

UPTON NEWS

and District

March 2023

FREE

What our young people need from their home town

Is our rural area providing enough
for our youth community?

Enjoy Singing?

Find out about joining
the 50 members
strong ladies choir.

Marvellous March

Celebrating our Mothers
and lots of treat ideas.

Choral Evensong
This Sunday at 6.00pm
All Welcome

Cover Photograph Credit:
Craig Southall

REACHING UPTON-UPON-SEVERN, MALVERN, TEWKESBURY & PERSHORE AREA

Marvelous March

Spring is here, and this month we celebrate Mums and lots of treat ideas!

Delicious Treat Inspiration

Worcester Cricket Club

Sunday 11th March, show your appreciation this Mother's day and treat your mum to a delicious lunch in the Graeme Hick Pavilion at New Road.

With two courses for just £20 or three courses or £25, 12:00 - 3:00 pm.

Visit Website:

wccc.co.uk/treat-mum-special-lunch-mothers-day/ Afternoon Tea at No.131, Cheltenham

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Visit their website:

<https://www.no131.com>

Music

Worcester Competitive Arts Festival

Brand new venue for 2023, the iconic Marr's Bar in Worcester city centre. Varieties of music genres- Sundays 12th and 19th March 2023. Specialist adjudicators and new classes, including singer-songwriter classes and DJ classes. Sunday 19 March 2023 1:00 pm - 8:00 pm £5 on the door.

Nigel Kennedy - My Musical Voyage

Regal Cinema, 41 Port St, Evesham. <https://theregal.ac>

This is a concert at 7:00 pm on 3rd March 2023, at the Regal Cinema.

Featuring Nigel Kennedy on Violin.

The programme will include performances of various works by J S Bach.

Animal Lovers

If you want some fluffy newborn lambs thrown into the mix then head to **Adam Henson's Cotswold Farm Park**. There's always tons to do here, including watching the live lambing on Mother's Day weekend in the new lambing barn.

And we hear that mums go free with every full paying admission.

<https://cotswoldfarmpark.co.uk>

Cheltenham Week

Celebrate **The Races at Cheltenham**, Ladies day is Wednesday 15th March.

A wonderful countryside occasion.

Book tickets via:

www.thejockeyclub.co.uk/cheltenham

Style & Colour

For a fabulous treat for Mum, introduce her to new ideas to wear items that suit her skin tone and shape. Make her feel wonderful and boost her confidence too.

Visit Wendy on her website

www.styleandcolour.co.uk/or

www.facebook.com/WendyThompsonPersonalStyling



WELCOME TO UPTON NEWS and DISTRICT March 2023

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

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

The much welcome spring has arrived! We can look forward to getting in the garden, music events on the horizon and sunny walks across the Malvern hills. Of course March brings us Mother's Day and we have lots of restaurants featuring what they are offering throughout this month's edition, along with beautiful gifts available from our local shops.

We have a great feature article from Will Hewlett, who interviewed Bob Davies from Upton Furniture and found out about his journey to Upton.

Just to remind you, if anyone has a **Special Announcement, Birthdays – Births – In Loving Memory.**

We will publish it in our next Edition of the Magazine Free of Charge. Please email info@uptonnews.uk the details, maximum 50 words with the option to include a picture.

Do not forget if you have 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:**





Internet safety

It's important to make sure your child is safe while using the internet, and that you're aware of the ways in which you can ensure your child is safe online. Online safety can greatly impact mental health and wellbeing. There are organisations that can help. If you're a young person concerned about your internet safety, and you're worried about telling people you know, there are websites that can help you. www.childline.org.uk www.nspcc.org.uk

GP Access and face to face appointments

GP access and face to face appointment availability is always a hot topic in the media, particularly since Covid. We would like to share some Upton specific statistics with you from 17th January 2022 to 15th January 2023:

We completed 63% more appointments per 1000 patients than the national average and 29% more than the Hereford and Worcestershire Integrated Care System average!

Our wait time for an appointment was less than 1 day due to our "on-the-day" appointment booking system. Many GP practices have a 4 week wait.

On the topic of the busy telephone lines, use the call back system- it is brilliant! (And much more confidential for you than attending the surgery to discuss personal matters at the reception counter).

Our face-to-face appointment percentage was 52%- We get no complaints about refusal to be seen face to face because, if there is a clinical need, you will be invited in without a doubt! If you specifically want to be seen face to face, we will do our best to honour this. Many of our patients find telephone appointments more convenient and in contrast to what the media might say, our GP's often prefer to see patients face to face!

We are continually monitoring and improving services based on listening to your feedback. We are now starting to see the positive effects of the new dispensary robotics. Next stop, looking at the queues!

Thanks for your ongoing support.



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100 Years Ago...

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

A Busy Nurse

The Annual Meeting of The Nursing Association was held in the Parish Room on Wednesday afternoon, March 28th, 1923. The Rector, Canon Edmondson, presided.

Upton's first parish nurse, Mrs Smith, had been appointed in 1877. She was to live in what is now 65, Old Street. The group of houses belonged to G. E. Martin, the Lord of the Manor. The Worcestershire Home for Trained Nurses was not set up until 1879, so Upton's scheme was, in this area, a pioneering venture. The nurse visited the sick poor in their homes, the importance of nursing was given great prominence at the time of Queen Victoria's Golden Jubilee in 1887. Upton's nurse was certainly busy: it was reported that in the 1880s the number of patients was 184 and the average number of home visits was 3,056. It was thought that the time had arrived for a nursing home, which would mean that, "in certain cases patients can be kept away from the discomfort of their own homes and under special medical treatment and attendance". The cottage next door to the nurse's was vacant, G. E. Martin was willing to make the necessary alterations: there would be room for two beds and possibly an extra one for emergencies. Very soon the first patient arrived: although the nursing home was not yet fully furnished, a little girl, Lily Priddy, was admitted. Each year from 1889 The Parish Magazine, and, later, The Upton News, carried a report of the Annual Meeting of the Nursing Home Committee. During the early years varying numbers of patients were taken into the nursing home during each year: 9 were reported at the 1889 A.G.M., 14 in 1893. The nurse continued visiting and midwifery was added to her case load: she made, for instance, 2,218 visits to 130 patients in 1889, and 3,149 visits to 174 patients in 1892.

In the early years of the twentieth century changes occurred. There was an increasing deficit in the finances, and the use of the Nursing Home declined. It was said that only two patients had been admitted in 1906 and that in 1907 there had been none. There were reasons for the decline. The Isolation Hospital at West Bank had been opened in 1904, there was the increasing workload outside the Home. A review took place and, in 1910 it was decided to close the Home for the reception of patients and retain only the cottage where the nurse lived. This remained the nurse's residence until the late 1930s, but it was still often referred to, inaccurately, as "The Nursing Home".

In 1923 the Secretary gave "a most satisfactory report". Nurse Hayes had "entered upon her duties on April 8th, 1922. She had proved to be an excellent Nurse and had done her work thoroughly well." There had been an increase in maternity cases. Visits paid by the nurse during the year were: Maternity 479, Medical 286, Surgical 546, Infant Welfare 219, Schools and School Children 60, Tubercular 107, Casual 113. The Secretary reported that Nurse had been very busy all the year, that she had "won her way with the people and is popular with them".



In 1923 this was in the first of the cottages (now No.59)



ALL ABILITIES WELCOME

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Councillor Martin Allen's County and District Report

Each year I am thrilled to see the golden daffodils bravely waving in the breeze it's a sign that the harshness of winter is fading, and the joy of spring is bursting forth, ready for the first festival of the season.

HANLEY ROAD FLOODING UPDATE

The Hanley Road flooding problems are never far from my mind. After almost 18 months of badgering, Worcestershire County Council and the Environment Agency came to talk to you at a Upton public meeting. Five ingenious and positive suggestions were made by members of the public that I feel would make significant improvements to the flooding. Despite my urging, the present administration at County Hall are not moving forward with four of these valuable ideas due to lack of funding. I have written asking that we seek government assistance and funding. The fifth option is for the drains to be fitted with non return valves, because often, when the road is flooded, the river is lower. A survey has been undertaken and I will let you know the results when I have them. The County Council did produce an informative, and I think realistic report about the problems of the Hanley Road flooding. If anyone would like to read it please let me know.

JAZZ FESTIVAL IS GO

The Upton Jazz Festival starts this year on June 24th. I had the pleasure of presenting Jon Parsons and members of The Fringe, Upton Jazz with a cheque for £330 to help ensure they could run this year's Festival. Can I please thank all those who give up their time for free to support such a great event. Big festival organisers may come and go, but the local festivals are run by Upton for Upton.



Finally, I have been overwhelmed and grateful for all the kind words and wishes as I reach the dizzy age of 60. Where has all the time gone? Enjoy March and smile!

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CAN OUR COUNCIL DO MORE FOR OUR YOUNG PEOPLE?



Jeremy Owenson

Buses keep getting cut from rural areas, which causes massive problems for people who cannot drive. We often think about older residents who cannot get to the doctors, or hospital appointments, but we often forget about our

young people. The last survey done of young people's expectations and requirements was completed in 2018. That was before Covid and the lockdowns. Perhaps it is time that we thought again about what our young people want.

Growing up in a rural area can be difficult. We provide buses to get our kids to school, but after-hours events and an evening social life are now dependent on the taxi of Mum and Dad.

Organisations like The Cube in Malvern make great efforts in developing safe entertainment for our younger residents, but how do you get there if you live in a rural village? According to the 2018 survey, 50% of young people wanted to stay in the area on growing up, but is it no wonder that as soon as they can, our children leave to study in the bigger cities? We need to offer them something to stay.

And is the entertainment that we do provide geared towards older, rather than younger adults. How often does the "Flix in the Styx" roll out a classic drama, rather than a modern Marvel movie? And how well do we cater for young people at these events. Are we offering tea and coffee, rather than popcorn and pop? And how many of our village halls offer free Wi-Fi?

Malvern Hills District Council could do so much more for our young people. The last survey for young people showed that using the Phone for internet, and spending time with friends, were the top two activities for girls, and number two and four for boys, out of a list of 17 activities. (Top for boys was Gaming).

Yet when we design new parks - as part of our planning process - we actually discourage building amenities for teenagers. We actively seek to minimise the attraction of play areas for older children. I would rather they were hanging around in a safe public space than on a street corner, or down a dark alley!

We can make our Public Open Space more accessible if we created shelters for people to meet, designed to minimise vandalism and litter, but enabled to let young people loiter, perhaps with free Wi-Fi zones and good lighting.

Where we create events for young people, we should think about providing additional transport to get them safely to the event. A properly organized bus, with adult supervision, would not cost a huge amount more to the event organisers, and it could be subsidized by the Council.

And we need to think more about how we bring the towns to the rural areas. There are services that are desperate to reach out into rural communities. Mobile pizza vans are a common site locally, but why doesn't the Council encourage local entrepreneurs to take the businesses out to the people. Can we co-ordinate food vans to work on different nights, and are there businesses that would relish getting our into the rural villages to deliver entertainment? Comedy in the Countryside? Battles of the bands? Let's set up a tour!

One of the reasons why we don't see any of these initiatives is that the local councils are run by old people, for old people. I was elected nearly eight years ago, and was considered a youngster, yet I can draw down my pension this summer as I reach 55. We need younger people to get involved, to make sure that they are represented.

And we need older people to start thinking about how hard it can be for a young person to be growing up in the countryside today. After all, we will all be relying on them one day!





Update from County Councillor: Tom Wells

I am delighted to have been invited to contribute an article to our very impressive Upton News Magazine.

As County Councillor I represent many of the villages, such as Longdon, Welland, Hanley Castle and Hanley Swan. The people and places of my Division are very important to me. But, in May last year, I was also asked to serve as Leader of Malvern Hills District Council. This is a huge honour and a role I take very seriously. I can't pretend it has been easy and, like many local residents, I can become frustrated with the time it takes to get things done.

I have seen many changes over the 28 years I have served as the representative for these villages. But one thing remains constant, and if anything, has increased since the Covid outbreak in 2020. And that is the extraordinary kindness and support which is prevalent within our local communities.

Today, I see plenty of examples of public service in Upton and local villages. There is a very real danger that we take such people for granted. I occasionally hear people say 'they' should do something about this or that. But who exactly are 'they'? 'They' are the people who serve on the governing bodies and parent teacher associations of our excellent local schools. 'They' are the volunteers who give their time to provide activities for our young people. 'They' are the people who run our wonderful local village halls. These renovated venues are second to none and are a much used resource in our communities. 'They' are the folk who serve on the management committees to ensure our playing fields are in great shape. 'They' are the people behind the Upton Festivals and so many of our local groups and organisations. I could go on...

And all these volunteers give up their time for no return, save the satisfaction that they are making a difference. Times change and fresh challenges emerge. And as they do, I am very confident our communities will rise to the occasion.

We owe each and every volunteer, whether now or in the past, a huge debt of gratitude. And perhaps we should remember that 'they' are doing their very best. It is all too easy to take all these volunteers for granted. Such people are the lifeblood of our communities.

My job is to support all the positive things that are going on and, where needed, help access and deliver vital funding for them. In recent years that has included grants to local schools, sports clubs and village halls.

In my role as District Council Leader, I am very keen to get out and meet local residents. That's why the very first thing I did as the new Council Leader was to set up monthly 'Talk to Tom' sessions where members of the public can raise any issue they wish directly with me. I am bringing the next sessions to Upton Memorial Hall on Monday 6th March from 10.00 am until midday. You can book your own private and confidential meeting with me via Malvern Hills District Council website. I will do my very best to assist.

Councillor Tom Wells

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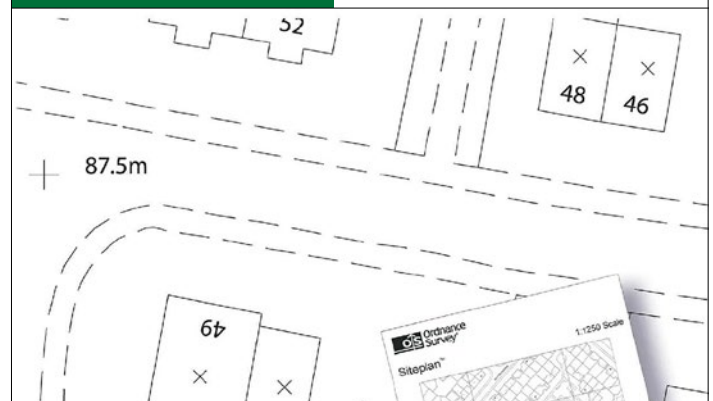


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GET OUT ON THE MALVERN HILLS THIS SPRING



WALKING

Whether you're looking to walk the whole length of the ridge, looking for somewhere to walk your four-legged friend or for something a little more gentle along our Easier Access trails, then the Malvern Hills and Commons has something for everyone.

Whilst walkers have a right of access across all land under the care of the Malvern Hills Trust which means that you can explore the Hills and Commons we ask that visitors keep to established paths wherever possible in order to minimise disturbance to wildlife or grazing animals. Please take notice of signage and access restrictions that are put in place for your safety or to protect some of the sensitive wildlife and heritage areas on the Hills.



WALKING WITH DOGS

Responsible dog owners are welcome to the Hills and Commons. To keep you, your dog and the wildlife of the area safe, please follow the dog walking code of conduct.

- Please keep your dog under close control at all times
- Take extra care when near livestock. Livestock worrying, including chasing, is a crime. When pregnant, sheep may also abort if frightened.
- Please ensure your dog is wormed as parasites can pass from dogs to livestock and people.
- Please take heed of ground-nesting bird signs where birds are known to be nesting and keep yourself and your dog on the path in these areas.
- Please clean up after your dog and take your dog's waste home, or put it in a dog poo bin.

EASIER ACCESS

The main ridgeline and the slopes of the Malvern Hills are steep but there are options if you're looking for a gentler walk or access for families or for wheelchair users.

Black Hill Easier Access Trail
Earnslaw Easier Access Trail
Jubilee Drive Park

More details at:

www.malvern hills.org.uk/visiting/walking/easier-access/

MAPS AND GUIDES

You can download free, walking and cycling map and guide for the Malvern Hills and Commons at www.malvern hills.org.uk/visiting/walking/.

The footpaths and bridleways that cross this iconic landscape are clearly shown to help walkers and cyclists plan their route and find their way.

Advice about enjoying this shared landscape in a responsible way is also provided on side one. Please help us to care for the precious heritage and sensitive wildlife of the Hills and Commons, and fellow visitors too.

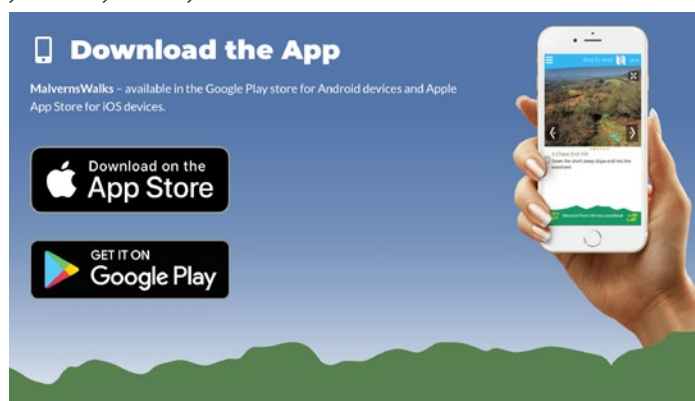
The maps and guides are also available from our offices, local Tourist Information Centres, cafes, bike shops, and other visitor attractions.

FURTHER INFORMATION

Find out further information about walks in and around the Malvern Hills at www.malvern hills.org.uk

For attractions in the local area, check out the Malvern Tourist Information Centre website - www.visitthemalverns.org

You can also use the Malvern Hills District Walking App to help you find your way.



Malvern Hills Area of Outstanding Natural Beauty - the Malvern Hills and Commons are within the Malvern Hills AONB. A number of walks around the AONB can be found at www.malvern hillsaonb.org.uk

Worcestershire County Council are responsible for the Public Rights of Way in Worcestershire. They also have a series of walks, including long distance trails that are available at www.worcestershire.gov.uk/countryside

Upton-upon-Severn CofE Primary and Pre-School



Midlands
Air Ambulance
Charity®

As we are now enjoying the benefits of the longer evenings, signs of spring are giving us hope that the cold and frosty weather is behind us.

At Upton upon Severn CofE Primary and Pre School we have been embracing this term working through our values of respect and trust.

Our team ethos encompasses all of us, children, staff, governors, parents and also the wider community all working together to achieve the best we can following the school's vision of 'Anything is possible, we can all succeed'. Within school we have a school's council who look for a variety of ways they can support charitable organisations that provide help to our school. As a church school we have working on courageous advocacy and the definition from the Church of England means: 'a long-term legacy, an endowment to future generations'. Our children through the school's council have chosen to support the Midlands Air Ambulance and we have a long history dating back to 2014 of raising money for this valuable and locally based charity. This year we decided to 'WEAR IT RED' on Valentine's Day to show our love for the dedication and care the Air Ambulance service provides for everyone within Worcestershire. We joined with around thirty-one other schools within Worcestershire and nearly every primary school across the Malvern/Upton area wore red to raise money for this important charity. As a school we raised £563.44.

Our school's Council have been researching the valuable work of the Midlands Air Ambulance Charity. They have found out the following facts:

- Since the Air Ambulance first started – there have been 70,723 missions
- During December 2022 – the air ambulance was involved in 336 missions
- Each Air Ambulance mission costs an average of £2,950
- Each critical care mission costs £288 on average
- The charity does not receive funding from the Government for its daily missions so relies entirely on the support and generosity of local people and business

If you would like to donate this can be done their website:
www.midlandsairambulance.com/donatenow

Julie Wills
Headteacher



Pendock Spring Chicken Run

Pendock Primary School is a small rural primary school on the Worcestershire/Gloucestershire border. With just 50 or so children attending the school, fundraising plays a big part in buying equipment and resources for the school. Ten years ago, the first Pendock Spring Chicken Run was held. The intention was to bring seasoned athletes, fun runners, local community members and the school families together to hold ages could enjoy. This year's race will be held on Sunday 26th March

an event that all at Pendock Primary School. There are three races on offer: a 1km fun run, a 5km and a 10km race. The course is a mixture of road and off-road running with a challenging hill in the middle, starting and ending on or near the school grounds. We have a dedicated team of volunteers who help in many different ways – marshalling on the course, making and serving refreshments, helping the day run smoothly – we couldn't hold the race without them. We offer hot and cold refreshments after the race, and there's always plenty of cake on offer! We are lucky to receive a lot of support from local individuals and businesses to help put on the event, for which we are extremely thankful. All proceeds go directly to benefit the children at the school. For further information or to sign up to any of the races, please go to www.runpendock.co.uk. We are always looking for more supporters or volunteers, please feel free to contact Suzanne. massey79@gmail.com to register interest.

A very big thank you goes to Upton News for their kind support.





Hanley Castle High School

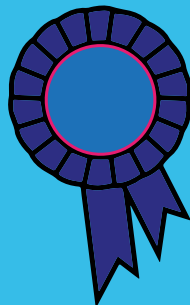
Another action packed half-term completed at Hanley Castle High School and, as usual, there has been an array of fantastic events and experiences for staff and students. Back in January, Year 10 Geographers completed their fieldwork studies at Slapton Sands in Devon. They tested their hypotheses, collected a range of data, and analysed the information obtained while exploring aspects of physical and human geography over several days. The school's team netball success has been complemented by the individual success of Erin Price, who has been selected to represent Wales at the Europe Netball Championship event in Northern Ireland. This is an incredible achievement, and we can't wait to find out how Erin gets on when she returns. The penultimate week of the half-term included our Hanley's Got Talent event. After a series of auditions over several weeks, the 10 finalists showcased their skills in a dazzling performance for the school. After staff bend opened the show, the audience were then entertained by their peers demonstrating their impressive ballet, musical and singing talents; we even enjoyed an epic guitar solo! In the end, Lola Dawes was a worthy winner, with a fantastic solo singing and piano performance. The atmosphere was electric, and the student audience supported the courageous performers brilliantly.



Mark Stow
Head Teacher

Lorraine's K9 Adventure

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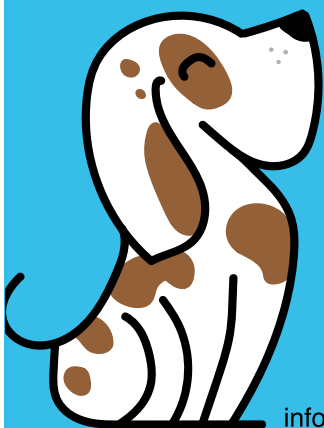


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Bob Davis
Upton Furniture
Store Owner

UPTON FURNITURE STORE



Unearthing Upton's Hidden Treasure Trove

Will Hewlett meets with Bob Davis and the team at Upton Furniture Store, to discuss the history of the business and the importance of supporting local trade.

Upton Furniture Store, established in 2012 by Bob Davis, is considered the town's hidden gem by its local customer base. Having spent much of his career developing a reputation as a venerable fitting and furnishing expert, Bob is affectionately referred to as 'Bob the Bed Man', with many residents speaking highly of his business and the curated service it provides. Last month, I sat down with Bob and the team to discuss the origin of Upton Furniture Store and its commitment to quality products and customer service. Upton Furniture Store's inception can be traced back to 2001, when Bob inherited a Birmingham-based bed shop. Surplus stock for this shop was stored in a warehouse in Welland, and when the shop was eventually sold, the new owners decided against taking this merchandise with them. Needing to move the stock, Bob followed the suggestion of a friend and took it to Wellesbourne Market, which consisted of roughly five hundred traders spread across an airfield south of Warwick. 'As it transpired, it was probably the largest Saturday market in the UK', Bob recounts. He was able to sell the first van-load of stock within a few minutes, encouraging him to take a regular pitch on the market. Several years later, the business would find a permanent home on Rectory Road, from which it would develop its reach nationwide.

The business' unique selling point is the care, attention and quality products each client receives, derived from Bob's extensive industry experience. During his time with the Birmingham bed shop, Bob developed strong working relationships with several key furniture manufacturers and suppliers, which were keen to continue trade with Bob once the shop was sold. As a result, Upton Furniture Store maintains an extensive supply of quality products designed to suit the needs of any potential client. Bob's team deliver furniture across the country on a regular basis, having supplied



luxury accommodation sites from Cornwall to Whitby. Notable regular customers include The Mount Pleasant Hotel in Great Malvern and The Engine Shed in Whitby. Prospective customers can visit these business' websites and view the image galleries for examples of high-quality furnishings, sourced via Bob and the team. Currently, the team are constantly on-the-go and may work off-site throughout the week. To avoid a wasted journey, clients are encouraged to pre-book appointments, whereby they can seek consultation over their individual requirements and view a range of available furniture. Although the site doesn't offer a large showroom akin to a typical high-street chain shop, the store uses this to its advantage, keeping overheads low and concentrating on the quality of service. 'It's like coming into a house, a relaxed environment where everyone gets on.' Bob explains, 'If you go into a big shop and buy a bed, about seventy-five to eighty percent of what you're paying goes into running the shop. You're only getting about twenty percent of your money going into the product you're buying. We haven't got those overheads, so the percentage is swung back in the customer's favour. Hence, we can sell the same - if not better - quality products as these top-range shops, at a fraction of the price.'

Upton Furniture Store's focus on customer care doesn't end with the initial consultation, however. Bob's team will deliver the products to the customer's

door, move it to their room of choice, assemble it as per the customer's requirements and recycle the packaging.

There are no hidden costs in this service, as Bob explains 'I've always sworn, to whoever I've employed over the years, that is what you do, those people love you to bits by the time you've walked out of that house. They're going to come back to you!' Upton Furniture Store offers free local delivery, up to a twenty mile radius.

It's clear that customers can avoid the potential risks and issues of online shopping by opting for a bespoke local service akin to Upton Furniture Store, as team-member Neil summarises, 'Bob can answer any queries you may have, about the products, the ranges, the styles, what will best suit you... there's nothing he can't do!' Needless to say, Upton's hidden gem remains a shining example of why we should continue to support local businesses.

Upton Furniture Store resides at Unit 1, Severn Business Park on Rectory Road. Opening times are 8am – 3pm on weekdays, 9am – 12pm on Saturdays. To pre-book an appointment with Bob, call 01684 591123.

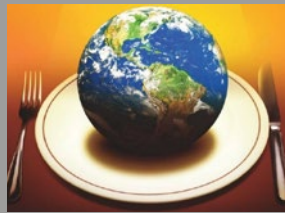
Alternatively, you can contact the store via uptonfurniturestore@outlook.com, visit www.uptonfurniturestore.com or find them on Facebook and Instagram.

Working together to protect our planet FairTrade Fortnight Starts February 27th



As I write this article I'm very conscious that I'm addressing myself, first and foremost ! We all need sustenance, so it's all about food, from growing crops to processing, transporting, selling, storing & throwing away food – everything we eat or drink has an impact on the environment and the climate. That's why it's crucial we do our bit and protect our beautiful planet at the same time too.

Live sustainably because every little thing we do, every day, makes a huge difference.
There are so many ways that we can !
Grow your own ! Shop locally, and support our community.
Recycle as much as possible.
Love food & hate waste, we have helped to make this possible in our town, as we have a Community Fridge, supported by our local stores and all the volunteers who manage it.



Cooperate for a Fairer World, and one way we can do this is to buy Fair Trade Products. I'm going to challenge myself to swap something I buy regularly, for example bananas, and choose Fairtrade instead. Fairtrade is more than a mark on the pack, it's a movement of people who want to change the world. Who want to reverse the climate crisis and help protect the future of our food.

May I remind you that one of the Coop good causes for this year, is the **Community Garden Project**, encouraging families & individuals to grow their own vegetables. **Growing Together** is an exciting new project, learning the Square Foot Gardening method of caring for 4 x4 raised boxes. The funding from Coop will also provide soils, seeds & tools.



We also have x2 Allotment sites which can be applied for from Upton Town Council.

15 Old St, Upton upon Severn, Worcester WR8 0HN
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Please keep using your Coop loyalty card and donating!
Many thanks for your continued support for the Co-Op in our Community. - Ruth Etheridge



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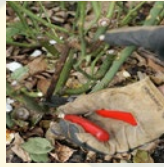
- PETS**
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- EQUINE**
Feed & Supplements
Bedding
Equipment
Clothing & Footwear
- SMALLHOLDER**
Feed & Accessories



Green Finger's Top Tips For March

Spring Arrives!

Spring usually arrives by mid-March and the frequent sunny days provide the opportunity for an increasing range of gardening tasks. It's time to get busy preparing seed beds, sowing seed, cutting back winter shrubs and generally tidying up around the garden.



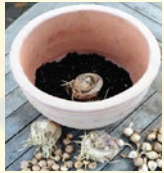
Prune bush and climbing roses

These general tips for rose pruning will help you improve the health and lifespan of any rose.



Plant shallots, onion sets and early potatoes

Onions are such a versatile vegetable – they feature in so many recipes, and growing your own means you'll always have them to hand.



Plant summer-flowering bulbs

Bulbs make a fine display planted in containers or borders, especially daffodils, snowdrops and tulips in spring. They are one of the easiest and most rewarding garden plants to grow.

Jobs for March

Lift and divide overgrown clumps of perennials

Top dress containers with fresh compost

Mow the lawn on dry days (if needed)

Cut back Cornus (dogwood) and Salix (willow) grown for colourful winter stems

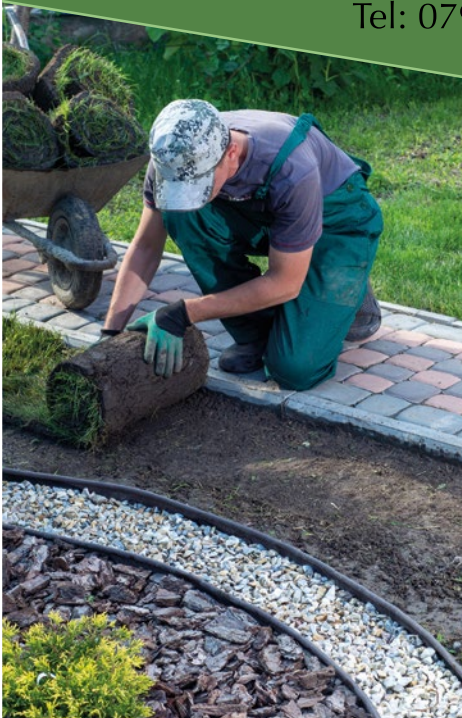
Hoe and mulch weeds to keep them under control early

Start feeding fish and using the pond fountain; remove pond heaters

Protect new spring shoots from slugs

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Kristy Anne Teele

or Kristy'sFruitTreePruning



Tel: 01684 594033 or 07758 105578

Email: kteele@hotmail.com



Ladies, are you looking for something new to do this spring?

Well, how about joining our successful local ladies choir?

Sabrina Voices was formed just before the pandemic in 2019 and has quickly established an excellent reputation for the quality of its performances in prestigious venues such as Stanbrook Abbey and Malvern Priory.

The 50 strong choir takes its name from the Roman Goddess of the river Severn. It meet up for an hour once a week on Tuesday evenings between 8 pm and 9 pm in Callow End Village Hall.

The choir's founder and Musical Director is well known local councillor, Tom Wells.

Tom says "There is increasing evidence that group singing contributes to our physical and emotional well-being.



Whether you have sung in choirs before, or just enjoy singing, you would be most to come along to a free taster session any Tuesday. We sing a range of musical styles and enjoy each other's company along the way."

The choir raises funds for local charities and recently awarded St Richard's Hospice and Macmillan Cancer over £320 raised at its Christmas Concert in Stanbrook Abbey.

To cover costs, including the venue hire fee, music purchase and accompanist's fees, members contribute £5 per session.

Don't hesitate to get in touch for more information, or just pop along any Tuesday evening and see if it's for you.

For further information ring Tom Wells on 07702996203 or email talwells@btinternet.com

Guest Column

by Harriett Baldwin MP



Many of you will share my frustration about the decision to close the popular Malvern Hills College. It is a huge loss to the community, and I have been working closely with Worcestershire County Council, Malvern Hills District Council and the Bransford Trust to promote a strong bid to buy the site from the current owners, Warwickshire College Group. I have repeatedly called for the Group to accept mediation or to negotiate a settlement but instead they want to sue our council to challenge the covenant which protects the site for educational purposes. In recent weeks the Education Secretary and Skills Minister have called on WCG to end the legal challenge and do a deal. I hope this happens very soon to allow teaching to return to Malvern in September.

Its good to hear that last year's data shows that 32 more GPs working in primary care across our local NHS and I am pleased that a brand new medical school is opening in Worcester allowing local people to study medicine and hopefully start their long careers working in the county health system. I do want to see local students enrolling there and the Worcestershire MPs have together lobbied the Department for Health and Social Care to increase investment to support this new teaching resource.

I'm also hopeful that teaching will be part of the mix as work gets underway to transform the historic Malvern Theatre. I worked closely with the bid team to ensure that the second bid to the Levelling Up Fund was successful, and I've been insistent that the plans include effort to engage with the less well-off communities in Malvern who may not have engaged with the arts and there are plans for learning spaces to encourage local people to get more involved in the creative and digital industries. It's also a huge boost for the local economy. The theatre already brings visitors to Malvern who spend money on travel and hospitality and support local businesses and I am delighted that this nearly £20 million investment will transform a valuable local visitor attraction and hopefully improve life chances for many local people.

Pat the Gardener

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- Grass and Hedge Cutting**
- Pruning and Weeding**
- Turfing**
- Planting**
- Digging**
- Grass Seeding**
- AND LOTS MORE**

Call Pat on 07930 414 603



A Word from our Mayor...

Spring is on the way, bulbs are blooming and blossom is now on the trees and we are fast approaching the Festival Season!

Upton Big Spring Clean

This year is a special year as we will be celebrating The Coronation of King Charles III and with this in mind it would be great to have the town looking it's best! In April (dates to be confirmed) there will be the opportunity for everyone to get involved with 'Upton's Big Spring Clean' it would be great to get as many businesses and town folk involved to spruce up the town ready for the Coronation celebrations and the upcoming Festivals.

Voting :-

This year you will need to bring photo ID to vote at the polling station, if you are not sure what ID you need you can check this out on the government website.

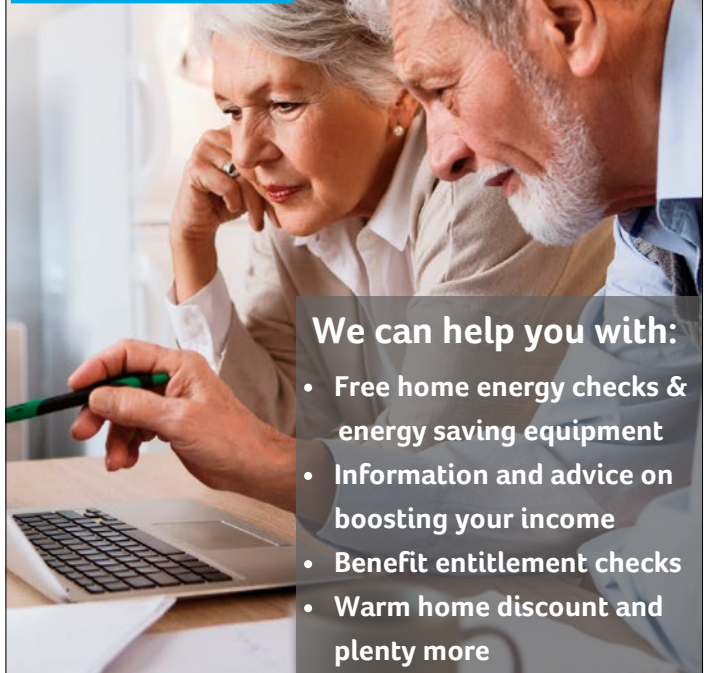


Joining the Town Council

Upton Town Council have a couple of vacancies, if you have ever thought of joining the council and would like to make a difference now is your chance. If you would like to have any further information please do not hesitate to contact either myself or the Town Clerk – Clara Clements who is situated in the Memorial Hall, we would be more than happy to run through what joining us would involve. You can also check out our website and Facebook page or attend the Council Meeting (Tuesday 28th March) where you can see all the councillors and find out more about the role.



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Find out a little bit more about what our accommodation offers here at Platform Housing Group...

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Our homes benefit from having 24- hour emergency call system which gives you the peace of mind that someone is available at the push of a button to contact family, friends or the emergency services.

Our schemes have spacious communal lounges and kitchens for customers to enjoy and have the opportunity to take part in activities. Your family and friends can visit you at any time and some of our schemes have guest bedrooms which can be reserved at a small cost for family and friends to stay with you.

The staff at Platform will be available onsite at various times of the week to maintain the day-to-day running of the scheme and help with any housing related issues. They can also help you access minor aids and adaptations, to help you remain independent in your own home.

You can sit back and enjoy your own company in the luxury of your own apartment or you can engage in any activities that take place like Bingo, Afternoon Tea, Lunches, Social and Craft Clubs, Parties to celebrate occasions and Gardening Clubs.

ONE BEDROOM APARTMENT AVAILABLE NOW



We currently have a beautiful modern one-bedroom apartment at Thomas Morris House, William Tennant Way, Upton upon Severn WR8 0LP available to rent which overlooks the Upton Ham, if this sounds like somewhere you would like to live get in touch with us by visiting our website www.platformhg.com/rent to apply now!

Hope Church - Funeral Service For All

Not long after the Queen's funeral, a vicar was asked, "Can I have one like that?" Well, clearly the crowds, cathedrals and military parades are a little beyond our control. But the rest was the perfectly normal, but enormously adaptable, Church of England funeral service, available to everyone, even if you aren't remotely religious.

Here are a few other questions vicars get asked about funerals:

Do you have to go to church to have a funeral service in church? No. Whoever you are, whatever you believe, you are entitled to a Church of England funeral in your local parish church.

Does it have to be a traditional funeral service? No. We'll work with your next of kin to produce something that is personal to you. Whether you want hymns or Elvis, you can.

Do I have to have a burial? No. Funeral services can begin in church and finish at the crematorium, or the other way round. Either way we will always help you explore the options.

Can I be buried in the churchyard? Not all our churchyards are open. But generally, if you live in that parish, yes.

Can vicars do services at the Crematorium? Yes, we do lots of them, and are always happy to help.

What's best, a service in church, or the crematorium? They both have their strengths. Services in church are great because they're local, and don't have the time constraints they do at the crematorium.

Can you do the service without knowing the deceased? Often, we do know them! But even if we don't, it can be an advantage to have someone leading the service who isn't also grieving.

Our team will listen to you, and do their best to tell your relative's story. Many families find the time talking with our team, and the opportunity for ongoing support after the funeral, a valuable part of the grieving process.

How do I choose to have a church funeral? First, write something in your will saying, "I want a Christian service with burial/cremation." Second, make sure you tell your family. Third, give them a list of anything special you want in the service (for example a favourite song).

How do I organise a church funeral? Contact a Funeral Director, and tell them you want a church funeral. They'll then put us in touch with you to begin the process of planning everything.

If you've any questions about organising a funeral, or anything to do with the funeral service, please get in touch with me at: barry@hopechurchfamily.org.

Rev'd Barry Unwin



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LEVELLING UP

Funding to Support Growth and Innovation in Malvern Hills District

Nearly £300,000 of funding will go towards supporting growth and innovation within the Malvern Hills District. The Malvern Hills District Council Executive Committee approved funding for two projects, Worcestershire Growth Hub and BetaDen, as part of the UK Shared Prosperity Fund Investment Plan. BetaDen is an existing programme located at the Malvern Hills Science Park which provides expertise that helps local entrepreneurs get their concept off the ground through workshops and support. Worcestershire Growth Hub is a service that supports businesses at all stages of their business journey. Their aim is to help businesses develop their internal capability to improve their productivity, grow and create jobs.

The UK Shared Prosperity Fund is a central pillar of the UK government's Levelling Up agenda and provides £2.6 billion of funding for local investment by March 2025. The Fund aims to improve pride in place and increase life chances across the UK investing in communities and place, supporting local business, and people and skills.

Malvern Jobs Fair - Wednesday 22 March 2023

We are happy to be supporting another Jobs Fair at Great Malvern Library in collaboration with Malvern Job Centre. There is usually a very good turn out and a buzz around the event. This year refreshments will be provided from the new café in the library, and there will be private rooms available if you would like to conduct interviews on the day. Free and open to all from 10am - 1pm. If you are interested in having a stall, please contact Charmaine Gaitskell on: 07899 114838 or: charmaine.gaitskell@dwp.gov.uk

HELP TO GROW MANAGEMENT COURSE

Help to Grow: Management Course - Spaces Available

Help to Grow is offering SME's a management course to boost business performance, delivered by industry experts at world class business schools. Running over 12 weeks with online and face to face sessions participants will receive business focussed learning with modules such as employee engagement, strategy and innovation. Business mentors will work with you to tackle business challenges and develop a plan for growth. The course is 90% funded for up to two participants, find out more by following the link below. <https://smallbusinesscharter.org/>

New Leadership Scheme for Women in Cybersecurity

Cross-sector, leadership program for women in cyber security and resilience, delivered by Empowering You and in association with techUK and the Government Security Group in Cabinet Office. The programme aims to build a collaborative and powerful community of women leaders in Cyber Security across the UK.

Delivered over 3 months from March – June 2023, Empowering Women to Lead Cyber Security is designed to enable the transition of aspirational and early to mid-career professionals, team leaders and managers into more confident, capable and energised leaders. This program is delivered in a face-to-face and highly experiential format, with group activities and action learning sets. Two leadership facilitators are used throughout the workshops to make sure high levels of personal engagement and diverse perspectives are maintained. <https://www.empowering-you.co.uk/>

Malvern Hills Upskilling Grant Re-launched

Following on from the successful Community Renewal Fund backed Upskilling Project, which concluded in December 2022, we are relaunching the Upskilling Grant for businesses.

We will provide funding of up to £1,500 to help with the business cost of training new staff (i.e. apprenticeships, trainee or other). In order to qualify the business must be based in the Malvern Hills district postcode area, employ fewer than 250 people and pay at least the Minimum Wage to the trainee for a post of at least 20 hrs a week including training leading to a recognised qualification. For more information and to apply please see our website or contact us on ecodev@malvern hills.gov.uk or 01684 862185

Grant Funding From Manufacturing Growth

Are you an SME Manufacturer looking to grow your business? There is still time to access grant funding from the Manufacturing Growth Programme to support the implementation of a business improvement project.

Projects can include:

Marketing, LEAN Manufacturing, Strategic Planning, Quality & Continuous Improvement, Productivity, New Product Development, Leadership & Management, Finance or Environmental & Sustainability.

The grant will fund 31% of the project value up to a maximum project value of £10,000. Please contact your local Manufacturing Growth Manager, Catherine Bray, on 07790 358610 or catherine.bray@oxin.co.uk for more information.

Grants for Electric Vehicle Charging Points

The Governments Workplace Charging Scheme (WCS) provides SME businesses support with the cost of installing electric vehicle charging points, you could get 75% of costs covered, up to £350 per socket.

Businesses, charities and public sector organisations can apply, follow the link below for full eligibility criteria.

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

Community Builders Update for Upton

Great news that the Upton Community Transport Spacehive crowdfunding campaign reach their funding goal so will be able to continue some of the current popular services and trail new ideas.

We also ran a competition for the students at Hanley Castle to create a poster design for community bus services, we have received around 15 entries and are excited to show the judging panel early in March. Watch this space for the winner/s announcement and possible posters popping up across the district.

More information about community bus services can be found on www.communityaction.org.uk/bus-routes/ or phone 01684 892381. If you are interested in becoming a volunteer driver and want to know more you can ring the same number or email info@communityaction.org.uk.

In January we welcome two new Community Builders, Linda and Peter who have already been out and about visiting areas. Linda is a passionate rambler and has a keen interest in rural community support. Peter has a background in housing and economic development and is keen to help support local businesses. You can contact both about these subjects or invite any of us to come and have a chat or visit via the contact details below.

Sue has also moved across from being hosted by the YMCA to the Malvern Hills District Council so please note her email address has changed, she is excited to get out and visit more areas in the district.

All of the Community Builders have been out visiting the many Warm Spaces that are offering somewhere to come and hang out or work from to saving you putting on your own heating. Most are also offering free tea and coffee and a very welcoming atmosphere. You can search here for your nearest locations and what they are offering Find a Warm Welcome Space Today, in Upton there is a great offering from the Baptist church offering free soup for lunch, the Stitchery offering their back room to socialise or work from and the primary school offering free laundry facilities. Please check the website for days and times. We would welcome feedback and ideas for support next winter if anyone would like to get in touch.

In February Emily hosted a residents meeting online for the community to come together and discuss some projects for area, it was a really positive first meeting with actions set. If you would like to join this Community Projects group then get in touch with Emily who can update you on what's going on and add you to future emails and calls, there is no commitment to do anything unless you would like to get involved but we would welcome your ideas and enthusiasm.

If you have an interest and would like to set up a group, club or just see if there is anyone else already doing something in the area please do get in touch, we would love to hear from you.

Emily - Emily.johnson@malvernhillsgov.uk or call 01684 862178
Facebook – Malvern Hills District Community Builders
Instagram – @mhd_communitybuilders



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Our oven cleaning service includes cleaning the interior, exterior, hob, removable parts and extractor fan if needed. Gas AGA or Electric, we can clean your oven so it's looking brand new again.

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Professional complete clean of a property, with checklist. Making your landlord happy so you can secure your deposit

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CONTACT US

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Welland Junior FC News

The season is in full swing!
Many teams are having their cup matches too with brilliant results. Pictured here are Welland's youngest league team who compete on a Saturday morning in the Mercian U8's league.



Picture courtesy of Joel Davies Photography



The Club are now busy preparing for 'World Cup Day' on the Upton Sports Fields, Saturday 20th May complete with Pavilion bar, Ice-Cream, Raffle, Tombola and loads of football fun for local youngsters. Do come along and support or even sponsor the event and present a trophy or two!

To book Spring / Summer Football camps with PACES ACADEMY go to <https://paces.co.uk/product-category/worcestershire/>

from the Welland Management Team



Find out more

Welland Junior Football Club is part of the @Coopuk Local Community Fund, to find out more about our project and to choose us as your cause, go to <https://membership.coop.co.uk/causes/65821> - Thank you



wellandjuniorfc.org.uk email: info@wellandjuniorfc.co.uk

SPAR

Upton upon Severn

Monday - Saturday
8am - 9pm

Sunday
9am - 9pm

14-16 High St, Upton upon Severn,
Worcester WR8 0HB
Tel: 01684 592699



WELLAND FOOTBALL CLUB



Picture courtesy of Joel Davies Photography

Pictured here are Welland youngest league team who compete on a Saturday morning in the Mercian u8s league.

The Club are now busy preparing for 'World Cup Day' on the Upton Sports Fields, Saturday 20th May complete with Pavilion bar, ice-Cream, Raffle, Tombola and loads of football fun for local youngsters. Do come along and support or even sponsor the event and present a trophy or two!

Don't forget the popular PACES soccer camps for year 1 to year 8 which commence over Easter on Spitalfield, Welland, with the following dates confirmed;

Monday 3rd - Thursday 6th April (Easter)
Tuesday 30th May - Friday 2nd June (Whitsun)
Monday 31st July - Friday 4th August (Summer)
Monday 14th - Friday 18th August (Summer)
Tuesday 29th - Friday 1st September (Summer)

Bookings can be made directly with PACES via the following link:

<https://paces.co.uk/product-category/worcestershire/>

THURSDAY FRIENDS

Come and Join Us

A Place for the older community to make or reknidle friendships.

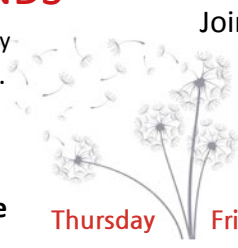
From 10am - 1pm

Upton Baptist Church

Tea, Coffe, Biscuits & Cake

Contact Sarah: 01684 594991

Thursday Friends for the older community



LOCAL CALENDAR

Monday	Tuesday	Wednesday
ALL MARCH A contemporary exhibition celebrating the life of Edward "Ted" Deerhurst at Croome Free Entry 1st - 5th March 11am - 3.30am 6th - 31st March 10am - 4.10pm		Garden Tours @ Croome 11am - Midday (free)
'Talk to Tom' County Councillor @ Upton Memorial Hall. 10am-12		Emporium Craft Fayre @ Tewkesbury Town Hall 10am - 4pm Garden Tours @ Croome 2pm - 3pm (free)
6	7	8
Health Walks @ Croome 10.30am - 2pm (free)	The Festival - Chelte	
13	14	15
Dementia Cafe @ Upton Baptist Church. 2-3.30pm		Emporium Craft Fayre @ Tewkesbury Town Hall 10am - 4pm Garden Tours @ Croome 11am - Midday (free)
20	21	22
		Emporium Craft Fayre @ Tewkesbury Town Hall 10am - 4pm Garden Tours @ Croome 11am - Midday (free)
27	28	29

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MIDWEEK MADNESS

MONDAY - WEDNESDAY

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9PM

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Join us on Sunday, 26th March 2023 for a multi terrain run on gently undulating roads and farm tracks (oh and one hill!) in south Worcestershire Countryside, with a choice of a 10K, 5K or 1K.

Upton RFC MARCH DATES

Sunday 5th March
Evesham (Home): All
GIRLS & MICROS
Training (Home): ALL MARCH

Monday	Tuesday	Wednesday
Help Looking For Job @ Upton Baptist Church. AM Dancefit with Kirsty @ Ashchurch Hall. 9.30am Knit & Natter @ Rose Cafe (Nuyards) 10am - Midday Yoga Session @ The Hill Centre 10.30am - Midday 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	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 Toddler group @ Riverboats Children's Centre. 1.30-2.30pm Tenbury Wells Country Market 9.30am - 12 Noon	Art Classes @ B... 10.30am - 12.3... Yoga Session @ ... - 3.30pm Upton Brownie... HQ, Upton. 6 - 7... Quiz Night @ ... Hanley Voices @ Hanley Castle S... Board Gaming @ ... VoxRox Choir @ ... 7 - 8.30pm Veteran Meet u... Church. 10.30a... Little Ducklings... Primary School... Board Gaming @ Weavers, Malve...

Thursday	Friday	Saturday	Sunday
<p>Pathfinders Walk @ Eversley Village 10am</p> <p>re Guardians at School @ Eversley Nature Centre. 4pm</p> <p>2</p>	<p>Nigel Kennedy - My Musical Voyage @ The Regal Cinema. 7pm.</p> <p>3</p>	<p>Mother's Day Craft Fair @ Elmslie House 10.30am - 4pm</p> <p>Live music - Chalky @ The Wheelhouse.</p> <p>4</p>	<p>Local Artisan Market @ The Fold. 10am - 3pm</p> <p>Two Can Do Markets @ Hallow Parish Hall. 11am</p> <p>Battlefield Walk @ Abbey Lawns Car Park 2pm</p> <p>Antiques & Collectors Fair @ Three County Show Ground</p> <p>5</p>
<p>ert by Malvern Mes Pupils @ Malvern Priory. Day (free)</p> <p>or Show @ Three County Show Ground</p> <p>hmill WI @ Queenhill Hall. 2.30pm</p> <p>9</p>	<p>Bingo Fundraiser @ The Church Rooms.</p> <p>Five Villages Prom @ Fladbury Church. 7.30pm</p> <p>Live music - Status Quo Tribute - The 4 Rossis @ The Boathouse. 9pm</p> <p>10</p>	<p>Classic Car & Motorcycle Autojumble @ Three County Showground</p> <p>Live music - Fearless Scoundrels @ The Wheelhouse.</p> <p>WPO Spring Concert @ Pershore Abbey. 2.30pm</p> <p>11</p>	<p>Teme Valley Market @ The Talbot Knightwick (riverside Marquee) 11am - 1.30pm</p> <p>Malvern Hills Sunday Hike - 12 mi Circular (www.bethestorm.co.uk)</p> <p>12</p>
<p>Cham www.thejockeyclub.co.uk</p> <p>Drama Tower @ Eversley. Midday - 2pm</p> <p>Pathfinders Walk @ Ampsey Church</p> <p>16</p>	<p>The Picton Garden - Open Garden. 11am-4pm.</p> <p>Little Malvern Court - Open Garden. 2-5pm.</p> <p>Live music - Tina Turner Tribute @ Bar7. 9pm</p> <p>Rural Reels Film - Top Gun: Maverick @ Callow End Village Hall. 7-30pm.</p> <p>17</p>	<p>Farmers Market @ Lyttelton Well. 9am - 2pm.</p> <p>Live music - Accolade @ The Wheelhouse.</p> <p>1920's High Tea & Live Jazz @ Colwall Park Hotel. 1.30pm</p> <p>18</p>	<p>19</p>
<p>ert by Lucton ol Pupils @ Malvern Priory. Day (free)</p> <p>Peppers WI @ Upton Memorial Hall</p> <p>23</p>	<p>Little Malvern Court - Open Garden. 2-5pm.</p> <p>The Sarah Band @ The Boathouse. 9pm</p> <p>24</p>	<p>Malvern Artist Collective & Friends Exhibition @ Elmslie House 10am - 4pm</p> <p>Emporium Craft Fayre @ Tewkesbury Town Hall. 10am - 4pm</p> <p>Cheltenham Bach Choir Concert @ St. Matthew Passion. 6.30pm</p> <p>Vintage Project @ The Wheelhouse.</p> <p>25</p>	<p>Malvern Militaria @ Three County Show Ground</p> <p>Live music - Earl Tee @ The Wheelhouse.</p> <p>Spring Chicken Run @ Pendock Primary School</p> <p>26</p>
<p>30</p>	<p>Little Malvern Court - Open Garden. 2-5pm.</p> <p>Malvern Artist Collective Exhibition @ Elmslie House 10am- 4pm</p> <p>31</p>	<p>UPTON HERITAGE CENTRE</p>  <p>Mon to Sat 10am-1:15pm 2pm-4:30pm</p>	

Monday 12th March
Training (Home): ALL

Monday 19th March
Tewkesbury (Away): ALL

Sunday 26th March
Bromsgrove (Home): U16, U14, U13
All others Training at home

KEY:

- Entertainment & Events
- Family & Children
- Groups & Activities
- Sports

Wednesday	Thursday	Friday	Saturday	Sunday
<p>Bridge House 10 & 2 - 4pm</p> <p>The Hill Centre 2pm</p> <p>Scout & Guide 7-9pm</p> <p>Kings Head. 6pm</p> <p>Community choir @ School 6.15-8pm</p> <p>@ The Foley Arms. 7pm</p> <p>Baptist Church Hall.</p> <p>@ Upton Baptist Church 7pm-1.30pm</p> <p>@ Castlemorton CE Church 10-11.30am</p> <p>Club @ Upstairs at 7pm</p>	<p>Upton Youth Band @ Fire Station. 6.30 - 9pm</p> <p>1st Upton Scouts @ Scout & Guide HQ Upton. 7 - 9 pm</p> <p>1st Upton Beavers @ Scout & Guide HQ Upton. 5.15 - 6.30 pm</p> <p>Knit & Natter @ The Stitchery 10.45am - 12.15pm</p> <p>Art Classes @ Bridge House 10.30am- 12.30, 2 - 4pm & 6 - 8pm</p> <p>Dancefit with Kirsty @ Ashchurch Hall. 9.30am</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>
<p>WEEKLY EVENTS - Please note that some may not be running out of school term time, please check with the organisers directly.</p>				

QUEENHILL WI REPORT

The business agenda that started the February meeting being efficiently dealt with, we were able to welcome our speaker, Karen, talking about 'Why Your Posture Is Important'.

"Posture is a reflection of what you have done with your life" she said and explained how the way we use our muscles impacts on many other functions: balance, strength, oxygen levels, the ability to deal with injury, and even cognitive function. 'Use it or lose it', good posture is important no matter what our age might be. She showed us some exercises that could help in remedying physical problems, though we acknowledged that underlying issues might be more complex than might be hoped! We had much to think about afterwards.

As always, the refreshments were delicious, the raffle and the chat much appreciated.

Our next meeting is on Thursday March 9th at 2.30pm at Queenhill WI Hall when Philip Wilkinson will be talking about Great British Brands. If the variety of speakers and activities interests you, please join us.



HOT PEPPERS WI

Our first meeting of the New Year was well attended despite the cold weather.

We had a Scottish themed evening to celebrate "Burns Night"

A fun evening was had by all with a great Scottish themed quiz, haggis throwing & not forgetting the lefty righty game-with a few Scottish themed prizes.



To keep with the theme we had haggis savouries, neep cakes, shortbread followed by a wee tot of whiskey if you so wished, plus of course the usual delicious tea & cakes, supplied by our lovely members.

A really enjoyable social evening.

We meet on the 4th Thursday of each month, 7.30pm at Upton Memorial Hall



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MOTHER'S DAY MENU

19th March 2023

STARTERS

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Spiced Parsnip Soup
Chef's Farmhouse Pate
Smoked Salmon

MAINS

Roasts - Topside Beef, Pork
Shoulder, Chicken Breast or
Leg of Lamb
Stuffed Romanian Peppers
Herb Crumbed Cod Loin

DESSERTS

Apple Crumble
Baileys Cheesecake
Chocolate Torte
Mixed Berry Eton Mess
Cheese and Biscuits

2 Courses

£19

3 Courses

£24



Hanley School Letters from Auschwitz Project

Whilst there is rightly a specific focus on the anniversary to remember the atrocities and its victims, The Holocaust Education Trust, has an ongoing mission is to educate every person from every background in the UK about the Holocaust and its contemporary relevance.

Hanley Castle High School annually takes part in the Holocaust Education Trust's 'Letters from Auschwitz Project', an educational project that offers post-16 students the opportunity to learn about the Holocaust and importantly, consider its relevance for today, sharing that with their peers.



Very little, save perhaps the horrors of the slave trade, poses such questions to faith than the Holocaust. The unimaginable suffering and death endured by so many, and the equally unimaginable evil that planned and put plans for mass extermination into effect, defies belief. Yet, of course, it was all too true and the lives of countless Jewish people today have been changed forever, shaped by the awful reality of the ghettos and concentration camps and the memory of loved ones murdered and families forever scarred.

How could God have let that happen? I have no answers. Simply questions. We must remember that the atrocities of Auschwitz and its sister camps were committed by humans – ordinary people, who, somehow, felt justified in denigrating and denying the humanity of others. Tragically, terrifyingly and shockingly, prejudice and sheer hatred still does the same today.

Our world often feels fragile and vulnerable and we cannot be complacent or forget the horrors of the past. It is in remembering that we realise that prejudice and the language of hatred needs to be challenged everyday and we each have the responsibility to stand up for justice, peace and respect for all so that our communities are safe and welcoming places where everyone can find joy, hope and thrive.



SEVERN SWEETS

MOTHER'S DAY DEALS



12 Old Street, Upton upon Severn WR8 0HN
T: 07538 376257 Tues- Sat 9am - 4.30pm

Nurse Practitioner trekking to Everest Base Camp to fundraise for life-saving charity work



A Nurse Practitioner who helps save lives both at work and in her free time is undertaking a mammoth 15-day round trek to Everest Base Camp in an effort to raise vital funds for the volunteer Severn Area Rescue Association (SARA) charity.

Pauline Burton, from Highley, works as an Emergency

Nurse Practitioner in the Alexandra Hospital's A&E department, as well as volunteering for the Severn Area Rescue Association – a volunteer lifeboat and inland search and rescue charity – which her high altitude expedition is fundraising in aid of.

The epic trek in March will cover around 130km including nearly 9,000 feet of elevation gain. Pauline, 54, has been training for the challenge for almost a year in order to be fit and ready for the physical exertions of mountain walking in the Himalayas, including taking part in VO2 max testing to check the amount of oxygen she uses during exercise.

After reaching Everest Base Camp (where March temperatures can often reach -25 degrees

Celsius), Pauline plans to summit Kala Patthar – a mountain 18,204ft (5,550m) above sea level where you can watch the sunrise over the summit of Mount Everest.

Pauline volunteers as an operational crew member with the SARA charity in her free time, based at the Kidderminster Fire Station, just one of seven lifeboat and inland rescue stations located along the length of the River Severn. She holds a powerboat licence and is qualified in swift water rescue, entering high flood water to rescue people.

Last year the SARA charity was called out more than 110 times, providing inshore lifeboat, cliff, mud and flood rescue, as well as land search across an area covering more than 20,000 square kilometres.

If you'd like to donate to the Severn Area Rescue Association (SARA) in support of Pauline's efforts, you can visit her JustGiving page at: www.justgiving.com/fundraising/Pauline-Burton6



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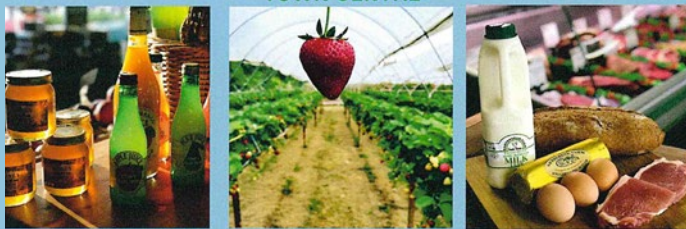


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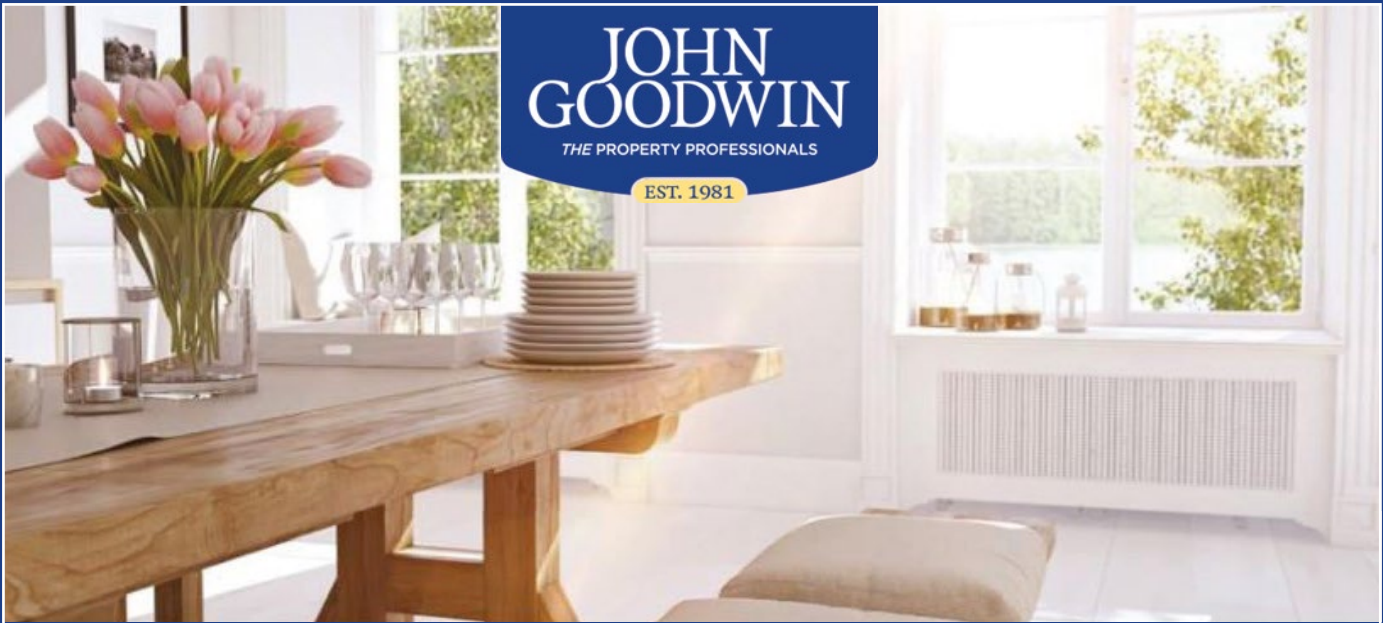
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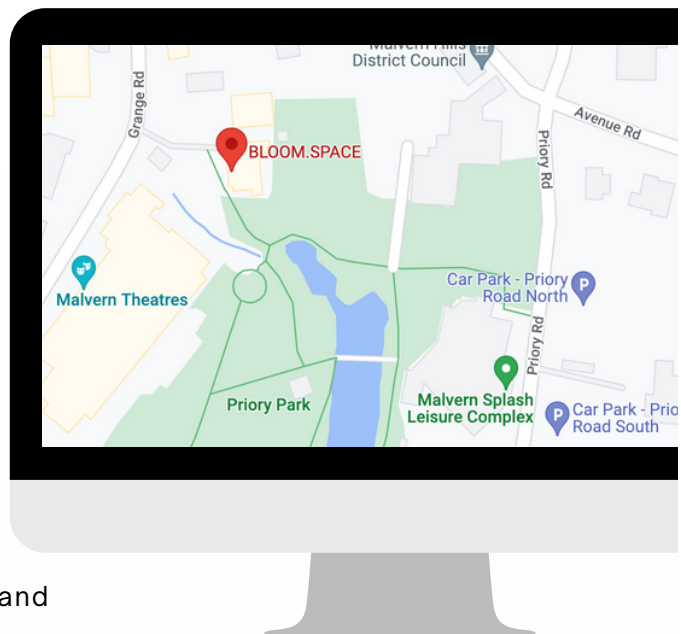
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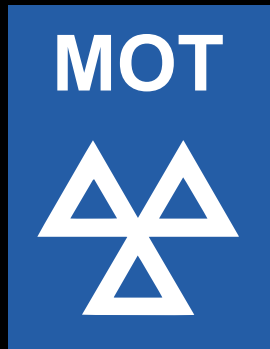


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