

April 2019

Teme TRIANGLE

Clifton upon Teme • The Shelsleys • Lower Sapey



The Shelsley Walsh Water Mill Dibnah's

In this edition

- * Local new business ventures
- * Charity and village coffee mornings
- * Fabulous fundraisers
- * Public open days
- * Clubs and talks galore
- * Spring Teme Valley wildlife
- * All your regular Parish news
- * And much, much more...

temebay
OPEN

www.temetriangle.net

Free to Residents



Pictured with the choir in St Kenelm's are Cllr Caroline Palethorpe (front left) and Cllr Andrea Morgan (second left).

GUEST EDITOR:

Louise Hutton
editortemetriangle@gmail.com

EDITOR / CLIFTON NEWS / WEBSITE:

Jerry Johns: 01886 812304
crown.house@polperropress.co.uk

SHELSELEYS NEWS:

Michelle Whitefoot: 01886 812779
michelle@whitefootpr.co.uk

LOWER SAPEY NEWS:

Marion West: 01886 853249
marionjeanwest@googlemail.com

ADVERTISING/SPONSORSHIP:

Andrew and Anna Brazier: 01886 887898
teme.triangle@thebraziers.co.uk

If you or your organisation would like to sponsor *Teme Triangle* please contact Andrew Brazier. The cost of producing TT is £7 per household per year. Donations are encouraged, to: Alden's Farm, Barbers Lane, Martley, Worcester WR6 6QD (cheques made payable to Teme Triangle Community Magazine)

Opinions expressed in this publication are not necessarily those of the editorial team. Teme Triangle is not responsible for goods and services advertised. Contributions may be edited at the discretion of the editor.

Our front cover photo shows:

The Shelsley Walsh Water Mill Dibnah's.

WELCOME to the April 2019 edition of Teme Triangle. And wow – what a bumper edition! We have had so many fabulous articles sent in this month – thank you so much to all those who have contributed – you are what make this magazine such a success.

Once again we have several fabulous fundraising events; plenty of coffee mornings and local Easter activities; open days; multiple new business ventures; fitness classes and of course plenty going on within our Churches and Parish Councils. We also have the first of our new ‘Health’ articles, which we hope will be a regular addition to the magazine.

So without further ado, let’s get started. I do hope that you enjoy the read...

COLLIERS COOKERY SCHOOL

Last week I had the absolute pleasure of attending a ‘Fish Course’ cooking day at the Colliers Cookery School, by kind invitation of founder Harriet Wakeford. A group of local Teme Valley ladies spent a splendid day under the first-class tuition of chef Tom Court and would all highly recommend it to others. (See photos on the inside back cover.)

Harriet writes: “Quality cookery courses are run from a custom converted kitchen with six separate work stations at Colliers Hill between the villages of Clows Top and Bayton. Colliers Hill is a Georgian farmhouse overlooking a magnificent view of the Malvern Hills and the Welsh Mountains.

Colliers Cookery School has been open since January this year and has already hosted a various amount of courses, each one taught by a specified tutor. There have been Dinner Party courses with Steve Lyons a chef who was once the head tutor at Le Manoir aux Quat’Saisons, a Fish course by Tom Court the proprietor of ‘The Sticky Fig Catering Company’ and a Baking course by the British Bake Off quarter finalist and now TV presenter and author Beca Lyne-Pirkis. ‘Had the most brilliant day’, ‘I will definitely be signing up for another course’ and ‘just the best day I’ve had in yonks’ are a few snippets expressed by recent guests.

Corporate bookings have taken place with tailor made courses such as a ‘demo and dine’. There have also been private bookings where guests have got their own private group of friends together and organised a day that suited them.

Two Young Chef courses will take place over the Easter holidays, one of which is already booked out and the other has a few spaces left. There will be another kids baking course with Beca on 15th July and a Baking with Beca for adults on 9th July.

Further courses including foraging, knife skills and worldwide cuisines are being planned for the autumn and winter.”

Visit www.collierscookery.com for further information or call Harriet on 01299 832 013.



Colliers Cookery School founder Harriet Wakeford and specialist chef Tom Court. Credit: Michelle Morris Natural Portraits.

THE UPPER SAPEY WALKER

We all have a Heart, we all want it to work. So let's make sure there is enough research to help this. In August, 4 days after my 71st birthday, I will be taking part in the world famous 'Three Peaks Challenge', raising money for The British Heart Foundation.

The challenge involves climbing Ben Nevis, Scafell Pike and Snowdon. Can you please help me raise money by sponsorship or donations to

www.justgiving.com/fundraising/petejackson2018

In addition, at the top of Scafell Pike, which has the highest War Memorial in England, I will be laying one of the Bromyard Poppies, with labels from local schools.

Thank you for your support,

Pete Jackson. Tel: 01886 853 348.

NEW INTERNATIONAL INTERIOR DESIGN FIRM LAUNCH

A new interior design firm with an international portfolio of projects has been launched by a Worcestershire businesswoman.

Rebecca Coady, who lives in Upper Sapey, has launched Beckley Interiors and will work with her clients on projects ranging from dressing a single room to the renovation of an entire house.

Mrs Coady's portfolio includes prestigious projects in fine country homes in Herefordshire, Worcestershire and Wiltshire, to stylish interiors in Chelsea and the Middle East.

After living in Dubai for over a decade, Mrs Coady returned to the UK three years ago and has begun building her business.

She said, "I love meeting new people, listening to them and really getting to know them. I feel that this is the best way to get their personality right at the heart of any project. It is a constant learning curve for me to appreciate people's different perspective of beauty. One man's trash is definitely another man's treasure!"

She added, "With the fantastic innovations in modern technology it has allowed for endless possibilities for clients to see their dreams come to life before a drop of paint has gone on their walls or a single cushion has been changed in their homes".

Mrs Coady believes the uncertainty of Brexit is impacting on people's decisions to sell property and leading more to consider renovating or improving their homes as the better option.

"Fashions come and go but I definitely have my own style. The old adage 'you can buy fashion but you can't buy style' is still very apt in today's world. It is so important to be yourself and develop and express your own style in your home. Connecting with clients and understanding their style is of paramount importance to me in implementing new ideas for their homes."

Find out more at www.beckleyinteriors.co.uk or call 07399 402 826.



CLIFTON SCOUTS SEEK BEAVER LEADER

Clifton Scouts are looking for someone to lead the Beaver Colony, which meets on Tuesdays during term time in Clifton village hall from 5pm until 6pm.

Anyone interested should contact Deborah Haywood on 07540 606 425 or deborahhaywood@hotmail.co.uk.

THE SHELSLEY WALSH WATER MILL SOCIETY CELEBRATES THE NATIONAL MILLS OPEN WEEKEND

The Shelsley Walsh Water Mill Society will open its doors to welcome visitors from 11am to 4pm on Saturday 11th and Sunday 12th May 2019 as part of National Mills Open Weekend – the annual festival of the UK's milling heritage, and the chance for everyone to explore their local windmills and watermills.

The weekend is co-ordinated by the Mills Section of the Society for the Protection of Ancient Buildings (SPAB).

Entry is free of charge and there is plenty of free parking in the world-famous speed hill climb paddock (now entering its 114th year of speed events) next to the mill. However, as a registered charity, donations towards the upkeep of the mill will be very welcome.

The water mill at Shelsley Walsh was part of a farming community approximately 8 miles north west of Worcester in the beautiful Teme Valley until the early 1900's, and, although there has been a watermill on this site since 1308, the current mill shows three stages of construction spanning the last 300 years.

The Water Mill Society is run by volunteers, with widely varied backgrounds and expertise including several retired engineers, builders, educationalists, IT experts, accountants and an auctioneer. Collectively known as the 'Dibnah's', they have lovingly restored the mill over a ten year period to its current working condition for use as a visitor attraction and educational resource.

The Shelsley Walsh Water Mill is the only working water powered corn mill in Worcestershire and a demonstration of flour milling will take place from 2pm on both days.

In addition to the Mill, the Dibnah's have restored several agricultural machines, mostly powered by the water wheel via belt drive, which can be seen running in the workshops next door.

Tea, coffee and cakes will be available throughout the day.

The mill is located near the foot of the world famous Shelsley Walsh Motorsport (speed hill-climb course) run by the Midland Automobile Club since 1905 and is adjacent to the beautiful 12th Century Church of St Andrews, which is well worth a visit too.

For further information please see the website: www.shelsleywatermill.com.



NIC SPROSON opticians

57 Harbourne Road, Worcester WR1 1JA

*Professional Eye Care
Exceptional Eyewear*

Contact Lens Specialists
Saturday and Evening Appointments
Patient Car Park

Tel: 01905 27327

www.nicsprosontheoptician.co.uk

David Ward firewood

Do you need a dependable consistent quality supply of seasoned or kiln dried hardwood and softwood firewood?

Cut and split to suit and delivered in breathable 1.2-cubic metre bags, so no need to restack.

Small delivery vehicle, fitted with crane, can deliver to most locations and situations.

CALL DAVID TO DISCUSS YOUR REQUIREMENTS:
Mobile: 07866 441154

A WOMAN'S TOUCH!



LADY DECORATORS

PAINTING, WALLPAPERING
TILING (WALLS & FLOORS)
INTERIOR DESIGN & ADVICE

CLAIRE LENNARD

01886 889099 ~ 07710 469427
THE OAST HOUSE, MARTLEY, WR6 6QB



REDCABIN COMPUTERS

Friendly and efficient service for your home
&

Business computer system

New & used computers

Upgrades

Software

Hardware

Wired & Wireless Networking

Broadband help and setup

01885 483 839

01547 530 271

07973 358 124

sales@redcabin.net

Meadows Soft Furnishings

by Tracey Birks

Bespoke handmade curtains, blinds,
soft furnishings and lampshades
designed and made for you

No obligation home consultation

tracey@meadows-soft-furnishings.co.uk
www.meadows-soft-furnishings.co.uk
01886 812583 or 07831 818104

MINDFULNESS & MEDITATION

Short courses introducing beginners to the
meaning and practice of mindfulness &
meditation. For more information

Contact Nicky: localyoga@aol.com
07749 176 091



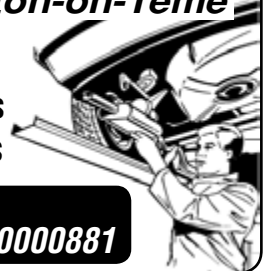
A.M. JONES

*Harpley Works
Clifton-on-Teme*

- MOT Repairs
- Servicing
- Accident Repairs
- Tyres
- Batteries
- Exhausts

Tel/Fax: 01886 853 530

Mobile: 07970000881



WORCESTERSHIRE WILLS

Est. 2013
Clare Burden

MEMBER OF THE INSTITUTE OF
PROFESSIONAL WILL WRITERS
SPECIALISING IN WILL DRAFTING AND
POWERS OF ATTORNEY

APPROACHABLE AND FRIENDLY

COMPETITIVE RATES

FULLY CRB CHECKED

HOME VISITS AND EVENINGS IF REQUIRED

Practising as a successful family lawyer for 8 years until taking time off to have a family, Clare has now set up her own company providing private client services.

To arrange a friendly and confidential consultation,
Contact Clare Burden

T. 01299 879826
M. 07855 350245

E. clare@worcestershiREWILLS.com
worcestershiREWILLS.com

Professional Dog
Walking
& PetCare Services.



www.petsadventures.com

Contact Ruth on: 07736151130 or
email: ruth@petsadventures.com

We are delighted to offer the following
services in the WR6 area:

- Professional Dog Walking
- Dog Home Boarding
- Doggy Daycare
- Pet Companion & Home Visits
- Pet Taxi Service
- Chicken & Small Animal Boarding



A. H. CALDICOTT & SONS

Funeral Directors

15 MARKET STREET,
TENBURY WELLS, WORCESTERSHIRE
TELEPHONE: 01584 810281
FAX: 01584 811420

*A family
run business
established 1919*

*Burials
Cremations
Chapel of Rest*



- Woodburning & Multifuel Stoves
- Stove Spares & Repairs
- Glass, Ropes, Bricks, Baffles, Cleaners
- Chimney Liner Kits & Flue Pipes
- Kiln Dried Logs, Kindling and Firelighters

01886 812452
www.is-stoves.co.uk

Showroom & Online Shop

Steps Farm
Clifton Upon Teme
Worcester
WR6 6EN

JEREMY MASSEY

Qualified Electrician



Registered
Electrician
– BS7671

- ✓ Household Electrical work
- ✓ Fast, Reliable & Friendly
- ✓ Very high standards met
- ✓ Inspection & Testing

Contact: 01886 888493

West Wind Counselling



Sarah Jeffery MBACP Sapey Common Worcs WR6

For help and support
with emotional pain or distress
including:

- depression, stress, anger or anxiety
- bereavement, loss, setbacks, grief
- low confidence or self-esteem
- relationship difficulties or other troubles

T: 07432 078087

E: westwindcounselling@gmail.com

W: www.west-wind-counselling.co.uk

Please call or email me for
a first confidential discussion.

I look forward to hearing from you.

"It was such a relief to find someone to talk to, who understands and can help me to find my way. I would recommend counselling with Sarah to anyone who is struggling to cope." (Client RP)



Gareth Vaughan Counselling
Bereavement – Depression – Anxiety
Areley Kings – Astley Cross
07544 518276
www.gareth-vaughan.co.uk

ZED YOGA

Yoga classes for adults of all ages:

- Broadwas Village Hall, WR6 5NG
Tuesday mornings and evenings
- Hallow Parish Hall, WR2 6PP
Wednesday mornings
- Clifton Upon Teme Village Hall
Monday evenings

For more information or to book
please contact Zoe Herington:
email: zedyoga.booking@gmail.com
tel: 07962 981456



THE MANOR ARMS ABBERLEY



Open 12pm -11pm Every Day
Call 01299 890300



A beautifully refurbished traditional village pub with locally
sourced fresh food and ales.

*Our Head Chef sources top quality local ingredients to create
traditional dishes and exciting specials.*

Overnight stays in our beautiful rooms, available this Autumn!

*You and your guests can be sure of a warm welcome, we look
forward to seeing you soon.*

*Free function room available for local clubs, meetings,
special events and parties.*

The Manor Arms Inn, Abberley Village, Worcestershire WR6 6BN

www.themanorarms.co.uk

Follow us on Facebook and Twitter for news and events.



The Manor Arms Inn Abberley



ManorArmsInn



**Feet First
Foot Health Clinic**

Treatment for: corns, callus, cracked heels, verrucas, fungal infections, ingrown toenails. Orthotic insoles specialist.

Ground floor clinic just outside of Bromyard with onsite parking. Home visits available.

Helping to keep people on their feet for over 11 years!

Tel: 07580160997

**PHIL GRAY
Dairyman / Newsagent**

*National...Daily...Sunday & Local Papers
...Magazines...All Milk...
...Dairy Products...Eggs...Soft Drinks
...& Waters etc.*

Let your Milkman do the Walking
Phone & Fax: 01584 881385



Visit us at Mill Farm,
Stanford Bridge, for
Beauty and holistic
treatments, bespoke
pamper parties, yoga and
pilates classes, wellbeing
workshops and talks.

**Please call for an
appointment or more
information on
07964 176747
www.purethyme.co.uk.**



**C.L. GIBBS
BUILDERS**

**EXTENSIONS • ALTERATIONS
PLASTERING • UPVC WINDOWS
ROOFING • TILING • LANDSCAPING
FASCIAS • GUTTERING • STONE WORK**

For all types of building work call your local family builder for advice and free estimate

**01886 812 450
07905 396 971**



Teme Timber

**Quality firewood
Seasoned
Split mixed
Hardwood
Softwood**

**Various size loads
POA**

Contact Spike Milton: 01886 812154 or 07773 428701

THE SHELSLEYS GARDENING CLUB

The April meeting of the Shelsleys Gardening Club will be on Wednesday 10th April at 7.30pm in Clifton Village Hall. The speaker is Andy Pedrick, who is giving a talk on Clematis, with live plant material and plants to sell. Almost any garden, however big or small, has room for one more clematis, so come along and find out how to grow wonderful clematis.

Refreshments are on offer at the start of the meeting. Guests: £5.

LOCAL RUNNERS HEAD TO BATH FOR PANCREATIC CANCER

On Sunday 17th March, a team of local runners (my husband and I were lucky enough to be part of that team) left rural West Worcestershire to head South for the Bath Half Marathon (13.1 miles). We were raising money for Pancreatic Cancer Research, under 'Team Jackie'. Jackie was the sister-in-law of a good friend of ours who sadly died at the early age of 46 from this terrible disease.

David Orme, Jackie's husband, says: "Since running as a team for the first time at Bath in 2013, Team Jackie has raised an incredible £289k to date and are hoping to soon break the £300k mark.

The money so far has gone towards funding specific research - research that is often still too niche, speculative or formative for large pharmaceutical companies to be interested in yet. That is until WE have helped prove the value.

Initially, Team Jackie funded a PHD research post at the Christie Hospital (in Manchester) to support research into liquid biopsies. This was a first step towards allowing treatment to be personalised and also a patient's treatment to be monitored through blood tests; removing the need for biopsies and therefore very invasive surgery. This was seen as enabling research for further trials. The research that we funded looked to more simply identifying how different patients react to different treatments so that in future we can better tailor personalised treatments to individual patients.

Team Jackie is now looking to help fund another specific piece of research - an exciting new project looking into early diagnosis that is to be announced very shortly, as well as other research into the use of modified viruses to fight pancreatic cancer. Research into using the body's own immune system to fight cancer (immunotherapy) is another exciting area of research although, as is so often the case, pancreatic cancer throws up a lot of obstacles that will take time to overcome. But all of these fields offer real hope and are therefore the areas that I would dearly love to raise more funding for.

Obviously the more we can raise, the sooner we will beat this horrific disease – a disease that few people survive and yet remains appallingly underfunded."

A huge well done to all the Team, in particular our local runners, shown in the photo below. Any donations are still warmly welcomed, thank you.

<https://www.justgiving.com/teams/teamjackieabath2019>



MARTLEY ANIMAL FEEDS OPEN DAY

Estate Country Animal Feeds in Martley are having an Open Day on Thursday, 25th April, between 11am and 4pm. Special offers and light refreshments available on the day.

Father and son team, Tod and Richard Soloducha, have built up the animal feed business in Berrow Green Road, Martley, manufacturing quality animal feed to improve the performance and wellbeing of animals.

“The raw materials are sourced from local farmers and the feed sold back to them,” says Richard Soloducha. “The high quality feed produces fitter, healthier animals that can be ready for market sooner. We have wonderful customers who love what we do.”

Estate Country Animal Feeds also manufactures a full range of cattle, pig, sheep, poultry, and game feeds, available in bulk or bagged from 20kg.

CLIFTON POINT-TO-POINT

Clifton point-to-point races take place on Sunday, 28th April, at Knightwick (WR6 5PH).

Gates open 12pm, and the first race is at 2pm. There are six races on the card, licensed bookmakers, food stalls, public bar, shopping, hound parade, bouncy castle and all the fun of the fair.

Last season Knightwick Races was awarded the West Midlands Area Achievement Award for the outstanding achievement of getting this brand new course successfully off the ground with exceptional standards. Preparations are now in full flow for the second year running of this very popular meeting.

Be sure to put the date in your diary. A great family day out of good racing, plenty of food and drink on site plus great shopping in a wonderful setting with a fun atmosphere.



POLICE PROPERTY MARKING SESSION IN CLIFTON

West Mercia Police are holding a Property Marking Session at Clifton Village Hall on Saturday 27th April, from 10am until 1pm.

Police Community Support Officer for the Martley and Tenbury area, Ness Snape, said: "Bring along your garden tools, strimmers, loppers, chain saws etc., and have them overtly marked. We can also mark quad bikes, horse boxes, trailers and much more. There will be security advice on hand and more information about Smartwater."

The NFU and West Mercia Police are running an initiative called STOP THAT THIEF. If your security requirements are such that you need a qualified technician for advice then under the STOP THAT THIEF initiative, they are able to signpost you to an approved company by the NFU. They will be able to offer more detailed and comprehensive information and guidance.

If you cannot make this venue, please check the West Mercia Website for another Property Marking Session coming to a village hall near you.

INSPIRATIONAL SUPPER TALKS IN THE TEME VALLEY

The new series of inspirational supper talks begins on Wednesday, 8th May, in Clifton village hall. Guest speaker will be H-J Colston, wife of the Bishop of Worcester, China specialist and CEO of the Chopsticks Club, an independent China-UK professionals' membership network.

This will be followed by a talk by Kimmy and Ovi Vaipan on Wednesday, 22nd May. The third one is by the Bishop of Dudley, Rt. Rev Graham Usher, on Wednesday, 5th June.

All three events, hosted by Churches Together in the Teme Valley, take place in Clifton village hall at 7pm. Tickets are £5 and can be obtained from Des and Beryl Robson (01886 812 535) beryl.blackburn@yahoo.com or Steve Tidmarsh (07932 687 886) stephentidmarsh@aol.com.



**O God
...that's life!**

A series of inspirational talks
Spring 2019

Hosted by
Churches Together in the Teme Valley

Supper & Guest Speaker
Clifton-Upon-Teme Village Hall

7.00pm

TICKETS £5
from

Des & Beryl Robson
01886 812535
beryl.blackburn@yahoo.com

Steve Tidmarsh
07932 687886
stephentidmarsh@aol.com



Wednesday 8th May
HJ Colston

Clifton Table Top Sale

Table Top Sale on Saturday 15th June, 10am – 1pm in Clifton village hall in aid of St Kenelm's Church. Entry £2.00 to include drink and homemade cake. Tables available at £10.

Please contact Ruth Wilson on ruth.wilson38@btinternet.com, 01886 853 574 if you would like a table.

NEW YOGA CLASS

A new Yoga class has started in Clifton on a Monday evening at 7pm in the Village Hall.

This mindful approach to yoga combines breath and movement to promote wellbeing, respecting the specific needs of the individual.

A few trial sessions remain before Easter (£8), then a new half-term will commence after Easter.

For more information or to book please ring Zoe Herington on 07962 981 456 or email zedyoga.booking@gmail.com.

MHDC CHAIRMAN'S CHARITY CHORUS

Malvern Hills District Council Chairman, Cllr Andrea Morgan, led the 'Hanley Voices' and friends choir in a rousing chorus at St Kenelm's church, Clifton, in a bid to sing in as many churches as possible across the Malvern Hills District last month to raise money for Worcestershire Cancer Aid.

Cllr Morgan was joined by District Councillor Caroline Palethorpe and the Rev. Becky Elliott at St Kenelm's before going on to Harpley with her choir to sing in St Bartholomew's church there, one of 60 visited during her charity chorus.



The choir and local parishioners pictured in St Bartholomew's church, Harpley.



HUNTLANDS FARM BED & BREAKFAST AND UPHOLSTERY

www.huntlandsfarm.co.uk

Tel: 01886 821955 / 07828 286360

OFFERS:

upholstery classes • upholstery commissions
en suite b&cb accommodation • wedding venue
all in an idyllic, rural setting on a working farm.
And a self-catering, 6 bedroom farmhouse on an
adjacent farm, www.moorhallfarm.co.uk

*Your hosts, Lucy, a custom upholsterer and
Stephen, a passionate cook, guarantee you a comfy
stay with freshly prepared, local food to enjoy.*

ANDREW JELLEY OPTICIANS

18 Teme Street Tenbury Wells

01584 811445



www.andrewjelleyopticians.co.uk



NORA PARSONS CENTRE

Venn Lane, Wichenford, WR6 6XY

Open Mondays and Thursdays 9.30am - 3pm for
good company, refreshments, including a hot lunch,
board games, and exercises.

Also on offer a visiting hairdresser, and a podiatrist,
If transport is a problem we can collect you and take
you home at the end of the day.

Phone 01886 888374

MARTLEY OSTEOPATHIC CLINIC

Osteopathic treatment
for infants to adults
including cranial techniques

01886 889 002

Mark Roughley

GOsC

Registered Osteopath

Maylite Business Centre
Maylite Trading Estate
Martley, WR6 6PQ



Charity number: 1056248



Monday-Friday
9am-3.15pm
Ages 2-5



Forest School Sessions

Full & Half Days Available
Indoor & Outdoor Facilities Available
ALSO!

Breakfast Club 8am-9am
After School Club 3.15pm-6pm
Ages 2-13



Graduate Leader

Martley CoE Primary School
Martley Worcester WR6 6TJ
01886 889127

www.martleypreschool.co.uk



A fun place to
play and learn!

Ombersley Family Dental Practice

MRS ANDY WRIGHT B.D.S. (EDIN)

A friendly private practice specializing in preventive dental care for all the family in a happy relaxed atmosphere.



New patients welcome

Cosmetic treatments including tooth whitening

Sports gum-shields for all ages in various colours and designs

Same day emergency appointments

Large car park

Tel: 01905 621881

RACKS LANE, OMBERSLEY,
NR DROITWICH, WORCS. WR9 0EN
www.ombersleyfamilydental.co.uk

**SERVICED OFFICES
AND WORKSHOPS
AVAILABLE ON
FLEXIBLE
MONTHLY TERMS
ALSO SMALL
INDUSTRIAL UNITS**

www.maylite.co.uk

Please contact Kate Shrubbs on
01886 888455 for more details

MAYLITE *Business Centre*

**MAYLITE TRADING ESTATE,
MARTLEY WR6 6PQ**

Tipton Hall Riding School

Riding lessons for all ages and abilities.

Hacking - through wonderful countryside.

Horse Livery - small friendly yard.



Roger Benbow
BHS&I Reg. Instructor

Phone: 01885 488791
mobile: 07702 358741
www.tiptonhallridingschool.com

Clifton-upon-Teme

Early Years Centre



Offering quality childcare
and
pre-school education
For 0-5 year olds

Open 7.30am - 5.00pm
Experienced qualified staff

Flexible hours
Ofsted Registered
Nursery Education Grants available

Also offering job opportunities for
professional, committed staff
looking for support in their
career development

For further details,
please telephone the Manager
at the Centre 01886 812380
The Village, Clifton-upon-Teme,
Worcester WR6 6DE.



K.B. CATERING

**TAILOR MADE QUALITY MENUS
FOR ALL YOUR CATERING NEEDS
KIT BAMFORD**

Based at The Birche, Shelsley Beauchamp, a special venue with unique ambience for wedding ceremonies and other celebrations, as well as other outside catering requirements, please call me on:

01886 812251 or 07801 699597 or 01905 345200
Email: kitbamford@live.co.uk

SERVICING & REPAIR ALL TYPES OF GARDEN MACHINERY



BRIAN BUTLER

Clifton-on-Teme
07929 014804 Daytime
01886 812538 Evening

COLLECTION and DELIVERY

NICK CHAMPION

PROPERTY | AUCTIONS | AGRICULTURE | PROFESSIONAL

**YOUR LOCAL PROFESSIONAL,
INDEPENDENT RESIDENTIAL &
RURAL PROPERTY SPECIALIST.**

- SALES
- AUCTIONS
- LETTINGS
- ACQUISITIONS



NICK CHAMPION LTD

16 Teme Street, Tenbury Wells, Worcestershire, WR15 8BA
Tel: 01584 810555 Email: info@nickchampion.co.uk
www.nickchampion.co.uk

PC Troubles?

- PC problems solved
- Broadband connection set-up
- Home network set-up
- Printer and camera problems solved
- Website design service
- Basic PC training at home



*For friendly and local advice and to
book a free consultation contact*

Bernadette Higgins on 07813 302 504
or e-mail: apctrouble@gmail.com

LUXURY CATTERY

Call Lesley on 01886 821154

- ✿ New luxury Cattery set in beautiful open countryside. Run by genuine cat lover.
- ✿ Fully Licensed and Insured.
- ✿ All chalets have heated bedrooms and spacious play runs.
- ✿ Special needs and diets catered for.



Kitty's Cattery

Coronation Cottage, Broadwas (Nr. Martley), Worcester, WR6 5NT
www.kittyscattery.co.uk kittyscattery@hotmail.co.uk

TAYLORS

**CONSERVATORY
CARE**

22 Saxon Close
Clifton upon Teme
Worcester WR6 6DL



Mobile: **07801 281821**
Tel: **01886 812424**
Fax: **01886 812954**

Sales • Service • Repair

SUPPLY • INSTALLATION • AFTER SALES CARE • RE-ROOFING

We supply and fit:

Aluminium Windows and Doors • uPVC Windows and Doors
Hardwood and Softwood Windows and Doors
Conservatories in Hardwood / uPVC / Aluminium

PILKINGTON APPROVED INSTALLERS

Agents for Compton Garages & Alton Greenhouses

Please phone for Free Quotation • Fence Registration No. 18796



RED KITE Pest Control



&
Wildlife Management

Combining Tradition and Innovation

For all your local Pest Control requirements
Flexible Contracts ~ Individual Treatments
BPCA and NPTA Qualified

All **INSECT** Pests
All **RODENT** Pests
All **WILDLIFE** Pests

Specialized Trapping service
Pest Prevention and Proofing
Cleansing, Decontamination, Disinfection

Free Advice
Free no obligation Quotations

Telephone **Andy Staples on:**
07977 044987 / 01886 832730

TVA

TEME VALLEY ACCOUNTS

Bookkeeping VAT
PAYE Sage Accounting
Tax Returns Draft Accounts

Contact: Claire on
Tel: 01584 881708 or 07731 010099
Email: Claire.tva-accounts@outlook.com

Party / Business / Reception / Function

CLIFTON VILLAGE HALL

Three meeting rooms (2 – 120 people)
Modern, well equipped kitchen
with crockery, glasses etc.
Good parking in central location

**Bookings: 01886-812464 / 812238/
812969 / 812335 or
hallshire.com**



Home Tutoring

KS2 **English** and **Maths**
English Literature and **Language**
to A Level

Beginner's **French** and **Italian**
Latin and **Classical Greek** to GCSE
Beginner's piano lessons

Paul Tiffany MA, PGCE
Catherine Owen MA, PGCE

Both CRB checked
01886 812420
pltiffany@aol.com



Self Storage Units

20ft Shipping Containers
at Stanford Bridge

Under cover
Security lighting

Please contact Alex
on 07973 624318
or 07966 865015



S H E L S L E Y

VILLAGE HALL
FOR HIRE

Set in beautiful surroundings
(with french windows leading onto terrace)

Close to the river and hillclimb

Well equipped kitchen • Bar available

Ideal for meetings, dances, parties etc.

VERY REASONABLE RATES

Contact for bookings

Dave Bates 01886 812551

www.shelsleys-vh.uk



~ Bespoke and Ready-Made Picture Frames ~

Unit 1 Maylife Trading Estate, Martley, WR6 6PQ
Store open Mon-Fri 8:30am-5pm
Phone: 01886 888766

We frame anything...

~ pictures ~ 3D objects ~ certificates ~ t-shirts ~
~ needlework ~ medals ~ memorabilia ~
and more!

~ www.Framing-Marvellous.co.uk ~

TEME INDUSTRIES

MOTO-X BIKES, ACCESSORIES & CLOTHING
BMX • SCOOTER • SKATE
FISHING TACKLE & BAIT

Visit us instore:

Mon-Fri 9am-5pm | Sat 8:30-11am
Unit 1 Maylife Trading Estate, Martley, WR6 6PQ

Bike services and repairs undertaken - BMX, Cycle and Moto-X

www.teme-industries.com

Paul the Painter

Professional painter & decorator
in Clifton-upon-Teme

Interior & exterior, from a single room to a whole house

Tel 01886 812168 / 07759 298754

E-mail paulthepainter23@msn.com



Physiotherapy for both women and men's health, looking holistically at the individual, advising on key health messages to help improve lifestyle and well being.

fionacarterphysio.co.uk

Mobile 07712 032998

Email fi.carter.pyf@gmail.com

**Are Your Locks
Behaving Badly**

Check A Lock Fix A Lock

- No Call Out Charge •
- Free Onsite Estimates •

All Types of Door & Window Locks
Opened • Repaired • Serviced
Jammed Doors • Faulty Locks
Lost • Broken or Poorly Cut Keys
Wooden-UPVC Door & Window
Multi-Point Lock Repair Specialist
Doors Adjusted & Realigned
No Job Too Big or Small
For More Advise Call Stewart

THE LOCKSMITH

01905 570 999 07871 44 20 11

Local Reliable Independent Locksmith

www.locksmithworcestershire.co.uk



Contact: Juliet Twinberrow
Tel: 01886 821408 Mob: 07772 799754
Email: info@housevet.co.uk
www.housevet.co.uk

Lizzie's
Chauffeur Services



Liz Whittaker - lady chauffeur
Affordable Comfort Travel in Style
Transport solutions for up to eight passengers.
All air and seaport. Wedding and sporting events.
Local and National journeys. **07814 006179**



**For an Affordable
& Reliable Electrician
Choose REWIRED!**

 **The Power Behind
Teme Valley....**

01886 853 011
07421 748 288
www.rewired-worcester.co.uk



FUTURE EVENTS:

Friday 1st February Polly Edwards
Friday 1st March On Tree Canyon
Friday 5th April Dan Greenaway
Friday 3rd May Mel and Him
Friday 7th June TBA
Friday 5th July Sean Jeffrey

Opening times:

Fridays 5pm till midnight,
Saturdays 12noon till midnight
Sundays 12noon til 8pm

Only Open the first weekend of the month

the **snug**

beauty massage & therapies

revitalise & relax in cosy barn
setting in Stockton, Teme Valley

01886 853296 • 07989 529215

please call for an appointment

latest technology in non-surgical facelift, oxygen facials & glycopeels

phone us to book a complimentary demo

- T.V. •Video •Audio
- Electronic Repairs
- Microwave Ovens

DAVE PARKER

01885 410711

Mobile 07790 423158

Prompt efficient service at competitive rates

Martley Young Farmers Easter Bingo

Friday 5th April in Great Witley Village Hall

Doors open at 7pm and eyes down for 7:30pm

Refreshments available

Profits will be split between Martley Young Farmers Club Funds and

The County Air Ambulance

RIDING FOR THE DISABLED

Volunteers needed! The Kyre Group of the Riding for the Disabled Association (RDA) are desperately seeking volunteer helpers to get horses ready and lead riders during their coaching sessions. The group meets every Friday in term time 12.30-3pm at Bockleton, near Tenbury Wells. Whether you would just like to lead a horse and rider or would be interested in training to become a coach, we would love to hear from you. It's good fun, great exercise and a fulfilling experience.

Please message or phone if you would like to know more: 07866 681 165.



DONATION FROM LOWER SAPEY PARISH COUNCIL

Lower Sapey Parish Council has generously donated £150 to *Teme Triangle*. "It is a very welcome and much appreciated boost to our funds and will help ensure that Teme Triangle continues to serve local residents," said Treasurer Andrew Brazier.

CLIFTON PARISH COUNCIL LATEST

Clifton Parish Councillors again refused to discuss the banning of the Scouts from the Baden Powell hut at their meeting last month, voting instead to exclude members of the public before doing so.

When asked what the latest position was concerning the BP hut, Chairman Maggie Newman replied that it was an on-going issue and would not be discussed in the meeting. "The Scouts have not responded to our letter. We are looking after the assets of the village".

Clive Austin said "It seems bizarre that we've got lawyers involved. It's a monumental waste of time and resources. Do we the village want the Scouts and Guides to use the BP hut instead of being bogged down in legal process? Why don't both sides sit down and sort this out?"

Parish Councillor Barry Yarnold said "The Scouts and Guides sought legal advice first. They need to react to the letter they have received". A request that the matter be minuted was refused by the Chairman: "The public session is not minuted".

When local resident Jack Whittenbury asked if members of the public could have sight of the minutes of closed sessions of the Parish Council "so that we know what is being discussed," he was told by the Chairman: "We are not going to discuss issues like parish assets in public. There are set rules."

John Wain said "We've gone from a situation where we had no closed sessions to a closed session every meeting. It just feels that the culture of the Parish Council has changed to one of secrecy."

Parish councillor Wendy Bradley said: "We have the best interests of the village at heart. Can you not just show a little bit of trust in us?"

Clive Austin added: "There's no issue with any members of the Parish Council. My concern is with the advice you are being given."

COMPLAINT AGAINST CLIFTON PARISH COUNCIL CLERK

A formal complaint against the Clifton Parish Council Clerk, Jeanette Hill, has been made by former Parish Councillor Clive Austin following last month's meeting of the council. The matter was discussed at an Extraordinary Meeting of the Parish Council in the sports pavilion on 21st March at which the public were excluded.

ST KENELMS' CHURCH - COFFEE MORNING

Saturday 13th April

10.30am - 12.30pm

A Spring start at St Kenelm's. Come and join us for wonderful coffee and cakes and great company. What could be better than a chat and cakes and you will also be able to get details of our future events.

enhanced movement
studio
WWW.ENHANCEDMOVEMENTSTUDIO.CO.UK

<i>pilates</i> MONDAY 8:30AM TUESDAY 6:30PM THURSDAY 8:30AM THURSDAY 7PM UPPER SAPEY VILLAGE HALL E8/SESSION E7 IN ADVANCE COMING SOON CLASSES AT MILL FARM, STANFORD BRIDGE	<i>boot camp</i> SATURDAYS 8:30AM ABBERLEY HALL SCHOOL E8/SESSION
--	---

personal AND training
intrinsic biomechanics trainer

 07989 535 757 *emg*


NORA PARSONS CENTRE
VENN LANE, WICHENFORD WR6 6XY
SAT 13TH APRIL 2019
10.30am - 12.30pm

COFFEE MORNING & EASTER RAFFLE
Promoted Maurice Southard


Raffle Tickets £1.00 each
FIRST PRIZE: AN EASTER HAMPER
SECOND PRIZE: LITRE BOTTLE OF WHISKEY
THIRD PRIZE: BOTTLE OF GIN and many more!

Registered Charity: 112961 (SC02286) 080374
Char: Head Street Barnets, The Rectory, Barnets, Waltham, WIM 4GG
Secretary: Pamela Morgan, Tapp, The Common, Barnets, Wims, WIM 6AF (0199) 896653
Hon Treasurer: Susan Richmond, The Nuthatch, 129-131 Road, Barnets, WIM 4AF

Abbreviated Draft Minutes of The Shelsleys Parish Council Meeting held on March 12th 2019

Present: Dr Laura Taylor (Chairman), Mr William Sutherland, Mr David Styles, Mr Bernard Hart, Mr David Bates, Mr John Stinton.

In Attendance: District Councillor Mrs Caroline Palethorpe and two members of the public and the Clerk.

Apologies: Mrs Karen Metcalfe, Mrs Karen Webber & Mrs Carole Warren (accepted), and County Councillor Dr Pollock.

Declaration of Interest: None.

Minutes: The minutes of January 8th 2019 were agreed and signed as a true record.

Public Question Time: Two representatives from the MAC attended, Retro Rides 2019 was discussed and it was confirmed that the event would be adequately controlled. Breakfast Club is regulated and the MAC requests drivers attending events to be courteous on public roads but has no power to impose it.

County Councillor and District Councillor's reports: Both will be available on the website.

Highways and Lengthsman: Stanford Bridge has now been cleared and all maintenance work within the parish is up to date. Worksheets for January and February were inspected and agreed. Mr Wilks will purchase memory sticks for photographs to submit to the Parish Council.

The increase in payment for Lengthsman from April 2019 requested by Mr Wilks was agreed and will be included in his next Contract for Services.

The Annual Agreement with WCC for Lengthsman was agreed and signed. The funding for 2019 2020 is £2365.20.

Potential passing places and verges. Camp Lane have been inspected by both the Chairman and Lengthsman. It was agreed that the Lengthsman will clear the mud and leaves, the spoil to be placed nearby on private land.

Wheelie bin stickers. 100 have been purchased. Councillor Bates will distribute them.

B4302 Gullies were jetted last week.

Dog Waste bin, the siting has been agreed with MHDC. Deferred until next meeting for a bin to be chosen.

Fly Tipping: The white goods dumped on public land in the lay by on Fetterlocks Lane were removed promptly by MHDC.

Elections: The election procedure was discussed. Papers to be returned by 4pm April 3rd.

Planning: 19/00326/FUL Camp Farm, Camp Lane. Change of use from agricultural to seasonal holiday accommodation for up to three units (shepherd's huts). Councillors required more time to review the plans, comments will be collated and submitted by the Clerk.

MHDC decisions including 18/01846/FUL land at Shelsley Beauchamp. Approved 19/00011/CLE Highfields certificate of lawfulness. Approved.

Notification of Planning Appeal received for 18/01270/FUL Lilac Cottage, Camp Lane.

Clerk's report on urgent decisions: 19/00011/CLE Highfields. In consultation with Councillors, no objection. WCC payment for salt £141.00 Cheque for wheelie bin stickers £89.00.

Internal Audit: Councillors inspected the cash book, bank statements and bank reconciliations and agreed all was in order.

Finance: The following payments were agreed. Lengthsman's invoice £432.00. Clerks gathering £10. Clerk attending GDPR meeting £10. HMRC £147.40.

Monies received: WCC (Lengthsman) £1,110.

Councillors' Reports and items for future agenda. Blakes Lane to be inspected by Lengthsman. Broadband update. Purchase of dog waste bin.

Future Meeting Dates: Provisionally agreed, July 9th, September 17th and November 12th 2019.

The meeting concluded at 8.15pm: Date of the next meeting: May 14th 2019.

To view the minutes and agenda online go to the WCC website. and look at The Shelsleys. <http://e-services.worcestershire.gov.uk/myparish/>.

Jan Speyer Clerk 01886 812 444

Report for Clifton upon Teme Parish Council meeting – Thursday 7th March 2019

Waste and Recycling Consultations: Earlier this week, the Government published four consultations as a follow-up to the new national waste and resources strategy, which was published in December.

The four consultations are:

- Recycling Consistency (includes food and garden waste collections).
- Packaging Extended Producer Responsibility.
- Deposit Return Scheme.
- Plastic Packaging.

Perhaps the key consultation for us will be Recycling Consistency. To help drive up household recycling levels, the Government will introduce a consistent set of recyclable materials for collection in England (including separate food waste collection), no matter which part of the country people live in. This particular consultation sets out options for how this will work in practice and which widely-recyclable material should be included, such as plastic bottles and plastic pots, tubs and trays, glass packaging (bottles and jars), paper and card, and metal packaging.

All of the consultations will run for 12 weeks with consultation closing on 13 May 2019. You will find all four of the consultations at <https://consult.defra.gov.uk/environmental-quality/resource-and-waste-and-plastic-packaging-taxconsu-1/>.

Time to Change Champions: We recently held a Time to Change Champions information session in the Council Chamber, delivered by Community First and Public Health Worcestershire. Eight members of the public attended the session to find out how they can become champions to campaign to end mental health discrimination within their community. The session was open to anyone who has experience of living with mental health problems, who could use their own experience to become a champion by raising awareness and providing support to others. The session also discussed a £500 grant available to champions to run antistigma activities within their community. Attendees of the session had lots of ideas for activities that they can run across Worcestershire. If you missed the session and would like more information, please visit www.comfirst.org.uk/worcestershire_time_to_change1.

Rural funding: The Princes Countryside Funds has opened up its grant funding, and rural communities have the opportunity to apply for up to £50,000 of funding towards projects affecting areas of greatest need in England, Wales, Scotland and Northern Ireland. Applications for funding must show how they clearly contribute towards one or more of The Prince's Countryside Fund's objectives:

- To sustain rural communities and drive economic vibrancy.
- To improve the prospects of viability for family farm businesses.
- To support aid delivery in emergency and building resilience.

The funding should have a long-term positive impact on rural communities, helping those that live and work there to sustain the countryside, by tackling key rural issues. Details can be found at

<http://www.princescountrysidefund.org.uk/grant-giving-programme/grant-programme>. Please share this

information and the link to residents.

Keep Britain tidy! We will be supporting the Great British Spring Clean once again this year, with a day of picks planned on 15th March to launch the month-long programme aimed at encouraging communities to clean-up their areas. We will be making kits available for parish and town councils to borrow and community groups are also welcome to borrow equipment, but we do ask that organisations have public liability cover. We still have a couple of spaces available on our day of picks on the 15 March. If you have a litter hotspot in your area then please speak to Claire Vaughan by calling 01684 862 449 or email claire.vaughan@malvernhillscouncil.gov.uk.

Councillor Caroline Palethorpe

Teme Valley Ward, Malvern Hills District Council

Tel: 07974 966 412, caroline.palethorpe@malvernhillscouncil.gov.uk

J & S Trade Supplies



Haven Nurseries
Bank Road
Little Witley
Nr Worcester
WR6 6LR

Tel: 07966-804007
Tel/Fax: 01886-888024
VAT No: 824 6536 21

Partners: JT Bull & SR Bull

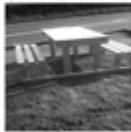
Suppliers and Installers of:

Aluminium Windows
Aluminium Bi-Folding Doors
Hardwood and Softwood Bespoke Timber Windows,
Doors and Conservatories including
Grade I and Grade II listed
Secondary Glazing and Replacement Sealed Glass Units
UPVC Windows, Doors and Conservatories
Garage Doors, Fascia and Soffits
We now also specialise in small building projects including
carpentry and joinery

**PLEASE CALL FOR A FREE NO
OBLIGATION QUOTATION**

BILLS GARDEN GATES AND TIMBER PRODUCTS

- Garden Furniture
- Log Stores
- Chicken Runs
- Aviaries
- Storage
- Decking
- Fences
- Your Choice



...and more made to order locally from FSC treated or untreated timber. Bespoke and renovations also undertaken

For more information contact Bill

- Tel: 07580 274999
- Great Witley 01299 896681
- Website: www.billsgardengates.co.uk
- Email: billsgardengates@gmail.com



www.facebook.com/billsgardengates

COLIN GRIFFITHS

GROUNDWORKS CONTRACTOR

MARTLEY, WORCESTERSHIRE

"A Business
built on
a solid
foundation"

Main Sewer Connections
Septic Tanks
Foundations to D.P.C.
Concrete & Tarmacing
Site Clearance
Foul & Storm Drainage etc.

For all your
private &
industrial
groundworks

For a personal and efficient service
please contact Colin on,

TEL. 01886 821283 MOB. 07836 772501

Providing High Quality
HomeCare

Eclipse HomeCare
making a difference

Excellent Care from Local People



- We have a full range of hourly, daily & live in services
- Specialists in Dementia, MS & Alzheimer's care
- Longstanding teams of dedicated local caregivers
- Excellent reputation with Private Clients, Worcester County Council and CQC (Care Quality Commission)

Eclipse Homecare has been operating in this area for almost 10 years and is an Award winning local business. Speak to us today to find out more about how we can help.

www.eclipsehomecare.co.uk

Worcester 01905 641 070	Malvern 01684 869 432	Kidderminster 01562 535 420	Bromsgrove 01527 573 949	Teme Valley 01584 812 594
-------------------------------	-----------------------------	-----------------------------------	--------------------------------	---------------------------------

LEE JAMES CARPENTRY & JOINERY

Qualified and experienced in all aspects of carpentry

- | | |
|--|---|
| <input type="checkbox"/> Kitchens supplied and fitted | <input type="checkbox"/> Roofing |
| <input type="checkbox"/> 1 st and 2 nd Fix | <input type="checkbox"/> Renovations – old & new |
| <input type="checkbox"/> Oak timber frames | <input type="checkbox"/> Plastic fascia & soffits |
| <input type="checkbox"/> Loft conversions | <input type="checkbox"/> Doors & windows |

Quality and Satisfaction Guaranteed

For free quotes, competitive prices and a professional service phone:

(01886) 821151
07779 073870

Chimney Sweep

Andy Johnson

- Certificate issued
- Weekend/Evening sweeps available
- Traditional brush/Power sweep



01886 821933 / 07798 790913



REGISTERED MEMBER

www.insulationandchimneysweeps.co.uk



YOU CAN
STOP IT

SUE BRATTON PILATES CLASSES

Daily classes locally including seated classes
Ante and post-natal ladies welcome

Please contact **Sue Bratton** for more
details or to book a place **07974 343609**
or sue579@icloud.com



Naturally beautiful & fragrant
British flowers for all occasions
kate@camomilecornflowers.co.uk
01886 812184 07887 706147

adrianmackwell

AUCTIONEER & VALUER

m 07554 004028 t 01886 812575 e amackwell@gmail.com

Custard Cottage, Clifton on Teme, Worcestershire, WR6 6EW

Specialist valuations of Antiques,
Fine Art and House contents for:

Probate/Inheritance tax,
Sale by Auction, Marital Separation
Sales by auction arranged
House clearance service available

www.adrianmackwell.com

PROBATE/INHERITANCE TAX

"Sympathetic and straightforward"

CLEARANCE

"Thorough and efficient"

AUCTION

"Honest and approachable"

INSURANCE

"Clarity and discretion"

www.adrianmackwell.com



- Bookkeeping Services
- Personal Tax Returns
- VAT Returns
- Payroll
- Management Accounts
- Year End Accounts
- Corporation Tax Returns
- Budgeting & Forecasting

Rachel Perks

ACMA CGMA FIAB

Tel: 07484 161382

rachel@perksaccountancy.co.uk

www.perksaccountancy.co.uk

Laugherne Farm House, Martley
Worcestershire, WR6 6QB

LOWER SAPEY NEWS

With Marion West

1939. We had just catapulted into World War II. Meanwhile, in Lower Sapey and around the country, babies were as usual being born. It seems that, back in 2019, quite a few of those babies are still here in Lower Sapey - which means quite a number of 'auspicious' birthdays this year. We think that this is as good a reason as any for another summer party! So, come and help us to celebrate in style on Saturday 15th June starting at 2.30pm in St Bartholomew's garden. There will be CAKE!

Before that, on Saturday 18th May, Dick Stevens is organising an Antiques Road Show valuation day. Time to sort out one of your treasures to bring along, at £2.50 per valuation. The venue is St Bartholomew's on Saturday 18th May at 2pm.

Malvern Hills District Council Chairman, Councillor Andrea Morgan, came along with her friends 'The Hanley Voices' on Monday 11th March as part of their Worcester Cancer Charity marathon Church Sing. It was such a very happy occasion. Our Pop-up Choir sang along with Andrea and her singers before we adjourned for tea and cakes and lots of chat! Then they were off to Shelsley Beauchamp their next venue!

NOTICES

Our Ladies Bible Study outing will be on Tuesday, 11th June. Sue Elson is organising a musical boat trip on the River Severn. Let's look forward to a lovely warm day.

Our next LBS meeting will be with Marion West on Tuesday 9th April at 2pm.

Church housekeeping is Suzanne Richards for April.

Unfortunately I have no service listing for April so please check the back pages.



Easter Egg Trail

Clifton-upon-Teme
Early Years Centre

*** Sunday 14th April * 2019**

Around Clifton-upon-Teme village
Starting in the playground Pound Lane,
WR6 6DE, finishing
at The Lion Pub
2pm until 4pm

£4 per hunter. All ages welcome!

Fundraising event in aid of the Early Years Centre
Registered Charity Number 1085397

**Chocolate! *
Face Painting *
Raffle * Cake
Sale!!!**



**BLUEBELL CROSS
COUNTRY FUN RIDE**

WICHENFORD, WR6 6XY (NEAR MARTLEY)
(NEXT TO WICHENFORD CHURCH)

FOR MIDLANDS AIR AMBULANCE, ST RICHARDS HOSPICE
AND LOCAL CHARITIES

SUNDAY 5TH MAY 2019

ALSO THE PREVIOUS WEEKEND 27/28 APRIL, &
FOLLOWING WEEKEND 11/12 MAY; THESE DATES ARE
STRICTLY BY APPOINTMENT ONLY
PLEASE RING OR EMAIL FOR A DAY AND TIME

**FIRST ENTRIES AT 10.00AM
(LAST ENTRIES 1PM)**

**START FROM THE FIELD NEXT TO THE CHURCH,
OPPOSITE WICHENFORD DOVECOTE & COURT, WR6 6XY**

11 MILES PLEASURE RIDE WITH THROUGH BLUEBELL WOODS
AND FIELDS, MANY OPTIONAL SHORTCUTS, NO ROADWORK
LOTS OF OPTIONAL JUMPS OF VARIOUS HEIGHTS AND SIZES
RIDERS MUST HAVE INSURANCE AND VALID HORSE PASSPORTS
RIDERS TAKE PART ENTIRELY AT THEIR OWN RISK: THE ORGANISERS ACCEPT
NO LIABILITY WHATSOEVER FOR DAMAGE TO PERSONS, HORSES, OR PROPERTY
WHILE ON THE PREMISES, OR TAKING PART IN THE RIDE
HARD HATS AND ADEQUATE PROTECTION OBLIGATORY
DOGS STRICTLY ON LEADS AT ALL TIMES

**FIRST AID * VET AND DOCTOR ON CALL * WCs
DELICIOUS TEAS / REFRESHMENTS, BUNS, CAKES,**

ENTRIES ON THE DAY:
RIDERS: ADULTS £16 CHILDREN (UNDER 12) £12
WE ENCOURAGE WALKERS TOO! - £5
ROSETTES FOR THE BLUEBELL RIDE @ £1 EACH

Contact Enquiries: gblwichenford@aol.com
Mobile: 07767 788 278/0186 888678

WHAT IS HEALTH?

Age old sayings often contain grains of truth, some however are totally false. So, it is with the saying 'there are many illnesses but only one state of health'. This is an illusion. The fact is that there are as many states of health as there are human beings. Each human being has his or her own individual state of health. Health is a quite relative concept, something that is liable to a continuing process of change.

What do we consider health to be? Is it only related to our physical body? Clearly not! We are much more aware of Mental Health issues these days as they are often in the frontline of medical attention.

Do we though consider terms such as 'Emotional Health' and 'Moral Health/Spiritual Health' as seriously?

We can say that someone has a healthy set of morals – or otherwise. We can say someone is emotionally sound – or otherwise.

We do not however, consider these aspects related to our individual health in the same way as we do in concentrating on our physical/mental health. Food for thought ...

Nowadays it is a well-known concept that physical health is affected by emotional/mental imbalances, e.g. stress can affect the physical body in raising blood pressure or in bringing about digestive irregularities etc.

There is a whole field of medicine dedicated to the exploration of this (Psychosomatic Illnesses). The opposite of this is also true, e.g. extreme pain can affect our emotional and mental well-being as we all know. The intrinsic interplay between the different aspects within the human being (physical/emotional/mental) becomes evermore evident. A consequence of this is that approaches to health and illness need to be widened in their perspective in order to encompass this.

In the next issue we will begin looking at different ways of potentially improving and maintaining health: Lifestyle choices/Therapies/Nutrition/ Self-help.

CHURCH MATTERS, By Rev Canon David Sherwin

Do you like eggs? Perhaps those of you old enough will remember the phrase 'go to work on an egg' which was encouraged back in the day. But if we take Lent seriously, during Lent many would only eat eggs on the Sunday's of Lent when they were allowed to break their fast – and especially break that fast on Easter day when they would have an egg.

We of course have developed the fast from Shrove Tuesday when we use up eggs making pancakes so there are none around to tempt you. And also supposedly abstain from meat during that period, hence of course 'fish on a Friday', part of the Catholic encouragement during Lent.

It makes sense to realise the abstinence from eggs during this period of fasting is why we have Easter Eggs, in that it was a very special day to break the fast and to give each other eggs.

We of course take that slightly further today. In our Christian message we realise that eggs contain life and new life comes out of them. With the death of Jesus and him being laid in the tomb he burst forth on Easter Sunday in resurrection and power to bring us the promise of new life.

The Easter Egg is a symbol of that new life. These days of course eggs are mainly

chocolate, of which many people abstain from during Lent and enjoy breaking that fast by breaking into an egg on Easter Sunday.

Whether or not this is your tradition, it is good to be reminded why we have certain customs. That abstinence from egg was to remind us of the life that we have in Jesus as we celebrate Easter Day and his rising again.

I do hope you have been able to reflect during Lent and possibly abstain from something.

In our own parishes I have given out a calendar of abstinence from plastic, which many have found useful. Others I have heard have had a discipline of taking up new things in Lent, which benefit not only themselves but others.

But any discipline we do take up or give up, when we reach Easter Day it is good to reflect that some of the changes in our life need to go on, and the life-giving changes God has brought to my life in Jesus need to continue well beyond Easter.

May I wish you all a very happy Easter. God Bless.

TEME VALLEY WILDLIFE

Spring is here and I am really looking forward to spending more time in my garden. One of the aims of all wildlife-lovers is to encourage wild creatures to come closer so that we can enjoy watching them nearer to hand. If you have a garden, a little patch left untidy is the best way to lure them in, and to get to see what's out and about near you. To celebrate its fiftieth birthday, the Worcestershire Wildlife Trust has a scheme called "Pledge A Patch" which encourages people to dedicate specific areas, however small, in gardens, schools, community spaces or workplaces, that are kept just for wildlife. Is there one near you? See a map of the 200-odd pledged so far at www.worcswildlifetrust.co.uk/pledgeapatch. You, your school or your parish council might like to take part.

Whilst on the subject of patches, a patch of nettles is often cited as a wildlife-friendly thing for a garden to have. Nettles are great for butterfly caterpillars, but might be a step too far, particularly in a small plot, in my experience those fibrous yellow roots pretty soon reach out in all directions. It is easier to make room for a bit of long grass. Giving cover for reptiles, amphibians and small mammals, seeds for birds, food for insects, nesting material for all sorts of characters, and a chance for a few wildflowers to creep in, this could do the trick.

Better still, if you have a hedge, leave some long grass at the base. This gives roosting birds extra cover and the potential for a quick fly-by meal. If your plot has hedge boundaries, don't forget to leave your cutting so that you do not disturb birds when they are nesting. Hedge-trimming is now regulated by law, so leave those shears in the shed between March and August. You might think no-one will notice, but I know a farmer who was reminded of the law by a passing police officer when, just before the end of August, a short length of hedge was trimmed to give access to harvest vehicles.

There are many things you can do to help wildlife. Plant plenty of flowering plants for insects, avoid weed-killers, herbicides and metaldehyde-containing slug pellets, have a compost heap, cut the grass less often and less short, leave a few logs on the ground, keep some autumn leaves in a pile, go peat-free, dig a pond (even a tiny one will do good), put out food and water for the birds, make sure hedgehogs can get from your garden to the one next door, plant shrubs that have berries, grow snowdrops and ivy for early and late nectar - these are just a few of the options open to gardeners. It doesn't require specialist knowledge, you don't need a massive garden, and you don't need to stick to native plants. Just think about food, water and shelter for wild creatures and you're there.

The next meeting of the Teme Valley Wildlife Group is on Thursday April 11th when we welcome back Wade Muggleton whose talk is entitled "Apple detectives in the Teme Valley". Do join us at 7:30pm at Stoke Bliss and Kyre village hall, WR15 8RR. It is just £2 on the door and everybody is most welcome.

For up-to-date information on what wildlife is being seen in the area, or to give us your sightings or comments, visit our Facebook page. Our programme of events, bird survey and archive photographs are available on our website www.temevalleywildlife.co.uk. We normally hold meetings on the second Thursday of the month. All are welcome. Contact us by telephone on 01584 881 397 or by email at twvg@outlook.com.

TEMEBAY

Free to good home: Much loved mahogany wardrobe (6 feet 3 inches high; 18 inches deep and 4 feet 6 inches wide). Collect from Stanford Bridge. Contact Judie Welsh: Tel 07973 744 161 or email somerbarns@icloud.com.

AND FINALLY

A reminder again that Teme Triangle has a Facebook page – so you can keep abreast of all the latest news on our site: www.facebook.com/TemeTriangle.

Also, our printed magazine will continue to be available in all local shops and community spaces so you can choose how and when to keep up to date.

Keep sending your articles and photos in...we love to hear and share your news.

CALENDAR

April

- 5 Martley Young Farmers Easter bingo, Great Witley VH, 7pm.
- 8 Annual Church Meeting for All Saints Church
- 9 Clifton W.I., Clifton VH, "Worcester Porcelain and Valuations with Colin Millett", 7.30pm.
- 10 The Shelsleys Gardening Club, "Clematis", Clifton Village Hall, 7.30pm.
- 11 Teme Valley Wildlife Group, Stoke Bliss & Kyre VH, "Apple Detectives in the Teme Valley", 7.30pm.
- 13 St. Kenelm's Church coffee morning, 10.30am – 12.30pm.
- 13 Nora Parsons Day Centre, Coffee morning and Easter raffle, 10.30am – 12.30pm.
- 14 Clifton Easter Egg Trail, Pound Lane playground, 2 - 4pm.
- 25 Estate Country Animal Feeds Open Day, Martley, 11am – 4pm.
- 27 West Mercia Police property marking session, Clifton VH, 10am – 1pm.
- 28 Clifton Point-to-Point, Knightwick, first race 2pm.

May

- 5 Bluebell Cross Country Fun ride, Wichenford WR6 6XY, 10am.
- 8 Inspirational supper talk, Clifton VH, 7pm.
- 11/12 National Mills Open Weekend, Shelsley Walsh Water Mill, 11am to 4pm.
- 14 Clifton W.I., Clifton VH, "Resolutions discussion for WFWI annual meeting", 7.30pm.
- 22 Nora Parsons Day Centre AGM

CHURCH SERVICES FOR APRIL 2019

Services in the parishes of Clifton, The Shelsleys and Lower Sapey (Harpley)			
April 2019			
Monday 1st April	7.00pm	Annual Parochial Church Meeting	St Kenelm, Clifton
Tuesday 2nd April	9.00am	Morning Prayer	All Saints, Shelsley Beauchamp
Wednesday 3rd April	10.00am	Pushchair Praise	St Kenelm, Clifton
Sunday 7th April Lent 5 Passion Sunday	10.30am	Morning Prayer	St Kenelm, Clifton
	10.30am	Morning Prayer	St Bartholomew, Harpley
	10.30am	Holy Communion	All Saints, Shelsley Beauchamp
Monday 8th April	6.30pm	Annual Parochial Church Meeting	The Shelsleys Village Hall
Tuesday 9th April	9.00am	Morning Prayer	St Kenelm, Clifton
	10.30am	Annual Parochial Church Meeting	St Bartholomew, Harpley
Sunday 14th April Palm Sunday	11.00am	All Age Palm Sunday Service	Laylocks Garden Centre
	6.00pm	Holy Communion with Dramatic Presentation	St Peter, Martley
Monday 15th	11.00am	Chrism Service	Worcester Cathedral
	7.30pm	Compline	St Kenelm, Clifton
Tuesday 16th	9.00am	Morning Prayer	St Bartholomew, Harpley
	7.30pm	Compline	St Bartholomew, Harpley
Wednesday 17th	6.30pm	Compline	St Andrew, Shelsley Walsh
	7.30pm	Time for Time Out	St Kenelm, Clifton
Thursday 18th Maundy Thursday	7.00pm	Passover/Seder Meal	Wichenford Village Memorial Hall
Friday 19th Good Friday	12-1pm	Devotions	St Bartholomew, Harpley
	2-3pm	Devotions	St Kenelm, Clifton
Sunday 21st April Easter Sunday	10.30am	Easter Communion	St Kenelm, Clifton
	10.30am	Easter Communion	St Bartholomew, Harpley
	10.30am	Easter Communion	All Saints, Shelsley Beauchamp
Tuesday 23rd	9.00am	Morning Prayer	St Andrew, Shelsley Walsh
Sunday 28th April Easter 2	10.30am	Circle Service	St Bartholomew, Harpley
	6.30pm	Evensong	St Kenelm, Clifton
Contact Details:			
Revd Canon David Sherwin (Team Rector & Rural Dean) Tel: 01886 888664 Email: davidwin56@aol.com			
Revd Anne Potter (Team Vicar) Tel: 01886 832355 Email: revannepotter@gmail.com			
Revd Becky Elliott (Curate) Tel: 01886 812451 Email: revbeccaelliott@btinternet.com			
Revd Jen Denniston (Curate) Tel: 01886 853280 Email: jendenniston@gmail.com			
Churchwardens Clifton: Barbara Seeley 01886 812763 and Alana Cooper 01886 812520			
Churchwarden Lower Sapey: Candy Connolly 01886 853248			
Churchwarden The Shelsleys: Jane Froggatt 01886 812215			
Parish Email: lizedwards69@aol.com Website: https://wrt.churchinsight.com			



The new 'Colliers Cookery School' in action.

Group photo from left to right: Chef Tom Court, Gaynor Cook, Michelle Evington, Louise Hutton, Shelley Cook, Milly Morgan, Graham Taylor, Nicki Wrighton, Founder Harriet Wakeford. Photo Credit: Michelle Morris Natural Portraits

Your Local Agent Since 1898

- Estate & Letting Agents
- Chartered Surveyors & Valuers
- Planning Consultants
- Auctioneers
- Land & Estate Management
- Sale and Letting of Rural and Urban Property
- RICS Registered Valuers
- Landlord & Tenant Negotiations
- Basic Payment Scheme & Associated Matters



The Estate Office · Hill House · Great Willey · Nr Worcester · WR6 6JB

www.gherbertbanks.co.uk

The Village Stores

27 THE VILLAGE, CLIFTON-UPON-TEME WR6 6EN

01886 812303



Open 7am-7pm Mon-Fri 7am-6pm Saturday 9am-12 noon Sunday

Contributions for the next (May) edition by Friday 12th April 2019 please, to editortemetriangle@gmail.com

Printed by Orphans Press of Leominster Tel: 01568 612460