a new management team, new staff, and a new menu. After going through my training, I was thrown right into the deep end, serving customers and making drinks. And surprisingly I actually really enjoy it; when I was working at my old job, I never really looked forward to it, the possibility of it being a good shift really just depended on which managers were in. But here at Costa everyone is just so lovely. And this theme goes into the customers as well; what really surprised me was difference between the customers at McDonalds and Costa even though they are all

in the same building, at McDonalds we would have customers fighting on the floor, yelling at people and just being incredibly disrespectful to other people and staff, but at Costa everyone is just really lovely, and I think that's probably why it's so much more enjoyable than McDonalds. But as exciting as my new job is, that's not all I've been up to! I've met up with a couple of friends sometimes for coffee and other times for a Movie and lunch, me and Daisy recently saw the new how to train your dragon movie, and whilst it is essentially a shot for shot remake of the original one it was still really good. As well as that later this week we are taking a trip to London to BST Hyde park to see Olivia Roderigo perform, along with a few other people I'm really excited about seeing, such as The Last Dinner Party who I



had tickets to see last year but the concert had been cancelled so I never got to go, as well as girl in red and others. And then I'll be going again a week later to see Noah Kahan and Gracie Abrams who I have mentioned time and time again. So, I'll tell you all about them next month; until then, toodles!

Worcester Podiatry now pleased to offer an extensive Physiotherapy service

Worcester Podiatry, based in St John's, are excited to be expanding their clinic space into 27 Bransford Road, as well as the current premises at number 23. This increased space will allow for a Physiotherapy and Rehabilitation clinic, which will allow us to offer patients immediate treatment and solutions, as well as longer-term strength and fitness plans, delivered in a private, one-to-one medical environment.

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"Hi, I'm Richie — a UK-trained physiotherapist with over eight years of clinical experience in both the NHS and private sectors. I completed my MSc in Rehabilitation Science at the University of Brighton after earning a BSc in Exercise and Sport Science from the University of Exeter. I've worked in hospitals across Kent and Essex, specialising in trauma and orthopaedics before shifting my focus to musculoskeletal physiotherapy. I help clients recover from joint surgeries, particularly hip and knee, manage sports injuries, and get back to doing what they love.

I'm qualified in acupuncture (AACP) and hydrotherapy (ATACP), and I'm a big proponent of strengthening exercises in my physiotherapy approach. I believe physiotherapy should leave you stronger and better than when you first saw me — not just simply recovered or healed. I've worked with a wide range of clients, from those with back or neck pain, those recovering from hip and lower limb surgery to young athletes and marathon runners and people with Scoliosis, Bell's palsy, and desk-based jobs. Outside of the clinic, I'm usually in the gym or looking for a good coffee spot. I'm currently working back toward a 200kg squat and planning further studies. I speak English, Cantonese, and Mandarin, and I'm committed to helping every patient feel informed, confident, and supported throughout their recovery journey."

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Planning for your business Are you protected?

Carol Draper

If you are starting up in business, it is likely you will need a business plan in order to apply for a bank account or financing. An initial plan will detail the structure of the business and what it is being set up to do, its customer base, anticipated turnover and profit, and plans for growth.

It is easy to get caught up in what ought to be included in a business plan and how to make the figures work. However, as a business owner, whether you are a sole trader or large company the important thing is to plan for your business.

Forget the headings and take time to consider what you want to achieve and what is important to you. Having decided, you can then look at what needs to be done to reach those goals.

Planning is an ongoing process and should not just happen at the beginning. There is no wrong answer and as circumstances change, your plans are allowed to change too.

There is the tendency to think everything must relate to profit and tax but that can become very limiting. While profit is the end result, businesses comprise people, products, systems and values and any plans should relate to them. I took over at Clifton-Crick



Sharp a year ago. I was conscious that in our business the way the offices are set up means staff are split up from each other on different floors. This makes communication more difficult and has left some feeling isolated. My ideal when I took over was to have all staff on the same floor, closer together and more able to discuss issues and learn from each other. The situation has now arisen which will allow that to happen. While there is no guarantee it will work, I anticipate the whole team will grow and develop leading to increased job satisfaction and better work outputs all of which should be reflected in the bottom line. Planning for your business allows you to be in control rather than events controlling you so if you don't already, why not give it a go.

Carol Draper FCCA
Clifton-Crick Sharp & Co Ltd

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Peter F. Drucker



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Fossils Cricket Team 30th year celebration match

The Fossils cricket team played an inter-club match on Sunday 15th June 2025, exactly 30 years to the day since their very first game on 15th June 1995. The result was the same - a win for the Presidents team. The Fossils batted first and scored 159 runs in 35 overs. Rob Miles, Dave Mills and

Dave Turner all scored 35 runs, then retired not out. The Presidents team scored 162 for 8 in 34.1 overs, with Kevin Gilbert making his 35 before being bowled by Cliff Rawlings. Paul Wells, Simon Hudson and Malcolm Jones also scored their 35 runs before they retired not out. Pick of

The Fossils bowlers was Cliff Rawlings who took 4 wickets. The Presidents team won by 4 wickets. Over 50 people attended the match, including 4 of the original players from the match in 1995. Two of them - John Reynolds and John Banner - both played aged 83 years

young. The other 2 were Tony Neel aged 93 and Geoff White aged 81.

An excellent day ended with the cutting of a beautiful birthday cake and a draw for Acorns Children's Hospice raising £100.

*John Reynolds
Founder & President, Fossils CC*



Diaries of Sir George Dowty event

Shown below are the attendees at the Worcestershire County Cricket Club on the 9th June at an event to launch the book containing the Diaries of Sir George Dowty- sometime President of the club in their Championship winning sides in the 1960s. Four Mayors attend with their consorts giving an indication of the respect Sir George Dowty is still held in 50 years after his passing. George Dowty's son spoke of his recollections of those heady

Championship winning years when he accompanied his father to the ground. The Dowty News for September 1964 captures the time well as it records - *Champions:* Sir George Dowty, President of the Worcestershire County Cricket Club, is overjoyed at the first County Championship for his team in their centenary year, defeating Warwickshire at Edgbaston and noting also that the wicket keeper, Roy Booth works at Dowty Seals in

Ashchurch during the close season.

It was most poignant that the lady, who served as Sir George Dowty's secretary from 1970 until his passing in 1975, Caroline Flippance, and had edited his diaries for publication was presented with an inscribed goblet by Sir George Dowty's son. The Dowty Group acquired the Worcester based mining engineers Meco in 1969 and a grandson of Mr Mark Higgins, who was the Meco chairman at

the time of the acquisition, spoke of his memories. Adrian (Viscount) Buckmaster who led the Dowty Mining Division during the 1980s completed the story telling of the ultimate acquisition of Meco by Japanese interests. The erection of a statue of Sir George Dowty in 2024 now followed by the publication of his diaries, covering the years 1919 until 1975, gives fitting recognition to one of Worcestershire's finest sons.

Martin Robins



From the Boundary

Peter Jewell, Resolve Law

As I said last month the weather plays into Worcestershire's hands. Warwickshire had they looked at the met forecast would have realised the impending weather. Worcestershire with the fluke draw are firmly stuck to the bottom of the Division One. In the first round of the T20 Worcestershire lost to struggling Lancashire who are one point from the bottom of Division Two. Things have picked up with two wins that have Worcestershire mid table but the next game against Warwickshire will see them either in the ascent or not. I met up with my old friend Barry Richards, who I knew from my Natal days. What would have world cricket seen from the like of Graeme Pollock, Mike Proctor and Barry Richards had South Africa not been isolated. Barry's Record saw him play only four tests against Australia with an average of 72.57 his first-class career including

mainly Natal and Hampshire, with an average of 54.74. England beat Zimbabwe and so they should. Zim. used to be a reasonable force in Cricket but sadly not now. England then played the West Indies at Edgbaston. What a performance, but again the West Indies are struggling. It is sad to see a once great and best in the world country fall to the lows at present. Speaking to Dessie Haynes and Collis King put this down to the islands infighting and other interests of the youngsters. Look at Welsh Rugby in the late 60's and early 70's no one could touch Wales. However, with the collapse of coal mining all the mine club sides disappeared. Well, the Local elections are over and we wait to see what next. The County Council has some serious financial difficulties. If there is not to be a cut in services, then they must undertake a forensic audit of all procurement

and contracts. I suspect that there is bad management. The latest news is that the Littleton's election result which was a draw is headed for the High Court. The Green Party win on the toss of a coin could be overturned or a re-run. I will not amplify the evidence as the matter is subjudice. Starmer, spoke to the people a few days ago and really looked stupid. Half rolled up shirt sleeves instead of a suit and tie. Yes, we heard again for the 18th time that his father was a tool maker and mother worked in the NHS, so what, good jobs but what has that got to do with running the country and spending more time going around the EU, driving Britain back into the EU. He has allowed foreign fishing back into our waters and has cemented the ECHR. Our courts should be supreme. Starmer is considering lifting the two-child cap and may allow people to marry their

cousins, that is not only medically wrong it is disgusting. Jo Swinney wants to cull the cattle in Scotland to help global warming. What is with the politicians are they all that stupid. Labour are a dead duck the Conservatives have become impotent, they have had it! A third of the Tory vote want to in Reform a third want to be Liberals and the other third run around like headless chickens. The Greens and Liberals, Well I am sorry the mufty fluffy world is not real. So, what of Reform? So far, they have not really put a foot wrong and have some good people, but soon the proof of the pudding will be in the eating. They cannot be worse. Labour will hang on for dear life for the next four years God help us and don't blame me I did not vote for them. My articles are becoming more controversial, please write to the editor and have your say. It is still a free country (just).

A view from the Middle

My dear readers, I had been so looking forward to regaling you all with tales of swashbuckling half centuries and hatfuls of wickets. However, soon after the first win I told you about last month, my cricketing world came shattering down with the onset of a knee ligament injury, ruling me out for the entire season. It has been a topsy-turvy, difficult, but illuminating few weeks since. The initial reaction to such a long-term enforced absence was disbelief followed very quickly by despair. I went through all the stages of grief, including anger at the pitch, my shoes, techniques, anything that

might have contributed to the injury, as well as bargaining with the medical professionals about how I could get back playing sooner. (This was incredibly unrealistic given that at first, I couldn't even climb up stairs or drive a car given the leg movements required!) With the support of friends and family, I eventually landed on acceptance and reframed my absence from the playing field into availability to do other things. I have found myself more able to spend time with friends who had not really expected to see me during the cricket season. I've been catching up on my reading.

And I've been able to fill the cricket void by coaching children at school and clubs around Worcestershire. It is a great joy to be about to pass on my knowledge - although I have to be careful how animated I get during demonstrations and often have to ask a player to do it. And I've discovered a far greater sense of satisfaction when a player puts something, I told them into practice than most this I ever achieved while playing. I'm very happy now to be engaged in something which will keep me involved in the sport long after my knees give up...which may be sooner rather than later! Another good thing about the injury is that the mental



rollercoaster I went through inspired me to enrol on a sports psychology course for the next academic year. Hopefully, it will help me become better equipped to deal with any injuries that come my way as well as any suffered by the players I coach. And, of course, if I learn anything interesting, I'll tell you all about it!

Thoughts from the Snug... Don't panic, we're British!

In these troubled times it is usual for government agencies to warn the general public about levels of threat. The recent Covid Epidemic comes to mind. However, other threats to the public at large also exist including other epidemics, floods droughts, forest fires terror and cyber-attacks, civil unrest, plus the possibility of aggression from another power. Government agencies will issue threat levels at high, medium and low risks or red, amber yellow and green.

All serious stuff. In re-calling our Covid experiences we discussed the value of re-labelling the threat levels to a less vague and abstract sounding stages, but which certainly convey concern, but also embody a more British 'Stoic', 'Keep Calm' attitude. For example, the first is acknowledged as a 'Tiresome' level, next a 'Rather Irritating' stage and finally a 'Bloody Nuisance' level. One member of the Snug claimed the 'Bloody Nuisance' phase was last

reached in the 1940s Blitz when tea rations became scarce. More violent threats could be staged at: 1) 'Miffed', 2) 'Cheesed off', 3) 'Irritated', and 4) a 'Bit Cross'. Apparently, Sir Francis Drake was a 'bit cross' when he had to abandon his game of bowls on Plymouth Hoe when the Spanish Armada was spotted in 1588. An Australian visitor to the Snug offered some alert levels from down under: 1) 'No worries', 2) 'She'll be alright, Mate' and

for the escalated higher levels 3) 'I think we may need to cancel the Barbi this weekend', finally, 4) 'The Barbi is cancelled'. It is said this final escalation phase has never been used in our second largest colony. Nice to see the Australians have inherited some of our Britishness. Delightful! Let's hope we avoid the higher levels of escalations like our Commonwealth cousins.

Buddy Bach

Pershore River Festival 2025 - Saturday 19th July 10am - 4pm



The theme of this year's Pershore River Festival, to be held on July 19th, is "Rock the Avon (don't wreck the Avon)". "So much has been written about pollution of our rivers, we want everyone at the Festival to recognise that we must all help to keep our river alive. The Avon is a vital part of Pershore's environment for wildlife as much as for people. We must hold the river in trust for future generations." Organisers have written a song to emphasise the importance of the river to wildlife and to the town. It will be performed at the Festival and everyone can join in!

The River Festival is a free event for all ages. It has become a staple part of Pershore's annual calendar, raising funds for Pershore Riverside Youth Centre. Attractions on the river include a Bell Boat Regatta organised by Andy Train of Fladbury with races for community teams, including the Wychavon Parish Games. Avon Navigation Trust will have their floating Waterways Centre on site and there will be Boat Trips on MV "Princess Marina" and MV "Corsair". The Marine

Volunteer Service will entertain too. Other attractions on the river include stand-up paddleboards and try-it sessions in canoes and kayaks, organised by Wychavon Kayak and Canoe Club, based at the Riverside Youth Centre. On land will be stalls for food, craft and charities, plus a craft fair, inflatable assault course for children and mad Sumo Wrestling. Children's football and short tennis activities will feature and we hope to have displays by Worcestershire Wildlife Trust and guided tours of Avon Meadows Community Wetland. And of course a raffle with generous prizes, with all profits going to the Riverside Centre. Refreshments will be provided at the Riverside Centre with generous donations of cakes and scones from Pershore WI and friends and family. Hot food is available from Pershore Football Club. Entertainment includes no fewer than 14 different musical acts throughout the day, organised by Paula Evans. *All details are available in the free programme, available shortly.*

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Declarations and Peregrinations

Brian Johnson-Thomas



After his calamitous defeat at Worcester in 1651 King Charles fled for his life to the Continent where he stayed more or less in poverty for the best part of a decade. However the British people did not take kindly to government by a strong man and after the death of Cromwell there were calls for King Charles to return. The immediate consequence was a very British fudge known to posterity as the Declaration of Breda whereby in exchange for getting his throne back Charles promised to let bygones be bygones, issuing general pardons all round and retrospectively legalising all that had gone before.

So when it came to fixing a rendezvous for lunch with an old Dutch colleague Breda came to mind. It's a pleasant city, about the size of Worcester I guess, in the extreme south of the Netherlands close to the border with Belgium. We travelled there on a ferry from Hull to Rotterdam, from whose Central Station it's just 22 minutes on a high-speed line to Breda. The advantage of the ferry is that P&O, who operate that route, offer mini cruises at bargain prices starting at £105 per person for two nights' there and back, sharing an ensuite cabin. They add to that the connecting bus from the port to the railway station, giving a



pretty seamless journey. It's a twelve hour overnight journey each way but there's plenty to entertain us with everything from a casino to a disco. They also have a variety of eating and drinking options, we had an excellent al la carte meal in the Brasserie which would stand comparison with any upmarket restaurant anywhere. Not only that but the staff were so helpful – I'm waiting for a new knee and so have a little temporary difficulty carrying baggage – but we were helped on and off and every step of the way. Nothing was too much trouble and they anticipated all our needs.

Not just us, either – we saw several 'wrinklies' like us and a lady with a small baby get the same VIP treatment. I've travelled quite a lot in my life but the P&O service this week was easily as excellent as, say, Business Class on Emirates – and I used to really enjoy that as well! See www.poferries.com for more information. As I write this we're still on the road, enjoying a few days in Lincolnshire, a County which perhaps we tend to overlook, but we will be home in time for the next offering of the Longborough Festival Opera.



Debussy's enigmatic Pelleas et Melisande (playing on various dates until July 10th). More of that anon. However we really did enjoy Rossini's Barber of Seville (again playing on various dates until July 13th. Henry Neill played a superb Figaro and I was also very taken with Lauren Young's take on Rosina, (not to mention the topical

musical joke played with her name). My only slight regret is that the scenery shifters, an entire comic act in their own right, doing an essential task with humour and panache, didn't get a curtain call.... This year's season will end with Purcell's Dido and Aeneas which will be staged from the 26th of this month until the 2nd



of August and, as is now traditional, will give a platform to the Emerging Artists of this year. See www.lfo.org for details.

Also that weekend of the 26th will see a Diesel Gala on the Gloucestershire Warwickshire Steam Railway which runs from Broadway down to

Cheltenham racecourse. See www.gwsr.com for details.

(Since I vividly recall School trips by steam haulage the idea of 'vintage' diesel trains still seems a little strange to me, since I recall their introduction so vividly!)

Ah well, tempus fugit....



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"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

No meeting in August

Tuesday 16th September at 2pm
Inside the mind of a cryptic crossword setter...

With Mark Hartshorne, known as "PostMark" in his crossword
life, delving into the world of words.

All welcome, including non-members

Meetings held at Number 8, High Street, Pershire

For more details, contact Sally Whyte Speaker Coordinator on
email: u3apershoresally@gmail.com
www.pershire.u3asite.uk

150th anniversary of the birth of William Henry

This July marks the 150th anniversary of the birth of William Henry ("Billy") Reed, a name perhaps known now only to lovers of Elgar's music but an important figure in the history of the Three Choirs Festival. Reed was born in Frome in Somerset into a musical family and soon showed talent on the violin. He studied at the Royal Academy of Music, and within a few years was a member of the Queen's Hall Orchestra, founded by Henry Wood to perform at the newly established Promenade Concerts. As well as a performer, Reed had some considerable success as a composer, having several works played at the Proms in the early years of the century. In 1901, he was appointed Leader of the Gloucester Orchestral Society, playing and teaching at centres throughout the county, and thus began a relationship with the Three Choirs Festival which continued throughout his life. At the 1905 Worcester Festival, Elgar was presented with the Freedom of Worcester, and Reed

was amongst the crowd lining the High Street from the Guildhall to the Cathedral. Elgar sought Reed's help when piecing together his ideas for his Violin Concerto, and a close friendship was formed which continued until Elgar's death in 1934. The 1939 Three Choirs was due to begin in Hereford on September 3rd, the day war was declared, and the festival was cancelled. Undeterred, Reed packed his fiddle and travelled to Hereford to play a short solo during morning service at the Cathedral – he had played at every festival since 1902 and was not to be put off by a little thing like war! It was to be his last Three Choirs, as he died suddenly in July 1942 whilst adjudicating in Scotland. His ashes were interred close to the Elgar window in Worcester Cathedral.



The
Elgar
Society

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SCAN ME



Jazz News

Peter Farrall

We're having a rollercoaster of events at Pershore Jazz during spring and summer with capacity audiences at every monthly club night. In May, Sarah Spenser's Sax and Bone Band transported us to Preservation Hall in New Orleans and by the time this is published, we will have enjoyed red hot Dixieland jazz by DixieMix from Norfolk. And now, as they say, something completely different; July will see the newly formed Emily Masser/Alex Clarke Quintette. Emily and Alex are two personable young ladies whose mutual love of traditional and mainstream jazz drew them together and generated the idea for this exciting new project. Alex is well known and loved by Pershore fans ever since her first public appearance as a fifteen-year-old at the 2015 Pershore Jazz Festival. Since then, she has become a much sought after performer on the jazz scene being voted Rising Star in the British Jazz Awards 2019 and finalist in the BBC Young Musician of the Year in 2020. She leads her own quartet and is also much in demand as a featured star in many other prestigious bands. Emily Masser is perhaps not such a well-known name at Pershore Jazz Club but that is certain to change when we've experienced the talent of this twenty-one-year-old from Wigan. Emily is currently

studying at London's Guildhall School of Music and is already being hailed as the next rising star of jazz by audience, musicians and critics alike. She was featured on the Clarke Tracy Quintette album "Introducing Emily Masser" and has recently released an album of her own, "Songs with my Father" on which she is joined by her dad, top bebop saxophonist Dean Masser. Enjoy swinging arrangements of the Great American Songbook and mainstream jazz with perhaps a little Bossa Nova thrown in. Emily Masser: vocals, Alex Clarke: saxophones, Tom Kincaid: piano, Mike Green: bass, Gaz Hughes: drums. *Don't forget!* "Pershore Jazz on a Summer's Day" which this year is full of Kings, Dukes, Counts, Earls, Queens and Ladies. A who's who of jazz royalty where you can learn how these jazz legends got their names and hear the timeless music they produced. Saturday 9th August 2.00 – 10.30 pm at Number 8, with a break 5 – 7.30 *One ticket covers the whole day.* *Book an early evening meal at one of Pershore's prestigious restaurants to complete your day of classic jazz!* Tickets: 01386 555488 *online at number8.org or in person at the Box Office*



**Emily Masser +
Alex Clarke Quintette**
Wednesday 30th July 2025
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

Music rivalries

There have been some classic rivalries in music, Oasis vs Blur, Hendrix vs Clapton, Oasis vs Radiohead, The Beatles vs The Stones, Biggie vs Tupac, Oasis vs Pulp, The Clash vs The Pistols and Oasis vs Oasis. More recently, the diss track has become a favorite of Hop Hop artists wanting to air their grievances. Drake's Family Matters is part of a long-term disagreement with Kendrick Lamar and Lauren Hill's Lost Ones is a savage dig at ex-boyfriend Wyclef Jean. These disagreements can come from artistic differences, financial issues or love triangles. Some are manufactured to sell records, but some come from a genuine

dislike of each other and their music. Sometimes mutual respect and even friendship were part of the relationship. Rivalries are part of the entertainment of music and feed into the often-tribal nature that music can have. When you have creative people with massive egos, falling outs are part of the business. So pick a side and enjoy the fun, these squabbles have produced some truly hilarious moments and some fabulous songs. And most of all, we thank the Gallagher brothers for their consistently cutting and funny insults to everyone. **Notable new releases** All Asimov and No Fresh Air by *Half Man Half Biscuit* The boys from Birkenhead

return with their usual satirical take on British life, where else can you find songs about the history of Raw Plugs and a detective solving crimes with his chickens?

Lotus by *Little Simz* This feels like a very personal album. Little Simz hits the mark with this raw release, in places it's a dark album, but she also brings the sunlight.

More by *Pulp* Pulp returns after 24 years away to show they've lost none of the wit and wisdom of previous years as they reflect on the new England they find themselves in.

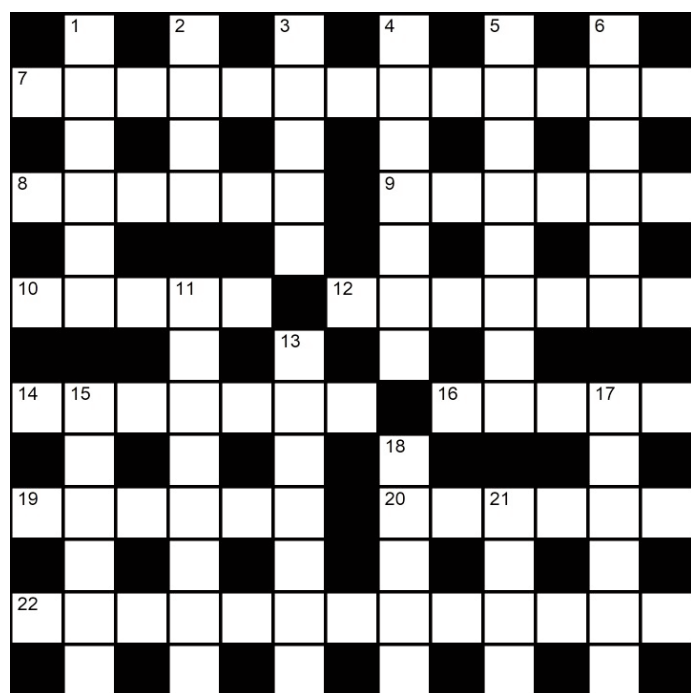
Add to playlist

Connected
by *Love* by Jack White
Rapture
by *Blondie*
Soul School
by *Cornershop*
Where's me jumper
by *The Sultans of Ping*
Ingrid Bergman
by *Billy Bragg*



Coffee Break

Crossword



Across

- 7 Conclusively (4,3,3,3)
 8 A mix of living tissue and machinery (6)
 9 One or the other of two (6)
 10 Eat like a king (5)
 12 Having an interesting past (7)
 14 Combat area (3,4)
 16 Seaport in NW Israel (5)
 19 Spanish fleet (6)
 20 Walk softly (6)
 22 Computer messaging system (8,5)

Down

- 1 Salad green (6)
 2 Maidenhair, for example (4)
 3 Pass into law (5)
 4 Consequences (7)
 5 Standards of judgment (8)
 6 Arm cover (6)
 11 Fairly large (8)
 13 Dredge up (7)
 15 Kind of airliner (6)
 17 Baffles (6)
 18 Performed terribly (5)
 21 Career golfers (4)

Sudoku

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

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

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

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

Films Wordsearch

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

AMADEUS

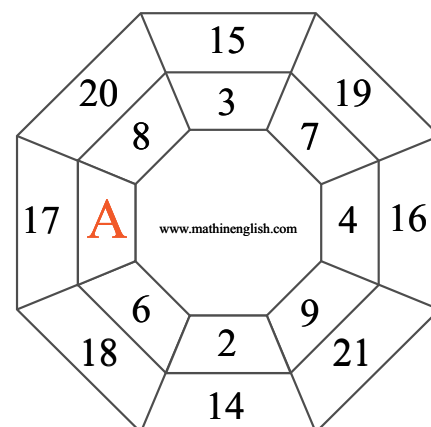
ARGO
 BABEL
 BASOC
 BE COOL
 BIG
 BOBBY
 CARS
 CON AIR
 CRASH
 E.T.
 GANDHI
 GHOST
 HEAT
 HERO

HOOK

I, ROBOT
 JUNO
 ONCE
 RAY
 RED EYE
 RUMBLE FISH
 SAW
 SHINE
 TANK
 TROY
 TRUE GRIT
 UP
 WALL E
 ZOOM

Brainteaser

What 1 digit number replaces A in this puzzle



Poets' Corner

XLVII

The Carpenter's Son

"Here the hangman stops his cart:

Now the best of friends must part.

Fare you well, for ill fare I:

Live, lads, and I will die."

"Oh, at home had I but stayed

'Prenticed to my father's trade,

Had I stuck to plane and adze,

I had not been lost, my lads."

"Then I might have built perhaps

Gallows-trees for other chaps,

Never dangled on my own,

Had I but left ill alone."

"Now, you see, they hang me high,

And the people passing by

Stop to shake their fists and curse;

So 'tis come from ill to worse."

"Here hang I, and right and left

Two poor fellows hang for theft:

All the same's the luck we prove,

Though the midmost hangs for love."

"Comrades all, that stand and gaze,

Walk henceforth in other ways;

See my neck and save your own:

Comrades all, leave ill alone."

"Make some day a decent end,

Shrewder fellows than your friend.

Fare you well, for ill fare I:

Live, lads, and I will die."

A. E. Housman 1859-1936

Quiz!

1) The War of the Roses was ended when Lancastrian forces defeated Yorkist supporters in the final battle of the war. In which county did the final battle take place?

2) In June 1936, *Gone With the Wind* was first published. Who was the author?

3) In 1913, Emily Davison a women's suffrage activist was fatally injured. How?

4) In 1883 the train line that is identified with intrigue and luxury travel started operations. What is it called?

5) On 15th June 1215 which significant document was signed by King John limiting the power of the monarchy

6) In June 1949 George Orwell published his political novel of life under a totalitarian government. What was it called?

7) In 1862, General Stonewall Jackson concluded his Shenandoah Valley Campaign. In which war?

8) The first Boat race held on the Thames between Oxford and Cambridge took place in June of which year. Was it a) 1829 b) 1849 c) 1869

9) On her birthday, in 1942, Anne Frank began keeping a diary. How old was she?

10) In 1894 an international congress in Paris founded the International Olympic Committee to reinstate the ancient Olympic Games. Who led the committee?

11) Alexander Graham Bell was granted a patent for the 'telephone' in which year? a) 1836 b) 1856 c) 1876

12) American pharmacist and chemist Wilbur Scoville died in march 1942, but what is he best remembered for?

13) In March 1910 frenchwoman Raymonde de Laroche, became the first female to obtain a licence to do what?

14) James Earl Ray pleaded guilty in march 1969 to assassinating who?

Answers: 1) Nottinghamshire 2) Margaret Mitchell 3) Trampled by King George V's horse at the Epsom Derby. 4) The Orient Express 5) Magna Carta 6) NineTeen Eighty-four 7) American Civil War 8) a) 1829 9) 13 10) Pierre de Coubertin 11) c) 1876 12) Creating the 'Scoville Scale' for measuring the heat of chillies 13) Fly a plane 14) Martin Luther King

June Answers



July Brain teaser: The number is 5

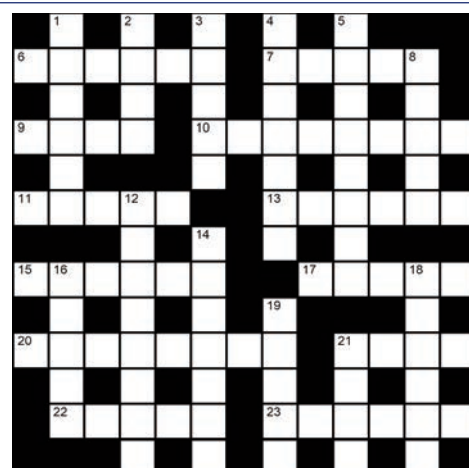
Anagram Crossword

Across

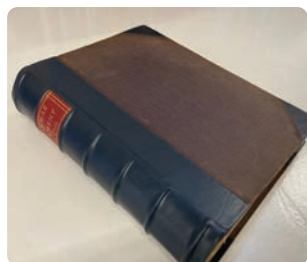
- 6 Heater (6)
- 7 Trove (5)
- 9 Owns (4)
- 10 Trailers (8)
- 11 So - yak! (5)
- 13 Danger (6)
- 15 Phases (1-5)
- 17 Orcas (5)
- 20 Reels off (5,3)
- 21 Diet (4)
- 22 Elton (5)
- 23 Specie (6)

Down

- 1 Worker (6)
- 2 Bone (2,2)
- 3 Karts (5)
- 4 Magneto (7)
- 5 Wine bars (8)
- 8 Tilde (5)
- 12 Layering (8)
- 14 Deforms (7)
- 16 Wells (5)
- 18 Saddle (6)
- 19 Parts (5)
- 21 Meth (4)



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**Copy Deadline for
August Issue - 21st July 2025**

Car park improvements in Great Malvern

Car parks owned by Malvern Hills District Council (MHDC) in Great Malvern will soon undergo work to improve the safety and accessibility for users. Works will include essential maintenance and accessibility improvements, such as redesigned parking bays with new yellow hatching, tactile paving, and designated EV charging with accessible access. Other updates will include new Blue Badge signage, modifications to kerbs and surfaces, and a pedestrian walkway near public facilities, all aimed at ensuring safe and convenient access for all users. The planned works

started on the Priory Road North and South Car Parks on 23rd June and will last five weeks. The car parks will still be open to use, however, a small number of spaces will be unavailable. Following these works, improvements will be made to the below council-owned car parks over the coming months:
Council House Car Park
Edith Walk Car Park
Grange Road Car Park
Victoria Road Car Park
Belle Vue Car Park
Geraldine Car Park
 Improvements have already been made to the car parks in Upton-upon-Severn and work



is ongoing in Tenbury Wells. Cllr John Gallagher, Portfolio Holder for Resources at Malvern Hills District Council, said: "These works are so important in making all our car parks accessible for all users.

This will help residents and visitors feel confident and safe when visiting our town centres." For information about MHDC-owned car parks, visit www.malvernhills.gov.uk/parking-streets-and-toilets

Great Malvern Food Festival all set to return



Victoria Carman Visitor Economy and Towns Manager at Malvern Hills District Council, Cllr Beverley Nielsen Portfolio Holder for Economy and Tourism, at Malvern Hills District Council, Cllr Cynthia Palmer, Ward Member for Great Malvern

The longstanding Great Malvern Food Festival is all set to return for its 15th year. The free, two-day festival takes place on Saturday, 5 July and Sunday, 6 July, from 10am to 5pm, in Priory Park, Great Malvern. The festival has been organised by Boffy Events in partnership with Malvern Hills District Council. More than 40 food and drink stalls will be offering a wide selection of locally sourced produce when the festival returns to the town. Hot food vendors will also be offering delicious food to suit all tastes, such as Greek street

food, Indian curries, pizza, gourmet mac and cheese, hot pulled meats and more. Live music and street performers will also be entertaining throughout the weekend. Cllr Beverley Nielsen, Portfolio Holder for Economy and Tourism, at Malvern Hills District Council said: "We are really looking forward to the return of this great family friendly event. We encourage people to come along and support our wonderful local food producers."

For more information, visit: www.visitthemaalverns.org/foodfest

Spot & Shop - June Winners

- | | |
|-------------------|--------------------|
| 1) Margaret Duffy | 5) Ann Bradley |
| 2) Steve Church | 6) Carol Griffiths |
| 3) Mary Dexter | 7) James Thorp |
| 4) Joanna Baines | |

Last month's answer:
Revills Farm Shop and Cafe

**SPOT
&
SHOP!**

COMPETITION TIME!

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

Chance
to WIN
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CASH

This
month's
anagram
GORY ORSON
YOU YURTS

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 Craftypyro, Bakers Arcade, Pershore

6th Reg Moule Gardening Book

7th Pat's Pantry -

Jar of home-made marmalade/jam

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

Upton Times closing date: 25th July 2025

Answer:

Name:

Telephone/email:

Return to: Hughes & Company/Upton Times

8 Church Street, Pershore Worcestershire WR10 1DT

The Church of the Good Shepherd, Hook Common



Our Orchid Walk at the end of May was a new venture for us but we had a good turnout and everyone seemed to enjoy it – including the dogs! The orchids themselves (Green Winged orchids) did not come up to scratch but this may have been owing to the dry spring this year. Usually there are several meadows carpeted with them, but we only found a few valiantly flowering in Brotheridge Green. However, there was plenty to see in both natural history and local

history, and there was a good tea afterwards at the church. Next year I shall try to find a route with less stiles!

As I write this we are preparing for 'Hymns with Pimms' which we hope will take place in slightly cooler conditions than the preceding heatwave. A report on this will appear next month.

Kate Chester-Lamb



Church Services

Sunday 6th July

- 09:30 St Peter and St Paul's, Upton - *Choral Matins*
- 11:00 St Mary's, Ripple - *Pet Service*
- 11:00 Good Shepherd, Hook - *Holy Communion*

Sunday 13th July

- 09:30 St Peter and St Paul's, Upton - *Holy Communion*
- 11:00 St Mary's, Ripple - *Matins*
- 11:00 St Nicholas, Earls Croome - *Holy Communion*

Sunday 20th July

- 09:30 Good Shepherd, Hook - *Morning Worship*

Sunday 27th July

- 11:00 St James, Welland - *150th Celebration Service*
- 17:00 St Nicholas, Earls Croome Village Hall?? - *Tea and Songs of Praise*

Sunday 3rd August

- 11:00 Good Shepherd, Hook - *Holy Communion*

Sunday 10th August

- 09:30 St Peter and St Paul's, Upton - *Holy Communion*
- 11:00 St Mary's, Ripple - *Morning Worship*
- 11:00 St Nicholas, Earls Croome - *Holy Communion*

Sunday 17th August

- 09:30 Good Shepherd, Hook - *Morning Worship*
- 6pm St Peter and St Paul's, Upton - *Choral Evensong*

Sunday 24th August

- 09:30 St Peter and St Paul's, Upton - *Morning Worship*
- 11:00 St Nicholas, Earls Croome - *Morning Worship*
- 11:00 St Mary's, Ripple - *Holy Communion*

Sunday 31st August

- 10:30 St Gabriel's, Hanley Swan - *Joint Holy Communion*



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

JULY 2025

Sunday 6th July

Trinity 3

- 9.30am Living Communion at GUARLFORD
- 11.00am Living Communion at POWICK

Sunday 13th July

Trinity 4

- 9.30am Living Communion at CALLOW END
- 11.00am Living Communion at MADRESFIELD

Sunday 20th July

Trinity 5

- 8.00am BCP Holy Communion at POWICK
- 9.30am BCP Holy Communion at GUARLFORD
- 11.00am Morning Praise at POWICK

Sunday 27th July

Trinity 6

- 9.30am Living Communion at CALLOW END
- 11.00am Living Communion at MADRESFIELD

Midweek Communion at The Orchard Room in Colletts Green
Thursdays 3rd, 17th & 31st July from 10.30-11.30am



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Severn Stoke & Croome D'abitot News

Happenings in Severn Stoke and Environs

John Henderson

St. Denys' Church, Severn Stoke

The Parochial Church Council and The Friends of St Denys, both charitable organisations have been in joint discussion to see whether The Friends might operate as a wider community benefit.

The PCC has the legal duty to maintain the church building and churchyard and Parishioners have the responsibility of providing it with sufficient funds to maintain a shared Priest, Revd Kat Mephram through the Parish Share (£10,766.00 this year) and to undertake necessary repairs and payments for the building. This has been achieved up to now by the generosity of people through legacies and the efforts of the Friends of St Denys Committee, which holds fund-raising activities throughout each year to assist with the cost of Insurance, repairs and improvements. These efforts are proving to be inadequate with endless rising costs.

The 12th century church of St Denys is now the only community building in the

parishes and as has always been the situation, except in Victorian times, it has been the meeting place for village events, celebrations and meetings. That is why we welcome the Parish Council to hold their public meetings in the church during the warmer months and indeed any other organisation or groups which might wish to use the facilities.

Please become involved in the continuing efforts to achieve the lively participation of locals to make for a better life. A number of villages nearby provide a wonderful example, such as Birlingham. Contact any PCC or Friends' committee member or me, John Henderson on johnboydhenderson@hotmail.com Talking of public spiritedness, we are delighted that for her voluntary work as Treasurer of the PCC and the former Parish Hall Committee over decades, as joint leader of the Cornflower Club in Kempsey and Severn Stoke parish organist for over 60 years and many other works, Sally Linsey was invited to a

Royal Garden Party at Buckingham Palace in May.



St Mary Magdalene, Croome d'Abitot – The annual Benefice service and picnic is to be held on Sunday, 20th July at 11.00 a.m. All are welcome to attend this informal service and a byo picnic after in beautiful surroundings, with kind permission of the National Trust to permit car parking in the Croome Car Park and free entry to non-members attending the Service.

Friends of St. Denys, Severn Stoke -

Raising funds to modernise the church!

In June, the Friends' Committee raised a fantastic £520 towards church funds and donations of £206.60 were made to the vivacious Malvern Ukulele Band in aid of Maggs Day Centre for the Homeless in Worcester. Thanks to all who provided the delicious refreshments and to the organisers, who arranged such a happy and worthwhile event for a very receptive audience.

Advance Notice –

Saturday, 20th September - Craft Fair in St Denys' Church, following last year's very successful events.

We still need a volunteer to take over the running of the 100 Club, not an onerous task, but it will finish if no one comes forward. It raises over £800 annually towards church funds and many have benefited from the monthly prize draws. Please contact Sally Linsey – 01905 820 476



A very interesting and enjoyable hour was recently spent in the company of a local History expert and an authority on trees and plants who together gave a party of local residents the benefit of their knowledge on a conducted tour round the extensive St Mary's churchyard. Several external features of the church building were pointed

out as well as some historical facts about the church and the churchyard, while we were enlightened as to the names of different plants including details about different types of grasses growing in various parts of the churchyard. Light refreshments were provided afterwards.

An event always eagerly looked

St Mary's Church, Ripple

forward to and well supported is the annual Pet Service. This year it will take place in the church on Sunday, 6th July at 11 am. Any pets you may wish to bring along, however large or small, will be most welcome, and I never cease to marvel at how well-behaved are the dogs that usually make up the vast majority of the animals present. This is surely a tribute to the exemplary manner in which they have been brought up by their owners. It is quite touching how most of them greet each other (the dogs I mean !) although that also applies to their owners ! With the recent election of some new members onto the PCC (Parochial Church Council) and the arrival in the community and in the regular

congregation of new faces, some very interesting and novel ideas have been put forward principally regarding fund-raising and how to attract more people of all ages to St Mary's Sunday Services. These are currently being digested by the PCC, and it is hoped to publish details in due course. So WATCH THIS SPACE ! Finally, a reminder about the annual "TEA and CAKES" on August Bank Holiday Monday, 25th August from 2-4 pm - always a good opportunity to appreciate the baking and general culinary skills of the home team, and a lovely occasion to meet up with old friends and a chance to make the acquaintance of some new ones,

Roger Gillard

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At the heart of HRB Therapies are a number of specialist treatments.

Scar Therapy –

Scar tissue can significantly affect the body's movement, sensitivity, and natural healing processes, often more than we realise. Regardless of a scar's size or age, Scar Therapy can make a noticeable difference. This specialised treatment works to soften and improve scar tissue, reduce restrictions, and

enhance overall comfort and mobility. Scar Therapy is effective for a wide range of scars, including those resulting from caesarean sections, cancer surgeries, injuries, or burns.

Manual Lymphatic Drainage (MLD) –

MLD gently stimulates the flow of lymph fluid throughout the body while using specialised techniques. It helps reduce swelling, supports the immune system, and promotes detoxification by encouraging the natural drainage of lymph. MLD is especially beneficial after surgery, injury, or in managing conditions like lymphedema. The treatment is deeply relaxing and can also aid in reducing inflammation and enhancing overall wellbeing. HRB Therapies can also help you with ordering compression garments or measurements.

Pregnancy & Postnatal Therapies –

HRB Therapies also specialises in supporting women through the many physical and emotional changes that come with pregnancy and early motherhood. From pregnancy massage to maternity reflexology, these treatments provide much needed relaxation and relief while promoting wellbeing for both mother and baby.

Care for Every Stage of Life

HRB Therapies offers treatments for clients of all ages - from babies to the elderly. Specialised treatments are also available for those recovering from illness or surgery and clients managing long-term health conditions through to teenagers navigating hormonal changes. Many clients comment on the welcoming, calm environment where they feel truly listened to. Flexible appointment times including daytime, evening, and weekends making it easier



for people with busy schedules to prioritise their self-care.

More Than Just Treatments:

Wellness Workshops
In addition to one-to-one treatments, HRB Therapies regularly hosts wellness workshops at the centre, allowing the community to access expert advice and practical techniques for managing different aspects of health and wellbeing. Recent workshops have included sessions on managing the menopause, mindfulness, and self-care strategies. The workshops are intentionally small and intimate, allowing attendees to ask questions and benefit from a supportive atmosphere.

A Wellness Hub for Upton Upon Severn

As life gets busier, many people are realising how important it is to take care of their physical and emotional wellbeing. HRB Therapies offers a safe, supportive place where clients can explore the treatments and tools that work for them; whether they're dealing with specific health concerns, preparing for motherhood, managing ongoing conditions or simply taking time to relax and recharge.

HRB Therapies
1 Court Street,
Upton upon Severn,
WR8 0HA
Tel: 07880 634088



HRB Therapies

Wellness Centre



Scar Therapy

Manual Lymphatic Drainage (MLD)

Pregnancy and Postnatal Therapies

Sports Massage and Relaxation Massage

Reflexology and Holistic Treatments

1 Court Street
Upton upon Severn
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www.hrbtherapies.co.uk

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Join us now for fun and friendship!



Upton upon Severn Memorial Hall

We return in September!
Details coming soon ...

Severn Stoke & Croome d'Abitot Parish Council



Our joint parishes of Severn Stoke and Croome d'Abitot recently welcomed a new Parish Footpaths Volunteer – with great joy it has to be said, as footpaths and rights of way are an important asset for residents. What does the role entail and how can residents help? A Footpaths Volunteer walks all routes at least once a year and checks on the condition of the Public Rights of Way network. Any issues are reported direct to Worcestershire County

Council for action via the 'Report-it' function on their website and also to the Parish Clerk for information. The volunteer also assist with minor maintenance works to keep paths open, particularly by cutting back overgrown vegetation that restricts access. All ably assisted by our Parish Lengthsman where needed. The parish council is currently in the process of negotiating permission from the County Council to assist landowners with the maintenance of gates, stile cross steps and other furniture on the Public Rights of Way network – we shall see how successful we can be with these negotiations. If we do get anywhere, then we will work closely with residents and farmers, The National Trust and Savills on this project. Residents who walk the rights of way can report issues that they find using the same

website:

www.worcestershire.gov.uk/council-services/travel-and-highways/report-road-or-path-issue

Alternatively, talk a photo and a few details and email/whatsapp it to the Parish Clerk who can report it for you. If you see our Footpaths Volunteer around the parish, please stop to say hello and introduce yourself – as the role does depend on local knowledge and often jobs can quickly be sorted if we know the right person to approach. Other things that residents can do to help is keep dogs on the lead in fields – particularly those with crops – and pick up dog waste. In return the parish council encourages landowners and farmers to keep official routes across the fields clear and accessible – particularly after ploughing. Thank you.



Next Meeting
Severn Stoke and Croome d'Abitot Parish Council:
16th July 2025, 7.30pm – Croome National Trust Visitor Centre SOQ room.
Parish Council Clerk
Lisa Stevens
Tel: 07950 256363
Email:
parishclerk@severnstokeandcroomedabitot-pc.gov.uk

Your councillors are:
Richard Hill, Laurence Freeman
Ian Daly, Susan Faulkner
Royston Garrard,
Laura McEwan-Hill,
Pat Preston, Raymond Williams
We have four vacancies.

John Wright, Organist

John started to learn the organ at the age of 14 and had many opportunities to play at school, as well as at the Merchant Taylors' Hall in the City of London and at St Paul's Cathedral. His enthusiasm for organ building and design was fired by a visit to Denmark in 1973 to play some of the famous organs heard on recordings of the time. In his last year at school John gained the ARCO diploma and was soloist in a performance of Poulenc's organ concerto. He gained an organ scholarship to Trinity Hall, Cambridge. At Cambridge there were many opportunities for recitals, and accompanying choirs on

cathedral visits, as well as enjoying the diversity of organ types in the college chapels. At this time John became a Fellow of the Royal College of Organists. Recital highlights have included Ely Cathedral and Tewkesbury Abbey, recitals in Sochi and Göttingen (Cheltenham's twin towns in Russia and Germany), and performing Naji Hakim's Sonata for trumpet and organ. John is the organ soloist on a Chandos CD (CHAN 10543) of the film music of Mischa Spoliansky, released in 2009, in which he plays the Toccata on the organ of Cheltenham College Chapel.

"Life is ours to be spent,
not to be saved."

D.H. Lawrence

Useful numbers

Upton Fire Station 01684 771780
Upton Library 01905 822722
Upton Police Station 101
.....(In an emergency always call 999)
CrimeStoppers 0800 555 111
Upton Post Office 01684 592761
Upton Surgery 01684 592696
Upton Tourist Information 01684 594200
Upton Town Council 01684 592273

MHDC Council

Out of Hours Emergency Hotline -

In an event of an emergency call: 0300 003 5367

To report faulty traffic lights or urgent

Highways issues call: 07875 033759

Please note: This number should not be used for 'day-to-day' enquiries.

- Waste Services 01684 862490

- Planning Dept 01684 862221

- Pot Holes 01905 765765

Help the Homeless 0300 500 0914

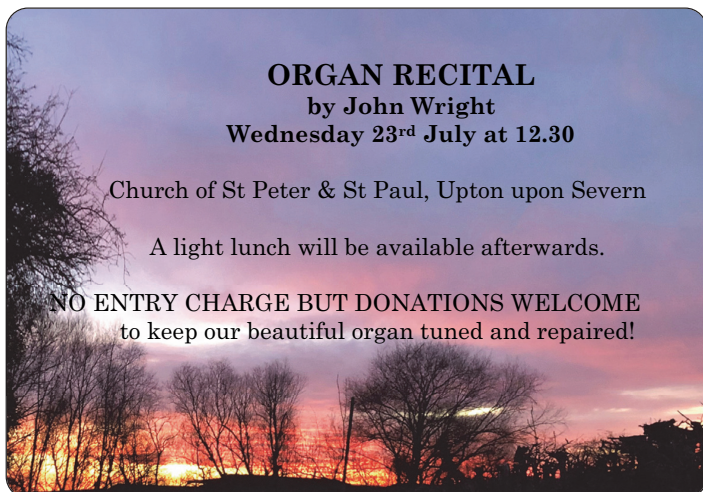
ORGAN RECITAL

by John Wright
Wednesday 23rd July at 12.30

Church of St Peter & St Paul, Upton upon Severn

A light lunch will be available afterwards.

NO ENTRY CHARGE BUT DONATIONS WELCOME
to keep our beautiful organ tuned and repaired!





Local heroes celebrated at community event

Heroes from across the Malvern Hills District were recently praised and celebrated at a special community event.

The event, which recognised individual and team achievements within local communities, was held at Hanley Swan Village Hall on Friday, 6th June, during National Volunteer Week.

The Connected Communities Recognition scheme was first launched in March 2025, to highlight the positive impact of individuals, teams and businesses on their local communities.

A total of 45 nominations were received for the scheme, and six of those individuals were celebrated for their lifetime achievement, and commitment to supporting their communities, contributing over 200 years of voluntary service between them. The nominations were diverse, including volunteer drivers, supportive neighbours, village hall committees, trustees and community litter pickers, showing the range of ways people can have a positive impact on their local communities and make a real difference.

Recognition categories included:

- Individual
- Young Person
- Lifetime Achievement
- Team / Group
- Community Business

Cllr Daniel Walton, Chairman of MHDC said:

"Our district is much more than our towns, and the nominations we received highlighted the important contributions made across the whole of the district. We always encourage and support resident led approaches to connecting communities".

Cllr Jennie Watkins, Portfolio Holder for Communities and Housing at MHDC, said:

"This was a successful first event and it was great to see all of our wonderful nominees, and hear about their valuable contribution to the local community and the positive impact they are making to people's lives, it's our residents that help to create a sense of community and rich tapestry of life that we all look for where we live."



Cllr Jennie Watkins, Portfolio Holder for Communities and Housing at MHDC, Brian Watkins local resident receiving certificate, Vic Allison Chief Executive, Malvern Hills District Council

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INSIDE
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- Carpentry
- Decorating
- Loft insulation
- Shelving (maybe made to your design)
- General repairs (as simple as putting up curtain poles)

OUTSIDE
WE REALLY DO MEAN "NO JOB TOO SMALL"
All aspects of garden maintenance and clearance:

- Jet washing Drives and Pavements
- Lawns mowed, edged & laid
- Bushes trimmed/shaped
- Small trees pruned
- Borders weeded/planted/shaped
- Gravel laid
- Fencing erected/painted/replaced

Also, man with a van.

If you have a job, just give us a call we'll come and look for free, Sarah

We have a photograph portfolio of some of our previous work

Steve & Sarah on 07389 180862