

# UPTON NEWS

## and District

October 2021

**FREE**

### **Upton Quarry Plan**

Gravel extraction is not necessarily a bad thing

### **Your Mental Health Matters**

How to deal with anxiety and stress and where to look for help

### **Is An Apprenticeship The Way Forward**

Cover Photograph Credit:  
Craig Southall

# THE PUDDING SHOP

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GORGEOUS GINGER

LASHINGS OF LEMON

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## WELCOME TO UPTON NEWS and DISTRICT October 2021

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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?

We encourage feedback and ideas from our readers and local community. If you have something you would like to see included or want to get involved please get in touch at: [info@uptonnews.uk](mailto:info@uptonnews.uk)

Upton News & District  
Actively supports



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

The sunshine almost coming to an end, Autumn upon us and what a fantastic place we live in to see all the autumn colours start to appear. Can't wait to see the all the Shop Windows changes for the Autumn. You will see our Local Schools have got off to a flying start for their new term!

Upton New and District Magazine are very pleased to announce that we have sponsored Welland Football Club U7/U8 and also Upton Rugby Club U15 team. We will keep you posted about their progress throughout the season.

We have changed the layout to the pull out calendar because it's getting so popular!

To advertise Events, Clubs and Meetings free of charge just email [info@uptonnews.uk](mailto:info@uptonnews.uk).

Great articles received again this month, thank you! 'Upton Quarry Plan' is worth a read and note the 12th October date for thoughts/concerns to Worcestershire County Council. 'Apprenticeship could it be the way forward for you', excellent information and details in Will Hewlett article and Gemma Dewson has done an outstanding job regards to the importance of Mental Health in her publication again with some very helpful details.

Don't forget any Community News, Business News or Local Achievements email the details to [info@uptonnews.uk](mailto:info@uptonnews.uk) 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



### Christmas Shopping list

- 1) Luxury Xmas Pud (large) for the family do!
  - 2) Steamed Puds for Uncle Tom
  - 3) Opulence Xmas Pud for the posh neighbour
  - 4) Pud Shop Christmas cake (for me)...
- A trip to The Pudding Shop should sort all of that !!



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## NHS FLU VACCINE UPDATE

The national influenza immunisation programme aims to provide direct protection to those who are at higher risk of influenza.

**Therefore, those eligible for NHS influenza vaccination in 2021 to 2022 are:**

All children aged 2 to 15 (on 31 August 2021)

Those aged 6 months to under 50 years in clinical risk groups

Pregnant women

Those aged 50 years and over

Those in long-stay residential care homes

Carers

Close contacts of immunocompromised individuals

Frontline health and social care staff employed by:

A registered residential care or nursing home

Registered domiciliary care provider

A voluntary managed hospice provider

Direct Payment (personal budgets) and/or Personal Health Budgets, such as Personal Assistants.

## Children's Vaccines

Children aged 12-15 in England are being offered a COVID-19 vaccine. This vaccination will be free of charge and our highest priority is making it easy for children to access one dose of the vaccine before the winter.

The main purpose of the COVID-19 school age vaccination programme is to provide protection to the children who receive the vaccine and may help to reduce transmission of COVID-19 in the wider population.

## COVID-19 BOOSTER

People aged 50 years and over, health and social care workers and younger people at risk are being offered a booster dose of coronavirus (COVID-19) vaccine. The NHS will contact you when it is your turn to have a booster. The booster is only being offered at least 6 months after your last dose.

## WHEEL CHAIR APPEAL

We only have 1 wheelchair at the moment and with our busy flu / booster clinics we might need an extra wheelchair. If someone in the community has 1 spare, we would really appreciate it.

**We all would like to wish Dr Julian Barrell a Happy Retirement and may he have a relaxing new chapter ahead. Thank you for all your years of service, you will be missed from all the staff and the patients.**



## GET TESTED - STAY SAFE

REGULAR RAPID FLOW TEST COLLECTION CENTRE

Riverboats Children's Centre Prices Lane, Upton-upon-Severn, WR8 0LY is a **Regular Rapid Flow Test collection centre.**

The tests are available for adults in a household, childcare or support bubble of a child who attends a nursery, primary school, secondary school, sixth form or college.

This centre is open for collection of the Regular Rapid Flow Tests from:

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## Sprains, strains, aches and pains?

Fiona Lucas MSc MCSP, MHPC  
Lynne Robinson BSc, MCSP, MHPC  
Chartered & State Registered Physiotherapists

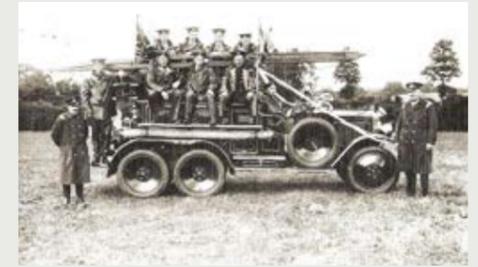
Unit 15, Cygnet Business Centre, Hanley Swan  
WR8 0EA

**01684 311986**

info@beechwoodphysiotherapy.co.uk  
www.beechwoodphysiotherapy.co.uk

# 100 Years Ago...

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



At the meeting of Upton Parish Council on Monday October 3rd 1921 "Mr Pumfrey brought up the question of the Fire Engine and enquired if it were true that on the occasion of a fire at Ripple the engine had to be stopped and water thrown over the wheels to prevent them catching fire, due to the absence of grease." The facts were disputed, but it was agreed that it was about time that the Fire Brigade Committee met and considered the allegation and the working of the Brigade. The Parish Council had taken on responsibility for the Fire Brigade in 1894 when Parish Councils were founded. There had been an Upton Fire Brigade before that. The Worcestershire Chronicle and The Worcestershire Journal reported their activities from the 1850s and, much earlier, they had been involved in cleaning the streets at the time of the 1832 Cholera outbreak. This earlier Fire Brigade had been entirely voluntary, but like other brigades met its expenses by charging those whose properties they attended or the insurance companies concerned. In larger towns the insurance companies had their own fire brigades: in 1866 Worcester had no regular fire brigade but three insurance owned brigades, which primarily attended fires at properties marked with

their sign. The main work for Upton's brigade, both before and after 1894, was dealing with rick (haystack) fires, usually blamed on children playing with matches or on tramps. In September 1886 the diversity of brigades was displayed at a rick fire at Severn Stoke which was attended by the Upton Fire Engine, the Croome Court Fire Engine and the Norwich Union Steam Fire Engine from Worcester. The "steam" fire engine had a pump which was powered by a steam engine, it was still drawn by horses. Upton's fire engine, shown in the



illustration from the early years of the twentieth century, was a manual pump and was still in use in the 1920s. (How the small girl in the picture was involved is not known!). The Parish Council had been pleased with the condition of the engine and its equipment when they took it over.

They did, however, require a glass case be made for the key to the Fire Station (now Ginger and Pickles) and be fixed to the wall so that in future there would not be delays, because it was not to be found, that "Upton Parish Council Fire Engine" be painted on the side in place of "Subscription Fire Engine" and that a bell be installed at the Fire Station to summon the firemen. (A sanctus bell was acquired from the church in 1902). Amongst the fires attended was one at The Imperial Hotel in Malvern in 1896. By the 1920s the engine was indeed showing its age, manual pumping was relatively inefficient and catching the horses on the Ham at night could be difficult: on occasion, local lorry owners came to the rescue of firemen hauling their own engine and towed it. A new engine was needed, but the elderly steam pumped, motor engine given to the brigade by the Norwich Union, broke down on its first outing. In addition the rest of the inhabitants of the local communities considered that the Upton Brigade should attend fires for them too. The Rural District Council was now willing to take on the responsibility for the Brigade. The new era started in 1930 and very soon there was a new Fire Engine.



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or drop by during my Drop In Hours (posted on my door).

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Get ready for the most hilarious and jam-packed month to take Malvern Hills district by storm. You'll laugh your socks off at some of the biggest names in British comedy right now who are going to be performing right as part of the Malvern Hills Comedy Festival, for the entirety of October.

To kick off the festivities, beloved and irreverent Jack Dee is coming to Malvern Theatres. His sarcasm, irony and deadpan humour is no secret; this show is going to have you crying with laughter. Malvern Theatres is also welcoming award winning Alistar McGowan; Japser Carrott, OBE; Josh Widdicombe and more. Seann Walsh will be performing at the gorgeous Regal Theatre in Tenbury.

Featuring locations such as the Boat House at Upton, Malvern Con Club and The Regal in Tenbury this is going to be one spectacular display of British comedy.

Comedy goers are also encouraged to make a night of it and enjoy the local fine dining establishments and bars that Malvern has to offer. Not to mention the many gorgeous hotels and B&B's in and around the towns so you don't have to miss a thing.

More information at [www.visitthemalvern.org](http://www.visitthemalvern.org)



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Sat: 8 - 1	OAP cut ..... £9.00
Sun & Mon: CLOSED	Kids cut U12s ..... £9.00

## Clean it, Scrunch it, Coop it!

### What are Soft Plastics ?

Soft plastics are lightweight plastics that cannot go in your recycling bin. Think plastic lids of yogurt pots, soft fruit punnets or ready meals, as well as crisp packets, pasta bags and chocolate orbiscuit wrappers.

What they are not are plastic bottles, tubs, pots, trays or caps. If you're not sure a simple test is to scrunch it !

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& bread bags.

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**co op**  
It's what we do

Many thanks for your continued support for the Co-Op in our Community. - Ruth Etheridge

**co op**  
It's what we do

15 Old St, Upton upon Severn,  
Worcester WR8 0HN  
**Open 7am - 10pm Everyday**

## Rugby For Heroes Sees Gloucester Player Return To Kingsholm Stadium



Former Rugby Premiership Player Tex Sigley made a triumphant return to the hallowed Gloucester ground, to play in a Rugby Union v Rugby League match organised by Rugby for Heroes. The former Premiership star has had an illustrious career playing for Gloucester, Bath, Sale and Solihull before finishing his career with some years in France at Dijon and Bergerac.

The team was Captained by ex England International Mike Tindall and other England and former Premiership stars. The game was played with Union and League rules each half. The Home Union team delivered a very convincing win at 39 v 19 cheered on by an enthusiastic crowd.

Rugby for Heroes is a cause close to the players heart having been instrumental in amalgamating the recent John Leighton Memorial Flush with the charity.

Jayne, his girlfriend and Dorothy Leighton would like to Congratulate Tex on his amazing performance it was so good to see him play at his home ground once again.



## How are you?

If the last 18 months has taught us anything, it's to be kind, compassionate, patient and resilient. Returning to normal life for some of us is a challenging thing, especially with an added measure of anxiety around people, dealing with the loss of loved ones, pressures of returning to work, and following procedures and rules. Its a really big thing! We are all learning to live new lives.

Change after trauma, lack of socialisation and routine can trigger so many mental health concerns, even for those of you that have never suffered before.

Its OK, not to be OK!  
But how do we deal with it all?  
And how do we protect the ones we love?



Firstly, having the initial conversation is the biggest step! Telling someone how you feel! Asking the question, Are you ok or how are you? Its hard to ask but it can really help.

Also looking for the signs that things are not right. Behavioural changes, panic attacks, mood swings, change in eating habits, headaches, insomnia, not wanting to go out, Just some of the triggers that your body and mind are trying to cope with. Everyone deals with it in their own way so sometimes the signs aren't always that clear.

What can I do to make a change?

- \* Talk to someone you trust
- \* Give yourself time
- \* Express your feelings creatively, e.g. painting, knitting, singing.
- \* Exercise - Breathing, yoga, walking.
- \* Make choices to control the things you can, who you work with, spend time with, what you eat and drink.
- \* Try Self Care - nice rituals or routines to make you smile, a nice bath, a book, a walk, even a cup of tea.
- \* Seek Help - people care about you.
- \* There are many organisations online and in person that can guide you through your feelings and provide you with the help you seek.



Here are some amazing Charities that are there for you and your family.

**Nathan Tomkins Trust** supports mental health awareness in young people across Worcestershire and the Three Counties.  
<http://www.thenathantomkinstrust.org.uk>

**Mind**, The Nations biggest Mental Health Charity  
[www.mind.org.uk](http://www.mind.org.uk) - 0300 123 3393

**Women's Aid** For Violence and Abuse contact  
<https://www.westmerciawomensaid.org>

## Bright Lights PARTY!

Sunday October 31st 5-6.30pm  
at Upton Parish Church

A fun family alternative to Halloween especially for ages 4-11  
Bouncy catle, glowsticks, party games, crafts, hot day teas, video games & prizes.  
Wear your brightest, sparkliest clothes! Prize for best costume.  
Tickets £3 per child if bought in advance, £4 on the night.  
Supervising adult to attend party too.  
Information and tickets via HopechurchUpton Facebook page and Eventbrite.

**Hope Church Family**

## SUNDAYS FUNDAYS

1st & 3rd FAMILY WORSHIP 9.30am  
with FREE  
bouncy castle, food, songs, games, kidsclub, Wii.

AUTUMN 21  
03 OCT FAMILY HARVEST PARTY 9.30 - 11.30AM  
17 OCT, 07 NOV, 21 NOV BREAKFAST FAMILY WORSHIP 9.30AM  
31 OCT FAMILY BRIGHT LIGHTS PARTY 5- 6.30PM  
14 NOV REMEMBRANCE DAY SERVICE 10.45AM

TO BOOK ONTO CLUBS, YOUTHCLUB, GROW GROUP, PARTIES, OPEN HOUSE  
FAMILY TEAS OR TODDLERS INFO SEE EVENTS TAB ON  
HOPECHURCHUPTON FACEBOOK PAGE OR 07977975190

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# Could An Apprenticeship Be For You?

Will Hewlett explores the significance of apprenticeships to applicants and employers in Worcestershire.

With the Halloween season fast approaching, I'm going to put forward an appropriately terrifying question...

What do you want to do with your life?

It's a sinister counterpart to 'what do you want to be when you grow up?' A question that a five year old might bleat out the answer 'astronaut' as they gawp at the television. However, as a young adult it can be daunting to consider. In my experience, many young people remain unsure of which career path to take, unaware of the sheer amount of options and support available to them. Besides, how would you know if a career was for you without any first-hand experience in the workplace?

Fortunately, the career landscape is changing. Apprenticeship schemes have come far in recent years as new sectors open themselves to prospective applicants. The European Centre for Development of Vocational Training reported that the Business, Administration and Law sector accounted for 29% of apprenticeship applications in the 2014/15 academic year. This sector is one of many that have established apprenticeship schemes in recent years, with positions in fields such as commercial enterprise, Information and Communication Technology and the arts accompanying more traditional roles in construction and engineering.

Applicants can enter into a multitude of apprenticeships at levels appropriate to their qualifications, receiving debt-free guidance and training in an environment geared towards developing appropriate skills. Apprenticeship qualifications themselves range from Intermediate (equivalent to GCSE) to Higher and Degree. With the average university debt approaching £50,000, an alternative route in which you're paid to earn a qualification whilst developing practical experience may seem more enticing. I spoke to Connor Freemantle, a Level 5 Digital Technology Solutions graduate, about his experiences completing a degree-apprenticeship. 'The biggest benefit for me was the clear list of tasks that I needed to complete and clear indication of when they should be done by' he told me.

'Having the workplace context so ideas could cross-pollinate was also very valuable.'

There are a number of financial support schemes and bursaries available to aid with the accessibility of apprenticeships. These include funds that can help with the cost of travel, workplace clothing, tools and equipment, provided the apprentice meets certain eligibility criteria.

Malvern Hills District Council offers an Upskilling Bursary Scheme which provides up to £500 for travel costs and £300 for tools, equipment and clothing to those earning under £10,000 per year. The advantages for business owners are numerous, too. According to Wychavon District's report on apprenticeships, 96% of businesses claim apprentices to be beneficial. Claremont House Pharmacy in Malvern have hired apprentices since they opened in 2013, training them from the ground-up to ensure they meet the specific standards required of their role. This avoids the potential clashing of habits brought upon by previous employment. Severn Accounting, a Worcester-based firm, joined the apprenticeship scheme as it fills a skill gap and allows more people to contribute to the sector.

Financial support is also available for employers offering apprenticeships. The Apprenticeship Levy, is a scheme which seeks to create sustainable funding for apprenticeships. Businesses with an annual pay bill of over £3 million are required to pay monthly instalments equal to 0.05% of their bill. These funds are stored for the business to use towards apprenticeship training within 24 months, with unspent funds used to support training within smaller businesses. The smaller employers themselves are required to pay just 5% of apprenticeship training costs.

Developments with the apprenticeship levy are still being made. On 13th September, it was announced that larger businesses would be able to advertise and deposit levy funds to smaller businesses via a dedicated page on the government website, and could transfer up to 25% of their annual levy funds to support other businesses. Smaller employers seeking to address and fill skill gaps can then browse and apply for available funds. If you're a smaller employer within the district, Malvern Hills District Council offers an upskilling grant similar to the scheme aimed at apprentices. The grant provides funding of up to £1000 to help with training costs with another £1000 available if the trainee is hired once the training period is complete.

Within Worcestershire, apprenticeships are returning in full-force after a drought of applicants during the height of the pandemic. The Worcestershire Apprenticeship Awards returns in November as a three-day digital event, introducing a new 'Apprentice Resilience Award' celebrating the continued efforts of apprentices despite difficulties posed by COVID. The Worcestershire Skills show, an event that allows young people to meet and learn from large local employers, is set to make a return in 2022. When considering the wealth of online resources, financial support and a diverse, ever-growing list of apprenticeships, the question I posed earlier might not be so scary after all.

If you are a local business looking to advertise an apprenticeship vacancy within your company, contact Upton News today. For more information and support regarding Worcestershire-based apprenticeships and training, visit: <https://worcestershireapprenticeships.org.uk>.

Article written by Will Hewlett

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## Councillor Martin Allen's County and District Report.



As summer gives way to golden autumn, things currently feel a little more normal than they have been for such a long time. We aren't out of the woods yet, but they are thinning.

### 363 BUS

After a long campaign the 363 bus now runs on a Monday from Upton to Tewkesbury. This is a big achievement, with much time invested. It is only a trial and I urge you to use this service, I fear it's a simple use it or lose it. There are more tweaks ahead so that Ripple is included in the timetable, which I will keep you up to date with.

### A38 /A 4104 ROUNDABOUT

As work has now commenced on the new roundabout there have been the inevitable delays. I have already intervened twice with problems. There are going to be delays while construction takes place so I would ask that you allow extra time for your journey or check on <https://one.network/>. This will show you all the road closures and restrictions planned.

### COUNTY COUNCIL VOTES

In September the County Council met for a full session. Three motions were put before the council to debate and vote on. Full versions of the motions can be seen on the WCC Website

1. On street Car Charging This motion was amended before being voted through by all councillors.
2. A motion on Refugees from Afghanistan was approved by everyone, but only after being amended.
3. My group put forward a motion asking the County Council to recognise the Governments own Sixth Carbon Budget ambitions. I was staggered to see that another councillor successfully used procedural rules to stop this being debated. With every political party agreeing there is a climate emergency I can not understand why anyone would wish to stop the debate.

Stay safe and best wishes, Martin.



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### GET THE LATEST EVENTS

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for regular Live Music Nights.

### OCTOBER

Sat 2nd - A Day of Jazz  
Fri 15th - Jon Eselle 7-9pm  
Sat 30th - Halloween Party 8pm

### NOVEMBER

Sat 6th - King of the Quarter Mile 6pm  
Sat 13th - The bones 4-6pm  
Sat 27th - Heavy Relics 6-9pm

### CECEMBER

Sat 3rd - The Hattie Band 3-5pm  
Sat 11th - Andy Overton 6-9pm  
Sun 26th (Boxing Day) - john Radcliffe 6pm

High St, Upton upon Severn, Worcester WR8 0HF Tel: 01684 437050

## TOP 5 ESCAPES

Ideas for places for parents for a bit of "me" time!

- 1. Malvern Spa** - Enjoy a spa mini break after dropping the kids at school!  
Website - [www.themalvernspa.com](http://www.themalvernspa.com)
- 2. Learn to Paddle Board** - at Wittering SUP on the River Avon in Defford, Pershore.  
[witteringsup.co.uk](http://witteringsup.co.uk)
- 3. Lunch Date** - The Yorkshire Grey, Earls Croome, newly opened establishment. To book contact: 01684 594852
- 4. Go for a Walk** - There are many short walks that you can meet friends or take the dogs around Upton. The Map Shop in Upton can give advise on specific routes, located in the High St.
- 5. Shop** - Sometimes a bit of retail therapy is all you need. All shops in Upton upon Severn are welcoming you through their doors, please support local.

## Baptist Church Launches New Events

This Autumn we are launching our new early evening Sunday events at Upton Baptist Church. We hope that there is something for everyone...families, thinkers, wonderers and quiet-seekers.

For families we have Messy Church...come and join the fun, enjoy the crafts and eat tea together - Last Sunday of the month 4-5:30pm.

We also have Alpha on the first Sunday of each month, a space where people are excited to bring their friends for a conversation about faith, life and God. There is a delicious two course meal and a theme to ponder from 6:30pm.

The Mixing Pot Café Church meets on the second Sunday evening of the month, so if you love listening to others and discussing the big things in life - this is the place for you.

Finally, in this information overloaded, face paced world, who isn't craving a bit of peace and space? Come join us in the beautiful chapel in Old Street on the third Sunday of the month at 6:30pm for a simple yet beautiful Celtic Communion.

**Want to know more - just drop in to Renew Upton (Mon/Wed/Fri 10-2) or call 01684 594991 and chat to Rev Amy**

## BABY & TODDLER

Useful information on groups and access to Children's Services in Upton.

### PARENT & TODDLER GROUPS FOR SEPTEMBER

**The Ark** - Upton Baptist Church.  
Tuesday 10.00am - 11.30am.  
Families with children 0-5 years.  
£1 voluntary donation - Tea and Coffee available.  
Register by calling 01684 594999.

**Riverboats Centre** - Prices Lane, Upton.  
**Toddler Tales** in the River Room  
Monday - 2pm - 2.30pm - Term time only.  
**Health Visitor** by appointment only  
Tuesday - 9.30am - 12pm 01684 612627.  
**Toddler Group** in the River Room  
Tuesday - 1.30pm - 2.30pm - All year round.  
**Midwife** by appointment only  
Wednesday - 9am - 3pm, 01684 577664.

**Riverboats Holiday Club - Ages 2-11 years**  
Monday - Friday  
Check with the Centre for Half Term Dates.  
Booking Essential.



## Riverboats Holiday Club

A fun-filled holiday club for children aged 2-11 years. Join us every school holiday for a whole host of exciting activities including cooking, crafts, sports, and much more.

**Times and prices as follows**  
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Find us on Facebook - Riverboats Holiday Club

Riverboats Children's Centre, Upton upon Severn, Worcs. WR8 0LY



## Hanley Castle High School

The new school year has started really well and our new Year 7 students have settled enthusiastically into their new life at secondary school. They have coped admirably with the necessity of wearing face coverings on our narrow corridors and are enjoying the very wide variety of different subjects and experiences that the school offers.

At the other end of the age-range, we were able to hold a face-to-face celebration of the achievements of our best students for the first time since 2019. Outstanding students from the Year 13 and Year 11 cohorts of 2021, as well as two guests per student, were invited to an awards ceremony on the evening of 16 September where their efforts and successes were honoured formally.

Hanley Castle's most prestigious awards, the Ron Hutchinson Cup for Endeavour and the Lechmere Medal were both awarded during what turned out to be an emotional evening.

The Ron Hutchinson Cup recognises outstanding determination to overcome hardship and was awarded in 2021 to the very deserving Poppy Cormack.

The school's most prestigious award, the Lechmere Medal, is awarded each year to a student who has made a special contribution to the life of the school, recognising outstanding academic achievement, service to the school community and wider achievements. In 2021 there were a number of worthy nominations but we were delighted to honour our Head Girl, Emma Sinden, for her all-round achievements, including excellent A level results, her work for charity and her contribution to the Arts.



We wish all our Year 13 leavers the very best as they head off to their chosen universities over the coming days and weeks.

**Written by: Lindsey Cooke, Headteacher**



## Upton-upon-Severn CofE Primary and Pre-School

What a wonderful stunning start we have had to our new academic year. We were able to have a whole school assembly outside in the sunshine where we celebrated with joyful singing, everyone joining in with our iSingPop song 'Fighting for Love'. The theme of our assembly was 'New Beginnings' and we are going to be focusing this term on our half-term's theme which is 'Responsibility'.

We have many exciting things planned for this academic year and there is fresh hope that we are coming to the end of the impact of the Covid crisis on our daily lives. As you can see from the picture all of our Key Stage 2 children demonstrated to Key Stage 1 how to perform the actions to the song and everyone enjoyed a spot of iSingPop movements.



**Julie Wills Head Teacher**



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## White Lion On Our High Street For Over 500 Years, Jon and Chris the beating heart for 37 years

Business Name: The White Lion, Upton

Date launched/started: 30th May 1997 (although the business has been going for well over 500 years!)

People and/or team: Owned by Chris and Jon Lear, wonderful staff – Richard, Flo and Mel out front, Craig in the kitchen and Tracey the housekeeper.

### How did your business first start?

Having worked in hospitality since we were teenagers, we have a wealth of experience in high end food service. We trained as chefs in the North West in the 70's and met at the Golden Pheasant in Plumley, Cheshire. We both had a drive to deliver fantastic food with great hospitality and over the years have worked at several large corporate hotels, mainly for the De Vere group, as well as some smaller, family run establishments. It is this more friendly style of hospitality that appealed to us most so we decided to take the plunge. With help from family, and after a long search, we bought The white Lion in 1997.

### What do you like best about your work?

Two things, most importantly, the team of staff we have built over the last quarter of a century. We have had the absolute pleasure of working with some incredible, creative, hardworking people from all over the world, each bringing their own style and helping to make The White Lion the place it is today. Secondly, our customers. A business is nothing without people supporting it and enjoying what you provide. We are so lucky to have regulars that have been visiting us since we moved to Upton as well as a steady flow of new people, who quickly become friends. It is sometimes hard to get any work done as a walk through the bar and lounge turns into a two hour catch up!

### What effect has Covid had on your business?

The hospitality sector as a whole had to adapt at a rate never seen before in order to survive the last 18 months. We were one of the first local businesses to make the drastic change from a dine in establishment to a delivery only service. The day the first lockdown was announced we sprung into action, obtaining takeaway containers and re-writing the menus to enable people to enjoy the food they are used to us producing, at home. We offered a reasonably priced selection of dishes meaning people could order a few times a week at a time when panic buying meant that their regular shopping items weren't always available.

Due to our longstanding position in the town and our reputation for looking after people, many of our customers were those who

were finding it difficult to get out to go to the shops or who don't have family nearby who can help look after them. Relatives were happy that a meal from us meant their loved one saw someone daily who could check in on them and provide a tasty dinner (as well as any other little things they needed). It was a real privilege to be able to look after some of our longest standing customers when they needed help.

Covid has undoubtedly hit our bottom line however we have survived, our staff have all stayed with us and we feel an immense sense of satisfaction from having kept going while doing a bit of good.

### Why base in Upton-Upon-Severn?

Why wouldn't you want to be here?! We looked at several hotels all over the country but The White Lion has a definite presence about it, having hundreds of years of history and being right in the middle of a vibrant town with great traffic links and lots of local events to draw people to the area it ticked all the boxes for the facilities we wanted to offer. It was a no brainer! After 24 1/2 years here we know we made the right decision!

### What would you like to see for the future of Upton?

We would like to see the community spirit continue to grow. We think Covid, while awful, has made people realise that we cannot exist in isolation and we need each other to thrive. We have seen examples of neighbours and friends banding together to support each other and organisations in the town starting or adding services, virtual or otherwise, to ensure no one needed to be alone.

We are back to running our social events face to face now such as Ladies that Lunch on the first Tuesday of every month and some upcoming charity quizzes so we hope to see more and more events around town that bring people together. We have some lost time to make up for!

### What would you like to achieve in the next year?

We plan to organise more events, music, comedy, quiz nights plus any other suggestions that come our way. We hope that this will help people find us who may not have ordinarily come to The White Lion. We know that it has historically had a reputation as the place you go to for special occasion, and we love to look after our guests at special times, but we are equally perfect for a quick lunch, coffee or a pint. Hopefully we can get this across and welcome some new faces.

*Last thing we would like to say is thank you. Thank you to our wonderful staff, past and present, thank you to our customers who have made it all possible and thank you to Upton, for being quite simply the best place around to live and work!*



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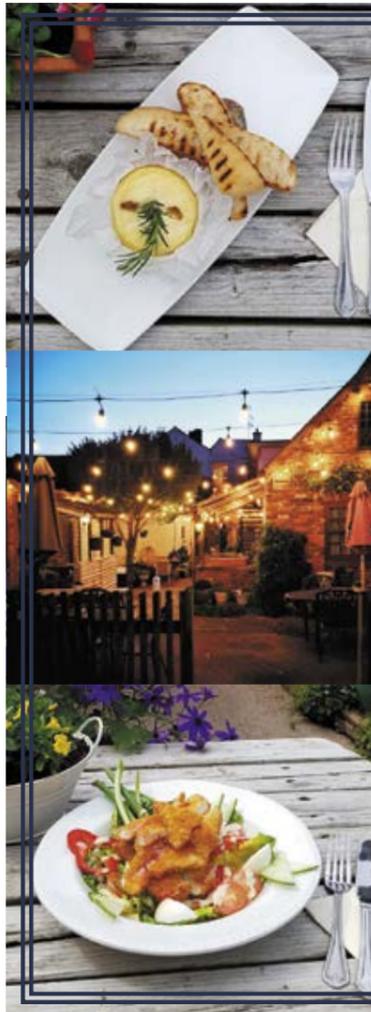
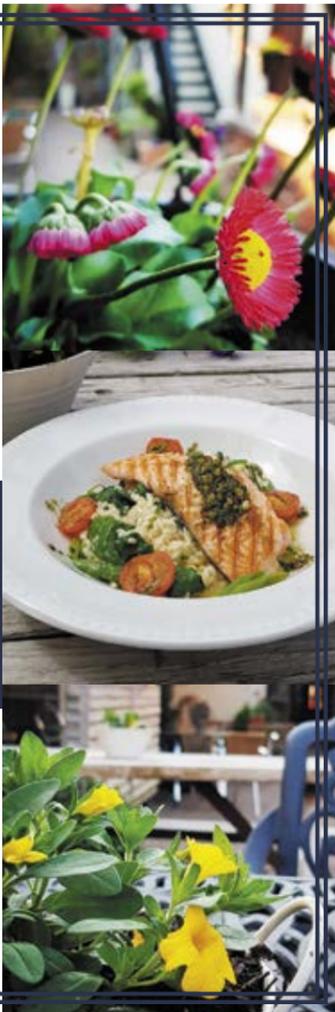
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# Green Finger's Top Tips For October

## The autumn chill sets in

Although we had some warmer days over September, the autumn is now definitely here for real, and it feels colder. It's a beautiful time of year, with the trees changing colour. Sometimes it may seem pointless raking, when the wind blows even more leaves onto the lawn, but just think of all the lovely leafmould you can make! It's also time to start preparing for early frosts.

## Top 10 Tips For This Month

- Divide established rhubarb crowns to create new plants
- Cut back perennials that have died down
- Divide herbaceous perennials
- Move tender plants, including aquatic ones, into a greenhouse or conservatory
- Plant out spring cabbages
- Harvest apples, pears, grapes and nuts
- Prune climbing roses
- Finish collecting seeds from the garden to sow next year
- Last chance to mow lawns and trim hedges in mild areas
- Renovate old lawns or create new grass areas by laying turf

## Trees and shrubs

Planting and moving - October is an ideal time for moving and planting trees, shrubs and climbers, as well as for hedge planting.

Bare-root - Deciduous trees and shrubs, as well as root-wrapped evergreens, become available towards the end of the month, so you could think ahead and prepare the ground for them now. They are cheaper than containerised plants, and are the perfect choice whenever large numbers are needed - perhaps for a new hedge, woodland or a rose bed.



Containers - You can still order containerised trees and shrubs, and large semi-mature specimens, for planting over the winter.

## Pruning and training

Last chance to trim deciduous hedges to keep them looking tidy over the winter. Climbing roses should be pruned now if not done last month.



Shrubs normally pruned hard in the spring such as Buddleja davidii, Cornus alba, and Lavatera, can be cut back by half now, to prevent wind rock and to neaten their appearance.

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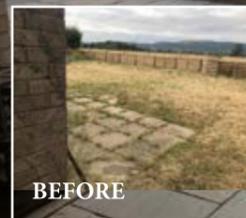


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## Welland Juniors U10



Pictured here are Welland Juniors u10 Lions playing the club's first match on one of the two, new, mini-soccer pitches on Upton Sports Fields. Games will be there now each Saturday morning featuring four junior squads: u10 Lions, U10 Colts, Under 10 Girls and U9s, kicking off at 10.30am,

The club are delighted to be playing junior football again in Upton with so many of their members living locally, very much made possible by major support from Upton Rugby Club together with encouragement from Upton Town Council!

In Welland on a Saturday morning the club still has places for young boys and girls who would like to become part of a local club and join with other youngster and enjoy a mornings football and potential progression into league football. For more information email: [info@wellandjuniorfc.co.uk](mailto:info@wellandjuniorfc.co.uk) Or visit the club's website: [wellandjuniorfc.org.uk](http://wellandjuniorfc.org.uk)

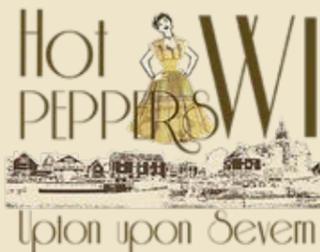
## HOT PEPPERS WI

Despite not having a formal meeting in August, Hot peppers WI continued with other activities.

The knit and Natter group met to assess and continue with our big project for this year. Last year was our beautiful Christmas Tree, this year's display will be revealed shortly. A group of six ladies attended the Worcester Federation's 'Welcome Back Evening' at the Worcestershire Cricket Ground. Entertainment was provided by the Worcester Ukulele Band while cocktails and canapes were enjoyed by all.

Our next meeting will be on October 27th when we will be having a speaker, who at the moment remains a mystery! (Look out for information on social media nearer the time.) However, we do know that there will be the usual opportunity for chatting and eating cake!

Please come along and join us, new members and visitors are always welcome. Upton Rugby Club 7.30pm 27th October.



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## QUEENHILL WI REPORT

The amount of questions asked of our speaker, Mrs Hulland, at our latest WI meeting was evidence of the interest in her fascinating talk the 'Life of a Magistrate'. There were more questions we wanted to ask and we resolved to invite her back.

We heard about the long history of magistracy and about the processes and procedures for becoming a magistrate today. Few of us thought we could meet all the criteria for acceptance to this responsible, yet unpaid, job. We recognised how complex were the issues associated with the administration

of our legal system. It is so much better hearing from someone with personal experience about what happens in a magistrate's court rather than relying on media outlets for information.

A short business meeting to start the meeting and a delicious refreshments of sandwiches and cakes at the end, completed a highly successful and enjoyable afternoon.

If would like to join us, we meet on the second Thursday of each month at 2.30 at Queenhill WI Hall, Holdfast, Upton upon Severn, WR8 0QZ. You would be made very welcome.

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### Wednesday

7 - 9pm Beginners Quilting - 4 wks - £120

### Thursday

10am - 12 Beginners Knitting £30  
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### Friday

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### 1st Saturday of the month

10.30am - 12 Stitch Social - £5

### Book your place now!

Booking forms available from the shop, facebook page or email [bookings@upton-stitchery.co.uk](mailto:bookings@upton-stitchery.co.uk)

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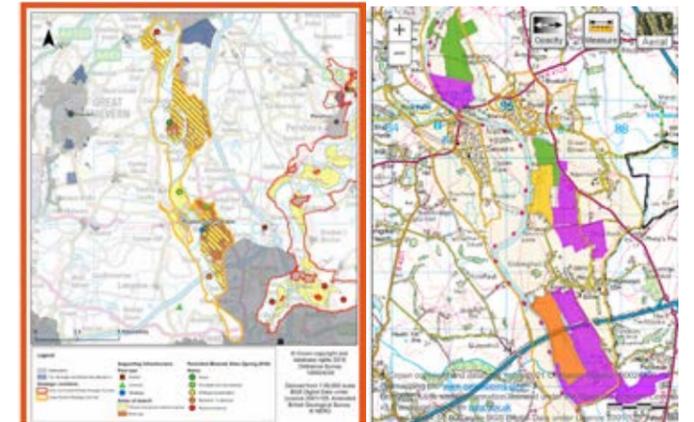
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# Upton Quarry Plan

Everyone is concerned about building homes in the open countryside, but what is often overlooked are plans for commercial development, and Upton and the surrounding area is about to be hit by massive plans to allow for gravel extraction.

Gravel extraction is not necessarily a bad thing. The proposed extension of the lake at Fish Meadow could ultimately lead to a rowing lake, with benefits for sport and tourism for the area. Indeed, a walk around the Cotswold Water Park near Cirencester shows how tourism can benefit after the work has finished. However, projects that are poorly managed, or where post development plans are too poorly thought out, can lead to uneconomic land, or worse, contaminated land, impacting lives for years to come. With little fanfare, Worcestershire County Council are consulting on allocating all the land around Upton, Ripple and Ryall, as land suitable for minerals development. This means the presumption will be in favour of development, ignoring the views of residents. The maps show the extent of the land earmarked for initial development, which will leave homes and communities stranded in vast gravel processing sites. In addition, the area covered by the presumption is in favour of extraction reaches as far as Naunton in the east, Bushley in the west, and as far north as Clevelode in the north. This really is not acceptable. The river-banks



of the Severn are too beautiful and too important to be sacrificed on the altar of "progress". The environment should be protected, not stripped. What we need is for everyone to work together to ensure that gravel extraction is only done where it is appropriate, and that it is done for the benefit of the community. In the Cotswolds, the community has benefitted from improved services, new hotels and restaurants, and an increase in the value of the existing homes. There is no reason why this could not happen in Upton. Worcestershire County Council is consulting on the emerging minerals plan, and you need to respond by 12th October on the Council web site to get your views heard.  
**Jeremy Owenson**



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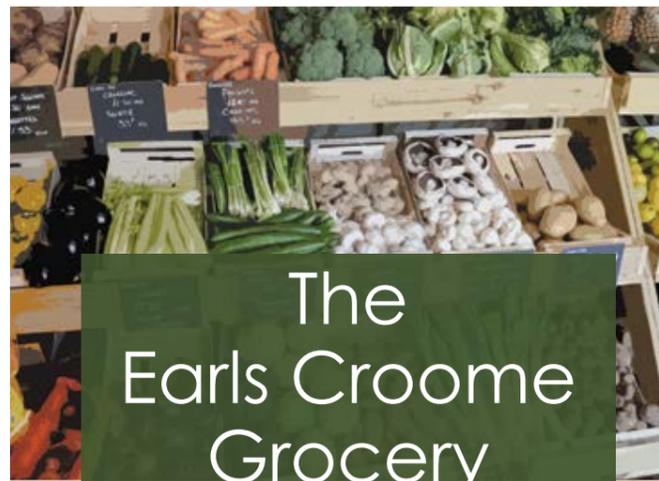
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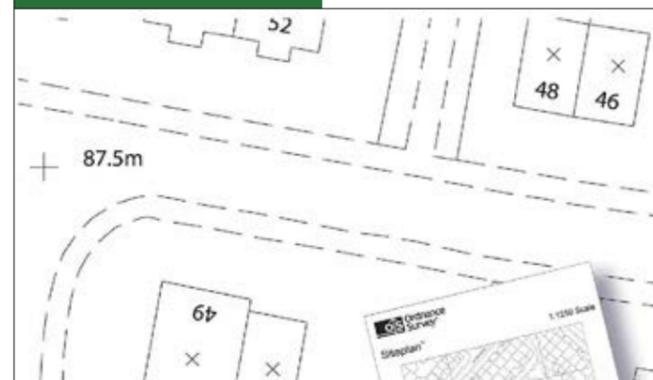
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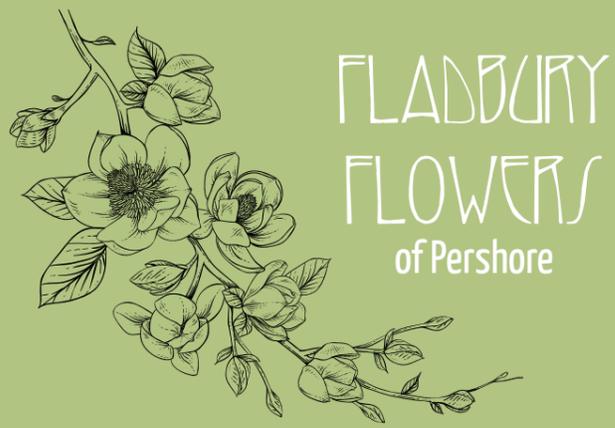
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# LOCAL CALENDAR OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Tudor House Museum</b> Church St, Upton Open Sat 10.30am Sun & Bank Hols 1.30pm (last entry 4pm)	<b>UPTON HERITAGE CENTRE</b> Open Mon to Sat 10am-1:15pm 2pm-4:30pm	<b>ADD YOUR EVENT TO THE CALENDAR</b> E: info@uptonnews.uk 		The Ruffnecks @ Bar 7. 9pm 90s Night @ Mojitos 6 - 10pm	Upton Day of Jazz 11.30am -11pm Emporium Craft Fayre @ St. Katherine's Hall, Ledbury. 10am - 4pm DJ Frosty Live @ Bar 7. 9pm Rugby Match, Upton 1st XV Vs Kings Norton @ Upton Rugby Club. 3pm	Sundays Fundays Family Worship @ Upton Parish church. 9.30 - 11am Rugby Match, Upton U11 Vs Pershore @ Upton Rugby Club.
4	Ladies who Lunch @ White Lion	5	6	Ladies who Latte(networking) @ Boathouse 7pm	Betty Bangs Drag Queen Comedy Night @ Bar 7. 9pm	80's Night @ Bar 7. 9pm Rugby Match, Upton U15 Vs Evesham @ Upton Rugby Club. Rugby Match, Upton U13 Vs Evesham @ Upton Rugby Club.
11	7	Emporium Craft Fayre @ Tewkesbury Town Hall 10am - 4pm	Queen Hill WI @ Queen Hill WI Hall 2.30pm	8	Blackhawks @ Bar 7. 9pm	Sundays Fundays Family Worship @ Upton Parish church. 9.30 - 11am Charity Sports Quiz @ White Lion
18	12	13	14	15	16	17
Dementia Cafe @ Upton Baptist Church. 2 - 3.30pm	Emporium Craft Fayre @ Tewkesbury Town Hall 10am - 4pm	Gin Taste Night @ Boathouse 7pm	mgm band @ Bar 7. 9pm	Emporium Craft Fayre @ Tewkesbury Town Hall 10am - 4pm Ferrets @ Bar 7. 9pm Rugby Match, Upton 1st XV Vs Wheat Leyans @ Upton Rugby Club. 3pm	Rugby Match, Upton U7, U8, U9 & U11 Vs Bredon @ Upton Rugby Club.	
25	19	20	21	22	23	24
Open Mic @ Boathouse 3-6pm Small Business Networking @ Boathouse 9 - 11am	Emporium Craft Fayre @ Tewkesbury Town Hall 10am - 4pm Hot Peppers WI @ Upton Rugby Club 7.30pm	The Dynamix @ Bar 7. 9pm Carne Carnival @ White Lion	DJ Frosty Live @ Bar 7. 9pm Fish Fiesta @ White Lion	Bright Lights Party, Age 4-11 @ Upton Parish Church. 5 - 6.30pm		
26	27	28	29	30	31	

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Rugby - Senior Mens training @ Upton Rugby Club. 7pm - 9pm Fitness with Kirsty @ Upton Hill Centre. 6.15- 7.15pm The Ark Baby Group @ Bapist Church 10 - 11.30am 1st Upton Cubs @ Scout & Guide HQ Upton. 6 - 7.30 pm	VoxRox Choir @ Baptist Church Hall. 7 - 8.30pm Upton Brownies @ Scout & Guide HQ, Upton. 6- 7.30pm	Upton Youth Band @ Church Rooms. 6.30 - 9pm 1st Upton Scouts @ Scout & Guide HQ Upton. 7 - 9 pm 1st Upton Beavers @ Scout & Guide HQ Upton. 5.15 - 6.30 pm	Base Camp & Girlz Only Age 5 - 11@ The Church Room, Upton. 5 - 6.15pm Welland Toddler Group @ Welland Village Hall 9.30 - 11am Upton Rainbows @ Church Rooms, Upton. 4.30- 5.30pm	Welland Junior Football @ Football Club. 9 - 10.30am	Junior Rugby Training @ Upton Rugby Club. 10am-12 Micro Rugby Training (age 4-6) @ Banwell Park. 10 - 10.45am The Deep End Youth Club Age 9-14 @ The Church Room, Upton. 5.30 - 7pm Messy Crafts @ Baptist Church 4 - 5.30pm Mixing Pot Cafe @ Baptist Church 7 - 8.30pm

Full contact details for community groups can be found on [www.uptonnews.uk](http://www.uptonnews.uk)

KEY: Entertainment & Events Family & Children Groups Sports

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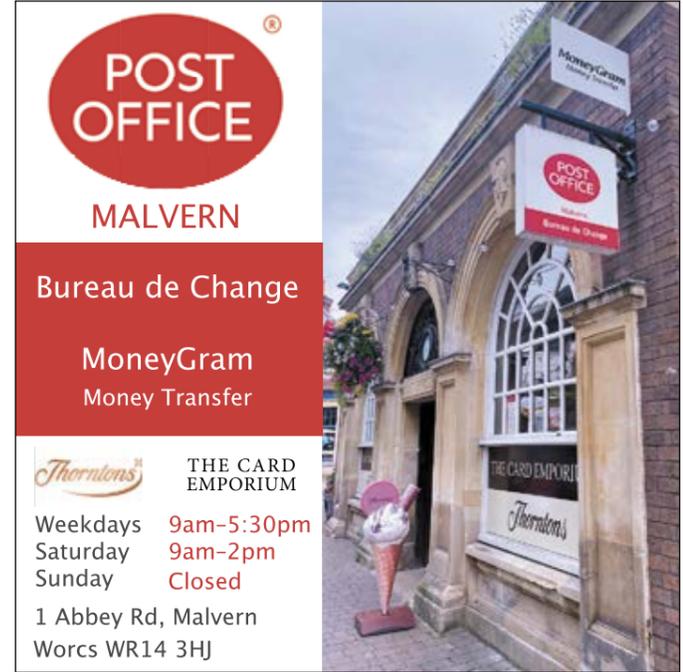


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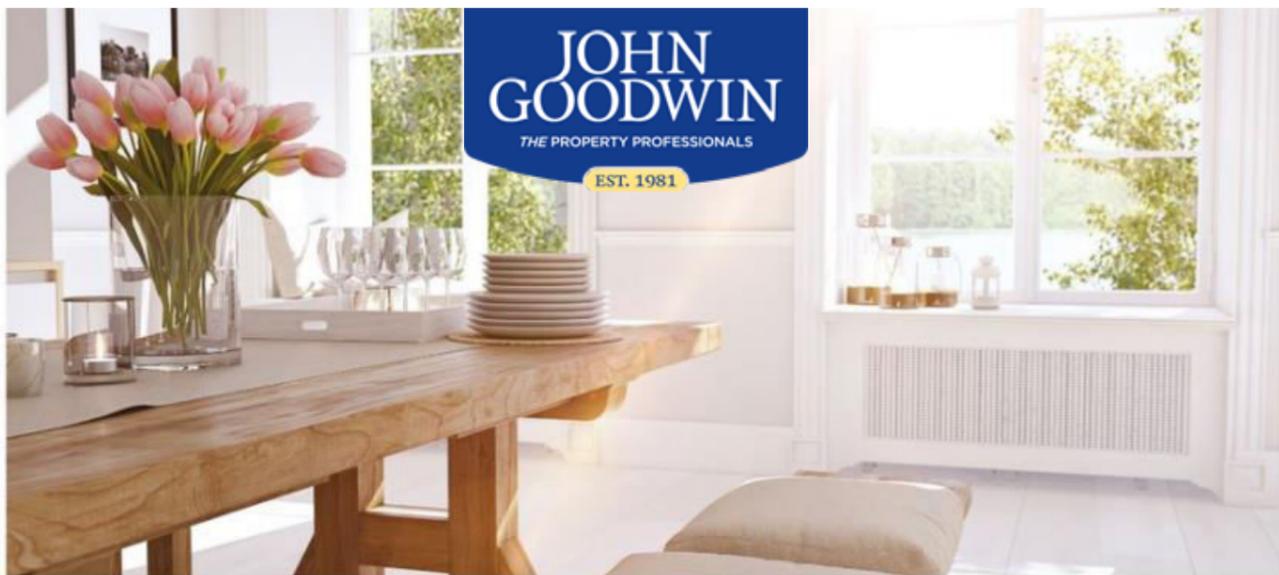
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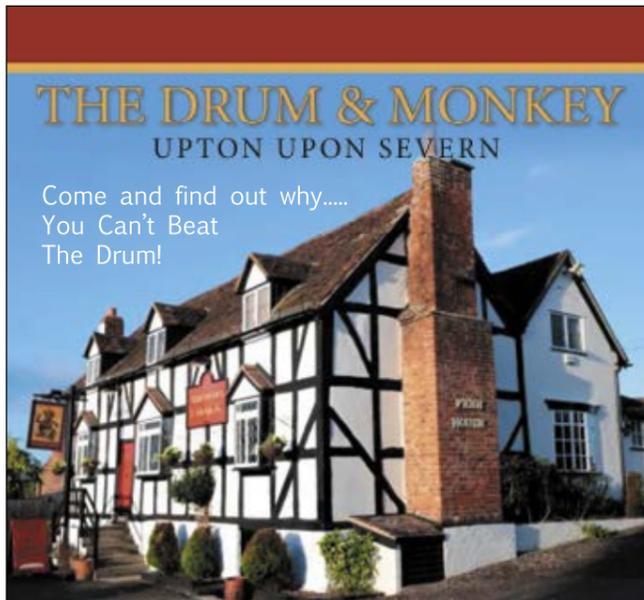
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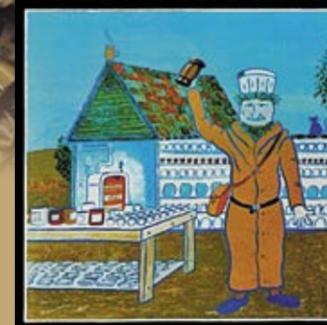
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