

Whittington Times



A free monthly newspaper for Whittington and surrounding areas

Issue 6

October 2025

FREE



England is victorious at the Women's Rugby World Cup!

England Ladies win the Rugby World Cup, watched by millions of spectators. This follows the English Ladies winning the European Football Championship a few weeks earlier. Ladies sport is taking the world by storm! These brilliant achievements have made a dramatic impact on sport in general all over the world.

Who would have thought only a year ago that so many people would be following these events and that they would be so enjoyable? I certainly had my doubts about ladies playing such a physical game as Rugby but I

have been converted. We have more Ladies sport this month with the Cricket World Cup. Will we manage to do the treble? All this excitement was followed by an incredible Ryder Cup golf match between Europe and the

United States. It was golf of the highest standard and, after a nail-biting finish, we retained the trophy. Another brilliant achievement.

The Autumn seemed to suddenly arrive and the weather has been lovely. The leaves are slow to change and we wait for that special time when a lot of nature goes to sleep.

We have gone against economic predictions and launched a new newspaper, Broadway Times. The format will be similar to our other titles and will cover

Broadway and surrounding villages. We have been planning this for some time and believe it will be a successful venture. We are very excited about this project and the idea has already been enthusiastically received. No doubt we will have to work hard but that doesn't bother us. What a privilege it is to publish a newspaper in such a lovely part of England.

Clocks go back one hour on 26th October.



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The parish council didn't meet in August, but this doesn't mean nothing has been happening!

Did you manage to respond to our consultation?

Since 19th September, we've been busy validating and analysing your responses and we'll publish the results soon. In the meantime, thank you to everyone who took the time to read the consultation and make their views known regarding our proposals.

Focus Groups

We're considering holding some focus groups to explore the results of our recent consultation and to get more detailed views on the future of our changing and growing parish.

Vacancies

We have a parish councillor vacancy.

Find out more by scanning the QR code with your mobile device or visit:

www.whittingtonparish.gov.uk/should-i-become-a-parish-councillor/

We also have a vacancy for a Tree Warden. The role is part of a national scheme started by the Tree Council and managed locally

From the Parish Council

by Worcestershire County Council. It's a voluntary role to collect information about local trees, get involved in tree-related issues and promote local projects related to trees and woods.

You can find out more about the role by scanning the QR code with your mobile device or visit:

www.worcestershire.gov.uk/councilservices/environment/countryside-and-leisure/volunteering-countryside/treewardens

Wildmore Whittington Allotments

Despite the prolonged hot, dry weather this summer, our plot holders continued to tend their plots and reap their yields of summer fruit and veg. It's a relatively short summer season here in the UK, but isn't it great to enjoy a bowl of juicy strawberries or vibrant raspberries that you've grown yourself? Peas, beans, courgettes, sweetcorn, cabbage, lettuce and, of course, loads of tomatoes have been springing up at our allotments in Honywood Place. If you've never grown your own food crops or you just don't have enough space in your own garden, renting an allotment plot is an ideal way of getting the bug (excuse the pun). Our plots are relatively small – just 5m x 7m – so quite manageable.

Moving On

This is my final report as Chairman of the parish council. Over the years, I have worked tirelessly for the entire parish, old and new with equal enthusiasm. I pressed the council to conduct a long overdue consultation with our residents at this vitally important crossroads as we face huge changes ahead. Although only in post for a few months, I am stepping aside to give a new Chairman the opportunity to lead the council in a different direction as we

face the twin challenges of local government reorganisation and the South Worcestershire Development Plan.

I hope you have enjoyed reading my reports. I may write more for our new local newspaper in the months and years ahead, but in a different capacity. I look forward to reading my successor's report next month and in the months ahead.

Get in Touch

Have a question or want to get involved? Email us at clerk@whittingtonparish.gov.uk to learn more about:

- Becoming a parish councillor or tree warden
- Joining a focus or working group



- Reserving an allotment plot
- Sharing a concern or interest

Next Parish Council meeting:
Tuesday 28th October,
7:30pm
Whittington Community Hall.
Come along. You'll be very welcome!

*Richard Boase
Immediate Past Chairman
Whittington Parish Council*



Scan for parish councillor vacancy



Scan for tree warden vacancy



Broadway Times

We are pleased to announce that we have launched a monthly newspaper for Broadway and surrounding villages. This will join the Pershore, Upton, Kempsey, Powick and Whittington Times group. The total postal area population covered by the newspapers is in excess of 100,000 inhabitants. We are very excited about this project and believe it will benefit the village and strengthen our existing group of local newspapers.

Editor / Proprietor

Whittington Parish Council

Clerk to the Parish Council:

David Hunter-Miller

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www.whittingtonparish.gov.uk | Facebook com/whittingtonpc

Please visit us and 'sign up' for updates.

Parish Council Agendas, Minutes, Accounts,
Policies & Procedures, Allotment details, vacancies,
tenancy agreement, terms and conditions,
Planning Applications, News and much more.

Whittington Parish Allotments

The Parish Council maintain 15 allotments for rental to Parishioners at:

Wildmore, Honywood Place, Whittington WR5 2SL

See the website for further details.

Parish Council Meetings

Support your Parish Council. We meet at 7.30pm on the 4th Tuesday of each month at Whittington Community Hall.

Future meeting dates and times are on the website:

www.whittingtonparish.gov.uk

Worldwide Whittington!

The previous symbols of the village of Whittington have been the visible Tump, the venerated Church, and the respected painter, BW Leader. This time, we are going global from the business premises in the elegant Georgian house called Hill End.

Fine Agrochemicals, founded in 1983, has been in Whittington since 1997, when the founders, Kevin Wyse and Mike Hartley, moved from St Johns, Worcester. The business specialises in plant growth regulators.

Fine is primarily engaged in licencing/registration, marketing and product innovation. The physical aspects of the business, such as

manufacturing and packaging and shipping are contracted out to third parties. Its products are used on wide range of crops and it is now a world leader in its field, with affiliated offices in the USA and Holland with aggregated annual sales of around £50 million.

It was bought out in 2014 by its French distributor, De Sangosse, who have enabled the continuous growth of the company. The premises have been extended to include a conference room.

The five main products are sold in more than 40 countries worldwide, from corn in the USA, to flowers in Holland and fruit in New Zealand.

Product quality is of paramount



importance. Strict controls are in place to ensure the highest quality to maintain its accreditation as one of the first agrochemical companies ISO9001 (a global standard for quality management systems) in 1992. Whittington village is host to a

mega company with global connections, with its skilled operatives adding to the agricultural economy around the world - where their many customers will know the village name.

David Hallmark

ST MARY'S CHURCH Harvest Supper

**Monday 6th October 2025 at 7:00pm
at Ripple Parish Hall**

New venue, new menu (inc. vegetarian options), bar available, raffle (prizes gratefully received).

£15 PER HEAD

Tickets available from Wendy Phipps (before 29th September)
07795 956524 or email
wendy.phipps1@btinternet.com

Harvest Festival Supper

Dear Friend,

It's been a while since the last update and much has happened.

An update with all the details will be sent to you soon and, in the meantime, we didn't want you to miss hearing about this year's Harvest Supper.

The Harvest Supper was held at Ripple Parish Hall and with live entertainment from Ripple Singer/Songwriter, Tazmin Barnes. Tazmin has 50,000 Spotify listeners and 2 million streams, and has been featured as BBC Artist of the Week.

The Harvest Supper was at 7.00pm on Monday 6th October. For only £15 per person, guests received a free glass of fizz

followed by cottage pie and veg and a choice of puds.

There was a main course vegetarian option available, so no one missed out! There was also a bar and raffle.

This was a true village event celebrating our ancient farming community, scenes of which are also displayed on our unique misericords (engraved carved seats) in St Mary's. A lot of fun! Thank you to everyone who attended and contributed to make our Harvest Festival Supper a success!

Best wishes,

*Nicholas Blake
Chair, Friends of St Mary's Ripple*

The Masons Arms Ladies Memory Walk

So many of us have been affected by the cruelty of Alzheimer's, watching the person you know well fading into someone so unfamiliar. Struggles with progressive memory loss, communicating effectively, confusion, and changes in mood and behaviour are among the main symptoms. Alzheimer's Society UK supports people affected by dementia in some of the hardest and most frightening times. They do this by being a source of support through practical events, emotional support, and navigating to others who can help, but they cannot do any of it without support. That's when Lydia at The Masons Arms decided to gather sixteen

wonderful women from Wadborough and the surrounding area to raise funds through a Memory Walk over the Malvern Hills. The ladies, whose ages ranged from twenty-two to let's just say seventy-something, were very willing to offer their time and efforts, and joined the plan to don Memory Walk T-shirts and walk together on 8th September. Regulars at the pub helped by raising funds through the monthly quiz night and Killer Darts competitions, with almost £500 coming from fabulous games played at the annual pub anniversary party. The walk itself was a gentle climb with only one short shower and the ladies, whose abilities to



navigate the hills were wide-ranging, took time to reflect upon those they'd known and still know, struggling through the savage effects of Alzheimer's. The Masons

Ladies raised a staggering total of £2500 - far exceeding the original target of £1000 - and are incredibly grateful for all the generosity and love shown to Alzheimer's Society.



St Philip & St James' Parish Church Services Whittington

A Ninth Century Chapel rebuilt in 1844

Sunday 5th October	<i>Trinity 17</i>
11:00am	Parish Communion
3:30pm	Forest Church
Sunday 12th October	<i>Harvest Festival</i>
11:00am	Family Service
Sunday 19th October	<i>Trinity 18</i>
11:00am	Parish Communion
Sunday 26th October	<i>Bible Sunday</i>
11:00am	Family Communion
Sunday 2nd November	<i>All Saints</i>
11:00am	Parish Communion
3:30pm	Forest Church
Sunday 9th November	<i>Remembrance Sunday</i>
10:55am	Family Service
Sunday 16th November	<i>Kingdom 3</i>
11:00am	Parish Communion
Sunday 23rd November	<i>Christ the King</i>
11:00am	Family Communion
Sunday 30th November	<i>Advent 1</i>
11:00am	Morning Prayer

Charity Dinner for the Josh Baker foundation

A charity dinner at Worcestershire County Cricket Club will also support an organization set up following the tragic loss of a young Worcestershire cricketer.

The evening will see three former Barbadian and Worcestershire fast bowlers return to New Road for a dinner that will raise funds to support grass roots cricket projects in some of the most deprived areas in South Africa, and the JB33 Foundation (which was established last year, following the sad and tragic loss of young spin bowler, Josh Baker).

Former Worcestershire greats: Ricardo Elcock, Collis King and Hartley Alleyne will be guest speakers at the dinner at Worcestershire County Cricket Club on Friday 17th October 2025.

The evening will also feature:

- A three course dinner.
- Live music.
- An African Drum troupe.
- An auction.
- Competitions.



The evening will be compered by former Worcestershire player, Dave Banks, who has enough 'dirt' on the guests to make it a very enjoyable evening.

Tickets to the event are £60 per person or £550 for a table of 10 and can be obtained by calling Mark on 07506 747619 or via email at: ma004g2691@gmail.com

New Catering Business!



Key Event Catering is a new local catering service covering Worcestershire, The Cotswolds and surrounding Areas. It was formed by Kiele, who previously co-owned a successful local event catering business and a café. She has now decided to step out on her own and focus on what she loves most: good food and great service. Kiele

feels that this doesn't have to be complicated; it just needs care, quality ingredients, and a genuine love for what you do. Planning events is where Kiele feels at home. She loves sitting down with people, hearing about their vision, and then helping turn it into reality, whether that's a milestone birthday, a wedding or a small gathering of family or friends, or any other key event in their life.

Kiele and her wonderful team's catering style is food that brings people together, from finger buffets, delicious cakes, to beautifully curated charcuterie boards.

Key Event Catering has already successfully catered for numerous



events, from working lunches, to small gatherings, to garden parties hosting 200+ guests and large sporting events. For the festive time of year, Key Event Catering prepare Christmas inspired Canapés and hampers filled with carefully selected items.

This new chapter is about doing



what Kiele loves with the people she loves, and meeting new people along the way, helping them create celebrations that are as stress-free and as special as they should be.

Follow Key Event Catering on their journey at www.keyeventcatering.co.uk

Whittington Times

Collection Points:

Hughes and Company, Pershore
The Swan, Old Road, Whittington
Brentknoll Vets, Whittington Road; Whittington Community Hall
Whittington CofE Primary School
Oak Apple, Spetchley Road, Worcester;
St. Peter's Garden Centre, Broomhall

KEY

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The Cotswolds & Surrounding Areas

Contact Kiele on 07761 478 359

Email: keyeventcatering@gmail.com

www.keyeventcatering.co.uk

Broadway Tower

Tim Hickson



Broadway Tower. It is 65 feet tall and stands on the second highest point of the Cotswolds, 1,024 feet above sea level.

In 1750, George William Coventry stood above Broadway near the place where, many years later, the Broadway Tower would be built. He was with his friend, Sanderson Miller, and was looking north-west towards Croome Court, his family home. They would have been discussing the changes George would experience when his father died and he became the Earl. One topic we know they were discussing were the alterations he wanted to make

in order to 'modernise' the house. Sanderson Miller was someone he had come across at Oxford University, who had known George's elder brother, Thomas Henry, and therefore what was being planned for Croome. Thomas Henry had died in 1744, shortly after these young men had left Oxford. That was why, when in 1751, George William became the 6th Earl, he was determined to do the things his brother had planned. Their ancestors had been lawyers and

had acquired vast amounts of land. Not only did the new, young Earl own much of Worcestershire, he also owned parts of Gloucestershire and Warwickshire, as well as land in Somerset, Kent and Northumberland. All of this brought in rents, so he had plenty of money and used it to extend the Court with the help of Lancelot (later 'Capability') Brown and Robert Adam. Out of marshy land, a park was made and buildings added as 'eye-catchers'. These included the Rotunda, the Panorama tower, an Orangery (the Temple Greenhouse), Pirton Castle, Dunstall Castle and even the new Church. The final building, in the 1790s, was Broadway Tower. Fifty years after he had stood there looking out over the valley below, Brown and Adam having both died, he arranged for James Wyatt to design and build the tall tower we see today.

This 'prospect tower', on the scarp of the Cotswolds commanded views of the 6th Earl's estate and the countryside he loved. It is said that the sharp-eyed can even see the Court. It is also said that when the Earl reached that point on his return from London, a beacon was lit on the top of the tower to warn those in the Court that he was on his way. However, since he died before the building was finished, that seems to me to be unlikely!



George William Coventry, 6th Earl of Coventry (1722 - 1809)

Sometime later, in 1873, William Morris and some of his Pre-Raphaelite friends were staying, on holiday, in the tower. It was there that Morris drafted the letter that led to the founding of The Society for the Protection of Ancient Buildings.

For more information about the iconic tower's history or to book your visit, go to www.broadwaytower.co.uk



The view from Broadway Tower, 275 years after Geogre William Coventry and Sanderson Miller first conceived of ways to modernise his estate.



The interior of Broadway Tower, first opened to visitors by Lord Dulverton of Batsford Estate in 1976.

Farming

Mike Page

I have spoken before about being either an optimist or a pessimist and since the availability and control of many of farming's main inputs lie outside our control the need is always to try and take the optimistic view. We have had two exceptional (in the negative sense) growing seasons in succession: 23-24 was notable for being extraordinarily wet, resulting in crops being grown in such conditions that yields were poor with many fields a quagmire or completely flooded and not being planted at all; season 24-25 has been exceptionally dry resulting in poor crops for entirely different reasons. I know of one farmer who was out on June 30th harvesting fully ripe Barley: the first time in his farming life he has ever had the combine in the field in June; harvest of Barley would not commence normally before well into July; having had its full grain filling and ripening season lopped that much shorter than usual, yield is obviously down. Likewise, much of the Wheat crop became fully ripe and ready for harvest by mid/late-July rather than the more usual time of mid-August, and yields are likewise down. To make matters even worse, UK ex-farm grain prices – set very much by international trading levels, are on the low side. In an effort to try and find some good news somewhere, I can report that some crop yields are not quite as low as some were predicting. But to look ahead and try remaining on the bright side, preparations for season 25-26 are already well under way; and I know of a few fields with crop seeds (Oil Seed Rape) already planted and with such rain as we

have had in more recent weeks, near surface moisture levels have been high enough for those crops to be already germinated and showing above ground level. Today as I write this (14th September) it is bucketing down, and has been for several hours: more rain in the last 3 to 4 hours than in the previous 4 months? Next week (as I am writing this) on 21st September many of us locals involved in farming will be enjoying a day at the annual Crowle Ploughing Match – a day to be enjoyed going right back for me to my Young Farmer's Club days in the 1960s/70s – watching old and young test their ploughing skills against one another. Traditional furrow ploughing was the means by which just about all arable farming started out on its annual cycle when I came into farming life in the mid-1960s; nowadays a wide range of cultivation techniques are used, including 'direct drilling', where with the correct equipment to do the job, the next crop is planted directly into the otherwise undisturbed (or minimally disturbed) stubble of the last crop grown. Or if another crop is not to be established until much later (probably in the following spring) a 'catch' or 'cover' crop can be grown. It is planted to maintain soil cover above, and throw down roots below, during the time the soil might otherwise be more or less idle and does a lot to help maintain natural soil structure, and its capacity to be the best growing medium it can be, as well as taking in moisture and acting as a control to rainwater run-off causing potential problems elsewhere. In a natural ('wild') environment soil is rarely left bare as when one plant dies off,



Three weeks ago, this field looked bleached and dead. Grass, when under drought stress can go into a seemingly 'dormant' phase where much of the individual leaf area dies off, but the core of the plant remains alive, ready to erupt into new growth when conditions allow. The new greenery will provide grazing for livestock well into the later autumn and early winter.

for whatever reason, there will almost always be something taking the opportunity to commence growth in its place. It is simply a case of us trying to manage land in the way nature would do it if left to its own devices. Present drought conditions have not only affected arable crops but have seriously reduced grassland growth leaving grazing livestock potentially short of food. Reserves of fodder gathered only weeks ago to provide food for livestock over the coming winter are being used already on some farms to supplement the shortage of grazing now. Yet another problem to have to deal with, but recent rains have brought back some green growth to seemingly dormant pastures, which gives hope that one way and another, we will cope. It may not be their first choice of food to eat, but most livestock will take to straw (preferably Barley straw) as a food quite readily if the alternative is going hungry. As a background to all this it is worth saying that agricultural land values and land rents are

mostly at a level where the only way of making a profit from farming it, with the current changes in Government financial support, is to aim for maximum production. One major problem there is that Government support is now increasingly changing to being directed toward environmental schemes, and the two objectives are, to farmers with experience like mine, mutually incompatible. We (and the Government!) are on a steep learning curve and it must be the case that eventually a position will be found that keeps both sides happy and at the same time, the Country reasonably well supplied with home-grown basic foodstuffs. A bit like adding 2 + 2 and hoping you can come up with the answer 5. As I have said before, with one of the biggest factors in farming being the weather, over which we have no control whatsoever, I remain an optimist and hope that my Mathematics teacher back in school days, who assured me time and time again that $2 + 2 = 4$, got it wrong.

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Sunday 12 noon - 6pm



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Why Do I Keep Bees ?

Martyn Cracknell



A French bee hotel which would grace any English garden

At last, we've made it through August. For me, this is a time to sit back and take stock of the year so far. Spring and Summer are always frenetic with preparing colonies for the upcoming season, teaching beginners, assembling displays for various shows, attending conferences and trade shows, taking swarm control

measures, collecting swarms that are notified to us, raising new queens, dealing with the honey crop and fending off wasp attacks, and so on. Now, for a few weeks, I put the bees on the back burner. I may have a little more honey to extract by the end of the month, and, if necessary, supplementary

winter feeding and checks for pests and diseases but generally, for me, it is a quieter time and I often ponder what on earth makes me do it! Even the two words, 'harvesting honey', conceal a huge amount of effort and organisation and potential conflict in the kitchen. The preparation area has to be 'food hygiene clean'. The cat has to be banished, all doors and windows closed to keep wasps and bees out... and, in the recent heat, that is unbearable. Jars and storage containers must be cleaned, labels conforming to labelling standards are required, and the list goes on... and when you think you've finished for another year, there's a lingering stickiness on door handles, light switches and even the steering wheel... How did that get there?

People keep bees for all manner of reasons. Some feel that it is a badge of their environmental credentials, and whilst having a hive won't 'Save the bees', it does encourage an appreciation of plant diversity, and land management and a greater awareness of all insects, not just honeybees.

So, couldn't I just have some bees in a box at the end of the garden and leave them to their own devices without any intervention?

Unfortunately, honey bees in Britain are close to the limit of their natural distribution and truly wild colonies are few and far between. The combination of uncertain weather conditions, introduced pests, and natural predators means that they tend to die out. With more warm seasons, their chances of survival may be much higher, but then their hives may become congested with surplus honey, encouraging the release of multiple swarms... and that can be a public nuisance. Responsible beekeeping requires gentle hands-on management without unnecessary intervention, helping to steer a path from one season to another. For a box of pollinators that does not require management, why not build a big solitary bee hotel? Of course they don't provide any honey, but as I have found throughout my life, 'You don't get something for nothing'.

Village Life

John Driscoll

I'm writing this as September unfolds and we're facing the inevitable break in the weather after a summer of record high temperatures and long, dry months. It obviously couldn't last, and it hasn't! Torrential rains have passed through and are starting to penetrate the ground. It's incredible how quickly the grass that was yellow a few weeks ago is fast returning to green. The summer break from regular mowing is surely over. One very confusing result of the extreme summer has been the trauma caused to our trees and plants, many of which have gone into survival mode. Autumn colours were evident from mid-August, with leaf drop, die-back and an abundance of acorns as oaks attempt to spread as much potential for new life as possible. Many other varieties must be doing the same. Very unsettling for all of us. Village life enjoyed a magnificent boost with a party to celebrate four years with our pub landlady and landlord, during which they and their team have built a brilliant hub for all of us. Hub/pub seem to

be interchangeable in this case! This truly is the embodiment of community spirit and provides us with a great focal point. The anniversary festivities included delicious food from an enormous trailer, plus a magician who roamed the crowd performing mind-bending tricks, a live band and a simply amazing fire eater, who also juggled (with and without fire) and blew giant bubbles, time-honoured tombola, wine bottle hunt and a higher/lower game, plus a little den for 'put in/take out' in the snug. Fun for all and a great way to meet up with neighbours, rounding off with a donation to the Alzheimer's Society from these various fundraising activities. A further fantastic fundraising effort for the same very worthwhile charity followed a few weeks later. About a dozen ladies from the village set out to walk a section of the Malvern Hills, bedecked in bright blue Alzheimer's Society t-shirts. They raised an amazing sum of £2,500 through various forms of sponsorship. So many of us are touched by this cruel disease through family members and



friends who live with the condition, so it is maybe not surprising that so many people sponsored so generously. An amazing effort and a great achievement – some of the walkers may have been a little hesitant but were rewarded by sharing a great sense of achievement – not to mention a picnic and a swift drink on the way home (for the non-drivers)! Local fundraising will continue in September with an event emulating a Macmillan coffee morning (it's in the afternoon), which will no doubt once again result in a donation to this similarly vital charity that also touches so many of our lives. Where is this being held? At the hub, of course! An event raising funds for one of our local churches is also being held during the

month, with an array of refreshments and activities – not at the pub this time, but at the church. So, what's next for our village? Here's hoping the autumn doesn't bring too many extremes of weather, and especially that the inevitable rain doesn't come 'too much too soon' with unwelcome consequences. Of course, there are plenty of good things to savour at this time of year, from long walks through swishing leaves to log fires and cosy evenings. And what better way to save on home heating than to visit your local pub to share their log fire alongside friends and neighbours – helping community spirit in the process and maybe adding a few pennies to the charity pot on the bar for good measure. Cheers!

Escape from Mariupol, Ukraine: Part Two

Denys Bielov



*The Mariupol Drama Theatre, bombed on 16th March 2022.
'CHILDREN' is written on the ground outside.*

Last month, I began to tell the story of the invasion of Ukraine from the east by the Russians in February 2022, how it affected our homes in the city of Mariupol and later my escape.

March and April 2022 were the most hungry months. Those who stayed in Mariupol had run out of food by March. People got water in different ways. Mostly, they melted snow and collected rainwater. Even though it was poisoned by burning and explosives, they tried to filter it using whatever they had available. In the apartments of the surviving buildings, people drained the water from the heating systems for drinking.

In some areas, that were more fortunate, there were natural groundwater streams where people queued in long lines to get to them. They waited for many hours in the cold, risking being killed by shrapnel from exploding shells while waiting and when walking home. There was no other choice. We had to take risks. Otherwise, you could die of thirst and hunger. Cooking was impossible without water.

The men from the Ukrainian Azov regiment, in short breaks between battles, organised food distribution several times a week from the surviving shops and supermarkets. This was very risky because the occupiers, seeing people in military uniforms, would start firing artillery, despite the fact that there were civilians nearby. We had to run away and hide. Even when Azov brought a tanker truck with drinking water to distribute to the people, the occupiers bombed it. I don't know what happened to the people who were there. I hope they managed to take cover. Our soldiers became fewer and fewer and were no longer able to bring food. Mad with hunger, people themselves

began to open the food warehouses and shops. They took out everything that was edible, even that which was beginning to spoil, boiled it on a fire and ate it. Salads were made from spring grass, nettles, dandelions, and stocks of wheat groats that could still be obtained in some warehouses.

It was hard for many people not to go insane when they realised that today, ten to fifteen houses in your neighbourhood would be destroyed by direct or close hits. You can only pray that your house will not be among them. Hundreds of houses will be damaged, and fires will burn again. This is hellish 'Russian roulette'. Every morning, you wake up to another bombing, when the house shakes from hits within a half-kilometre radius. These Russians did not even look where they were shooting. The bombs and missiles would come from anywhere. Once, a shell landed in my yard (my house was barely standing) and about seven or eight more shells fell nearby, within a radius of 80 metres. Some hit houses, some hit gardens, some hit a playground, a shop ... there were

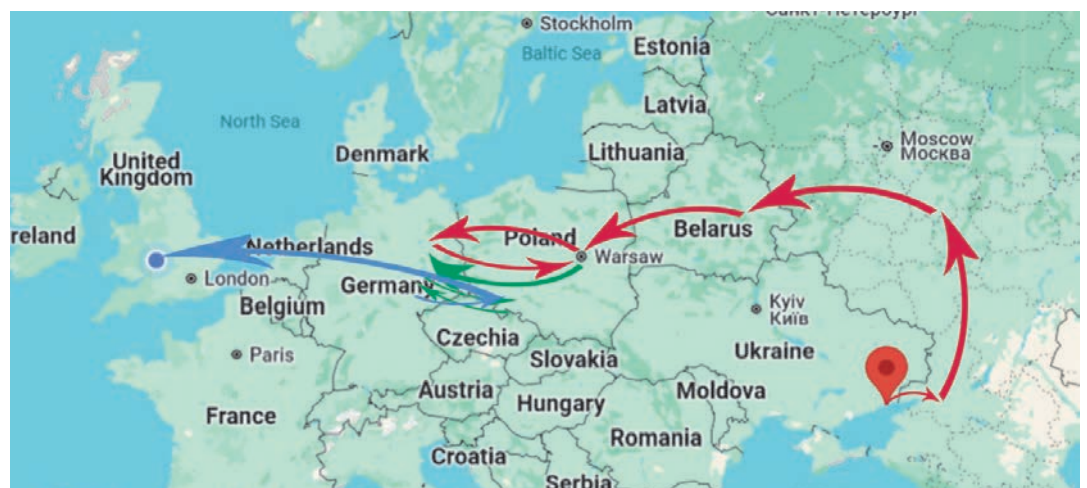


*'Hundreds of houses will be damaged,
and fires will burn again.'*

no military targets here. The only people in the shop were the shop staff and the director. A minute later, the employees dragged the bloody body of the director outside. It was extremely dangerous to go outside, because shrapnel from high-explosive shells scatter hundreds of metres, and the walls of houses and fences of the plots can at least somehow protect you.

There were many hungry, angry and frightened dogs running around the streets. People, who had left could not take their pets with them and simply let them run free. Many died of starvation and cold right on the street, or were mauled by stronger animals, or killed by shrapnel. Often, you could see a crater somewhere on the road, and next to it, in a pile of earth and shrapnel, several torn corpses of dogs and cats. The Russians were shooting at everything: infrastructure, buildings, hospitals, shops, pharmacies. Even maternity hospitals, kindergartens, schools and the drama theatre, the pearl of Mariupol, were not spared. Mariupol residents, who had already lost their homes, hoped

that at least this beautiful, monumental historical building would not be destroyed. They set up a shelter for families with children there. And on the theatre square next to it, they wrote the Russian word 'ДЕТИ' in huge letters, which means 'CHILDREN'. But even this did not save the drama theatre. A bomb was dropped on it. Everyone inside died, about 500 people. On the streets of Mariupol, you often saw a picture on the gates of houses saying 'people and children live here', but behind the gates, there were only burnt walls and rubble. Not a single gram of humanity from the Russians who came to Ukraine, just extreme evil! Their tactic was to paralyse the life of the city, regardless of the number of civilian casualties. The more Ukrainians tried to defend themselves, their homes, their relatives and friends, the more Russians became violent, hateful and eager to kill as many as possible and destroy everything that could somehow remind them of Ukraine. This is a real genocide, violent and brutal.



Mariupol: over two thousand miles away from Worcester, currently under Russian control

Autumnal Planting Ideas for Halloween

Autumn is here with its crisp air and with less daylight hours, the leaves have begun their fiery descent. So, my thoughts have turned to Halloween at the end of the month and how I can decorate the porch for the seasonal change and incorporate spooky season. Arriving home and being greeted by a beautiful display with cosy textures and rich, earthy tones offers instant comfort and softens the chill in the air before coats and boots are even off. If you fancy creating an autumnal display, here's a few ideas to get started. All of these plants are available from the local garden centre, so they're easy to find:

- *Chrysanthemums* (affectionately known as *Mums*): These classic autumn flowers come in autumnal shades of orange, purple, rust, and amber.



Their dense petals and rounded daisy-like shape make them ideal for containers.

- *Heuchera*:

An evergreen perennial with ruffled foliage in glowing copper tones. It adds texture and depth to container displays.

There are so many colours to choose from so you're bound to find one suitable for your colour scheme and can be popped into the border too.

- *Physalis alkekengi* (commonly known as the *Chinese Lantern*):

These are great for drying and adding to door wreaths.

- *Calluna* (*Heather*):

Comes in lots of lovely colours, and the purple shades go really well with pumpkin décor. They flower from late summer to early winter and can be planted in the borders afterwards.



- *Ophiopogon planiscapus 'Nigrescens'*:

Which is a low growing black grass which is very effective and can add some depth to your display and an interesting contrast to all the orange.

Planters:

Terracotta plant pots are ideal with their orangey-warm tones. Most can tolerate the frost, but it's worth checking before purchasing. Get different sizes to add interest – you can always stand the pot on a chunky wooden block to raise the height at the back of the display.

Wooden crates and baskets:

These are perfect for a temporary display, and you can include anything from gourds, fruit and bunches of dried flowers to spooky ornaments.

Pumpkins: hollow them out and



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carve them, add some battery-powered fairy lights for dark nights or you could add a vase of fresh flowers. And if you only have a windowsill to decorate, you can still do this with some gourds and tealight holders, add some trailing ivy in-between. Include twigs, berried branches and teasels to provide some height, texture and colour.

Transforming your porch with a seasonal display doesn't require a full overhaul - just a few thoughtful touches and a dash of creativity. Remember to add a cauldron of sweets and get ready for the trick-or-treaters.

October gardening tips

Reg Moule BBC Hereford & Worcester

Early in the Month

New lawns can still be seeded (soon) or turfed this month. This is a good time to plant trees, shrubs, roses, fruit trees and soft fruit plants. Clear summer bedding from tubs and borders and replace it with plants which give colour through to spring. Garden Centres will have an extensive range of suitable species in their planterias including Winter Pansies, Violas, Wallflowers, Ornamental Cabbage etc. Don't forget to add some colourful evergreen plants and spring flowering bulbs to your planting scheme. Osteospermums, Arctotis, Argyranthemums and other tender perennials should be lifted from the borders, potted and brought inside for the winter. Spray peaches and nectarines with Vitax Copper Mixture against peach leaf curl. Spring flowering bulbs of all kinds can be planted outdoors this month.

Middle of the Month.

Rake up fallen leaves both for general hygiene and to use to

make leaf mould – a valuable soil conditioner or a peat substitute in homemade potting compost recipes. Continue planting spring flowering bedding like Wallflowers, Brompton Stocks, Forget-Me-Nots and Sweet Williams.

Allow the first frosts to blacken off Dahlia foliage before lifting and drying the tubers ready for winter storage. Treating the tubers with sulphur dust before storage helps to prevent rotting. If you have light soil consider leaving the tubers in the soil over winter, perhaps with a protective mulch of garden compost or bark over the root area. Gladioli corms should be lifted, dried and stored in a frost-free place until spring.

Clean up dead foliage from the centres of Pampas Grass clumps, but wear strong gloves to avoid being cut by the razor sharp leaves. Lift and divide large clumps of early flowering perennials. Late flowers can be left until spring. Mow lawns less frequently and treat them with an autumn lawn fertiliser. Lawns also benefit from a good

wire raking to clear "thatch" and spiking with a hollow tined aerator. Hardwood cuttings can be taken from now onwards but the sooner the better.

Tidy up pond plants, removing the foliage from water lilies before they decompose in the water. Feed your fish less often as they begin to slow down for the winter. Remember to use a wheatgerm based food as these are much easier for the fish to digest.

Prune blackcurrants, blackberries and hybrid berries, e.g. loganberries, tayberries.

Watering and ventilation need careful attention in greenhouses in order to avoid fungal diseases. Sow winter lettuce under cloches and frames.

Plant lily bulbs in pots in a cold greenhouse to get early flowers.

Sow sweet peas in pots in a cold frame. Protect against damage by mice.

Pick apples and pears.

Remember to remove any mummified fruits as these harbour brown rot disease. As houseplants slow down for



the winter, they will require less watering and feeding.

If you wish to move any deciduous shrubs do the job now. Lift the plants with a good rootball intact and re-plant firmly.

Late in the Month.

Tall deciduous shrubs – e.g. roses, Lavatera and Buddleia can be cut back by one third in order to prevent wind rock.

Dead foliage on any herbaceous plants can be removed between now and next Spring.

Sow broad bean Aquadulce Claudia in mild areas to crop next June.

Plant Paperwhite Narcissi now for flowering in mid-December. Keep the planted containers in a light warm place.

Ailsa's Kitchen

Ailsa Craddock

Apples and Pears - The gluts and harvest continue as fruit trees groan under the weight of ripe apples and pears, the branches bending downwards (always amazes me how much they spring up when you've picked!) What can you NOT do with apples – surely one of the most versatile of foods.? Freeze them, stew them, make puddings, cakes, sauces and put them in savoury dishes.

So many different varieties to choose from – everyone will have their particular favourite. With over 7,000 different cultivars available worldwide, it's no surprise that apples are the most widely consumed fruit globally. A good source of fibre and vitamins C and E. They may help lower high cholesterol and blood pressure levels, can aid digestion and support a healthy immune system. October is the perfect month to make this favourite combination of Pork and Apple.

Pork and Apple Casserole

700g pork cubed
1 tablespoon seasoned flour
2 tablespoon sunflower oil
100g smoked streaky bacon, chopped
large leek, cut into chunks
Garlic clove, crushed
500 ml dry cider
250ml chicken stock
tablespoon soured cream (if you don't have any, add a little lemon juice to plain cream - or even use cream fraiche)
1 tablespoon wholegrain mustard
squeeze of lemon juice (optional)
2 apples, cored
50 g butter
2 tsp. Soft Brown Sugar
1 tablespoon sage, roughly chopped

Heat the oven to 170°C (150°C fan oven) gas mark 3. Toss the pork in the seasoned flour. Heat 1 tablespoon oil in a large hob proof casserole dish. Brown the pork in batches over a medium to high heat and set aside. Fry bacon in the casserole to release the fat then turn up the heat and fry until golden. Set aside with the pork. Fry the leek until lightly golden, then add the garlic and cook for 1 minute. Stir in any leftover seasoned flour and cook for 1 minute. Gradually blend in the cider and stock and bring to the boil. Return the pork and bacon to the casserole, cover and cook in the oven for 1-1½ hours until the pork is tender.



Remove meat and leeks with a slotted spoon and keep warm. Put the casserole over a medium heat. If the sauce is thin, reduce a little until syrupy. Add the cream and simmer for 2 minutes until thickened. Stir in the mustard. Check the seasoning and add a squeeze of lemon juice if necessary. Meanwhile, halve the apples, then cut into 1cm thick slices. Melt the butter in a pan with the sugar. When it's stopped foaming, add the apples and fry gently for 3-5 minutes until tender and caramelised. Serve the pork and apple casserole garnished with the apple slices and sage.

Pickled Pears

Pickled pears make the season last until the festive time. They go excellently with Christmas leftovers – Stilton, ham, roast meats and more.

500g sugar
1 litre cider vinegar
1 cinnamon stick

2 – 3 star anise
5 slices of fresh ginger, peeled
½ teaspoon black peppercorns
3 slices of lemon plus a squeeze of juice
6 smallish pears
2 sprigs fresh rosemary
Optional:
A few cloves and/or juniper berries

Simmer and stir sugar, vinegar and spices in a large stainless steel saucepan over a low heat until sugar is dissolved. Add peeled pears to the vinegar mix. Stir and skim off any foam as they cook. Once the pears are tender and opaque (about 15 mins) stir them in to sterilised jars and tuck in the lemon slices and rosemary sprigs. Pop the vinegar syrup back on the hob and boil till reduced a bit (about 5 mins). Pour over the pears up to the top and spoon in the spices. Store in a dark, cool place for up to 6 months (you can eat them sooner if you want!).

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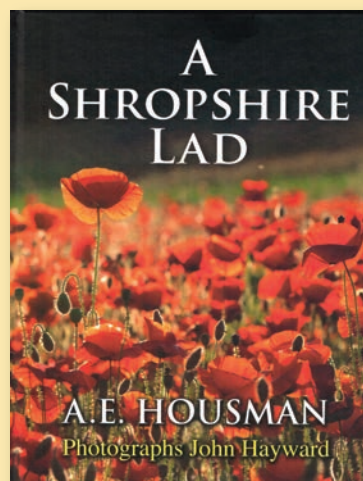


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Who's in charge?

Angela Johns

It is part of the human condition to worry. Used to your advantage, it is a way to problem solve. It also guides us to do a good job, make preparations, treat people with kindness or help to keep them at arm's length. It gives us a motive to do something in the present that will help us in the future. It also shows us how much we care about those we love, including ourselves.

But what happens when worry takes on a life of its own? It is the uninvited whisper in your ear that pretends it is helping you. It's the fiction that keeps on getting more preposterous the more airtime it is given. It comes with a soundtrack that builds to a loud crescendo, making your heart beat faster and your palms go damp. It starts to colour our everyday with grey and becomes a weight that holds us down. Don't put worry in charge – it's out of control! Worry is focussed on a potential future. Will it turn out how we want? Or, in the language of worry, will it not turn out how we want? More importantly, how will we be able to stand it? Worry is trying to hold us back in order to avoid difficult feelings in the future - failure, shame, discomfort, embarrassment, loss. Will we be able to bear it? The irony is that worry brings difficult feelings into the present instead and crowds out the good. It's a challenge to hold these two opposing feelings at once and one of them usually wins out. So, don't put worry in charge – it's out of control! If we carry its weight on our shoulders with its scaly fingers covering our eyes, it will use up our energy resources and blind us from seeing the



solution. Wouldn't it be better to invite it to walk beside us instead? We can then be free to ask its advice, challenge its narrative to discover truth, or ask it to be quiet so that you can think straight. We can give it a name that is not our own and allocate the time we are willing to spend in conversation with it. Creating this distance between it and you means that you get to be in charge. It can come for the ride but it's you in the driving seat. Most of what we worry about doesn't turn out as badly as we imagined it would. It can be difficult to live with the uncertainty of the future. But if life is unpredictable, then that means good things can come along too. If we use up our energy trying to control the future, we have less available to have fun – or, at least, to be comfy with simply being ok. And, for most of us, being ok is just fine. Being ok is peace. *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 www.angelajohns.co.uk

New Beginnings

Emily Papirnik

Sometimes beginnings feel exciting, full of possibility and light. Other times, they can feel daunting, even frightening. Change often carries both hope and uncertainty in equal measure. However, if we hold on to faith - faith in ourselves, in the process, and in the unseen support around us - we can begin to shift that fear into joy, curiosity, and creativity.

Manifesting what we truly want happens with much more ease when we let go of resistance, stay present in the moment, and choose to transform the energy of fear into the spark of excitement. Here are three ways to embrace new beginnings with trust and positivity:

1) Reframe Fear as Energy

Fear and excitement are closely linked - they both create physical sensations in the body. When you notice fear rising, pause and ask yourself: What if this isn't fear, but the energy of something new and expansive? By reframing, you open the door to growth instead of retreat.

2) Stay Present, Step by Step

It's easy to become overwhelmed by the big picture of change. Instead, bring yourself back to the present moment. Focus on just the next step, however small. Living moment to moment



allows clarity and ease to guide you forward.

3) Visualise the Outcome You Desire

Take a few minutes each day to imagine your new beginning unfolding in the most beautiful way. See yourself thriving, feel the joy in your body, and allow that vision to become a magnet drawing your dreams closer. New beginnings are not about erasing the past - they are about stepping into alignment with what is calling you now. With trust, presence, and a willingness to shift fear into excitement, you allow life to unfold in ways beyond what you may have imagined.

What new beginning is calling you right now?

If this resonates with you, you might enjoy exploring more reflections and resources on my blog:

www.intentiontherapy.co.uk/blog

'Mighty things from small beginnings grow.'

John Dryden

'Annus Mirabilis' (1667)

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Romy's Uni Life

Romy Kemp *Liverpool University*



Settling into Third Year

I have now been back at university for a couple of weeks and I've had a hard time settling in. There was only me and one of my flatmates in the house for my first week back, which was extremely quiet but definitely gave me time to sort out my room and the kitchen. The majority of my week was filled with cleaning everything and doing a lot of washing, as well as meal prepping. I'm really trying to keep my life and schedule organised so that I can get into a routine for the

entire year of university. I really want to do well in my final year, so I believe that the set schedule will help with this. I've felt quite homesick since coming back to university, which has been hard because the summer break is so long. I left university for home in June, so it's been a long time of being at home and spending time with my family, my pets, and my friends. Living with new people this year at university is difficult after living with the same people for first and second year. I will still meet up with my former

housemates but it's very different living with six other people when you're used to living with the same two friends. It has been nice to bond more with my course mates, who I'm living with, as well as the other friends that I'm living with, but it's important to remember that life isn't always going to be easy rolling. This is very much the case for university because everyone has different priorities (from partying, to studying, to relaxing), and so it's important to be the same and fill life with different events and opportunities. My plan is to gain more work experience this year; however, I do not know where or in what. I'd like to do more work experience in another school, maybe in Liverpool, as well as doing work experience in a different field of work. I would also like to start a new hobby this year, but I don't know if I'd like to do an independent or a social hobby. It would just be nice to learn a new skill that I don't have to pay for. I also plan on connecting with nature again this year, as I was unable to last year due to living in a more built-up area; however, I have



returned to the more scenic part of Liverpool, despite it being further away from university. There is a lake close to where I am living that I loved walking around in first year, so my plan is to do the same again this year. Maybe it'll help me relive the joys and feelings of first year. It was so nice to have a place to familiarise myself with in first year that reminded me a little bit of home, plus I loved spotting different animals. I hope my modules go well this semester and that everything settles into place for me, as I want to have a fabulous last year of university in Liverpool. For all of those who are starting a new year of school, college, university, or work, I wish only the best for you all. Even for those who have settled into something, surprises and fun can arise when you least expect them.



Preventative Health Care



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

What happens at a health check?

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

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

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

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

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

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

Best wishes *Eliza*

Gregory's World!

Boston Found

Ever heard of the Pentagon Pizza Index? It's an online tracker of takeout pizza orders within the vicinity of the Pentagon; a surge suggests a major international crisis or event is imminent, because all the office staff are staying behind late and getting margheritas and meat feasts delivered to their desks. On the weekend of 30th-31st August, the Pizza Index spiked. Also on the weekend of 30th-31st August, Natdog and I made the final preparations for our hotly anticipated road trip around America. I am 97.6% sure that these two facts are unrelated. My grin was giving the Cheshire Cat a run for his money. I'd absorbed so much of America through the internet and the TV, that I almost felt as if I'd already been there. But this would be my first time ever setting foot outside Europe; my first time driving on the right side of the road; my first time eating my body weight in blueberry pancakes. Bring it on!

After landing in Boston, we rocked up at the Avis car rental centre and were given the keys to a huge black Mazda. I'd already had a go at driving Grandad's automatic at home, so I was first to take the wheel. We figured out how to start the engine, then deactivate 'Park' mode and the handbrake (not a

satisfying lever, but a tiny switch). I prefer driving without bits and pieces in my pockets, so I put my passport safely beside the cup holder, then psyched myself up for the forty-minute drive to our motel. Gulping, I fired up the engine. A warning flashed on the dashboard: 'Low tire pressure!'. Oh. We explained the situation to a member of staff; he responded by giving us the keys to an even bigger Volkswagen Atlas, a seven-seater behemoth, which we named 'Marylou'. Driving Marylou was like floating on a cloud, high off the road. With Natdog navigating on Google maps, I steered us along the concrete runways of central Boston, down five-lane highways that merged and looped and spun off like spaghetti deep into Massachusetts, to the Bedford Motel. The suburbs were gloomy; cicadas and katydids pulsed in the trees; you got a sense of forested wilderness looming forever on the doorstep. I parked up and checked my pock – Fellow reader, my heart dropped. Passport! I left it in the Mazda!

It had been a twenty-nine-hour day for us. As sleep-muddled delirium spread over me, I sank into bed, knowing we'd have to venture back into the lion's den of central Boston to retrieve my identity, my way home.

The next morning, we bought

supplies from Stop & Shop – deodorant, toothpaste, shower gel, and a hands-free satnav clamp for our phones – only for Natdog to battle through a labyrinth of death-defying junctions en route to Avis. Driving in America felt like moving from primary to secondary school, where everyone's suddenly bigger than you, nudging or knocking you in the corridor, shouting 'Watch out!' or 'Move!' Bulky GMCs and Chevrolets squeezed and honked onto the highways. I couldn't help but breathe in as yellow school buses and semi-trucks, with exhaust pipes like devils' horns, closed in around us. When we finally returned to Avis, the staff told us we couldn't park here or there, and when I asked if I could search for the black Mazda and my passport – "They're gone."

G-gone? I felt queasy and cold all over. Natdog managed to park the car and, at the reception desk, our curly, red-haired hero, Loretta, made a few calls. No luck. All I could do was log a lost item complaint. Her strained expression suggested these rarely came to anything. I must've looked pretty downtrodden, because she rummaged under her desk. "This is a little girly ... but I think you might need it." She passed me a 'lucky little turtle' keyring charm ('Especially for you, to bring good luck the whole day through'). I've never really been

Gregory Sidaway



superstitious, but after the last twenty-four hours, I was clenching that turtle like a lifeline. So much for our hotly anticipated road trip! This never happened to Kerouac when he was 'On the Road'. We'd barely put rubber to tarmac, and I was already thinking about how on Earth I was going to get back home. There was no other choice, I thought as we walked back through the Avis car park. I couldn't wait for the slimmest-of-slim chance that Avis would recover my passport. I'd have to apply online for an emergency one. Okay. That was doable. After all, now I had my lucky turtle. "Um, Natdog ..."

Our parking space was empty. The Avis guys must've assumed we were returning Marylou. What about all our things? Our supplies from Stop & Shop, our rucksacks, our suitcase, Natdog's passport? "Where's the car?"

Evie's Teenage Focus

Evie Aubin Oxford Brookes University

Coming back to university for my second year feels so surreal. Even after last month, when I was reminiscing about my first year, trying to give any helpful advice to anybody starting their first year, I almost forgot what it's like to actually be here. This time, everything feels more familiar. So much so that moving into my shared house was just as dramatic as last year's move-in. I think it took me about four train trips on my own and then again with my parents, the car boot and back seats packed to the brim, for me to have everything I needed at the house.

I must say, though, it is really lovely to be living with my friends. There is no awkward small talk in the kitchen, no shuffling around each other, and while the water pressure is questionable and we have an old abandoned chair on the roof

of the shed, it's ours. One thing I must admit is that I miss the massive kitchen we had in my first year flat. I do love living with my friends; however, our kitchen this year is, well ... a bit small. And it's ok, it just means I'm having to re-learn how to cook for myself. And I have mostly figured it out now, just like last year, it's both empowering and exhausting; only by now the novelty of it has worn off, but at least I have my tried and tested recipes from last year, which make everything a bit easier. But, moving past the house, it's good to be back in Oxford. Walking through campus is like seeing an old friend again, and being back in the library before lectures was even giving me an odd sense of comfort. With the first day of lectures growing closer, the group chats were alive again. Some friends had

changed courses, and some had dropped out completely. But after a quick catch-up with friends, the lecturers began again, and we were straight into our core material. The lectures hit fast this year. No warm-up week, just straight into deadlines and reminders of a dissertation looming on next year's horizon. But I actually understand more this time around. I am not just simply surviving or getting through university; I can properly and wholeheartedly engage with it. I also managed to get my timetable sorted on the first try, which is more than I can say for last year!

All in all, the start of my second year has been really good. Of course, I still had nerves (my family will testify to that), but I am excited to be here. The first week of the second year didn't come with the buzz



of new beginnings like the first year did. It's more subtle than that. It's a quiet confidence, a deeper understanding of yourself and what it means to be here. Last year was about finding my feet. I failed, I learned, and most importantly, I've grown. This year will be all about using that to take steps forward. I just can't wait to do it! I'll tell you how it goes next month. For now, Toodles!

Tom Jones: an historic novel, a local connection



The White Lion at Upton

I have always loved books, and old books are especially intriguing. Many decades ago, my mother picked up a box of ancient books at an auction; when she and my father subsequently moved to a smaller house, she passed some of these on to me. Two books, in particular, looked tatty and unloved; the covers were loose, pages were falling out, and the lettering on the spines had faded completely. It was almost impossible to read the books, but I saw that they were a two-volume set of the novel *Tom Jones* by Henry Fielding. Henry Fielding was

an 18th-century writer, social reformer and magistrate (with his brother John, he established the Bow Street Runners, which, some would say, was London's first police force). Fielding published *The History of Tom Jones, a Foundling* in 1749, and he became known as 'the father of the English novel' for the way he developed structure and used realism in his writing. The book – lauded for its humour and satire – tells of the adventures of Tom, an attractive but unfortunate young man. Adopted as an orphan by a wealthy landowner in Somerset,

Tom has numerous (and complex) romantic and dramatic encounters when he becomes a young man, as he is forced to flee his home to seek happiness in London. The book has been described as a 'bawdy – but not smutty – romp.' I was familiar with *Tom Jones*, having seen the 1963 film version of the story. Amongst others, this starred Albert Finney as Tom; Susannah York as Sophia, the girl he truly loves; Joan Greenwood as Lady Bellaston, the older woman who seduces him, and Joyce Redman as Mrs Waters, a fellow traveller on the road to London, with whom he has a bawdy, but not smutty, liaison in a coaching inn. I was delighted to discover a local connection, as Henry Fielding used the White Lion Hotel in Upton-upon-Severn as the setting for this coaching inn. Fielding had himself stayed there and described it as 'a house of exceedingly good repute.' Arguably one of the most memorable scenes in the film was the one between Tom and Mrs Waters at the inn. The character of Mrs Waters was especially interesting to me, as

I had myself played her part as an eighteen-year-old in a school play. I recall our production being a rollicking caper with a sprinkling of swords and swashbuckling, petticoats and periwigs, and the odd chaste embrace – not on a par with the film version!

Having discovered the link with Upton, I felt I should try to save the old books I had been given from deteriorating even further. I took them to Hughes & Co, which, amongst other things, has a book restoration service. I wasn't at all sure what they would be able to achieve. I was delighted with the results and give thanks to them for this. From being torn, worn and unreadable, the books have been carefully rebound and the pages realigned; they now have beautiful hand-made marbled paper and leather covers, artfully set off with gold lettering. As the nights draw in, I am looking forward to reading these wonderful old books for the first time. As I do so, I shall wonder who has read them before me.

Jo Seaman



The Work of the Elgar Sleuth

Edward Elgar grew up in Worcester in modest social circumstances and earned a knighthood, a baronetcy, the Order of Merit and many honorary music degrees. The Elgar Society is one of the largest composer societies, and the West Midlands Branch continues to flourish.

For details of meetings held at Holy Trinity Church Hall, 1 North Malvern Road, Malvern WR14 4LR, see

www.elgarsociety.org/branches/west-midlands

The Elgar Society receives enquiries from the public, usually wanting confirmation of dubious pieces of information, such as 'I believe I am related through a second-cousin to Sir Edward Elgar'.

These enquiries are passed to me to answer, and I find they are often based on family anecdotes that have no hard evidence to back them up, and suffer from embellishment over time. In order to address them, one needs a large collection of books on Elgar, his family tree and an ability to make connections.

The Elgar sleuth's biggest challenge is finding enough original material for a book. Some years ago, a friend asked me to join her in writing a biography of her great-grandmother, Ann Greening, who was Elgar's mother. There have been dozens of books about Elgar, but hardly any investigate the formative influence of his mother. Little seemed to be known about her,

yet she was his earliest and perhaps deepest source of inspiration. She came from a humble background and received the most basic education, and there was little published documentation. Fortunately, Ann left some unpublished letters, poems, scrapbooks and articles in a family journal, and these items allowed us to tell her story. Her biography describes Ann's childhood among poor farming folk in rural Herefordshire, the move with her family to Worcester, meeting and marrying William Elgar, a piano-tuner, and the two setting up home and raising a family above the family music business.

*Michael Trott,
The Elgar Society*



'Ann Greening: Mother of Edward Elgar'

by Hilary Elgar, Brenda Watson & Michael Trott

Published by Brewin Books, Price: £14.95

Copies are available from me. Please send a cheque made out to M W Trott for £19 (includes p&p) to

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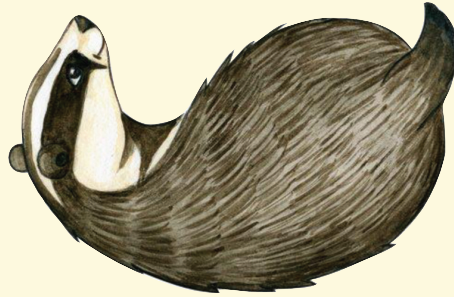
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SUPPLEMENT

Adventures in the Woods

A Children's Story



Badger to the Rescue

by

Peter Moore

(Broadway Author)

Books available soon from Hughes & Company

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It was a very chilly autumn night; the moon was shining brightly in the clear, starry sky. A family of badgers were out for a walk and searching for some food. Mummy Badger let the two kids go and play while she and Daddy Badger looked to see what they could find to eat.

Suddenly, they felt the air above their heads move, even though they couldn't hear anything. It was the old owl who lived up in the oak tree near the pond.

'Hello, Badger,' said Owl. 'How are you doing tonight?'

'Not too bad, thank you, Owl. Just out foraging to get some exercise and find something to eat,' answered Badger. 'Getting hungry now that the weather is changing. It's such a long time underground waiting for the dark to come again.'

'Yes,' Owl agreed, 'the days are long, but winter will soon be here, and the days will be shorter.'

'Have you come across Mrs Fox?' asked Badger. 'Only, I haven't seen her for a few nights.'

'Well,' said Owl, 'I heard that she and Mr Fox were being chased by those big dogs and horses the other day. It's a nasty business being hunted by dogs. Let's just hope they are both safe and well. Perhaps they are hiding somewhere.'

All this time, Trixie and Spike, the two young badgers, were having lots of fun chasing each other and rolling around in the leaves that had fallen to the ground.

Suddenly, they realised that they were now out of sight of their parents. But as they were about to start making their way back, they heard whispering coming from a nearby ditch. They looked at each other nervously, wondering whether they should go and look or just run away.

Trixie bravely crept forward and peered into the ditch. She was very surprised to see two young foxes, who were shivering and looking very scared.

'Hello there,' said Trixie. But the young foxes just sat there trembling.

'We aren't going to hurt you,' said Spike. 'Where are your parents?' he asked.

'We don't know,' said one of the foxes timidly. 'Our parents are missing and we haven't seen them for what seems like days and days. Father went to look for food, and when he didn't come back, Mum put us in here for safety, and then she went to look for him.'

'Well, why don't you come with us?' said Trixie. 'We can ask our parents what to do. We really can't leave you here on your own. It's not safe.'

'When we can find our parents,' muttered Spike.

The two young foxes looked at one another, then agreed to go with the badgers.

Back at the oak tree, Mrs Badger was getting very worried about her children.

'What's the matter, dear?' asked Badger.

'I am just worried as it's been a long time since the children went off to play,' she replied.

'Mm,' agreed Badger, 'it has. I'll go and look for them,' he volunteered.

'No, Badger, you wait here,' said Owl. 'I'll be quicker flying around and my eyesight is much better than yours,' he added.

'Thank you, Owl,' said Mrs Badger gratefully.

While Owl was away, the forest was full of the noises of other nocturnal animals. Down by the water's edge, the small ripples made by the frogs and the water voles glistened in the moonlight. The wind was picking up a little, causing the beautiful red and yellow leaves to fall rustling to the ground.



After a short while, Owl came flying back through the trees and found the badger parents sitting by the pond.

'I have news,' he reported. 'I have found your children, but they are not alone.'

'What do you mean?' asked Badger.

'They have two fox cubs with them,' explained Owl.

'Whatever are they doing with the young foxes?' exclaimed Mrs Badger.

Just as Owl was about to say something, the young badgers and foxes came into view.

'Where did you two get to?' Daddy Badger asked his children.

'Sorry,' said Trixie, 'we went too far and we got a bit lost. Then we found these two young foxes in a cold, wet ditch, and they are scared because they can't find their parents.'

'We know,' said Mummy Badger. 'But hopefully they will be back soon. Until then, the young foxes can stay with us.'

Owl took Badger aside and asked if he could have a word with him.

'Yes, of course,' said Badger. 'What is it?'

'I have just heard from another owl in this area that a fox is badly hurt at the other end of the wood, and that another fox has been caught by the humans who are in charge of the dogs,' explained Owl.

'I think we need to take a look at the injured fox first,' suggested Badger.

Badger drew his wife aside and told her what Owl had reported,

and said that he and Owl would go and see what they could do. 'Be very careful, dear,' said Mrs Badger. 'I will take our little ones back to the sett, and the cubs can come with us.'

'Good idea,' said Badger. 'I will see you all soon.'

As Badger and Owl went off, it was getting colder and windier — not good weather for any animal to be lying injured and alone. When they came to a clearing at the edge of the woods, Badger could hear a faint whimpering above the noise of the wind blowing through the trees.

'Did you hear that, Owl?' asked Badger as Owl was hovering overhead.

'No,' said Owl. 'It's hard to hear much with this wind. We owls rely much more on our eyes than our ears.'

Just then, both of them saw a movement behind a thicket of bushes.

'Look!' said Owl. 'It's Mr Fox and he doesn't look in great shape.'

'Fox,' called out Badger. 'We have been looking for you. How badly are you hurt?'

'Well, Badger,' Fox replied, 'I have felt better.'

'What happened to you?' asked Badger.

'I was out searching for food when I came across the huntsmen and their dogs,' Fox explained. 'I wasn't paying much attention as I had found something tasty to eat, but when I had nearly finished it, the dogs saw me and gave chase. All I heard was them barking and the hunt leader blowing his bugle.'

'How did you get away?' asked Badger.

'I just ran as fast as I could, through the thorn bushes and the open fields, and then across the stream so they would lose the scent. When I could run no more, I stopped here.'

'You seem to have a lot of cuts,' observed Owl.

'I am just so exhausted,' said Fox.

'We have some news for you,' said Badger. 'We found your youngsters hiding in a ditch, but they are safe now with Mrs Badger and our kids. Mrs Fox left them while she went off to look for you, as she was very worried about you, but she hasn't come back.'

'Oh no!' shouted Fox in alarm.

'Don't worry,' said Badger, 'we will go and look for her now, and we won't rest until we find her.'



While Badger and Fox were talking, Owl was flying around, surveying the ground below. Within minutes, he arrived above the hunt compound at the centre of the village and the fields behind it. Near the trees at the edge of the field where the dogs were kept, Owl could see a fenced-off area containing a hut. When he flew down to take a closer look at this area, he could see half a dozen foxes were penned up in there. A vixen crept to the edge of the fence and spoke to him.

'Dear Owl, can you save us?' she begged.

'How did you all come to be here?' he asked.

'I don't know about all the others — they were already here when I was caught,' she replied. 'I was looking for my partner because we hadn't seen him for a long time, but while I was trying to find him, I was trapped by the men and their dogs.'

'Well, we have found your partner,' said Owl, 'and he is safe with Badger now.'

'Is he alright?' asked the vixen anxiously.

'He is a little battered and exhausted, but he will be OK,' said Owl.

'Can you find a way to set us free, Owl?' pleaded the vixen.

'I will see what I can do. I will be back soon,' promised Owl.

As Owl flew off, he could see Badger and Fox at the far end of the woods. He flew down quickly and startled Badger so much that he bumped into a thorn bush and cut his snout.

'Sorry, Badger,' said Owl. 'I have found the vixen and some other foxes locked up in a pen.'

'Why are they locked up?' asked Fox.

'I don't know,' Owl replied. 'But we need to get them out and quick.'

'OK, let's go to the rescue!' said Badger.

It was almost daybreak by the time the three friends had formulated a rescue plan. Owl flew off to a group of trees in the distance. Fox trotted off to his right, keeping to the edge of the tree line, but near enough for Badger to see him. Badger made his way to the pen, keeping as close to the ground as he could. The vixen and the other foxes could see Badger getting closer. Two of them kept a lookout in case the men came out with their dogs.

Badger crept up to the wire and spoke to the vixen. 'Start digging on your side, and I will do the same from this side. Between us, we should be able to make a big enough gap for you all to get out.'

The vixen and the other foxes started digging as well as they were able, given their exhausted state, and the strong and muscular badger rapidly shifted the earth on his side of the fence. Just as they were making progress, one of the look-out foxes shouted an alert. 'The dogs are coming!'

The dogs, who were all barking and snarling, were being held back by the men on horseback. Fox, seeing what was happening, showed himself to the dogs to draw their attention away from the pen. The dogs were let loose and started to chase Fox, with the men galloping after them on horseback, and sounding the bugle.

By this time, Badger and the captive foxes had managed to make a large enough hole to allow the foxes to escape.

'Mrs Fox, take everyone to the woods and wait where you left your children,' ordered Badger.

'But, Badger, I need to save Fox,' she argued.

'The state you are all in, it's best to leave this to me. You need



to get to safety,' he replied. 'Don't worry, I will bring him home safely.'

As Mrs Fox and the others started to head towards the woods, a screeching sound was heard overhead. It was Owl, with what seemed like a hundred other birds following him, and they started diving down at the dogs and the huntsmen on their horses.

This gave Badger time to run over to find Mr Fox and make their escape into the safety of the woods, knowing that the dogs would not be able to follow.

On their way, Badger tripped over a molehill and fell face-first into a cowpat. Fox was running as fast as he could, so he didn't see what had happened to Badger.

After he had thanked his bird friends, Owl flew back to join the foxes in the woods, and they all made their way back to Mrs Badger.

After half an hour, everyone at the badger sett was getting worried as Badger hadn't come back.

'I will fly around and look for him,' volunteered Owl.

But just as Owl was about to leave, Badger came through the trees looking rather a mess, and not smelling very nice, either. Everyone looked at Badger and laughed, but although he smelled bad, he was greeted like a hero with hugs and kisses. 'I need some sleep — I am bushed,' said Badger.

'Not until you go down to the pond and have a wash,' said Mrs Badger.

As Badger walked wearily to the pond where the ripples were shimmering in the sunlight, he was joined by his two best friends, Owl and Fox.

'Well, Badger,' said Owl, 'what a night!'

'Yes,' said a weary Badger, 'but at least everyone is safe, and all the foxes are free to roam the countryside again.'

'Maybe we should take this up for a living,' said Fox.

Hearing this, Badger pushed Fox into the water and jumped in after him.

And Owl — he just laughed!



The End

Managing Council Tax Bills

Karen Thomas

I've recently found myself living alone after the breakdown of my relationship. My council tax bill is due soon, and I'm worried I won't be able to afford to pay it on my own. I'm already struggling to cover the cost of my other bills. What can I do?

You're not alone in worrying about struggling to pay your bills. It's a difficult time for people who are battling rising costs for food and essentials – as well as seeing their bills creep up. Fortunately, there are options available to people struggling to pay their council tax, but you'll need to find out if you're eligible first. You might be entitled to pay less, or not at all, depending on your circumstances, because councils offer discounts and other reductions.

Firstly, because you're the only adult living in your home, your council tax bill can be reduced by a quarter. For example, if your bill is £1,000 for the year, you'll only have to pay £750 now that you live on your own. You'll need to tell your council someone has moved out of your home and the date that they left. You're entitled to the discount from when they moved out – even if it was a while ago.

When the council works out how many people live in a property, there are certain people that don't count – they called 'disregarded people'. This includes under 18s, full-time students, long-term hospital patients, people with severe mental impairments, and many more. You can check our website for more information on disregarded people at <https://www.citizensadvice.org.uk/housing/council-tax/check-if-you-can-pay-less-council-tax/>. In Wales, some care leavers (under the age of 24) are disregarded too.

In some situations, everyone living in a home is disregarded. If this is the case, the council tax bill will be reduced by half. If everyone in a home is a student or severely mentally impaired, there'll be no council tax to pay. If you live with an adult who isn't disregarded, but who is on a low income or receives certain benefits, you might be able to get a discount called a 'second adult rebate'. You can find out more about getting a second adult rebate on our website <https://www.citizensadvice.org.uk/housing/council-tax/check-if-you-can-pay-less-council-tax/>

you-can-get-a-second-adult-rebate-on-your-council-tax/ If you or someone you live with is disabled, this can also affect your council tax banding. If your home has been adapted, you can ask to be placed down one band. For example, if you're living in a band C property that has been adapted for a disabled resident, you should only be charged council tax for a Band B property.

There's also something called Council Tax Reduction, which is designed for people on low incomes. Your council will ask for details about your income and circumstances, to check if you're eligible. If you are, they'll reduce the amount of council tax you have to pay.

When it comes to Council Tax Reductions, different rules apply depending on whether you've reached State Pension age. You can check your State Pension age on GOV.UK at <https://www.gov.uk/state-pension-age>

And lastly, if you're struggling to pay for essentials, your council can reduce your bill further, or cancel it altogether, under what's known as a 'discretionary reduction'. This usually only happens if you can provide evidence that you're suffering severe hardship and can't afford to pay council tax. If you're in this situation, ask your council for help.

If you're not given a discretionary reduction, you might be able to appeal to a valuation tribunal. If the tribunal agrees with you, they can order your council to reduce or even cancel your council tax bill. You can find out more about how to appeal at <https://valuationtribunal.gov.uk/> Whatever circumstances you're in, if you're struggling with your council tax payments, it's important to let your council know. You can find your council's contact details at <https://www.gov.uk/find-local-council> Citizens Advice is also here to help you find a way forward, should you need our support.



Companies House Verification

Carol Draper



As the government continues its inexorable journey towards online filing, there are big changes afoot at Companies House. To reduce fraud and improve the reliability of data, it will be a legal requirement from 18th November 2025 for all directors and Persons with Significant Control (PSCs) to verify their identity with Companies House. All companies are required to have a registered email address logged with Companies House. If that is your email address, you will have received an email from Companies House explaining the process and providing links to help verify your identity. It is not junk-mail, so don't ignore it. If you believe you are affected and have not received an email, search "verify your identity for Companies House" for more details. Once your identity has been verified, you will be given an 11-digit unique code that is personal to you. From 18th November, this code will be required to link your verified identity to each company role you hold, whether that is in one company or many. There are two ways to complete identity verification and obtain your personal code. Either you can use the "Verify your identity for Companies House service" or you can ask an Authorised Corporate Service Provider (ACSP), generally an accountant or solicitor, to verify your identity with Companies House on your

behalf. Either way, you will need recognised identity documents that are approved by Companies House. Once 18th November has passed, it will not be possible to submit confirmation statements, register a new company or be appointed to a new company without approved identity verification for all directors and PSCs. Personal information, for example: dates of birth, needs to match the details held by Companies House, or it will not be possible to link your verified identity to your company role. Incorrect details on Companies House will need to be changed to allow online filing after 18th November, so it is worth checking and making any required adjustments now. If you need more information about the coming changes, want to know when the absolute deadline is for you to verify your identity or require help completing identification, speak to your accountant.

Carol Draper FCCA
Clifton-Crick Sharp & Co Ltd

'The first step toward change is awareness.'

Nathaniel Branden



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Short Fiction Competition Winner!

The Quiet Mosaic:

A Day in the Life of an Introvert

Congratulations to Jack Coldicott, winner of our August-September short fiction competition! Thank you to everyone who submitted a piece of writing to us. We received many strong and insightful entries! Coldicott's entry takes the top spot for its thoughtful pace, confident authorial voice, and acute eye for details in seemingly quiet or overlooked moments in life.

Mornings always arrived gently for Rowan, seeping in through the curtains in slivers of pale gold. The world outside his room stirred and clattered into motion, but inside, everything remained tranquil. He woke without an alarm - just the natural rhythm of his body, which preferred the hush before the town demanded a voice.

Rowan wandered barefoot to the kitchen, where the kettle's soft whistle was the first sound of the day. He watched tiny bubbles form in the water, relishing the slow, deliberate ritual of preparing tea. At the window, he cradled the warm mug in his hands, tracing shapes in the clouds and observing the flutter of birds on telephone wires. In these moments, the world was distant

and beautifully bearable.

He worked from home as a freelance writer, his desk positioned perfectly to catch the dappled light drifting through the leaves. His laptop opened, emails blinked in, but he answered them methodically - a reply, a pause, a breath. Conversations here were clean and manageable, words typed rather than spoken.

Occasionally, a phone call loomed, and Rowan rehearsed lines in his head, summoning the courage to pick up and speak. When the conversation ended, he felt the relief of silence settle, a familiar blanket.

At lunchtime, Rowan retreated to the sanctuary of a book. The characters' lives unfolded without expectation, their voices humming safely between pages. Sometimes,

he journaled his thoughts, the scratch of pen on paper soothing as rain against a windowpane. He wrote lists of things he noticed - a new flower in the neighbour's garden, the subtle shift in the sky's hue, the gentle thrum of passing cars.

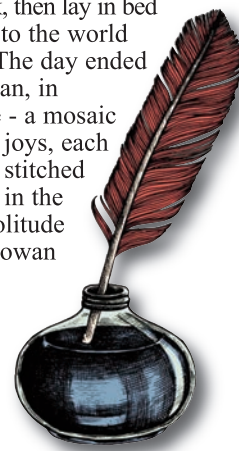
The afternoon brought a walk to the nearby park, where Rowan moved among people without mingling. He watched - children darting after pigeons, friends laughing on benches, dogs tugging at leashes. No one expected conversation; he was an observer, content in his quiet orbit. He found a secluded spot under an oak tree and listened to the wind threading through branches.

Back at home, Rowan cooked dinner with the radio murmuring in the background—a blend of music and soft-spoken news.

He found comfort in these gentle sounds, filling his space without overwhelming it. He ate at the kitchen table, savouring the meal, the solitude, the dusk blooming outside.

As evening deepened, invitations flickered on his phone. He responded kindly but declined, choosing instead a video call with his sister or sending a thoughtful message to a friend. Connections, he knew, could be tender and light - woven softly, never forced.

Night fell, and Rowan lit a candle, letting the glow dance on the walls. He read a little more, sketched in the margins of his notebook, then lay in bed listening to the world exhale. The day ended as it began, in quietude - a mosaic of small joys, each moment stitched together in the gentle solitude where Rowan thrived.



Literacy in England

According to a 2024 study by the National Literacy Trust, 18% of adults in England (roughly 6.6 million people) have very poor literacy skills. They can be described as 'functionally illiterate', having a loose grasp of written language, but struggling with daily acts of reading that the majority of us don't think twice about. Functional illiteracy is particularly damaging when it hinders someone's ability to understand legal, financial, or employment-related documents. Improving this national situation is made more challenging by the fact that functionally illiterate people often hide that they're struggling. Read Easy South Worcestershire (covering Worcester City, Evesham, Broadway and surrounding Wychavon villages) is an example of a local group tackling this problem by helping adults learn to read. Moreover, while the vast majority of us are literate, we may not all share a passion for literacy.

The Reading Agency reported that 'only 50% of UK adults now read regularly for pleasure, down from 58% in 2015' and that

'[y]oung UK adults (16-24) face the most barriers to reading books, with 24% saying they've never been regular readers'. We have so many online alternatives at our fingertips, such as social media platforms or streaming services to pass the time, which - in previous generations - might have been filled with reading. Lots of reading is still being done, but because so much information is now available, its form and quality are far more variable. We have become increasingly literate in a language of images and icons which can convey meaning more immediately than a paragraph of text ever could. In an age where our literacy levels are so high, it is perhaps only natural that more people take reading for granted and do not love it. That is not to say it isn't unfortunate. More unfortunate still, 6.6 million people cannot participate in it at all.

For information about volunteering opportunities at Read Easy South Worcestershire, visit www.readeasy.org.uk/groups/southworcestershire

Poem for the Editor

Mornings

Come on, get up, you're going to be late,
Come on, get up, it's a quarter to eight,
I butter the toast,
I make the tea,
I feed the cat,
I have coffee,
Then down the stairs, the children come,
Yawning wide, "Where's my breakfast, Mum?"
"Where's my shoes?"
"Where's my tie?"
"Do my hair." I hear them cry.
Stand still, be brave, do up your coat,
"Oh, Mum, I'm tired. I've got a sore throat."
Then off to school, off they all ran.
Just a minute, where's my old man?
Come on, get up, you're going to be late,
Come on, get up, it's half past eight.

By Christine Daly

From the Boundary

Peter Jewell



Well, I was right that Worcestershire might have a chance! The top players were playing in the one day test and the 100. They were in the final

of the one day Cup and the weather did not look good, but once again, it worked to their advantage. Well done to them, they won! Why are we playing

cricket in late September? Now, for England, they lost the first two games against South Africa. Why? The 100 and non-competitive 50 over games. But they have come good with some amazing performances from Phil Salt, Jofra Archer and, of course, the legendary Joe Root. I think England will beat the Aussies in their own back yard and Joe Root will get even closer to Tendulkar's amazing record. I am impressed with the quality of the Women's Rugby World Cup. England in the Final against Canada. England will have to play out of their skins to beat Canada. Good luck, England, I will report on it in my next article.



Here is a new one! Should we leave the clocks as they are? Whether we change them or not, we get up in the dark. Most would get up at, say, 6:30 or even as late as 7:30. It is dark either way, but if we did not change the clocks, it would be dark at 5:30 to 5:45 in the afternoon, allowing children to do some sporting activities after school and be better for it. *Let's do a reader survey. Email the editor on a simple 'yes' or 'no' to changing the clocks and why.*

A View from the Middle

It is the worst of ironies that, having spent a number of my columns discussing suicide prevention and how we might all be kinder to each other, this month I lost a friend that way.

For that reason, this month's column has been difficult to write and is shorter than normal. What I would like it to be is a shopping list of methods - in no particular order - that I use when my mental health is bad in the hope that it might help others avoid such a tragedy.

My first option is to rest. My dad always used to tell me that things would be better in the morning. He may not always have been right, but I was usually better rested and refuelled, ready to face whatever was going on. Humans are a bit like computers in that way - some problems can be resolved just by switching off and then back on again.

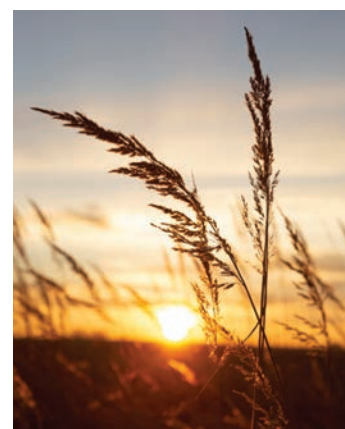
My second option is comfort food. My mum's spaghetti bolognese was my favourite food growing up, and the smell of cooking onions, garlic and tomatoes brings me right back to the warmth of her kitchen. There is something about following steps and making something out of disconnected ingredients that is very satisfying and cheers me up. If I am too low even to cook, then ready meals, cereals, or takeaways help too. The important thing is to take fuel on board, particularly sugar and carbs, I find!

After fuelling with sleep and food, my next option is to move. When feeling down or anxious, I find that my brain is going 100mph, and I get jittery, so putting that energy into an outside walk or indoor workout really alleviates the tension in my body. It also helps me remember there is a world outside of my bedroom and it is often beautiful.

Finally, I always try to reach out for help, whether this be from a professional or a friend. It is important to let people know if you're feeling down so they can help the best way they can.

This can just be by giving a bit more time and patience, or even bringing you home to stay at their house and be looked after. The important thing is to remember that you're not alone. Even the worst of problems are better shared. They do say that a problem solved is a problem halved. If you can't think of anyone to call, then there are a number of helplines you can call (or text). I will close with those and send you all best wishes and encouragement to take care of yourselves and each other.

You can text "SHOUT" to 85258
You can call Samaritans on 116 123 or
email jo@samaritans.org



You can call the NHS on 111
In the evenings, you can call Campaign Against Living Miserably on 0800 585858 or check out their web chat or call SOS Silence of Suicide on 0800 1151505.

For young people:
Childline on 0800 1111 (call) or Paparyus on 0800 068 41 41 (call) or 07860 039967 (text)

Thoughts from the Snug . . The new (revised) Highway Code

Prompted by a letter to the editor, a discussion on the new Highway Code sparked a lively debate in the Snug. When most of us passed their driving test, the Highway Code was a sixteen-page pamphlet containing illustrations of road signs and the odd imperative that described safe driving. Once we had passed our test, most of us admitted we rarely, if ever, studied the document again. How things have changed and need to change!

The new edition (the seventeenth since the 1930s) is now a 160+ page book. The colourful road

signs and simple diagrams of road junctions and roundabouts still remain, but 90% of the publication details what you must do and what you must not do in over 300 rules.

The code itself is not a legal document, but it does contain many rules that are supported by law, primarily concerned with driving without care and attention. Frankly, whilst it is not a difficult or overly technical read, it is rather boring and tedious, and that partially explains why so many drivers have failed to update themselves. The government's own website

(www.gov.uk) admits 40% of drivers have little or no awareness of the new, revised code. Indeed, if we include other road users (including, cyclists, motorcyclists, horse riders and pedestrians), we estimate the level of unawareness is likely to exceed 80% of the population. This lack of awareness is a worry to many of us.

We could, unwittingly, easily be breaking the law and being fined or punished. As we left the Snug that evening, a (sober) local drove away from the car park after giving us a friendly smile, wave of her hand,

a flash of headlights and a cheerful beep on the horn. "That's at least three rules she's broken already," observed one onlooker. Thank goodness they were not on a cycle or a horse! Those rules are even more complex and obscure. More Highway Code revision in this publication will follow, but, in the meantime, we suggest visiting one of the many websites that test and help revise the new changes. It's more enjoyable than ploughing through 160 pages of this document.

Buddy Bach

The revised Highway Code: It's not just for drivers!

As mentioned in this month's 'Thoughts from the Snug', there is a huge lack of awareness of the revised Highway Code, and the consequences of falling foul of the revised rules could result in drivers being punished with some serious penalties. Several national papers feature articles concerning these changes, as research tells us over 40% of drivers have little or no awareness of the changes. It is now too easy to be caught out. As a public service, we are going to publicise some of these changes in short articles over the next few editions of our local paper. Let's start with:

Driving Without Care and Attention (also referred to as 'Dangerous Driving'):

There are so many new rules, all backed by law, that cover

these offences, it's best to summarise them. *All can result in three to nine penalty points, up to £5000 fine and or a disqualification, depending on the severity of the reckless behaviour.*

Furthermore, any conviction is logged on your licence and needs to be declared to your insurance company. Ignoring the Highway Code can be expensive

Inappropriate behaviour:

Speeding, drink driving, eating, lighting a cigarette, using a mobile, hogging the middle lane or aggressive driving, tailgating, driving too slowly, overloading with passengers or cargo, not wearing seatbelts or inappropriate seating for children. The driver is generally held responsible for all these matters.

Poor observation:

Driving with an obscured windscreen or front seat windows, e.g. ice-up or misty, colliding with a pedestrian or cyclist or ignoring traffic signs.

Manoeuvring:

Overtaking on the inside or performing an inappropriate manoeuvre, e.g. reversing on a motorway.

This is not an exhaustive list.

There are, frankly, too many to list in this article, but if you want to find out more, go to a website that tests highway code knowledge. This is far more entertaining and enjoyable than ploughing through 300+ revised rules of a 160-page book. By the way, it is generally acknowledged that those who have recently passed their theory test score better in awareness than so-called experienced drivers, but even



they sometimes fail to observe the code. There is no room for complacency.

Next edition: Driving with Animals and Children. Some tricky rules to observe here.

Highway code books are available for around £5 from most good booksellers.

It is free online at www.gov.uk

Richard Catford

What's on . . .

Live Jazz

Wednesday 1st October

featuring the Trio led by the very talented pianist Rich Hughes, plus lyrical singer Penny Powell

Music starts 7.30pm

**The Fox & Hounds
Pub/Restaurant**

**Church Street
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u3a
Pershore & District

Monthly Meeting

Tuesday 21st October at 2pm
When you hear church bells ringing, do you ever wonder ...Who, How & Why? Come along and find out from members of the Pershore Abbey team and other local bell ringers

Tuesday 18th November at 2pm
More bees if you please, Take 2 Come along and find out more about the life and behaviour of bees from horticulturist and bee keeper, Fiona Gibson

All welcome, including non-members
Meetings held at Number 8, High Street, Pershore
For more details, contact Sally Whyte
Speaker Coordinator on
email: u3apershoresally@gmail.com
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For more information and booking please visit www.hollandhouse.org

A Gallimaufry of Ideas



October is both an end and a beginning. On the one hand, the delights of Summer have now passed, but equally we have the joys of the Festive Season to look forward to. Even before that, this month in fact, it's already half-term, which poses the perennial question: what to do with the kids? Well, here's a partial answer...

Recently, we revisited Kenilworth Castle, which is less than an hour away, but which we found full of interest for all ages. (I often feel that English Heritage, the site custodians, have the 'hard' end of the Heritage deal because they have to look after lots of historically significant ruins, which are, alas, just that, whereas the National Trust does have the cream of country houses for us to wander around.) But Kenilworth Castle manages to be both historically significant and a good, interesting day out. It was famously the scene of the – apparently unconsummated – romance between Robert Dudley, Earl of Leicester and Queen Elizabeth the First. Started in the 1120s, the Norman

Great Tower still stands today. Added to by such famous men as John of Gaunt and King Henry the Fifth, it was given to Dudley by the Queen herself, so he thereupon converted the Castle into a great showpiece, culminating in a fabulous series of entertainments lasting some 19 days in 1575. Alas, he must have been a little over the top because Lizzie was having none of it and seems to have flounced off in a bit of a huff. Today at the Castle, but only until the end of half-term week, you can see a fascinating art installation called the 'Wicked Game' which was commissioned especially to mark the 450th anniversary of the events of 1575. It's certainly thought-provoking. There's a lot more to see and do while you're there, and we've always enjoyed taking the grandkids there.

For details of the Castle and the other sites in their care, see www.english-heritage.org.uk Now for a quick change of pace, from the remarkably old to the currently trending. Have you heard of EDTs? No, well, let me

enlighten you. It's the acronym for Extreme Day Trips, the idea of having a 'holiday in a day' by flying out of, and back to, a local airport to a tourist destination, all in a long day. It sounds a bit daft at first, but a lot of people are cottoning on to the idea, especially if you have a full-time job and spare cash, but not much spare time. So, for example, you can fly from Birmingham to Malaga and back for £45, leaving at 6 am on EasyJet and returning at 23:45 on Ryanair, giving you just under 12 hours on the ground at Malaga. This example is bookable on the 29th of next month (November). Not only is it a nice city, Picasso's birthplace no less, but it also gives you a chance at some Christmas shopping with a difference and the opportunity of topping up your tan on the nearby beaches. Or, if you should fancy a city break, how about the Romanian capital, Bucharest, for a long day trip, again from Birmingham? Ryanair again, out at 6:25 and back at 23:50, giving an on-the-ground time of just shy of eleven hours. That

trip will cost you just £55, travelling on the 9th November. Again, think of the chance to get some really different presents for friends and family as well as the fun of quickly exploring this quirky city (you simply must go and see the biggest parliament building in the world – love it or hate it!). Finally, a quick third example, Barcelona on December 12th, leaving at 5 am and returning at 22:25, again EasyJet out and Ryanair home. That gives you just shy of 13 hours in Barcelona for just £44. Time to see Gaudi's work in all its glory, sample a proper paella over a long, lingering lunch and, again, just think of the shopping... *If this 'holidaying' concept appeals to you, then there's now a new website specially for you called EDT Flights from, wait for it, www.extremedaytrips.com* At the time of writing, they were showing ten day trips from Birmingham starting at just £30, and they update the site quite frequently. Who knows? We might meet in the departure lounge sooner than you think.



You could catch a glimpse of the biggest parliament building in the world and be back in time for tea!

Give a hog a home!

October is a month for the senses. Trees begin to colour, there are smells of wet and decay as plants die back, of fungi in the woods, of damp moss and ferns. Wildlife prepares for winter, with squirrels burying nuts, some birds migrating, and others arriving from colder regions, to feast on Autumn seeds and berries. And hedgehogs will be looking for a cosy place to curl up for their long winter sleep. Hedgehogs are one of our best-loved UK species, yet their numbers are declining at an alarming rate, from thirty million in 1950 to an estimated one million now. Thankfully,

though, we can help them bounce back. Provide a home which is somewhere safe for them to shelter, hibernate and raise hoglets in the Spring. Log and leaf piles, wilderness areas and purpose-built hedgehog homes make great places for hedgehogs to nest and hibernate. Let them roam! Adult hedgehogs travel between 1-2km per night, hoovering up slugs, beetles and snails. This means they range over entire housing estates and neighbourhoods, so get together with neighbours to connect your gardens with hedgehog 'holes' in the boundaries to make hedgehog highways. And



finally, with Halloween and bonfire night fast approaching, check for hidden hedgehogs before lighting bonfires!

Karen Rose

Karen Rose is a biodiversity officer for Wychavon District Council.

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December/January
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Up to 500 words

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Deadline:

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Jazz News

Peter Farrall

Mention the name TJ Johnson to any Pershore Jazz fan and it will produce a big smile and words of praise and appreciation. TJ has been a favourite here ever since his first appearance at Pershore Jazz Festival, when it was still held in the marquee (shared with the Flower and Craft Show) at rear of the Angel Hotel. He is recognised as one of the country's finest jazz and blues vocalists, but his repertoire extends to country, folk, soul, gospel - in fact, any tune that attracts him will be adapted to the charismatic Johnson style of presentation. As a young lad, TJ taught himself to play piano and by the early teens was to be seen in jazz groups around his locality. Drummer Pete Cotterill (whose son, Jack, has made appearances at Pershore Jazz Festival and Club) steered him in the direction of Australian trombonist, Max Collie, and by the age of sixteen, TJ was touring with the legendary Max Collie Rhythm Aces. Eventually forming his own band, he spent some years touring jazz clubs and festivals, all the time perfecting his

repertoire and presentation to produce an act which appeals to fans right across the jazz audience spectrum. A move to London and recruitment of top echelon musicians increased recognition, and soon the TJ Johnson band was regularly seen in many prestigious jazz venues, like the 100 club, Pizza Express, and Ronnie Scott's - where they have played to a full house on more than eleven occasions. It's good to know that the band still includes provincial clubs and festivals in their itinerary, and they can always look forward to a warm and appreciative welcome in Pershore. Our club night this month will feature TJ and his band of top London musicians. Think likes of Ray Charles, Louis Armstrong, BB King or Nina Simone; all delivered in his very intimate and exciting stage manner. Now, you have an idea of what to expect from this charismatic pianist and singer, who can change between honey-voiced crooner to wailing blues shouter with consummate ease, bringing a programme of jazz, blues, gospel, soul and much more.



The T.J. Johnson Band

Wednesday 29th October

Function Room, Pershore Football Club

Doors open at 7pm, Music starts at 8pm

Admission £12.50 (to include a raffle ticket)

Book in advance and pay on arrival

Email: club@pershorejazz.org.uk Tel: 01527 66692

or find us on Facebook.

Music Matters

Steve Ide

Paul McCartney announced an intimate gig this week as a warm up for his upcoming tour. One of the stipulations for the concert is that all phones will be stored in secure pouches for the duration of the gig and can only be accessed in designated phone-use areas. This idea of phone-free concerts is becoming more common lately, with artists such as Billie Elish, Bob Dylan, Jack White, Bruno Mars and Gorillaz doing similar. Many artists have commented about phones spoiling the enjoyment of a live event. Hak Baker wrote the song 'Telephones for eyes' about staring out to an audience of mobile phones. While it's nice to have a photo as a memento of a happy time, we miss so much when we try to document everything that happens. Live events are supposed to be a unique moment in time. Better to be fully engaged, than to miss the atmosphere because you want to share clips on social media.

Notable new albums

Euro-Country
by CMAT

This is the third album from Irish musician CMAT. With songs that are instantly catchy and well thought out lyrics, this is an exceptional album. Her unique voice delivers truly personal songs in a highly relatable way. Standout track: 'When a good man cries'

Antidepressants
by Suede

The band may have peaked in the 1990s but have never gone away. And from the evidence of this album, they've not lost their creative drive. An edgy collection with some killer riffs, Brett Anderson still thrills in midlife. Stand out track: 'Antidepressants'

Alberone
by Baxter Dury
This is Baxter's ninth studio album, and features his

trademark poetic lyrics, clever world play, coupled with his deadpan delivery over a modern disco beat. Standout track: 'Kubla Khan'

Who is the sky
by David Byrne

The latest release from the Talking Heads frontman. This is David enjoying the strangeness of modern life. Uplifting and joyful. Stand out track: 'Everybody laughs'

Add to playlist

Sunshine on Leith
by The Proclaimers

Maps
by Yeah Yeah Yeahs

Los Angeles
by Big Thief

Free
by Sault

Concrete Schoolyard
by Jurassic 5

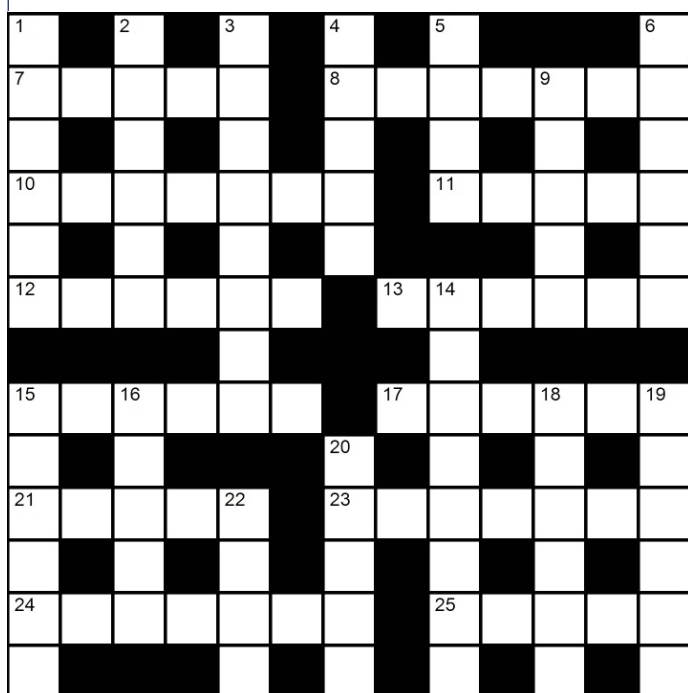


'One of my biggest thrills for me still is sitting down with a guitar or a piano and just out of nowhere trying to make a song happen.'

Paul McCartney

Coffee Break

Crossword



Across

- 7 Elude (5)
 8 Love affair (7)
 10 Obscurity (7)
 11 High building (5)
 12 Pastry (6)
 13 Actor (6)
 15 Mock (6)
 17 Expels (6)
 21 Pole thrown by Scottish athletes (5)
 23 Youngster just walking (7)
 24 End result (7)
 25 Recess in a wall (5)

Down

- 1 Anise-flavoured liqueur (6)
 2 Nationalist China (6)
 3 Freed (8)
 4 Forest (5)
 5 Send forth (4)
 6 Closer (6)
 9 Recently (5)
 14 Cherished relation (5,3)
 15 Physician (6)
 16 Capital of Morocco (5)
 18 Plain-woven cotton cloth (6)
 19 Loud shrill cry (6)
 20 Refined iron (5)
 22 Chess piece (4)

Sudoku

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

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

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

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

Wordsearch

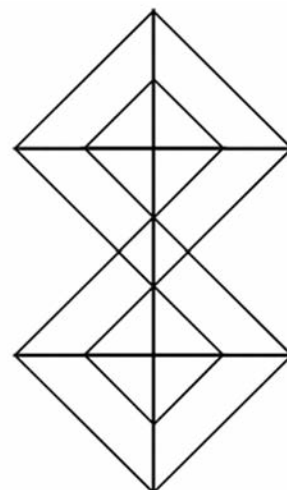
U	N	E	L	L	N	G	R	W	T	T
R	S	K	Y	S	L	E	E	Z	B	S
E	D	E	K	G	T	N	E	S	R	E
T	L	O	N	A	A	K	B	U	B	N
T	E	G	I	R	E	D	O	B	Q	S
E	I	N	S	T	D	D	R	O	A	E
W	W	E	O	P	O	A	L	E	N	T
Y	C	I	S	W	F	V	S	X	H	K
S	T	U	N	Y	L	A	X	S	U	M
N	O	S	B	G	O	D	I	A	A	D
W	Q	Q	R	E	X	W	I	F	E	M

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 ODOURS
 OWL
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 REDO
 RETAIN
 ROBE
 SENSE
 SUB
 SUM
 TIES
 WETTER
 WIELDS
 WIG
 WISH

Brainteaser

How many triangles can you see?



Poets' Corner

A Shropshire Lad

LI

Loitering with a vacant eye
Along the Grecian gallery,
And brooding on my heavy ill,
I met a statue standing still.
Still in marble stone stood he,
And stedfastly he looked at me.
"Well met," I thought the look would say,
"We both were fashioned far away;
We neither knew, when we were young,
These Londoners we live among."

Still he stood and eyed me hard,
An earnest and a grave regard:
"What, lad, drooping with your lot?
I too would be where I am not.
I too survey that endless line
Of men whose thoughts are not as mine.
Years, ere you stood up from rest,
On my neck the collar prest;
Years, when you lay down your ill,
I shall stand and bear it still.
Courage, lad, 'tis not for long:
Stand, quit you like stone, be strong."
So I thought his look would say;
And light on me my trouble lay,
And I slept out in flesh and bone
Manful like the man of stone.

A. E. Housman 1859-1936

Quiz!

1. The Blue Meanies were the enemy of the Beatles in which film.
2. What song is most commonly sung to celebrate someone getting a year older?
3. Who composed the songs 'Puttin on the ritz', 'I've got my love to keep me warm' and 'White Christmas'?
4. What is the name of the Dutch footballer who transferred from Arsenal to Man Utd in Aug 2012 for £23 million?
5. How many sides does an icosagon have?
6. Which large animal is the only creature thought to produce its own sun tan lotion from its natural secretions?
7. In a musical about gangsters, who are with the guys in the title?
8. Which Greek author was famous for his fables?
9. Which 1988 western saw Emilio Estevez play 'Billy The Kid' alongside Charlie Sheen and Kiefer Sutherland?
10. Which Russian punk band were jailed for two years in Aug 2012 for their anti-Putin protest and inciting hooliganism in an orthodox church?
11. Which historical region of Greece includes the capital, Athens?
12. Glenridding and Pooley Bridge stand at opposite ends of which lake, the 2nd largest in the Lake District?
13. Where in London is there a bronze statue of Charlie Chaplin?
14. What is the name of the actress who played Hilda Ogden in Coronation Street?
15. Who is reported to have played his fiddle while Rome burned?
16. What is the surname of the inventor of the worlds first motorcycle?
17. Which song from 'Joseph and his technicolour dreamcoat' gave Jason Donovan a No 1 UK hit in 1991?
18. Which TV show from the '70s and 80's featured Michael Langdon as Charles Ingalls living on a farm with his wife and 4 daughters?
19. In which country did Posh and Becks marry?

Answers: 1. The Yellow Submarine 2. Happy Birthday 3. Irving Berlin 4. Robin Van Persie 5. 20 6. Hippopotamus 7. Dolls 8. Aesop 9. Young Guns 10. Pussy Riot 11. Attica 12. Ullswater 13. Leicester Square 14. Jean Alexander 15. Nero 16. Daimler 17. Any dream will do 18. Little house on the prairie 19. Ireland

September Answers



September Brain teaser: 38 triangles

Did You Know?

'Souling' was a precursor to today's Trick-or-Treating. In Medieval Europe, beggars would go around door to door on 1st November, asking for food in exchange for prayers for the dead.

Word of the Month

'Campestral'

Definition: of, like, or pertaining to open fields or the countryside

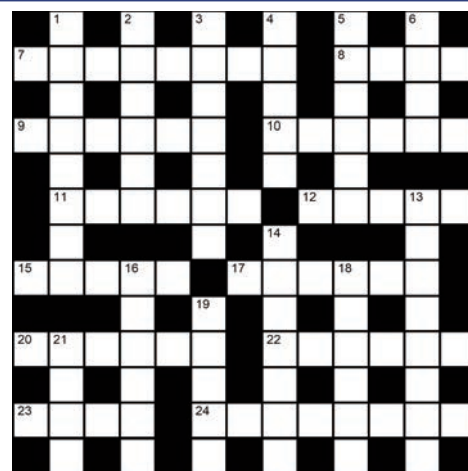
Anagram Crossword

Across

- 7 Barnacle (8)
- 8 Hide (4)
- 9 Strake (6)
- 10 Brooke (6)
- 11 End use (6)
- 12 Betsy (3,2)
- 15 Dusty (5)
- 17 Horsed (6)
- 20 Manual (6)
- 22 Pantied (6)
- 23 Erin (2,2)
- 24 Phonetic (8)

Down

- 1 Brackets (8)
- 2 Spates (6)
- 3 Cartels (7)
- 4 Carbs (5)
- 5 Hovers (6)
- 6 Eels (4)
- 13 Barges in (8)
- 14 Soupcon (7)
- 16 Embody (6)
- 18 Deuced (6)
- 19 Palms (5)
- 21 Leon (4)



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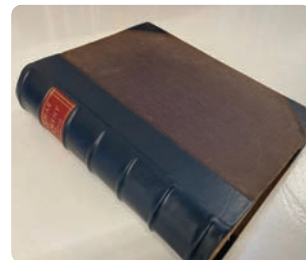
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**Copy Deadline for
October Issue - 20th October 2025**

Martin Harley in Concert

One of the UK's finest contemporary roots musicians, a slide guitar master, is coming to perform his music at Whittington Community Hall. Known for his spellbinding slide guitar and ability to blend Americana, Blues and Folk, Martin Harley has captivated audiences for three decades, recording albums in Texas, Nashville and Wales. Currently touring in the USA, followed by Ireland, Martin Harley will be in concert at Whittington on Saturday 10th January 2026, as part of the Live and Local programme of bringing quality live music and theatre to rural communities. Martin Harley's sold-out shows at venues like London's Union chapel and appearances at

Glastonbury and the Royal Albert Hall highlight his dynamic stage presence. His music has featured on TV shows like The Vampire Diaries and Banshee and in live segments on PBS's Music City Roots. His album, 'Static in the Wires', reached #2 on the iTunes Blues charts. 'Harley has it all - voice, guitar artistry and the songs.'

Total Music

'Harley offers the listener a masterclass in taste, style and roots blues.'

Guitarist Magazine

'Quite simply a great live act.'

Time Out London

The concert starts at 7:30pm, doors open at 6:30pm, with a bar selling pre-concert drinks and snacks.



The concert will end about 9:15pm.

Age advisory: 10 years+

Buy your tickets online via www.ticketsource.co.uk/whittington-community-hall or via this QR code:



Councillors back two council solution

Wychavon councillors have unanimously backed creating a South Worcestershire Council as one of two new councils to run services in Worcestershire in future. Under government plans for Local Government Reorganisation, Wychavon, the five other districts, boroughs, and city councils and Worcestershire County Council will be abolished on 1st April 2028. They will be replaced by either one single council for Worcestershire, running all

services, or two councils – one for the North and one for the South – with each authority responsible for all services for its part of the county.

To read the Mutual Ventures report in full, visit the news section at:

www.wychavon.gov.uk



Spot & Shop - September Winners

- | | |
|------------------|---------------------|
| 1) J.K. Baines | 5) Sylvia Pouncett |
| 2) S.P. Lowe | 6) Stewart Donnelly |
| 3) John Beeton | 7) Brenda Smith |
| 4) Teresa Atkins | |

Last month's answer:

AJ Taylor Limited

SPOT & SHOP!

COMPETITION TIME!

Take a look at the anagram

The answer is the name of a business that is advertising in the Whittington Times this month

Chance to WIN £50 CASH

This month's prizes!

1st - £50 cash

2nd - £25 cash

Donated by Hughes & Company

3rd £20 Food Voucher

at The Queen Elizabeth, Elmley

4th £10 Voucher

at Revills Farm Shop, Defford

5th £10 Voucher

at Craftpyro, Bakers Arcade, Pershore

6th Reg Moule Gardening Book

7th Pat's Pantry -

Jar of home-made marmalade/jam

This month's anagram

BREAD BOX IRON

Complete and return this form or email:

news@hughes.company for your chance to win!

Whittington Times closing date: 24th October 2025

Answer:

Name:

Telephone/email:

Return to: Hughes & Company/Whittington Times

8 Church Street, Pershore Worcestershire WR10 1DT



Meet your safer neighbourhood team

Officers can be contacted on the below numbers and for non-emergency, community issues. To report a crime in progress call 999 and for non-emergencies, report online at www.westmercia.police.uk/report. If you are unable to report online, you can contact us via the 101 non-emergency number.



Inspector Dave Wise



Sergeant Cathy Atkinson

Pershore Rural SNT (pershorerural.snt@westmercia.police.uk)



PCSO Claire Doughty
07814 040601



PCSO Lee Stirling
07483 108189

Pershore Town SNT (pershoretown.snt@westmercia.police.uk)



PC Molly Keeler
07817 947084



PCSO Rebekah Ashley
07773 053576



PCSO Jo Rice
07929 091572

LAST DANCE SALOON

"Sensitive, funny, moving, poignantly relevant and viscerally relatable."



**two people ,
no longer in the first
flush of youth,
find each other
at a tango retreat
in Buenos Aires**

a multi story mix of
music, song, dance,
physical theatre and
stories ancient and
modern

**multi
story
theatre
company**

WHITTINGTON COMMUNITY HALL (WR5 2RQ)
Saturday 18 October, 7:30pm

£13.50 (Standard) / £10.50 (Under 18)
BOOK NOW: 07787 267311 or for online tickets visit liveandlocal.org.uk
or scan the QR code

Licensed bar selling alcohol, soft drinks and nibbles open from
6:30pm. Performance is suitable for 15yrs+

Hold the Moment!

Supporting families through life's biggest moments

In September, Worcestershire Acute Hospitals Charity launched its Hold the Moment Maternity Appeal, with a goal of raising £223,000 to enhance maternity services for families across our county. At its heart, this appeal is about people – ensuring every family feels supported through life's most precious moments. Each year, more than 4,500 babies are born at Worcestershire Royal Hospital. From the first scan to those first days at home, and even in times of loss, our maternity teams stand alongside families every step of the way. With your help, the appeal will support:

- Buddy beds, so partners can stay close during those first precious nights.
- Specialist jaundice meters in the community, giving newborns quicker, gentler testing.
- Welcoming maternity spaces that bring calm and comfort at

life-changing times.

- An expanded Maternity Bereavement Suite, including a new memory-making room for grieving families.

"These enhancements will transform how local families experience maternity care," says Trudy Berlet, Maternity Matron. "We can't remove the challenges, but we can ensure dignity, compassion, and comfort."

This is a cause that touches us all, and by joining together as a community, we can give every family in Worcestershire the support they need during life's most meaningful moments.

Can you help make a difference? Visit:

www.wahcharity.org/moments



Community Hall Classes

MONDAY

10.30am-11.30am - Zumba -

with Aimee Ford, email: aimeeford@yahoo.co.uk

5.30pm - The Star Project Children's Theatre

(term time only) with Jo Payne, email: director@thestarproject.info

TUESDAY

4.00pm-6.30pm - Dance (for 3 year olds and above)

with Elizabeth Gibbs, email: lizdance@icloud.com

6.30pm-9.30pm - Gong Bath & Sound Meditation

with Angela Latham. (varying monthly dates available)

email: evenstartbabe@msm.com

WEDNESDAY

4.30pm-5.30pm - Yoga

with Natalie Houlding, email: natalie@zafyoga.com

6.30pm-7.30pm - Pilates

with Rebecca Hadlington, email: fitness-worcester.com

THURSDAY

10.00am (for 10.15am start) - 11.00am Zumba -

with Denise Wrafter,

11.00am-12.00 Yoga -

with Denise Wrafter, email: sdwrafter@btinternet.com

7.15pm-9.15pm T'ai Chi -

with Dr Marc, email: Contact:marc@obelison.com

FRIDAY

9.45am-10.45am Zumba -

with Aimee Ford, email: aimeeford@yahoo.co.uk

12.00noon-1.00pm Nia Barefoot Movement -

with Sarah Handley, tel: 07935 150853

6.00pm-7.00pm Duke Yoga

with Fiona, email: fib42@hotmail.com

Useful numbers

Fire Station 0300 333 3000

Library (The Hive) 01905 822866

Police Station 101

.....(In an emergency always call 999)

CrimeStoppers 0800 555 111

Post Office 01905 353537

197 Bath Rd, Worcester WR5 3AH

St Peter's Surgery 01905 363351

St Peters Drive, Worcester WR5 3TA

Haresfield House Surgery 01905 368503

37 Newtown Road, Worcester WR5 1HG

Whittington Parish Council

Clerk- David Hunter-Miller 07513 122918

District Council

Out of Hours Emergency Hotline -

In an event of an emergency call: 0300 003 5367

Worcestershire County Council

To report faulty traffic lights or urgent

Highways issues call: 07875 033759

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

- Waste Services 01386 565018

- Pot Holes 01905 765765

Help the Homeless 0300 500 0914

Finding Fanny Clifton's grave

As new Trustees of the Elizabeth Stephens and Fanny Clifton Charity, we have been keen to find the benefactors' graves. We knew from the 'History of Whittington' book that Fanny Clifton was buried in Whittington churchyard in 1888, and so Helena Bennett contacted the church to ask about burial records. She was told of the general area of Fanny's grave, which apparently is close to a well-established holly tree, but was a tangle of brambles and thick ivy. Over a period, Helena visited the churchyard and gradually made headway, putting in hard work and determination, cutting away thick undergrowth. Unfortunately, she only found graves that had such weathered faces that their epitaphs are lost. She began to fear that we might never find Fanny's grave.

However, on a sunny afternoon in early September, after finishing arranging flowers inside the church, I came outside and found Helena on her knees behind the compost heap, carefully tugging away a carpet of ivy and earth from a flat gravestone. She had revealed the top third of the stone and as she rubbed away the mud, she saw the name 'Captain Fredrick Clifton' – and we both

started to get excited. Clearing away more years of soil and entangled ivy, she read out 'John Hill Clifton', who we knew was Fanny's older brother. We were close to finding Fanny's memorial!

Helena pulled and peeled back the final area of what almost looked like an ivy and peat-entwined blanket, and there at the bottom of the flat stone, was Fanny's name! Her final resting place had been found. The words carved looked near perfect compared to others of the same period from around 137 years ago. The peat-like, cushioned ivy seems to have preserved the stone. Carved at each corner is a cockle shell - the Christian religious sign of pilgrimage.

As Helena and I chatted about a plan to lay flowers on the anniversary of Fanny's death (we had just learned she was 73 and died on 21st January) a robin flew down and hopped about the gravestone eating the bugs that the soil had left. Its plumage looked a bit dishevelled; it may have been young. It was another special moment, poignant, the Clifton grave helping to feed a small young creature. Later, I fetched a bucket of water and cleaned off the remaining mud,



and Fanny Clifton's gravestone gleamed like a mirror, beautifully reflecting the blue sky, clouds and trees.

To see more photographs of the reveal, visit the 'Elizabeth Stephens and Fanny Clifton Charity' Facebook page.

Susan MacLeod, Trustee of the Whittington Charity, along with Helena Bennett and Katie Lambeth-Mansell



Whittington Community Hall - Winter Warmer



(Above) Christine Paige, who ran the refreshments in 2024

Whittington Community Hall will again be hosting its annual 'Winter Warmer' event, with the ongoing aim of bringing the community closer together. In 2022, the newly-built hall first welcomed a variety of local stall holders selling their largely, home-produced goods, which also gave parishioners and other

attendees the opportunity to see the hall facilities, peruse the available products, while enjoying some home-made refreshments. The Winter Warmer has grown in popularity each year since then, and there are now around twenty stalls, including crafts and food, as well as the ever-popular tombola.

The hall's Management Committee plough any profit from these types of occasion into funding future events. One of the organisers, Committee member Mike Paige, says:

"It has a lovely pre-Christmas air about it and as well as giving everyone a chance to pick up a few festive gifts, and see Santa and his sleigh, there is also an activities table to entertain younger children with picture colouring and puzzles, as well as a chance to post a letter to Santa." Regular stall holder, Susan MacLeod adds, "It's great fun being part of the Winter Warmer, it's such a lovely atmosphere in the hall. I wouldn't miss it, it's become part of my build up to Christmas"



(Above) Susan MacLeod, a stall holder in 2024

Whittington Community Hall
Church Lane
WR5 2RQ

Saturday 22nd November
10.30am to 3.00pm –
Admission Free



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Four generations of printers

Whittington Times



Bike parking bonanza - secure, sustainable and free

A new scheme is being rolled out across Wychavon, offering free cycle parking and secure storage to local organisations - helping to make two-wheeled travel safer, greener and more accessible.

Whether you're a business, school, surgery, shop, café, pub, church or community group, if you welcome staff, visitors or customers who arrive by bike, you're encouraged to apply.

What's on offer?

- A range of bike racks and lockable, weatherproof cycle stores

- Units designed to protect bikes from theft and the elements

- A simple way to support sustainable travel and reduce car journeys.

The initiative, funded by Wychavon and delivered by social enterprise ParkThatBike, is part of the wider Wychavon's Active Travel Action Plan to cut carbon emissions and build healthier, safer communities. Councillor Beverley Hardman, Executive Board Member for Environment, said: "We're introducing practical measures to make cycling safer and more convenient. This scheme supports our commitment to



reducing traffic, improving air quality and creating welcoming spaces for cyclists.

"We all need to think about the way we travel around the district and convenient parking makes cycling an easier and attractive travel option. I urge all organisations to take advantage of this fantastic offer and would encourage residents

to put in their requests for cycle storage and racks."

Peter Andrews, ParkThatBike Managing Director, added: "High-quality cycle parking helps prevent theft and damage, while keeping premises tidy and secure. We're excited to support organisations across Wychavon in becoming more cycle-friendly."

Apply now for free cycle parking. Visit www.ParkThatBike.info or call 07872 579 549 to request an application form.

WYCHAVON

Church of St Philip & St James, Whittington
Church Lane, Whittington, Worcester WR5 2RQ

The Women of Worcester Cathedral

Illustrated talk by Janet Pearson

Saturday 18 October
10.30am

followed by refreshments
in the Elizabethan Room

FREE ENTRY
with donations
to church funds

www.whittingtonchurch.co.uk

Team Office 01905 358083

Worcestersoutheastteam@gmail.com

St Philip and St James, Whittington

www.whittingtonchurch.co.uk

Harvest Service

11.00 am Sunday
12 October

Please bring any non-perishable gifts
(packets of food, tins etc.) to the service and place them in
the containers provided for distribution to Maggs Day
Centre

Harvest Lunch

Service followed by a picnic lunch
in the Elizabethan Room, and
churchyard if fine

All welcome



Saturday 22nd
November

10.30am to 3.00pm

at

Whittington
Community Hall

Church Lane, Whittington. WR5 2RQ

Admission Free

Gift Stalls ~ Tombola

Mulled Wine ~ Mince Pies

Refreshments ~ Santa's Sleigh

Children's Activities

Come and enjoy supporting your community!

