

Upton Times

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



Issue 41

March 2025

FREE



Golden daffodils in Upton upon Severn

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

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

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

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

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

(Full details on www.uptontimes.com)

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County & District Report



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

Worcestershire On Demand Bus Grows

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



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

Severn Stoke bund meeting a success !



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

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

Councillor Martin Allen

Hanley Road: A Question Of Time?



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

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

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

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

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

and finally . . .

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

Martin Allen

Emergency Voluntary Services (EVS)

Severn Freewheelers is YOUR blood bike charity, made up entirely from volunteers, providing a professional, efficient service to our community, at no cost to our local NHS Trusts. We transport, by motorcycle or car, urgently needed items such as blood, medicines and samples across Worcestershire, as well as Gloucestershire, North Wiltshire and Herefordshire. We also partner with other blood bike groups across the country to relay samples across regions. Nine emergency service bikes and four cars are available 365 days a year, with members working weekdays, evenings and at weekends and Bank Holidays, we provide a 24-hour service to the NHS. Founded in 2007, Severn Freewheelers has grown in membership from one motorcycle and five volunteers to the current fleet size and over 180 members. Representing a variety of people from many walks of life, member roles include motorbike riders, car drivers, despatchers and fundraisers. We are funded entirely by generous donations from the public and local grants. We hope you can help us make a difference today.



Why not volunteer for us? We need Riders and Despatchers. A motorcycle typically covers 60,000 miles per year and will, through conscientious servicing last around 3 ½ years. We have a constant need for funds to operate our services: a bike is £18,000 to purchase, tyres cost us £5,500 annually and with ever-rising fuel prices, that bill exceeds £25,000. We are invariably working at night – you won't see us often – but you may need our help one day.

We appreciate that times are incredibly hard for everyone right now, but if you can find it in your heart to help us, please consider donating at: <https://www.justgiving.com/severnfreewheelers> or Scan the QR code in the picture to read more about us. Thank you.



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Fashion museum in Great Malvern

The owner of a nationally significant collection of vintage and antique clothing is fundraising to open a fashion museum in Great Malvern. Fashion Museum Malvern will offer residents, visitors and fashion enthusiasts the opportunity to be immersed in the stories that antique and vintage clothing, accessories and collectables have to tell. As well as conserving and displaying this brilliant collection, the museum is planning to host exhibitions, talks and workshops throughout the year.

The museum aims to be the most comprehensive fashion research library outside of the Victoria and Albert Museum (V&A) in London and Bath Fashion Museum. The space will be an open and welcoming destination for fashion and history enthusiasts, and those looking to learn more, to meet likeminded people, reminisce and share stories.

To make this happen, the museum is fundraising through Spacehive and the deadline of 31 March

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

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

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£5000 target for Cancer Research UK donation

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Worcester Philharmonic Orchestra Spring Concert



Fran Penny

The WPO Spring Concert is full of European musical gems. Dan Watson conducts works by Dvorak, Svendsen and Brahms 3rd Symphony. We are delighted to welcome the talented young horn player, Fran Penny to perform the Richard Strauss Horn Concerto no 1. This work is the most frequently played 19th century piece in the horn repertoire, giving you an unmissable opportunity to hear this masterpiece. Fran Penny is from Leicester. From an early age, she wanted to play the French Horn. Her father was her inspiration and teacher from the start of her musical journey aged seven. Fran has played with the National Youth French Horn Ensemble and CBSO Youth Orchestra. She says there is nothing like the feeling of getting to the end of symphony and hearing the applause as the whole orchestra stands! In 2022, aged 17, Fran won the Rutland Sinfonia Young Musician and Bardi Young Musician competitions. Fran is currently studying at the Royal Northern College of Music under Lindsey Stoker. Some of her favourite projects

so far are playing Mahler 1 at Bridgewater Hall with the RNCM Symphony Orchestra, and playing Beethoven 8 on the natural horn with the RNCM Chamber Orchestra conducted by Edward Gardner (principal conductor of the London Philharmonic Orchestra). As well as music, Fran has many other interests and hobbies. Dancing was a huge part of her life for 12 years, indeed she considered a career in dance, and has appeared with her fellow dancers in performances of the Firebird and the Nutcracker with the Bardi Symphony orchestra providing the music. Additionally, she enjoys sewing, baking, and mountain biking.

*Saturday 15th March
2.30pm
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A few words from... Dame Harriett Baldwin MP

Blown away by indoor drier venture

Dame Harriett Baldwin MP has offered her support to an entrepreneur who sells indoor clothes driers to help people cut their energy bills.

The MP visited Julu – a home-based business in Leigh Sinton - which invented and sells the wooden clothes drying frames across the country and around the world. The wall mounted wooden frames allow people to dry clothes naturally and help to reduce the use of energy wasteful tumble driers, especially in winter.

Dame Harriett met with company founder Julia Adams who briefed her on the challenges the company was facing and the opportunities arising from rising electricity costs.

Dame Harriett said: "I am always amazed at the positive entrepreneurial spirit of people living in West Worcestershire and it was

interesting to meet with Julia to hear about her home-based venture. Most successful businesses start off in a spare room or garage and I often wonder how many star businesses of the future are starting on their journey at this time. I was keen to meet with Julia to hear some of the challenges she is facing and the steps she takes each day to overcome hurdles, especially with company logistics. It's a great product, which can clearly pay for itself by saving on electricity costs, and I wished her every success in the future."

Company founder Julia Adams added: "The last few years have thrown unbelievable world events in the path of our growth, covid with exceptionally high shipping prices, then a blocked Suez causing further shipping



disruptions followed by a war in Ukraine reducing the supply of wood for our product. Each time I have pushed on with the knowledge that our product is so well received by

our customers this is reflected in the lovely positive reviews we receive. Many customers say once you have a Julu Laundry Ladder you would not want to be without one."

Fossils found in Worcestershire

You don't have to go looking for Fossils on the Dorset coast anymore. They can be found most Sundays in the summer in Birlingham or Malvern. The majority are between 50 and 70 years old, with a few even over 80. All you have to do is turn

up at Birlingham or Malvern cricket ground and listen for the plop of ball on bat, plus the odd shout of "OWZAT!" and you have found the Fossils Cricket Team. If you enjoy playing cricket, have given up or are thinking

about giving up – don't. The Fossils Cricket Team start their 30th season this year and will welcome you. They play friendly games on Sunday and midweek. *Want to find out more? Contact John Reynolds on 01905 427007*



Probus Club

If you drive southbound on the M5 from Tewkesbury and go past junction 12 you might notice on the left side of the motorway a very unusual large building with oddly shaped angular walls. This structure is what is known as the Javelin Park Energy from Waste Facility where over 90% of Gloucestershire's domestic waste goes to be incinerated, rather than being dumped in landfill. Effectively it is a power station fuelled by rubbish. In February, Tewkesbury and Bredon Hill Probus Club members visited Javelin Park to find out more about this green energy project and how it operates. The facility is owned by Gloucestershire County Council and operated on their behalf by FCC Environment

and we were welcomed by their Community Relationship Manager Melanie who took us through the history of the site and the process, illustrating her presentation with photographs, video and diagrams to prepare us for our tour of the facility. Mel told us that the facility isn't just a method of getting rid of waste by burning because the heat produced by the incineration goes into a huge boiler to produce steam to generate enough electricity to power the equivalent of around 25,000 homes per year. Not only does it produce electricity but the residues left after the incineration produce over 30,000 tonnes of sustainable aggregates annually to be used in road construction and around 3,000 tonnes of metals are recovered per year.



After Mel's presentation we then donned our obligatory PPE and fully kitted out in helmets, hi-vis, eye protection and gloves, we set off on our exploration of the facility. On our tour we were all impressed by the sheer enormity and complexity of this plant and appreciated the benefits it is providing to Gloucestershire in terms of producing green electricity and avoiding using vast holes in the ground to dispense with our domestic waste. Another excellent external visit for Probus Club members who

finished off the event in fine style with a convivial lunch at a local hostelry.

Forthcoming Events in March:

4th March 2025 -
The five weirdest places on the planet with David Head
11th March 2025 -
South Georgia and South Sandwich islands with Ken Whittaker
18th March 2025 -
The life and wit of Dorothy Parker with Mike Aggleton
25th March 2025 -
A policeman's lot with Alan Rogers



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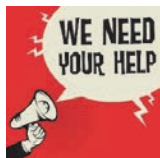
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Could you help by giving a local person a lift to attend a social activity within the community?

This could be a group that you already attend yourself.

Your mileage will be reimbursed so you won't be out of pocket and you will be helping someone else at the same time

Do give us a call at UCC to find out more on **01684 593633** as you will need to register with us as one of our drivers.

Please help support those in need within your local community!

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17th Century Local Hero

Tim Hickson



The Mayflower

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

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

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

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

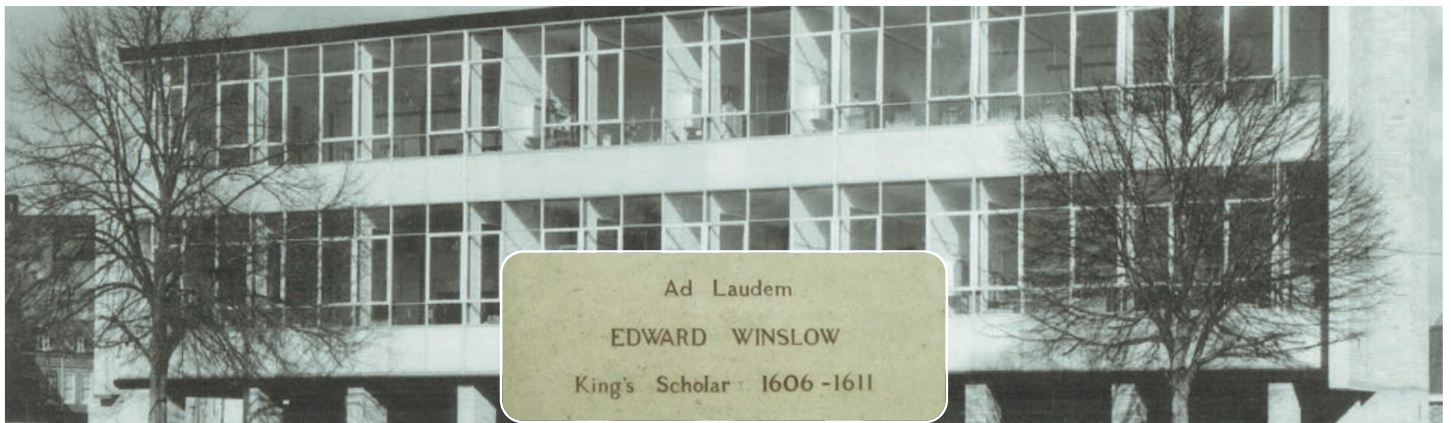
Having served a spell as Governor of the colony, Edward returned to England to represent Plymouth. He also brought back goods, including furs and skins, which helped to pay for the voyages and returned with much needed provisions including three Devon cows and a bull. He



Edward Winslow

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

made several voyages back to England, eventually staying there and using his political skills to represent the new Plymouth including defending its existence from opponents. At one stage they got him thrown into the Fleet Prison in London for conducting marriage ceremonies whilst not being ordained. Although he pointed out that, in the absence of a priest, he was acting as a magistrate, he still served seventeen weeks. During the Civil War, he got on well with Cromwell and when the war ended and Cromwell was appointed Lord Protector, Edward was appointed Governor of Jamaica where there was trouble with the Spanish. Edward was sent to sort this out, which he did but caught Yellow Fever and died at sea. Quite a life!



Ad Laudem

EDWARD WINSLOW

King's Scholar 1606-1611

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

Farming

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

Mike Page

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



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

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

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



Preventative Health Care



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

What happens at a health check?

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

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

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

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

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

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

Best wishes *Eliza*

Ailsa's Kitchen *Ailsa Craddock*

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

Spiced Carrot and Lentil Soup

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

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

Quick Carrot and Walnut Bread

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

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



Carrot Muffins (makes 6)

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

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

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

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

A view from the middle

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

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

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

Abraham Lincoln

"Mother o' Mine"

If I were hanged on the highest hill,

Mother o' mine, O mother o' mine!

I know whose love would follow me still,

Mother o' mine, O mother o' mine!

If I were drowned in the deepest sea,

Mother o' mine, O mother o' mine!

I know whose tears would come down to me,

Mother o' mine, O mother o' mine!

If I were damned of body and soul,

I know whose prayers would make me whole,

Mother o' mine, O mother o' mine!

Rudyard Kipling

What do Bee's do in Winter?

Martyn Cracknell



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

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

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

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

Village Life

John Driscoll

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

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



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

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

Five garden design trends to transform your home . . .

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

Vertical Gardens

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

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

Edible Landscaping

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

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

Wildlife-Friendly Gardens

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

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

Zen Gardens

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

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



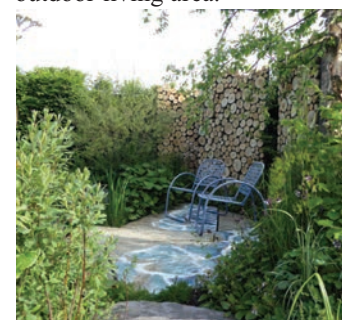
Nikki Hollier

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



March gardening tips

Early March

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

Mid Month

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

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

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

Late March

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

Reg Moule BBC Hereford & Worcester



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

Remember

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

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

Sam Levenson

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Evie's Teenage Focus

Evie Aubin Oxford Brookes University



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

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

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Gregory's World!

Gregory Sidaway Exeter College, Oxford

There and Back Again

Note to self:

Next time, pack a coat.

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

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

pack.

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

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

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

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



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

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

Romy's Uni Life

Busy, Busy

Romy Kemp Liverpool University

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

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



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

A Little Bit on Loss

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



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

Your state pension

Carol Draper

Are you up to date with your state pension contributions?

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

If you are below state pension age and have gaps in your NI record dating back to 2006 you have the option of making voluntary contributions to make up your NI record and hopefully achieve a full state pension. However, you need to be quick as the option to go back to 2006 is only available until 5 April 2025. After that date you will only be able to make voluntary contributions for the last six years. If you are employed NI contributions are registered from employee National Insurance deductions and if you are self-employed contributions are registered from Class 2 NI payments made. If you are unsure if you have the requisite number of years contributions you can go online to check using HMRC's online tool called "check your state pension forecast", is a joint service provided by HMRC and the department for work and pensions. As the name suggests, the service gives a forecast of what pension you will receive based on the NI contributions you have made and calculates if there are any outstanding contributions needed to ensure you receive the full state pension when you



retire. It can be accessed by following the link:

www.gov.uk/check-state-pension

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

The contribution required to fill a missing year is normally £825, which will boost your state pension by approximately £330 a year. Any investment made will be recovered within three years of retirement, so it is worth thinking about. Making voluntary contributions may not always be the right decision to make. If you are early in your career and have every likelihood of achieving the required 35 years of contributions, there is no cause for concern. However, if you are later in your career and closer to retirement it is worth checking your NI contribution history to see if there are any gaps.

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

Dr. Seuss



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Rewards!

Angela Johns

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

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

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



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

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

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Pain Education in Childhood:

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

The Case for Pain Education in Childhood:

How Early Understanding Can Reduce Chronic Pain

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

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

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

How Can We Start?

What Can Educators and Caregivers Do in Pershore?

If a child frequently reports

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

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

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

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

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

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

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

Be kind to yourself

Emily Papirnik

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

The Importance of Being Kind to Yourself

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

The Positive Outcomes of Self-Compassion

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

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

Stronger Interpersonal Relationships:

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

The Detrimental Effects of Self-Criticism

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

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

Lowered Self-Esteem:

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



Impaired Social Interactions:

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

Cultivating Self-Kindness

Developing a habit of self-kindness requires intentional practice:

Mindful Awareness:

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

Positive Self-Talk:

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

Self-Compassionate Actions:

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

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

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

LOUISE ANDERSON

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

Consultant Pain Psychologist and HCPC Registered Occupational Therapist



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34 High Street, Pershore,
Worcestershire, WR10 1DS



www.mehelpingme.com



The easy way to
Feel better

Healthy Heart Tip:

Protein and heart health

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

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

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

Importance of protein

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

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



Sources of protein

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

Getting protein into your diet

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

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

Child Trust Funds



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

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

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

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

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

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

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

Preventing car theft - Part 2

3. Be aware of carjackers

The fact that you're in the car isn't always a deterrent to someone trying to steal it.

In traffic, drive with the doors locked and when queuing leave enough space in front of your vehicle to enable you to get out of a tight spot. If your vehicle is bumped from behind, wait to pull over – somewhere safe and preferably where there are people. After all, you don't know the person who has collided with you; they could well be hijackers. If you're at all suspicious, consider calling the police.

If someone threatens you, it's better to hand over the keys to the vehicle than become a victim of assault. Then call 999 as soon as possible, and ask for the police. If your car is stolen, some modern vehicle alarm and tracker systems have the facility to isolate or shut down fuel systems, bringing the vehicle to a halt and leaving the thief high and dry.

4. Park responsibly

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



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

5. Watch for illegal tow trucks

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

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Back in the Day



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

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

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

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

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

Brian Johnson-Thomas

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

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

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

VE DAY
80TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION

WORCESTER CONCERT COMMEMORATING VE DAY

VE DAY
80TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION

FUNDRAISING FOR **THE WORCESTERSHIRE SOLDIER** REGISTERED CHARITY NUMBER 274510
at The Commandery

The Band of The Mercian Regiment
directed by Maj Ian Johnson

The Oakville Singers
Musical Director Ivan Oliver, Accompanist John Wilderspin

Programme of Regimental Marches & Warlike Songs with Music by Elgar and Walton

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Jazz News

Peter Farrall



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

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

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

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

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

Well, we did keep it up Andy.

Hot Teapots

Wednesday 12th March

Doors open at 11.30am, music at 12.30

Amy Roberts Quartet

Wednesday 26th March 2025

Doors open at 7pm, music at 8

Function Room, Pershore Football Club

Admission £12.50 to include a raffle ticket

Book in advance and pay on arrival

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

Sustainable solution to indoor drying!



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

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

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

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

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Music Matters

Steve Ide

Black Sabbath - Back to the Beginning live show

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

Marianne Faithful

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

Marianne Faithful

29 December 1946 - 30 January 2025

Notable new albums

The bad fire by Mogwai

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

EUSEXUA by FKA Twigs

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

Debi tirar by Bad Bunny

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

Look up by Ringo Starr

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

Add to playlist

People ruin paintings
by Manic Street Preachers

Everything is peaceful love
by Bon Iver

Remember my name
by Sam Fender

I love America and she hates me
by The Wombats

Wanna die
by Emma Jean Thackray

The heart is a foolish thing
by Edwyn Collins



View from the Boundary

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

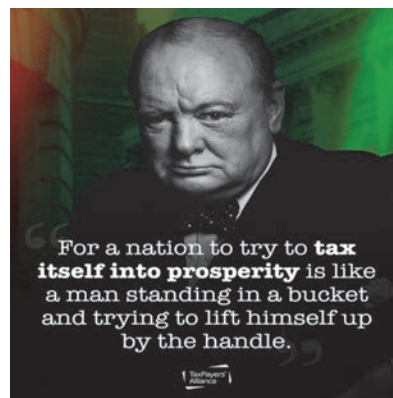
The Six Nations has started. England lost to Ireland. Why? Again, too many penalties given away. Wales v France, well there were some outstanding plays by France and we will see how good they are against the other teams. However, Wales I do not think were as bad as every commentator said.

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

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

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

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



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

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



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

Thoughts from the Snug... Grumbling verses stoicism

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

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

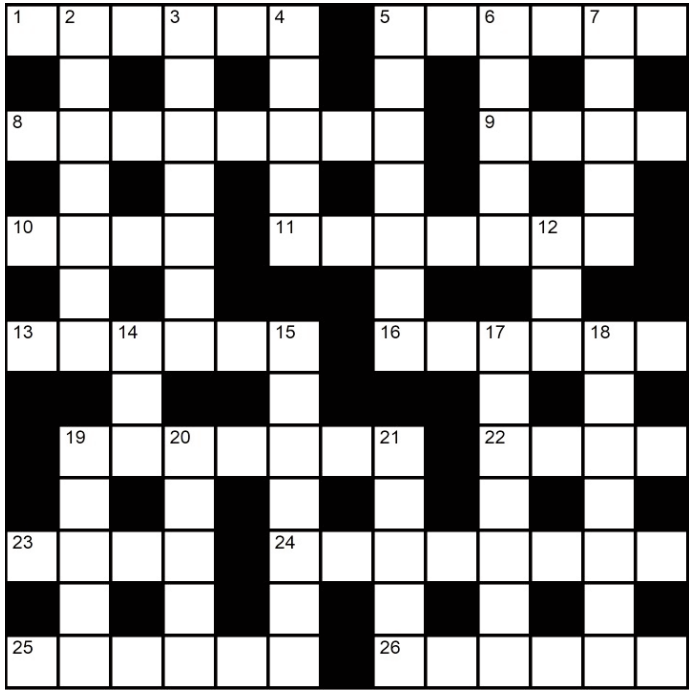
quality, grumpiness can be entertaining if not taken to excess. But here in the Snug grumbling is alive and kicking. We have an expert grumbler who regularly visits us. He's the kind of fellow who would grumble about his own shadow following him. Frankly he is designed for the part. Sagging face, weighty,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

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

Buddy Bach

Coffee Break

Crossword



Across

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

Down

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

Sudoku

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

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

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

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

Wordsearch

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

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

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

Brainteaser

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

What an I?

Poets' Corner

XLII - The Merry Guide

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

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

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

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

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

By hanging woods and hamlets
That gaze through orchards
down

On many a windmill turning
And far-discovered town,

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

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

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

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

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

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

And midst the fluttering legion
Of all that ever died

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

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

A. E. Housman 1859-1936

Quiz!

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

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

February Answers



March Brain teaser solution: Paper or tissue paper.

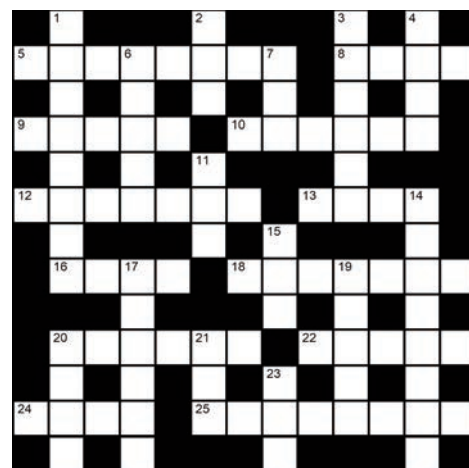
Anagram Crossword

Across

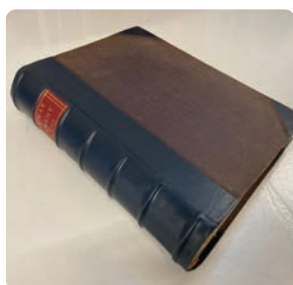
- 5 Aspiring (8)
- 8 Earp (4)
- 9 Pasta (5)
- 10 Itches (6)
- 12 Betting (3,4)
- 13 Mete (4)
- 16 Et al (4)
- 18 Bipolar (7)
- 20 Statin (6)
- 22 Preys (5)
- 24 Go up (1,1,1,1)
- 25 Brigades (8)

Down

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



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**Copy Deadline for
April Issue -
17th March 2025**



Queenshill

Every member at our meeting had watched the Antiques Roadshow sometime; most of us were regular viewers. It was, therefore, with a great deal of interest and curiosity that we listened to our speaker Robert Arley who had extensive knowledge of what went on behind the scenes. As a member of the production staff, with a long-standing association with this programme and others on BBC and ITV, he was in the best possible position for answering our questions and enlightening us about the

planning processes. He was simply excellent, and we thoroughly enjoyed it. What we see on television is just the tip of the iceberg. It was fascinating to hear about coping with the 1500 or so people who turn up at the events and are willing to queue for hours; matching items brought in with appropriate experts; organising the filming; and editing down to the last detail - and the last fraction of a second. And, of course, it is important to be positive as well as realistic in valuations. We know



that we will look more closely at so many aspects we heard about in next Sunday's programme! The business meeting that preceded the talk was conducted efficiently and covered a range of issues and future plans. We ended in the usual way -

enjoying refreshments, raffle and conversation.
Our next meeting: at WI Hall (WR8 0QZ) on Thursday 13th March at 2.30 pm
David Warnham will talk about Droitwich Canal Restoration. We hope to see you there!



Hot Peppers

Our February meeting got off to a good start and after all the usual formalities we were joined tonight by personal trainer, Lewis Dallard. He gave us a very interesting talk on our wellbeing and also gave us some simple exercises for keeping good posture and how to build muscle, rather than

fixate on weight loss..... he answered lots of questions. This was all followed by lovely tea, cake and conversation and of course the raffle.

Our next meeting is on Thursday 27th March, 7.30pm at Upton Memorial Hall



Spot & Shop - February Winners

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

Last month's answer:
Grange Farm Nursery

**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

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CASH

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2nd - £25 cash

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3rd £20 Food Voucher

at The Queen Elizabeth, Elmley

4th £10 Voucher

at Revills Farm Shop, Defford

5th £10 Voucher

at Craftpyro, Bakers Arcade, Pershore

6th Reg Moule Gardening Book

7th Pat's Pantry -

Jar of home-made marmalade/jam

**This
month's
anagram**
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Upton Times closing date: 28th March 2025

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The Church of the Good Shepherd, Hook Common

As I write this, we are still waiting for good weather to come, but there are small signs of spring in the churchyard. Our churchyard is one part of the church that needs a great deal of maintenance, and we are very grateful to Seb and Alan for looking after it for us. They do a grand job of keeping it tidy and yet leaving habitat for the wildlife and plants that have their home there. We have now signed up to be part of 'Eco Church' so we are hoping that over the coming year we can do a bit more to help

nature and safeguard the valuable heritage which is 'God's Little Acre'. The church building plays its part too, in that it is a safe over-wintering place for ladybirds and butterflies and is a home to two species of bat. In fact, last week when I went in there was a sparrow sheltering from the cold weather. All God's creatures are welcome – and all God's people too.

Kate Chester-Lamb



Church Services

Sunday 2nd March 2025

09:30 St Peter and St Paul's, Upton - *Choral Matins*
11:00 Church of the Good Shepherd, Hook - *Holy Communion*

Wednesday 5th March 2025 (Ash Wednesday)

10:00 St Peter and St Paul's, Upton - *Ash Wednesday Communion*
19:30 St Nicholas, Earls Croome - *Ash Wednesday Communion*

Sunday 9th March 2025

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 16th March 2025

09:30 Church of the Good Shepherd, Hook - *Morning Worship*
11:00 St Mary's, Hill Croome - *Holy Communion*
18:00 St Peter and St Paul's, Upton - *Choral Evensong*

Sunday 23rd March 2025

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 30th March 2025 (Mothering Sunday)

10:30 St Nicholas, Earls Croome -
Benefice MS Service inc. Holy Communion

Sunday 6th April 2025

09:30 St Peter and St Paul's, Upton - *Choral Matins*
11:00 Church of the Good Shepherd, Hook - *Holy Communion*

Sunday 13th April 2025 (Palm Sunday)

10:45 St Peter and St Paul's, Upton -
Combined Benefice Palm Sunday Service

Tuesday 15th April 2025

19:30 St Nicholas, Earls Croome - *Meditation*

Thursday 17th April 2025 (Maundy Thursday)

11:15 Albion Lodge - *Holy Communion*
19:30 St Gabriel's, Hanley Swan -
Maundy Thursday Benefice Service

Friday 18th April 2025 (Good Friday)

12:00 St Nicholas, Earls Croome - *1hr Good Friday meditation*
18:00 St Peter and St Paul's, Upton -
An hour of music and contemplation

Sunday 20th April 2025 (Easter Sunday)

09:30 St Peter and St Paul's, Upton - *Holy Communion w. baptism*
11:00 St Nicholas, Earls Croome - *Holy Communion*
11:00 Church of the Good Shepherd, Hook - *Holy Communion*
11:00 St Mary's, Ripple - *Holy Communion*



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

MARCH 2025

Sunday 2nd March

Sunday Next Before Lent

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

Wednesday 5th March

Ash Wednesday

12noon Ash Wednesday Service at MADRESFIELD

Sunday 9th March

The First Sunday of Lent

9.30am Lent Communion at CALLOW END
11.00am Lent Communion at MADRESFIELD

Sunday 16th March

The Second Sunday of Lent

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

Sunday 23rd March

The Third Sunday of Lent

9.30am Lent Communion at CALLOW END
11.00am Lent Communion at MADRESFIELD

Sunday 30th March

The Fourth Sunday of Lent/Mothering Sunday

10.30am Mothering Sunday Café Church at CALLOW END

Midweek Communion at The Orchard Room in Colletts Green
Thursdays 13th & 27th March from 10.30-11.30am



01905 830270 www.oldhillsmalvern.co.uk
For Zoom Access codes and links, please contact us via



6pm Sunday 16th March
Church of St Peter & St Paul, Upton upon Severn

CHORAL EVENSONG

Led by Revd Julie-Ann Watson
Musical Director: John Holloway
Organist: David Whitehead
Choir of St Peter & St Paul, Upton
Music by Stanford and Bullock
Wine and nibbles to follow

Severn Stoke & Croome D'abitot News

Happenings in Severn Stoke and Environs

St. Denys' Church, Severn Stoke

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

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

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

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

Friends of St. Denys, Severn Stoke -

Raising funds to modernise the church!

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



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

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

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

St Mary's Church, Ripple



One of the benefits and joys of having a large medieval church like St Mary's - it is alleged to be the largest medieval parish church in the Worcester Diocese

- is that there is much for visitors to see and enjoy. On the down side, there always seems to be some part of the exterior of the building in particular in need of

urgent repair, and Nature in the form of rain is never slow to seek out weak spots. A sudden and unexpected leak in the roof above the vestry has recently been a case in point, but prompt action averted what might have been much more serious and repairs were quickly carried out. Meanwhile we are creeping closer to the magic moment when we are able to submit our final application form to the National Lottery Heritage Fund for financial support for repairs and improvements both to the external and interval areas of the church. Funds have recently become available to cover the architect's fees for the re-siting of the kitchen and the removal of some pews at the west end to

provide much-needed space for social and cultural activities. A busy programme of events lies ahead this year. In the first half of the year, an Open Gardens Day is planned on Monday, 26th May, while on Saturday, 14th June we shall be participating in the national Love Your Burial Ground Day. The ever-popular Pet Service will again be held in the church on Sunday, 6th July. More details regarding these events will be widely publicised nearer the time. Finally, a reminder that our Sunday Services are normally held on the 2nd and 4th Sunday of every month, and visitors are always most welcome to attend.

Roger Gillard



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Spring flower show and plant fair



The Alpine Garden Society is holding a new regional Spring flower show and plant fair on Saturday 12th April 2025 in the Severn Hall Three Counties showground, Malvern, WR13 6NN - Open from 11am until 3.30pm. Admission £8, AGS members free

- 15 Specialist plant nurseries
- Plant Societies stalls
- Garden sundries stalls
- Craft and food stalls
- Food and drink available from Severn Hall caterers
- Talks & practical

demonstrations throughout the day

Don't miss this opportunity to view superbly grown alpine plants at the show. You can purchase many rare and unusual plants not readily available in garden centres from the many specialist nurseries and enjoy the range of things that local producers, garden and other societies have to offer.

Make this a date for your diary.

www.alpinegardensociety.net



Lent Lunches

Come and enjoy a tasty soup lunch on Fridays during Lent

Churches Together in Upton supporting SARA Upton upon Severn (Severn Area Rescue Association)

Dates

Friday 7th March - Upton Baptist Church
 Friday 14th March - Church Rooms
 Friday 21st March - Church Rooms
 Friday 28th March - Upton Baptist Church
 Friday 4th April - Church Rooms
 Friday 11th April - Church Rooms

12:00 - 1:30

New Electoral Roll for Church - Parish of Upton St Peter & St Paul with the Hook

Each Ecclesiastical Parish of the Church of England is required by law to have an Electoral Roll of Parishioners who wish to be involved in the work of the Church and to attend and vote at the Annual Parochial Church Meeting at which members of the Parochial Church Council are elected. This roll relates solely to Church matters in the Ecclesiastical Parish and is not to be confused with the Register of Electors which relates to the civil Parish. The Church Roll is updated each year but in every sixth year an entirely new Roll must be prepared and approved by the Annual, Parochial Church Meeting. Every Church Council appoints an Electoral Roll Officer whose duty is to arrange to preparation of the new Roll and to keep it up to date.

This year, 1925, is the 6th year and the Electoral Roll Officer of each Ecclesiastical Parish is beginning to plan the Preparation of the new Roll. Notices about the new Roll will be put in each church and at each service over a specified period the priest officiating at the Service will explain what is happening, what the new Roll is for and who can be on it. Application forms to be on the new Roll must be

completed even if your name is on the existing Roll and copies of the Form to be completed will be in the churches. When completed they can be placed in a box that will be placed in the church and will be collected by the Electoral Roll Officer. He will then prepare the new Roll for submission to the Annual Parochial Church Meeting and copies of the approved roll will be available for inspection in each church.

Whether or not a person is on the Electoral Roll does not affect their rights in Relation to Christenings, Marriages or Funerals in their Parish Church. However being on the Roll means that you can take a full part in the life of your local Church and be able to attend and vote at the Annual Parish Meeting and to vote in relation to the election of Members of the Church Council.

For more information about the new Roll or any other matters connected with it please contact the Electoral Roll Officer for St Peter & St Paul Church and the Church of the Good Shepherd at the Hook who is Adrian Taylor on 01684 592158 or by email at adrianandjean@freeuk.com



Upton upon Severn Memorial Hall

Doors open at 7.00pm Film starts at 7.30pm

Saturday 22nd March Conclave Cert 12A

When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the centre of a conspiracy that could shake the very foundation of the Church.

Saturday 20th April Paddington in Peru Cert PG

Please note earlier start time of 6.30pm Doors open at 6.00pm Child ticket £3.00 Paddington returns to visit his beloved Aunt Lucy, who resides in the Home for Retired Bears. With the Brown family in tow, a thrilling adventure ensues when a mystery plunges them into an unexpected journey.

Saturday 17th May Driving Madeleine Cert 15

Madeleine, 92, is moving into a care home on the other side of Paris. Charles, a taxi driver, picks her up and she asks to visit the places which have counted in her life, revealing her shocking past along the way. (subtitled)

For films at the Memorial Hall, Upton upon Severn, please enter post code WR8 0HA to see film screening information.

Tickets on the door £5.00

South Worcestershire Archaeological Group

SWAG - South Worcestershire Archaeological Group is a group formed in 1981 to study landscape archaeology and has a programme of lectures and walks to places of archaeological interest.

We have had a series of very interesting talks this autumn ending in a most enjoyable post-Christmas party at Callow End Village Hall.

Our next talk is on Saturday 8th March. Jan Scrine will follow our short AGM with a talk on Highways and Waymarkers. In 12th April, Chris Ludlow will be telling us all about Old Pershore in pictures.

All meetings are held at Callow End Village Hall which has plenty of parking. We meet at 1.30 for a 2.00pm start. (A small donation of £4.00 for



non- members). Tea/coffee and biscuits always available! We are always pleased to welcome new members either as a one off or to join our friendly group in our many activities.

For more information please email: swagmembership@googlemail.com

Paul Dallimore

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Malvern Well Dressing Festival - returns with new theme



Victoria Carman, Visitor Economy and Towns Manager at Malvern Hills District Council, Phil Ironside, Well Dressing Organiser, and Cllr Cynthia Palmer, Ward Member for Great Malvern at Malvern Hills District Council

The Malvern Well Dressing Festival is set to return with a theme ready to inspire imaginations young and old. The popular festival, which will be held from Saturday 3rd May to Sunday, 11th May 2025, will see up to 45 wells creatively decorated in the theme of Folklore and Fairytales.

This year's theme connects to Malvern's history of storytelling, magic, and folklore, as the area is thought to have inspired Lord of The Rings, The Chronicles of Narnia and one of the oldest pieces of writing in the English language, Piers Ploughman.

The festival starts with dressing the wells on Friday, 2nd May, Judging takes place on Saturday 3rd May, and prize giving with rosettes and certificates on Bank Holiday Monday, 5th May, in Priory Park where family fun day also takes place.

The annual event celebrates the history of the Malvern Hills District, from its iconic spring water and Victorian Water Cure to the area's ancient Pagan traditions. It is brought to the town by the Malvern Spa Association with local businesses and community groups taking part. Last year, over 800 people took part in dressing the wells,

springs and sprouts. Visitors can view the wonderful creations by setting off across the hills on foot, by bicycle or a minibus tour. Maps can be downloaded from the Malvern Well Dressing Facebook page or from Malvern Tourist Information Centre.

Entertainment taking place includes singing, well blessings, British Society of Dowsters workshops, maypole and morris dancing, and much more. Phil Ironside, Well Dressing Organiser, said: "As usual we had immense fun at the theme choosing evening. 'Folklore & Fairytales' has a huge scope, and we can't wait to see what incredible creations the Well Dressers produce. This year there will be over 50 wells dressed. It is an amazing celebration of water and of Malvern's water heritage. If anyone is interested in taking part this year we would be delighted to hear from you, it is always amazing fun".

To take part, contact the well dressing committee at malvernwelldressing@gmail.com For more information, visit: Malvern Well Dressing on Facebook or www.malvernspa.org

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Malvern Festival of Ideas 2025

The programme for the 2025 Malvern Festival of Ideas (7th-9th March) has been launched. It features leading figures from different walks of life and offers an exciting range of topics for adults and children alike.

The weekend will be opened by acclaimed author, classicist and comedian, Natalie Haynes whose session 'Divine Might' is a refreshing take on Greek myths and stories.

This will be followed on Saturday by:

Polly Toynbee and David Walker who consider the country's progress towards a more productive, fairer, greener and healthier UK in 'The only way is up'.

Baroness Brenda Hale and Shami Chakrabarti provide a guide to the law and logic underpinning human dignity and universal freedoms in

'Human Rights: The Case for the Defence'.

In 'Who do you REALLY think you are?', scientist, broadcaster and author Adam Rutherford looks at genetics. He guarantees that in this talk you will discover your Royal heritage!

History is now front-page news, with ideas and opinions being challenged as never before.

Professor David Olusoga examines the causes of the 'history wars' and asks where they might lead us.

Sessions for young people include:

Will Hughes, a Festival favourite, writer and illustrator who will encourage story writing.

In 'Elephant in the Art Room', Rosemary Webb leads art and craft and games sessions. Great fun!

Dr Mark Lewney, guitar physicist, presents 'The future ain't what

it used to be', explaining in understandable terms chaos theory and quantum physics. Graphic novelist Lize Meddings explores the magic of comics and guides you through a minifold zine workshop.

Christopher Edge, best-selling author will offer an interactive presentation about his books with quizzes and demonstrations of some real-life stories in 'Cosmic Adventures for Curious Minds'.

In Sunday's programme Senthurun Raj, from Manchester Law School explores different ways that LGBT non-binary, intersex, queer and asexual people around the world are building communities to counter hostility.

Sara Gibbs and Elsa Williams use their own lives as a basis for comedy.

Classical scholar and ancient



Natalie Haynes

historian Michael Scott presents stories behind archaeological exploration and discovery. Grace Blakeley and Sam Fowles explore the frailty of democracy and our civic responsibilities. Finally Jade Cuttle writer and musician explores ancient connections between soil and self in 'Muddled Tales'.

There is so much to choose from!

Tickets are available from:

www.malvernfestivalofideas.org.uk

or email: info@malvernfestivalofideas.org.uk

or telephone 01684 565708

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