

UPTON NEWS

and District

August 2022

FREE

Farewell to Hanley Head

Headteacher Mrs Cooke retires

100 years of the Coop

The news a century ago included
the opening of our local store

Pull Out Centre Calendar

Local events and clubs happening in the area

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WELCOME TO UPTON NEWS and DISTRICT August 2022

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COMMUNITY NEWS

SERVICES AND TRADES

FAMILY AND KIDS

FOOD AND DRINK

GARDEN

HEALTH

RETAIL

Interested in contributing your stories, ideas or advertising with us?

Get in touch at: info@uptonnews.uk

Welcome to the August Edition of The Upton News and District Magazine.

Well Summer certainly has arrived! No need to go abroad when you have the weather we are having. There is so much to do and see in our District for the summer holidays, **Gemma Dewson** has put together some great ideas of where to go along with details of locations that are offering **Discounts for Children**. Also, with the current cost of living **Jeremy Owenson** has produced an excellent article highlighting what is available to help you with the current situation.

On a final note, I would like to say a **Big Thank You** to **Mrs Cooke** from **Hanley Castle High School** for all you support with the Magazine and wish you an incredibly **Happy Retirement** you will be missed.

Do not forget any Community News, Business News, Local Achievements or Announcements please email the details to **info@uptonnews.uk** or Call **07538 785 314** and we will always try our best to publish it for you.

Remember Our Magazine mission is to encourage everyone to Use Local, Shop Local and Eat and Drink Local and Communicate.....

Annette



We use a FSC accredited printer enabling us to guarantee that all of the paper is sourced from ethically maintained forests and only using vegetable based inks. Please recycle this magazine.

**Our Magazine
actively supports:**



NHS Drink to Improve Your Digestion

The occasional fry-up or alcohol binge is unlikely to give you anything more than a short-lived stomach upset. But overindulge too often and you could be storing up trouble for yourself. Here's a tummy-friendly diet to aim for.

Drinking plenty of fluids to aid digestion is very important. The Eatwell Guide says we should drink 6 to 8 cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count.

Water

Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth. A good way to make sure you're getting enough fluids is to drink a glass of water with every meal.

Plain tea, fruit tea and coffee (without added sugar) can also be healthy.

If you do not like the taste of plain water, try sparkling water or add a slice of lemon or lime. Or heat the water and infuse a tea bag, some coffee or a slice of lemon.

You could also add some no-added-sugar squash or fruit juice for flavour.



Juices, smoothies and 5 A Day

Fruit, vegetable juices and smoothies contain a variety of vitamins and minerals.

A 150ml glass of unsweetened fruit juice, vegetable juice or smoothie can count as a maximum of 1 portion of your recommended 5 daily portions of fruit and vegetables.

Fizzy drinks, flavoured waters, and squashes

Fizzy drinks, squashes and juice drinks can contain lots of added sugar and very few nutrients, so keep them to a minimum. Flavoured water drinks can also contain a surprisingly large amount of sugar so check before you buy.

Tea and coffee

It's fine to drink tea and coffee as part of a balanced diet. Bear in mind that

caffeinated drinks can make the body produce urine more quickly.

A wide variety of tablet or granular artificial sweeteners are available and are safe to consume in hot drinks.

Semi-skimmed, 1% fat or skimmed milk

Milk is a good source of calcium, a mineral that helps build and maintain healthy bones. Milk also contains protein, vitamins and other minerals and does not cause tooth decay.

For a healthier choice choose semi-skimmed, 1% fat or skimmed milk.

Limit your intake of sugary flavoured milks.

Milk is particularly important for young children. They should drink whole milk until they're 2 years.

Energy drinks and caffeine

Energy drinks often contain high levels of caffeine and are often high in sugar (calories).

The caffeine levels in these drinks vary, but there's often around 80mg of caffeine in a small 250ml can.

This is the same as 2 cans of cola or a small mug of coffee.



Sprains, strains, aches and pains?

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100 Years Ago...

Local Historian Simon Wilkinson looks back to Upton news content 100 years ago.

The Opening of the Coop Shop in 1922.

The Co-op was never just a retail shop. In August 1922 The Upton News reported that "The Worcester Co-operative Society, in connection with their Upton-on-Severn Branch, organised a most successful gala for children and that this took place in ideal conditions on Saturday afternoon." Having processed from the Hanley Road behind the society's banner the children paused for "pictures" at the Memorial Hall Cinema (The romantic drama "Greater than Fame" was being advertised to the public, but hardly seems suitable!), and then went to the Cricket Ground led by the Upton Band. The "juveniles, to the number of about 400" happily indulged in sports and games, and tea was served. Mr Hewett's "Punch and Judy" show proved the main attraction. The prizes for the sports were presented by Mrs Knight, the wife of the local branch manager, who had organised the gala. At 7pm it was all over, the National Anthem was played and "the children dispersed to their homes tired but happy."

The Worcester Co-operative Society was founded in March 1881. In June 1901, after pressure from their existing members in Upton, the committee was persuaded to open the Society's fifth branch: it was on the west side of Old Street and was in premises which were leased for three years. Members increased: in one month over 60 joined from Upton. As the lease was short it was decided to purchase a shop, and, in January 1904, £250 was spent in buying what is now 23, Old Street. In June 1904 the new shop was opened with a flourish. The steamer The Duchess of York was hired for £6 6s 0d to bring the visitors from Worcester, the band played and Mr Roy, a long serving member of the Committee who performed the opening ceremony, was presented with a silver gilt key. The photograph shows that ceremony with the band and the Society's banner in front of the new shop. (The

Banner: "Labor and Wait" was the Co-operative Wholesale Society motto. An American spelling indicated their anti-slavery stance. Worcester stayed English!)

In 1909 Mr Knight, who was to be paid £1 10s 0d per week, arrived as the new manager. There had been constant complaints of "leakage" of stock whilst his predecessor had been in post: these ceased and Mr Knight remained manager for many years. In 1910 land in Minge Lane was purchased and stables, shed, coalyard, bakery and a house for the manager were erected there (8, Minge Lane).

Extensive internal alterations were made to the shop premises in 1916, but, by 1925, Upton members were asking the Committee for a better home for the grocery department. It was decided to bring all departments together at The Upton Bon Marche which the Society had purchased in 1923 as a going concern which was trading in drapery and clothing to which boots and shoes had been added. In October 1926 the combined and extended store was opened. The name The Upton Bon Marche was soon dropped and the current Co-op came into existence. The old shop was sold after thoughts of turning it into a chemists had been rejected.



CRAB POT COTTAGE

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BOOK YOUR
HOLIDAY
TODAY

Crab Pot Cottage is a delightful old fisherman's cottage that overlooks the inner harbour in Porthleven. There are a table and chairs in a spacious yard alongside the house and a smaller seating area with splendid views of the harbour and village. Perfect places to relax and enjoy a coffee or watch the sun go down.

It is handily situated only a few yards from Harbour Head, which is a very short stroll from the shops, restaurants and cafes. Coastal walks towards Penrose and the Lizard or Rinsey in the Penzance direction are stunning.

SUMMER OF FUN

launched across Malverns

Get ready for a whole host of fun summer activities and events planned across the Malvern Hills District with new Summer of Fun campaign.

The campaign, which started on 1 July 2022, has been created by Malvern Hills District Council to attract more visitors (particularly families) to The Malverns on a day trip, a short break or a family holiday to support the local tourism, hospitality and retail businesses.

It aims to inspire visitors to The Malverns and keep residents informed of all the great venues and summer activities happening right on the doorstep.

The campaign includes five new inspirational graphics created by a local graphic designer which each depict the wonderful things to see and do across The Malverns.

Summer of Fun also has its own web page on the Visit The Malverns website, which details local outdoor activities, heritage and gardens, festivals, events, and more.

Summer attractions include boat trips, fruit picking, Malvern Hills hang gliding, walking an Alpaca, music events, shows, geocaching, adventure climbing and much more.

CLr Daniel Walton, Portfolio Holder for Economic Development and Tourism at Malvern Hills District Council, said: "The Summer of Fun campaign is a great way to showcase everything our district has to offer to residents and visitors. We have such a variety of activities and events taking place for all ages. We encourage people to get out and about, explore our wonderful surroundings and have a look what's on in the area."

More information www.visitthemaalverns.org/summeroffun



Councillor Martin Allen's County and District Report



With the successful Blues Festival now behind us, I'd like to thank all those who organised and supported it. So many gave their time for free and I have nothing but admiration for them. I also personally really enjoyed going!

NEW MINERAL PLAN: disaster for Ripple & Uckinghall?

In July at the full County Council meeting, the new Mineral Plan was voted in. I have requested a review due to a terrible flaw within it. Silica dust which can be produced within the extraction can lead to an incurable lung disease. There was originally a 200 metre protection zone in place, so that mineral extraction could not take place if six or more dwellings were within this zone. This has now gone for good.

I raised concerns of the danger caused by removing this to those that head the administration. Unfortunately, this fell on deaf ears!

I understand that if we want more schools, cycleways and pavements we need minerals but the balance must be right and not endanger young lungs.

With applications coming forward for Ripple and Uckinghall, I will wait to see how the companies applying for the right to extract propose to keep residents safe.

As part of the Planning Committee at County Hall, I will keep an open mind about each application and judge it on its own merit. You may be interested to know that I called for a named vote, so you can find out who voted for or against the new plan. Only 12 voted against it. For me, this was a sad day where I feel we all lost.

BRIGHTER TIMES AHEAD

With the Sunshine Festival and the August Bank Holiday racing towards us, let me wish you a wonderful month. As always, I will be here if you need me.

Martin Allen

Fresh Perspective & Vision

From Hope Church

Festivals and holidays are a time when I find God speaks to me. Showing me again new glimpses and visions of His big Vision and purposes that are just right for what He knows I need. The Blues Festival was this great chance for lots of people to come together, enjoy music and lovely weather; and many of us - team, festival goers, and stewards at the acoustic venue at the Parish Church experienced God giving us a sense and glimpses of His big Vision. It was a very special time, especially the powerful Sunday morning events.

This is the big Vision that God, was, and is, and continues to reveal to loads of people. John saw it on Patmos in AD 60 time, and Daniel saw it seven hundred years earlier in Babylon:

"In my vision at night I looked, and there before me was one like a son of man, coming with the clouds of heaven. He approached the Ancient of Days and was led into his presence. He was given authority, glory and sovereign power; all nations and peoples of every language worshiped him. His dominion is an everlasting dominion that will not pass away, and his kingdom is one that will never be destroyed.' It's THE Vision of Jesus, in all his glory now, as King of all, with people of all races, and backgrounds worshipping him. Maybe you've seen it too. If you'd like to talk more anytime about what God is revealing to you please get in touch. Carol carolunwin@gmail.com



COST OF LIVING CRISIS



Jeremy Owenson

Due to the war in Ukraine the issues caused by Covid as people start returning to work, and of course Brexit, millions of households across the UK are struggling to make their incomes stretch to cover the rising cost of living. Local churches, charities and foodbanks are providing immediate support but I wanted to highlight support the government was providing and what Malvern Hills District Council is doing to ensure people are aware of the money they are entitled to and what money they should expect over the coming months.

To help support the most affected, the government is providing over £37 billion this year alone. This means that almost all of the eight million most vulnerable households will get up to £1,200 of one-off support in total this year to help with the cost of living, with all domestic electricity customers receiving at least £400. Households will get £400 of support with their energy bills through an expansion

of the Energy Bills Support Scheme. The full payment will now be made as a grant, which will not be recovered through higher bills in future years. Energy suppliers will deliver this support to households with a domestic electricity meter over six months from October. Direct debit and credit customers will have the money credited to their account, while customers with pre-payment meters will have the money applied to their meter or paid via a voucher. This support is in addition to the £150 Council Tax rebate for households in England in Council Tax bands A-D, which was announced in February, and which MHDC has administered and paid to those who qualify. Payments were also made to people who were in receipt of state aid in properties that were in higher bands, recognising that some people may be asset rich but cash poor and in need of additional support.

More than 8 million households on means tested benefits will receive a payment of £650 this year, made in two instalments. This includes all households receiving benefits including, for example, Universal Credit, Income support, Pension Credit and Child Tax credit.

The DWP has made the first payment in July and the second will be paid in the autumn. Payments from HMRC for those on tax credits only will follow shortly after each to avoid duplicate payments.

Pensioners are disproportionately impacted by higher energy costs, and many low-income pensioner households do not claim the means tested benefits they are entitled to, so pensioner households will receive an extra £300 this year to help them cover the rising cost of energy this winter.

This additional one-off payment will go to the over 8 million pensioner households across the UK who receive the Winter Fuel Payment and will be paid on top of any other one-off support a pensioner household is entitled to, for example, where they are on Pension Credit or receive disability benefits.

Around six million people across the UK who receive disability benefits such as the Disability Living Allowance will receive a one-off payment of £150 from September. For the many disability benefit recipients who receive means tested benefits, this £150 will come on top of the £650 they will receive separately.

Lastly, to support people who need additional help, the Government is providing an extra £500 million of local support, via the Household Support Fund, which will be extended from this October to March 2023.

The Household Support Fund helps those in most need with payments towards the rising cost of food, energy, and water bills. Most of the payments will come automatically, but feel free to contact Malvern Hills District Council should you require any additional information.

And of course, keep an eye out for your neighbours who may be suffering at this time.



LOVE TO SING?

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Every Wednesdays
7-8.30pm

Upton Baptist Church,
Old Street

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CHOIR



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WORLD CUP DAY 2022

Glorious sunshine topped off the day for Welland Junior Football Club who were able to return to the Upton Sports Field and pavilion and celebrate their 'World Cup Day' on Saturday 21st May supported by hundreds of players, their friends and family. Their first opportunity to enjoy an end of season tournament and awards presentation since 2019! The Club would like to thank everyone who made the event possible, especially Upton Rugby Club for the kind use of their facilities and all the volunteers, Marshall's and St John Ambulance on the day who kept everyone refreshed, safe and secure and to our sponsors Upton News & District and Warner's Supermarket!



Pictured is Scott Mason being presented with the new Warners 'Club-person of the Year Award' for his outstanding contribution to junior football, presented by Lucy Worrall of Warners.



The senior Club Award in memory of founder member John Craddock was presented to Charlie Maunder seen below with his u17s team manager, Dave Newton being presented with his Award for Excellence by John's daughter, Emily Craddock.



Pictured is Welland's u9s Manager, Adam Chalkley presenting the Junior Clubman Award to Charlie Younger.



Pictured left is Club Vice-Chair and female Football Co-ordinator Jodie Williams presenting the Girls 'Player of the Year Award' to Lois Unwin.



Welcome to Welland Junior FC
WORLD CUP DAY 2022

This event is proudly sponsored by



Thankyou for supporting our day!

Football returns in September with matches once again on the Upton mini-soccer pitches commencing on Saturday 17th. The Welland Development Centre, on Spitalfield returns on

Saturday 10th September and welcomes all newcomers.

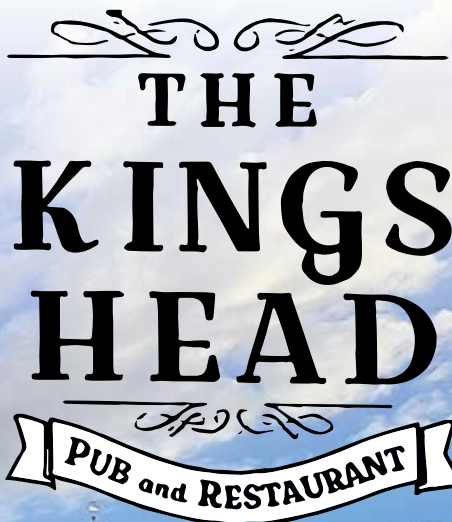
For more details keep an eye on the club's website; wellandjuniorfc.org.uk

The Kings Head is our family run pub on the banks of the River Severn.

HOMEMADE FOOD
7 days a week
Including Sunday Lunches

DOG FRIENDLY INDOOR AREAS

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for regular Live Music Nights.

USED CLOTHES SALE

Calling all ladies!

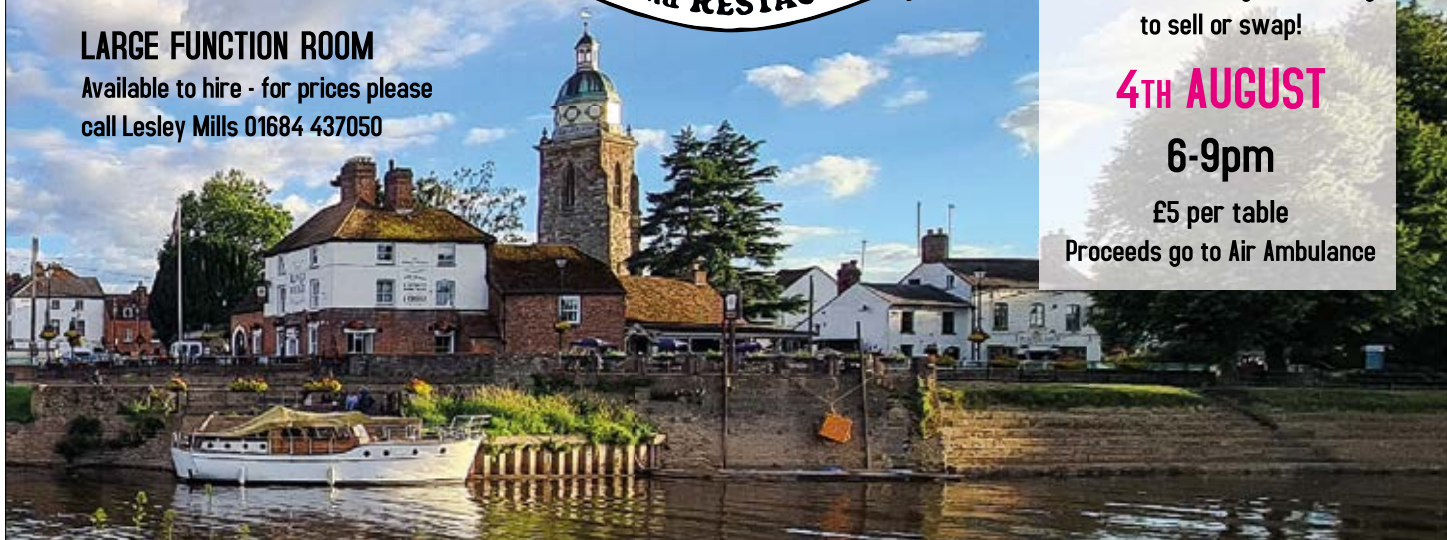
Do you have lots of clothes you don't want? Bring them along to sell or swap!

4TH AUGUST

6-9pm

£5 per table

Proceeds go to Air Ambulance



Summer Fun

What to do with the Family this Summer Holiday!

PLACES TO
VISIT NEAR
YOU

Parks

Visit the brand new adventure playground in **Priory Park Malvern**. The fun space is made up of multiple areas suitable for different ages. A bit closer to home in **New Street Park** Upton, you will find an enclosed under 12's area, skate park and multi-use games area.

FREE ACCESS



Water Activities

Malvern Splash indoor swimming pool with waterslide and wave machine, family tickets for sessions from £24.15.

Boating activities at **Severn Expeditions** boat hire from £80. Worcestershire Aqua Park is based at **Aztec (Upton Warren)** Activity Centre, Bromsgrove. Inflatable water course. Bookings essential.



Animal Lovers

Alpaca Meadows - Meet a friendly fluffy alpaca and take them for a walk at Alpaca Meadows. Learn alpaca facts and get to know their quirky personalities as you wander through the countryside. There is also a highly rated onsite café - open Wed-Sun 8:30am-4pm.



Meals Out

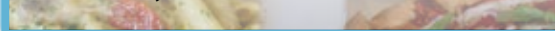
Offering free or **discounted meals** for kids this summer with family meal offers!

Yo Sushi - kids eat for free from 3-5:30pm Mon-Thurs for every £10 spent.

ASDA - kids eat for £1 in school holidays.

Bella Italia - kids eat for £1 with each adult meal on Mon-Thurs.

Dobbies - Kids eat free with an adult main meal. Tesco, M&S, Dunelm, Beafeater, Brewers Fayre & Morrisons have offers too.



Motor Enthusiasts

Shelsley Walsh Hill Climb - Experience the excitement of the worlds oldest motorsport venue still running events on its original course. Specialising in speed hill climbs. Under 16's go free to many of the racing events so the young ones can soak up the atmosphere. Book a tour at Malvern's famous motor car manufacturers, **Morgan**.



The Arts

The Tiger Who Came to Tea 23 – 25 August 2022 **Malvern Theatres** or you could see The Wind in the Willows August

28 – Sept 3 in **Priory Park Malvern**.

Any budding actors can attend Summer Holiday Drama workshop culminating in 2 performances at **The Coach House Theatre Malvern** of Matilda

for ages 11 – 18.



Here are the details to find out more of the above:

The Splash <https://www.freedom-leisure.co.uk/centres/malvern-splash-leisure-centre>

Severn Expeditions <https://www.severnexpeditions.co.uk>

Aztec Water Park <https://www.aztecadventure.co.uk/aqua-park>

Alpaca Meadows <https://www.facebook.com/TriciaStapleton71>

Priory Park <https://www.visitthemaalverns.org/attraction/priory-park-in-great-malvern>

Malvern Theatres <https://www.malvern-theatres.co.uk>

The Coach House Theatre <https://www.coachhousetheatre.co.uk>

Shelsley Walsh Hill Climb <https://www.shelsleywalsh.com>

Morgan Motor Company <https://www.morgan-motor.com>

SCHOOL'S
OUT!

Upton-upon-Severn CofE Primary and Pre-School



In July we worked with the local community to provide a wonderful trip for the Ukrainian children that have joined our school recently. These pupils have been struggling with the sound of planes and helicopters going over the top of the school and over Upton.



We had an idea that if the children could see a plane or helicopter at close range it would help to alleviate some of the trauma they have experienced in their last months in the Ukraine.

We would like to thank the Midlands Air Ambulance base at Strensham and all their staff who kindly welcomed us on 21st July. Amy Wearing from the Baptist Church supported us with this visit and we were able to meet the crew, a paramedic, doctor and the pilot who were at the base today. Charley Burke of the Midlands Air Ambulance arranged this visit for us and explained to the children, via a translator, that the air ambulance runs purely on charitable donations.

We were fortunate enough to see the helicopter both take off and land during our visit and the crew spoke to the children and also gave them the opportunity to actually climb aboard the

helicopter, which they found incredibly exciting. It was wonderful to see the children's happy smiley faces and for them to have a positive connection with aircraft.

We would like to thank the Midlands Air Ambulance staff for their hospitality and to remind everybody that should they wish to donate to the Midlands Air Ambulance we have a charity box in our reception.



Julie Wills
Head Teacher



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Hanley Castle High School

The school year at Hanley Castle ended in a blaze of heat, with our Year 10 and Year 12 students benefiting from work experience with local employers, and younger year groups taking part in Activities Week. Clearly the pandemic is not yet over, but I have been hugely impressed by the resilience of both staff and students to make the very best of sometimes challenging circumstances.

Sadly, the time for me to leave those staff and students has now arrived. It has been the greatest privilege of my life to serve Hanley Castle High School as its first female headteacher. It is a truly remarkable school which manages to balance outstanding teaching and pastoral care with the traditional values inherited over many centuries.

I am absolutely delighted by the appointment of Mark Stow as its new headteacher. Mark will join us from the University of Birmingham School and will bring a wealth of expertise and experience to ensure that the school goes onto even greater success.

I would like to take this opportunity to thank all members of the wider community for your support and kindness during the last 12 years. This is a wonderful part of the world and I have been very lucky to have been one small part of it. Thank you. **Lindsey Cooke Headteacher**

Farewell and Happy Retirement to Headteacher Mrs. Cooke



Some words from the students...

Alice Barker- Head Girl

With joining Sixth Form last year, I have only known Miss Cooke for a short amount of time however from the first induction day I attended at Hanley she was one of the most welcoming members of staff I met. Friendly, supporting and caring are the three words I would use to describe Miss Cooke. Though stories I have heard from other students in sixth form I can tell she has had a big effect on the school and its community, one which will be long lasting and never forgotten. I want to thank Miss Cooke for allowing me all the opportunities she has; I would never have dreamed of becoming head girl, but Miss Cooke trusted me to take on this role. From everyone at Hanley Castle, thank you.



Jessica Grogan- Deputy Head Girl

I feel so very grateful to have my time at Hanley Castle High School lead by the one and only Mrs Lindsey Cooke. I vividly remember her speech on my year six transition evening, talking about the importance of homework and how essential it was. This was something most people groaned at, but I remember being so enticed by her firm yet light-hearted tone that I knew I would be in safe hands.

Throughout my years at Hanley, Mrs Cooke has been a Headteacher I have been proud to talk about to friends from other schools. She has been so present in our Hanley lives, in simple ways like her extremely memorable assemblies.

Mrs Cooke's devotion to the school was also seen in the smaller details and extra opportunities she has presented to the students. The visits to her office with a table full with M&S cakes and biscuits were some of my favourite moments in lower school, as well as the annual Celebration of Achievement evening, where Mrs Cooke would coach us on our handshakes, to avoid a 'slippery fish handshake'.

Mrs Cooke has been an absolute asset to Hanley, leading all the students that have passed through in her 12 years as headteacher to be the very best they can be. I wish her the happiest retirement.

Matthew Knight – Head Boy

It is difficult to imagine Hanley Castle without Mrs Cooke. She has been an ever-present influence throughout my time at Hanley and I do not doubt that the case is the same for every other Hanley student.

There is no student at Hanley Castle, who does not have a fond or funny memory of Mrs Cooke: her covid lunchtime duties on the tennis courts, her visits to our classrooms halfway through a lesson to comment jokingly on the contents of a new display board or class activity, or her meetings with students, school council, and clubs.

Mrs Cooke is someone who is genuinely kind, friendly and approachable. She makes the effort to listen to every student to whom she meets despite being responsible for more than 1000 of them. There are countless times that I and many other students have been supported by her academically and personally, even if just a smiling face during a difficult time. I will be forever grateful for the impact that she has had on my education.

There is one thing I can say with absolute certainty. Everyone at Hanley wishes her all the best with whatever she finds herself doing in future and, by everyone at Hanley, her presence will be missed.

Tom Giess- Deputy Head Boy

During my time here I have come to realise the community feel Hanley has, in my experience, massively down to Mrs Cooke and her constant cheerful interactions with all the students. It's a rare sight to see her locked up in her office but more often found out wandering the school, having a good time with students and raising spirits. I believe this marks her out from other head teachers as she has proved to all of us that the head doesn't have to be stern and boring, this really helped reduce the divide between teachers and students. She never fails to grab attention, be it through random metaphors or going off on tangents in assemblies, to standing behind you whilst you're talking to your friends and scaring you when you notice. Most importantly though I think Mrs Cooke provided a slice of reality in the school environment where pompous unattainable goals can often be found, giving us achievable targets and always keeping us informed to the why as well as the what.



Seven Reasons to Get Excited About Bar 7

As local chef and restaurateur Kyle Hassall takes the reins at Bar 7, Upton News explores his plan to steer the venue in a new direction. Written by Will Hewlett

If you have ever tasted tapas at The Boathouse or polished off a pizza at Mojitos, you may be familiar with Kyle Hassall, the mind behind both Upton restaurants. Having moved from Derbyshire to Upton in 2014, Kyle applied twelve years of experience to establish The Boathouse, having identified a space in the market for his tapas-themed venture. Six years later our high street became home to Mojitos, a partner restaurant focusing on fresh pizza and rum-based cocktails. Now, following a twelve-month collaboration with late-night venue Bar 7, Kyle has recognized another opportunity to provide residents and tourists with something a little different. After meeting Kyle to discuss this upcoming endeavour, here are seven things to look forward to in Bar 7's future...

Moving away from its former identity as a social club, Bar 7 underwent significant re-branding and refurbishment in 2021. This garnered positive reactions from locals as it opened Bar 7 into one of the largest venue capacities in town, with a lounge area, games room and rear functions room leading out into a sun-soaked beer garden. If you're looking somewhere to host a function, Bar 7 will provide free room hire with catering and entertainment packages available upon request. Kyle's involvement with Bar 7 began shortly before this refurbishment, allowing him to prepare the venue for the 2021 UEFA European Football Championship. Kyle opted to screen significant games throughout the tournament, with England's success bringing a strong viewership to Bar 7. This planted an idea which would define Bar 7's current trajectory – does Bar 7 have the potential to become a sports bar? Kyle is confident that it does. 'Not many places show mainstream sports, so it just seemed like a natural concept to run with,' he told us. 'With the World Cup coming up, we want to be the local venue that screens the England games.' Kyle plans to show all manner of live sports via subscriptions to BT and Sky Sports packages, ranging from Formula 1 to football and boxing.

Becoming a sports bar will give Bar 7 scope to increase its opening hours later in the year. Various fixtures throughout the week will appeal to all manner of sports fans, allowing for regular special events like Wednesday night Champion's League games and Sky Sports' Super Sundays. The current weekend opening hours are set to change with the bar opening at 5pm and closing at midnight, marking a shift away from late-night service in light of its new focus. New Sunday opening hours will accommodate back-to-back Premier League games from 12pm to 6pm.

Although the sports focus is prominent, Bar 7 won't be turning its back on live entertainment any time soon. In fact, the venue has teamed up with a local entertainment agency to ensure a regular rotation of high quality acts, from solo acts to tribute bands and comedy nights. Local favourites are also expected to return, including The Bones, The Ferrets and The Rhythm Machine, who are set to perform on New Years Eve. Both live entertainment and sports screenings will be advertised in an official 12 month calendar created by local graphic designer John Dickinson, to be made available online and in print.

Traditional pub sports are also set to make a comeback. Currently, Bar 7 features both three dart boards and three pool tables. There's already a resident pool team, but Kyle plans to expand with two-to-three teams, as well as a darts team that will enter into various leagues throughout Worcestershire. Beyond this, we've heard talk of dominoes competitions, a 'Pub Olympics' and a myriad of quirky games including giant Jenga, air hockey, virtual bowling, virtual darts and table football.

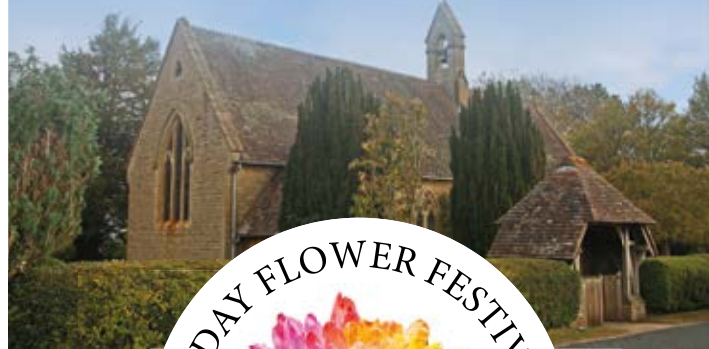
Bar 7 will be linking up with Mojitos, The Boathouse and Thrishna to provide food during halftime at these special screenings and events. The restaurants will supply and deliver a diverse range of appetizing delights, serving as perfect accompaniments to the continuously expanding drinks range. Kyle plans to facilitate Bar 7's evolution with established resources, supplementing the current team with new members, including a Worcester-based mixologist and a new manager that locals may just recognise...

If you aren't already enthusiastic about Kyle's Bar 7 roadmap, then perhaps you may want to read a little more about a planned loyalty card scheme. Card holders will be entitled to a twenty-percent discount across all drinks, as well as free entry to ticketed live entertainment. There is no fee attached to the card – regulars need just apply at the bar. As Kyle explains to Upton News, 'We've enjoyed the last 12 months, meeting new regulars and watching the business grow. Now, the opportunity has come to take over as sole director and evolve the business.' The grand re-opening of Bar 7 will take place on Wednesday 10th August.

To learn more about Bar 7, visit their Facebook and Instagram pages and keep an eye out for their new website, launching soon. For more information on private venue hire, contact the team via 01684 437198 or bar7upton@gmail.com.



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Young people having their say in Malvern Hills District

It has been a busy two years for the Youth Forum at Malvern Hills District Council and the Council is now looking for more young people to get involved.

Since its formation in 2020, they have been involved in a number of consultations and attended Council to tell local councillors about their priorities. They have also included a number of questions within the recent Bigger Picture Survey - on what it is like to live, work and study in the district, completed by over 1000 local young people. They have also allocated over £2000 of Youth Chair funding to local projects that have been developed by young people.

Malvern Hills District Council is now looking for its next Youth Chair and new Youth Advisors to join the team.

What can you expect?

This is an opportunity to develop a number of key life skills including working in a diverse team, written and presentation skills, managing a budget and more. The Youth Forum will agree their own priorities, in the last two years these have been mental wellbeing and the environment and currently developing an idea to hold a Youth Climate Summit.

Average time commitment for the role is approximately two hours per month and there is a team day held twice a year.

Matthew Knight, former Youth Chairperson said: "I would absolutely encourage people to get involved. I think that young people shaping their own futures is really important. It was a great opportunity for me."

Who can apply?

Those aged 11-17 yrs who live and/or study in the Malvern Hills District.

Need some funding for a project?

Young people come up with the idea and pitch it to fellow young people. Take a look at Malvern Hills District Council's webpage for more details.

Funded projects in the last 2 years: Students at Hanley Castle High School's Chess Club received £365 to expand the club (which has over 40 members), purchase new boards and clocks and host a tournament.



Students at Tenbury High Ormiston Academy received £500 towards the purchasing and furnishing of its "Time-To-Talk" cabin, providing a safe space for students to talk about their wellbeing without fear of judgement



Young people at Malvern Cube youth projects received £400 to hold a big birthday bash for all of the young people at the centre who had missed out on celebrating their birthdays during the pandemic.

Find out more about how to apply for roles or funding at www.malvernhills.gov.uk/youth

Do you run a youth club or group?

The Malvern Hills District Youth Action Network includes over 30 youth organisations sharing, connecting and collaborating. To find out more please contact Claire Vaughan at Malvern Hills District Council on 01684 862449 or email youth@malvernhills.gov.uk



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Green Finger's Top Tips For August

Sultry Late Summer

August is usually one of the hottest months of the year - making watering essential. Try to use grey water wherever possible, especially as water butts may be running low if it has been a dry summer. August is traditionally holiday-time, so you might need to enlist the help of friends and family to look after the garden while you are away. When you are at home, take the time to prune Wisteria and summer-flowering shrubs such as lavender once they've finished flowering.



Wisteria needs regular pruning to keep the growth and size under control, but it will also improve the flowering display.



Deadhead flowering plants regularly

Remove spent flowers as soon as they look scruffy - thankfully, a few days delay won't make a difference. The simplest method is to just pinch off the faded blooms with finger and thumb.



Don't delay summer pruning fruits trained as restricted forms

Summer pruning is mainly for apples and pears trained as restricted forms. It will allow sunlight to ripen the fruit and ensure good cropping for the following year.

Jobs for August

Water containers and new plants, preferably with grey recycled water or stored rainwater

Collect seed from garden plants

Harvest sweetcorn and other vegetables as they become ready

Continue cutting out old fruited canes on raspberries

Lift and pot up rooted strawberry runners

Keep ponds and water features topped up

Feed the soil with green manures

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iSingPOP at Upton Primary

Last month we had the utter joy of welcoming Jake from iSingPOP to join with Upton Baptist Church at Upton upon Severn Primary School for a week of high energy singing and dancing. iSingPOP is a singing, performing and resourcing project that helps children and families engage in Collective Worship in school, church and at home.

We spent the first 3 days of the project learning a set of fun, catchy pop songs each based on an important and inclusive Christian value. We learnt about caring for creation, peace and hope, thankfulness and forgiveness.

Then we headed to the Memorial Hall to perform two outstanding concerts for friends, family and the local community. The children sang fantastically and we got the audience on their feet for the grand finale!

As a church, it is an absolute privilege to join in with our local schools and support them in any way we can. Working together is about building a strong community, where we are all committed to making Upton an amazing place to live and learn.

One of the songs we learnt was called Just the Way You Are and the lyrics were:

We see the sadness	Because we all need someone
In each and every land	To lead us every day
It's time to reach out	Somebody here for us
To show we understand	To help us on our way

As a follower of Jesus, I believe that we each have a part to play in making the world a little more whole and healed and one way we can do that is to come together as a community and commit to each other and help each other along the way. And Upton is fantastic at doing just that! We help each other, look out for each other and speak out for those in need.

American television host, author, producer and Presbyterian minister Fred Rogers once said "When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping."" This is a comforting thought in times of challenge and disaster but rather than just looking for the helpers, my time in Upton has revealed that Upton folk are a great community who support one another and more often are the helpers.



Guest Column

by Harriett Baldwin MP



Last month, world leaders gathered at the G7 summit in Germany and then the NATO summit in Madrid. The war in Ukraine continues to dominate the diplomatic conversations and I am sure readers will join me in the continued support for every effort to standing up to the illegal Russian invasion of a sovereign state, including supplying defensive weaponry.

Whilst leaders are strong on the international stage, each of them has to return home to face increasing financial pressures - rising inflation and much higher energy and fuel prices. I sit on the Treasury Select Committee and I have been urging the Governor of the Bank of England to act to keep inflation under control – something he has singularly failed to do – and he must act decisively now.

This means that people are facing increased prices in the daily shop and some people are worried about the heating bills now and as we approach the winter. There are a number of specific schemes to help people. The Government is providing a £15 billion energy bill rebate package, worth up to £550 each for around 28 million households - all domestic energy customers will receive a £400 grant to help with the cost of their energy bills. More than 8 million households on means tested benefits will receive £650 as well.

All pensioner households will receive an extra £300 to help them cover the rising cost of energy this winter, on top of their annual winter heating payments and I'm urging pensioners to look at the Government website to see if they are entitled to any extra support including Pension Credit.

The Household Support Fund will provide £1 billion this financial year to help households who are not eligible for other kinds of help or need further support and I have been working closely with the local Citizens Advice Bureau team who are managing this support.

The National Living Wage has increased by 6.6 per cent, the National Insurance threshold has increased to £12,750 this month and fuel and alcohol duties have been relaxed – each of these important measures as people manage their own, increasing, household budgets.

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A Word from the Mayor.....

Wow, what a busy first couple of months it's been!
First of all I would like to say a massive thank you to everyone that made The Queen's Platinum Jubilee a great success. There were so many volunteers behind the scenes who have worked very hard to help make the day very special. During the last couple of months I have been busy attending functions as your Mayor and promoting our Town to everyone I speak to.



Garden Party at Hartlebury Castle in celebration of the Queen's Jubilee along with around 700 other people by The Lord-Lieutenant of Worcestershire, Lt Col Patrick Holcroft LVO OBE.

Mayor making Ceremony at Ross-on-Wye Town Council – Councillor Ed O'Driscoll.

Opening ceremony of a commemorative bench placed in the new 'spiritual garden' at the front of the school. The bench is to commemorate Albert Rosalyn Thomas who taught at the school for over 20 years.

The Upton in Bloom judging for the Old Churchyard, the theme this year 'it's your neighbourhood', thanks to Jackie Surtees and her Team for keeping our town looking beautiful throughout the year!

Along with Upton Primary School we opened up the Jazz Festival, it was lovely to see so many people attend this great festival that has been running for over 35 years. Many thanks to the Jazz committee and volunteers who worked hard to make this festival happen.

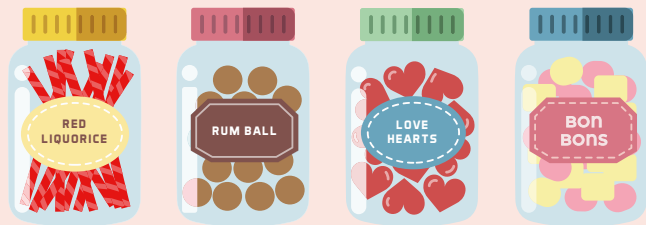
The Civic Service of the Mayor of Worcester, at Worcester Cathedral. The service was well attended by many Mayors from various parts of our county and surrounding counties. Another opportunity to talk about our town.

MHDC ran a 'Community Voice' coffee morning at the Hill Centre which enabled local people to put their views and ideas forward, it was nice to see a good turn out for this community event.

The Blues Festival set the town buzzing! It was fantastic to see so many people visiting our town, using our shops, bars, restaurants and enjoying the music. Thank you to all the Blues committee members, volunteers and street cleaning team.



Mike Morgan (Deputy Mayor), Councillors and myself are holding a council brunch.....please come along and meet us and find out what the council is all about, we are looking for new councillors so if this is something that you have thought about and would like to know more pop along and have a chat with us.



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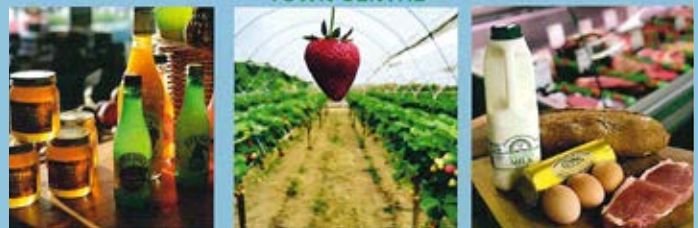


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QUEENHILL WI REPORT

At our July meeting we were fascinated to see a beautiful watercolour painting emerge as if by magic from a blank sheet of paper. We were all so quiet and completely enthralled when watching an artist at work.

Initially, artist Geoff Rowswell showed us the paintings in his sketchbook, completed in an hour (lovely) and examples of finished and framed work which took him about two days each (superb!).

He explained the sort of paints, brushes, paper, and other tools he uses and shared tips for the beginner watercolourist. By the end of the session we understood the sort of decisions that were made, problems faced and dealt with and the process from plans to finished art work.

We were told 'anyone can do it, with practice', though more than a few of us doubted we would ever be able to produce such excellent work! He generously donated the painting to the branch: we shall treasure it.

The business meeting covered details about our visit to Baddesley Clinton NT on August 11th and the Craft Show at our September 8th meeting.

Finally, we enjoyed the usual delicious refreshments, tried our luck in the raffle, and chatted away until it was time to leave.



HOT PEPPERS WI

32 members came to our June meeting on 6 July.

We had a talk from Dr Gillian White, who talked about the relationship of Queen Elizabeth 1 and Robert Dudley, and the entertainment he gave for her at Kenilworth in 1575. Dr White was an entertaining and energetic speaker who described what seems to have been a deep relationship between two people who were at the mercy of their positions in society. Her insights into the queen's character from contemporaneous letters and documents were fascinating.

On the 8th July some of us went to Eastnor Pottery to make all sorts of objects using the pinch pot method. We had a great evening.

We are making cakes in July for the Blues Festival where we have a stall on the Rugby field on each day of the festival - do come and see us and taste our bakes!!

Our meeting on July 28 is a party in the pretty garden of the Tudor House Museum Upton.

There's no meeting in August.

We start again on 22 September with Juita Akhtar introducing us to mindfulness and meditation with a talk called 'Calming the mind chatter'.

Until then we hope you enjoy your summer.



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We will receive completed boxes from Monday 31st October to Sunday 20th November between 10am and 1pm daily, Sunday to Friday (NOT Saturdays).



Leaflets can be downloaded at www.teams4u.com - follow the link "Shoebbox Appeal" and search "Shoebbox Resources".

Hard copies can be obtained from me.



Financial donations will also be very welcome, to meet the transportation costs of £3 per box.



Our boxes will be sent and distributed to needy children and families by Teams4U volunteers and partners across the world, mainly in Eastern Europe, including Ukraine.



For more information please contact:
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 Summer Camp 3: 8th, 9th, 10th August

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The Zero Carbon Ready programme from Worcestershire County Council aims to help businesses reduce their greenhouse emissions and move towards net zero carbon. This is a pilot scheme funded by the Community Renewal Fund and will close on 31 October 2022.



Your business can receive decarbonisation advice, a bespoke decarbonisation review, grant funding for smart meters and more. <https://www.worcestershire.gov.uk/>

Popular Specialist Advisor Programme Returns to The Growth Hub

The Specialist Advisor Programme is back for a third wave of giving businesses access to expert advice on topics like financial strategy, the green agenda and sustainability and much more. Over 300 businesses benefited from the first two waves of this programme and spaces will fill up fast. So if you want to receive this FREE expert advice please register your interest now on 01905 677888 or info@business-central.co.uk



FREE Construction Course from Workpays

Workpays, in partnership with Stepnell, are offering an entry level 3 Certificate in Vocational Studies (Construction) and BTEC Level 1 Award in Health & Safety. Starting on 1 August for 3 weeks the course will take place on a live construction site at Berrows House, Worcester. Spaces are limited so register soon. Travel is reimbursed and learners must be 16+. For more information contact Workpays using the button below. <https://www.workpays.co.uk/>



Could You Employ New Arrivals From Ukraine? Let Us Know

If you have questions about employing new arrivals from Ukraine there is plenty of information available. Check the government departments for all the latest updates: Department for Levelling Up, Housing and Communities, Home Office, Department for Business, Energy & Industrial Strategy, and Department for Work and Pensions. Visit the Governments page for those offering work to Ukrainian arrivals for full information. <https://www.gov.uk/> If you do have roles within your business to offer, please let us know as we can help promote the opportunities. Use the button below to fill in our short questionnaire detailing information about the job so we can advertise this through our networks.



Sign up for FREE 1-2-1 Advice on Age Friendly Working Practices

As part of the Upskilling programme, we are looking to provide support for local employers to develop age friendly working practices. The aim is to enable businesses to both recruit older employees and retain older employees by adopting new management practices and policies.



Helen Astill, of award-winning HR consultancy Cherington HR, is delivering this support to Malvern Hills and Wychavon businesses. Free 1:1 meetings with Helen for any businesses who would like support in implementing their age-friendly policies are available.

Malvern businesses including Morgan Motors and Russell & Co Solicitors have already benefited from this advice and there is space to offer this opportunity to others.

If you would like to take advantage of the free 1:1 sessions and access the free resources, please contact Helen on 01684 594773 or email helen.astill@hrsolutions-uk.com



Start - Up Business Grants of Up to £30,000

Enterprising Worcestershire is delighted to announce that there are now a limited number of grants up to the value of £30,000 on offer to help start-up businesses in Worcestershire.

The grant is designed to give eligible SMEs that are less than three years old a significant helping hand.

Grant funding can cover multiple capital and revenue expenditure items such as, but not limited to, equipment, machinery, website construction and logo design.

As there are only a limited number of these matched funded grants available, eligible businesses will need to get their application in quickly.

Smaller grants of £1,000 to £15,000 will still be on offer to start-up businesses through Enterprising Worcestershire.

For more information, and the full list of eligibility, please click the button below.

<https://www.worcestershire.gov.uk/>

FREE Autism Training for Worcestershire Businesses

Worcestershire County Council is working with the National Autism Society to offer free online training modules to businesses and learners across the region. The modules aim to give learners a better understanding of Autism in order to best support autistic customers and colleagues. Each module takes around 40-90 minutes to complete and is designed to be engaging. customerrelations4@nas.org.uk <https://www.autism.org.uk/>

Tewkesbury Flower Club

The Club started more than 50 years ago and has had various homes over the years. We now meet at Bushley village Hall which has plenty of parking. We meet on the second Tuesday of most months. No experience is necessary, just join us for a relaxing afternoon watching experts arrange beautiful flowers. These arrangements are raffled at the end of the meeting. We are a very friendly group and you will be very welcome. Tea/coffee and biscuits are available.

Entrance for visitors is £6. The demonstrator at the August meeting is Anna Steven from Oxford and the title of her demonstration is "Do you see what I see".



Next meeting

Tuesday 9th August
Bushley Village Hall.
2.30pm arrival for
3pm start.

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AUGUST

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14th - Worcester Concert Brass Band
21st - Bourbon Alley (Blues)

SEPTEMBER

4th - Super Nova (Alternative)
11th - Cleobury Mortimer Brass Band
18th - Answer Back (Alternative)

LOCAL CALENDAR

Monday	Tuesday	Wednesday
1	Home Market @ Next to Tenbury Well Swimming Pool. 9.30am - 12	Emporium Cra @ Tewkesbury 10am - 4pm Morgan Overt Experience Cen
Circus Skills @ Eastnor Castle		
8	Homemade Market @ Next to Tenbury Well Swimming Pool. 9.30am - 12 Tewkesbury Flower Club @ Bushley Village Hall. 2.30pm	Craft & Chat @ Parish Centre
Out in the Open is artForce Gardens Gallery Cheltenham.		
15	Dementia Cafe @ Upton Baptist Church. 2 - 3.30pm Home Market @ Next to Tenbury Well Swimming Pool. 9.30am - 12 Picton Garden Open (NGS) @ 11am	Emporium Cra @ Tewkesbury 10am - 4pm
Wildplay @ Eastnor Castle		
22	Home Market @ Next to Tenbury Well Swimming Pool. 9.30am - 12	Emporium Cra @ Tewkesbury 10am - 4pm Craft & Chat @ Parish Centre
Worcestershire Open Studios		
29	Flea & Collectors Fair @ Three Counties Showground Home Market @ Next to Tenbury Well Swimming Pool. 9.30am - 12	
	30	

WEEKLY EVENTS - Please note that some may not be running on term time, please check with the organisers directly.

Monday	Tuesday	Wednesday
Help Looking For Job @ Upton Baptist Church. AM Patsy Watten Yoga @ Church Rooms Upton. 6.30 - 7.45pm Upton Guides @ Scout & Guide HQ, Upton. 6.30 - 8.30pm Bonsai Chi @ Upton Primary School. 5 - 6pm Kids Karate @ Upton Primary School. 6.15 - 7pm Adults Karate @ Upton Primary School. 7 - 8pm Knit & Natter @ Rose Cafe (Nuyards) 10am - Midday	Zumba with Kirsty @ Upton Hill Centre. 6.15 - 7.15pm The Ark Baby Group @ Baptist Church 10 - 11.30am 1st Upton Cubs @ Scout & Guide HQ Upton. 6 - 7.30 pm Zumba with Kirsty @ Croft Farm. 9.30am Tenbury Wells Country Market @ 9.30am Tenbury Community Pool	VoxRox Choir @ 7 - 8.30pm Upton Brownie HQ, Upton. 6 - 7.30pm Art Classes @ 10.30am - 12. Board Gaming 7pm Quiz Night @ 6pm Hanley Voices Hanley Castle

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JDAR August 2022

Wednesday	Thursday	Friday	Saturday	Sunday
<p>Gift Fayre @ Town Hall</p> <p>Time @ Morgan Centre. 5 - 9pm</p> <p>3</p>	<p>Battlefield Guided Walk @ Abbey Lawn Carpark. 7pm</p> <p>Used Clothes Sale @ The Kings Head, Upton. 6-9pm</p> <p>4</p>	<p>The Drunken Monkey Festival @ A4104 Welland Road</p> <p>Jazz Jam @ West Malvern Social Club. 8pm</p> <p>5</p>	<p>Street Food Festival @ Angel Inn</p> <p>Gunrunners Music @ The Wheelhouse</p> <p>Tenbury Countryside Show @ Tenbury Wells. 9am</p> <p>Produce Market @ Hellens. 9am</p> <p>6</p>	<p>Fold Monthly Market @ The Fold. 10am</p> <p>Gundog Show @ Three Counties Showground</p> <p>7</p>
<p>Out in the Open is artForce Gardens Gallery Cheltenham. 10am - 5pm</p>				
<p>St. Andrews</p> <p>10</p>	<p>11</p>	<p>12</p>	<p>The Melvin & Hancox Band @ Bar7, 9pm</p> <p>Council Brunch @ Upton Memorial Hall. 11.30-1.30pm</p> <p>13</p>	<p>Bands in the park - Worcester Conert Brass band</p> <p>Bands in the Park @ Abbey Park, Pershore, 2.30-4.30pm</p> <p>Cowleigh Lodge Open Gardens @ 11am</p> <p>14</p>
<p>Gift Fayre @ Town Hall</p> <p>17</p>	<p>18</p>	<p>Chubby Brown Comedy Night @ Bar7, 9pm</p> <p>19</p>	<p>Worcestershire Open Studios</p> <p>Western Motorhove & Campervan Show @ Three Counties Showground</p> <p>Killers Tribute @ Bar7, 9pm</p> <p>20</p>	<p>Wildplay @ Eastnor Castle</p> <p>Battlefield Guided Walk @ Abbey Lawn Carpark. 2pm</p> <p>Tewkesbury High Street Market @ 10am - 4pm</p> <p>21</p>
<p>Gift Fayre @ Town Hall</p> <p>St. Andrews</p> <p>24</p>	<p>25</p>	<p>26</p>	<p>Emporium Craft Fayre @ Tewkesbury Town Hall. 10am - 4pm</p> <p>Artisan Craft Market @ Lyttleton Well Hall. 10am</p> <p>Back to the Musicals @ Malvern Theatre. 2pm & 7pm</p> <p>Hanley Swan Food Market @ Village Hall. 9.30am</p> <p>27</p>	<p>Market @ The yard at Crowcroft. 10.30am</p> <p>Pear Tree Cottage Open Garden @ 2pm</p> <p>ABBA Revival @ Three Counties Showground</p> <p>28</p>
<p>31</p>	<p>Malvern In A Day Exhibition of images along Church Walk in Great Malvern 1st -31st August</p>	<p>PLUM SALES Pershore Plums sold every Saturday in August in Plum Alley (Chapman Court) outside Asda.</p>	<p>GO WILD AT WINCHCOMBE 6th -21st AUGUST Toddington Railway Station, Toddington GL54 5DT</p> <p>Seed Bombs - Animal Masks - Dream Catchers Felt Bugs - Block Printing - Bug Hotel</p>	

KEY: Entertainment & Events Family & Children Groups & Activities Sports

Wednesday	Thursday	Friday	Saturday	Sunday
<p>@ Baptist Church Hall.</p> <p>es @ Scout & Guide</p> <p>Bridge House 30 & 2 - 4pm</p> <p>@ The Foley Arms</p> <p>Kings Head</p> <p>community choir @ School 6.15-7.45pm</p>	<p>Upton Youth Band @ Church Rooms. 6.30 - 9pm</p> <p>1st Upton Scouts @ Scout & Guide HQ Upton. 7 - 9pm</p> <p>1st Upton Beavers @ Scout & Guide HQ Upton. 5.15 - 6.30 pm</p> <p>Knit & Natter @ The Stitchery 10.45 - 12.15pm</p> <p>Art Classes @ Bridge House 10.30am- 12.30, 2 - 4pm & 6 - 8pm</p> <p>Fit steps with Kirsty @ Ashchurch Hall. 9.15am</p> <p>Tae Kwon Do @ Welland Parish Hall 6.30 - 7.30pm</p>	<p>Base Camp & Girlz Only Age 5 - 11 @ The Church Room, Upton. 5 - 6.15pm</p> <p>Welland Toddler Group @ Welland Village Hall 9.30 - 11am</p> <p>Upton Rainbows @ Church Rooms, Upton. 4.30- 5.30pm</p> <p>Art Classes @ Bridge House 10.30am - 12.30pm</p> <p>Zumba with Kirsty @ Ashchurch Hall. 9.15am</p> <p>Konga with Kirsty @ Wheatpieces Centre. 9.15am</p>	<p>Welland Junior Football @ Football Club. 9 - 10.30am</p> <p>Konga with Kirsty @ Upton Hill Centre. 9.30am</p>	<p>The Deep End Youth Club Age 9-14 @ The Church Room, Upton. 5.30 - 7pm</p> <p>Messy Crafts @ Baptist Church 4 - 5.30pm</p> <p>Mixing Pot Cafe @ Baptist Church 7 - 8.30pm</p> <p>Tae Kwon Do @ Welland Parish Hall - 6 - 7pm</p> <p>Live Music @ Whitley Court 10am</p>



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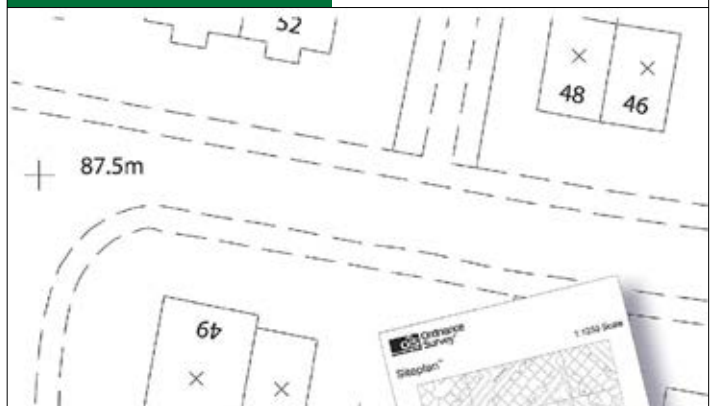


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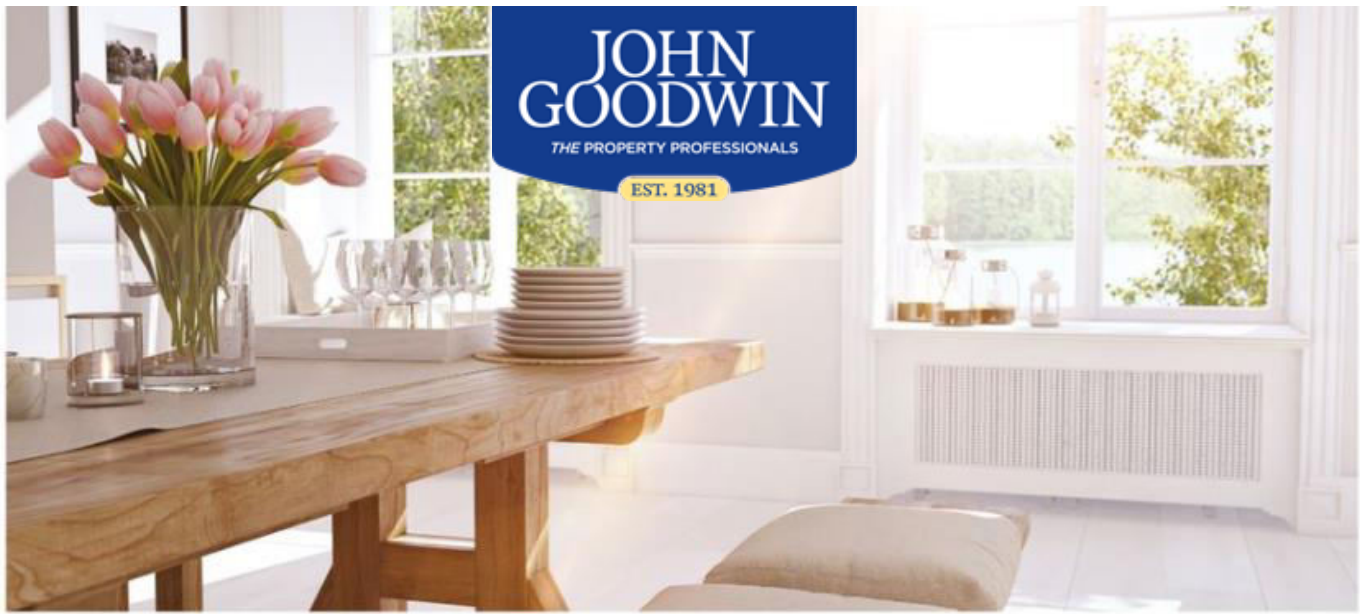
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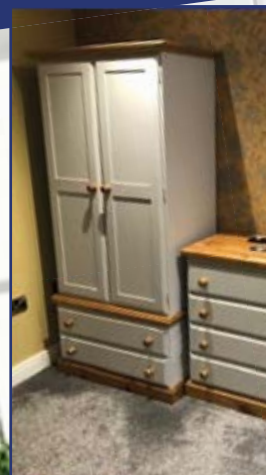
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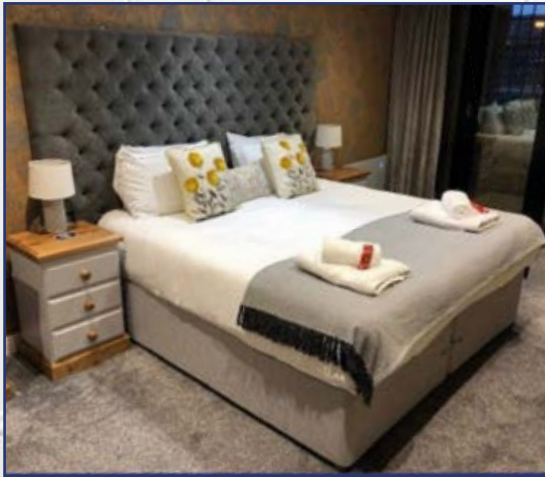
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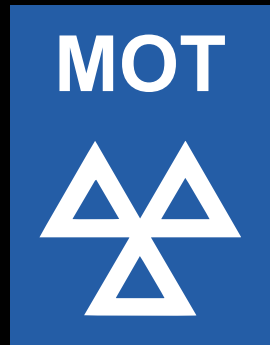
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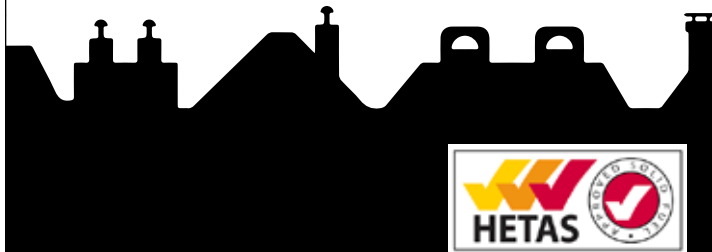
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