

FEBRUARY 2013

SUCKLEY NEWSLETTER

By the green wood...

Following our request in the October issue for Suckley folk to get creative with their writing, Kim Jolley sent in this lovely article. It may be difficult with such cold weather to appreciate the beauty around us, but Kim's article, written last year, is a welcome reminder that spring and warmer weather is just around the corner.

I am a relatively new resident, having only recently moved to the village just a year and a half ago, but I feel I must relate my enthusiasm for the beauty of the area, and my gratitude for the chance to be able to experience the seasons as they unfold. Since I have been driving and walking around the area, I have observed a riot of stunning sights and picture-postcard prettiness.

After a friendly, warm September (2011) bathed in mellow sunlight, the autumn exploded across the hills, designing a tapestry of burnished orange, gold and red, suffused with the dark of evergreen; the hedgerow frothy with old man's beard and dripping with blood red haw berries.



The bright pink berries of a few spindle trees flash in the evening sun. On reading up about them I admit to being surprised that they are of the genus *Euonymus*: how many of us have the good old *Euonymus* 'Green and Gold' variety in our garden, stalwart of the evergreens? That there are several trees by the stream is interesting. Maybe, in past times, they were planted for the production of spindles for spinning wool by 'spinsters'. Or perhaps harvested for the high quality charcoal it produces.

FREE Newsletter to Suckley Residents

FEBRUARY 2013

Points of contact:

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Next Issue: First week in April 2013

Content for newsletter to be submitted 22nd March 2013.

Suckley Post Office: Roger & Barbara Blackburn - 884201.

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Village websites – for up to date information on what is happening in the village as well as a list of businesses and trades: www.suckleypo.co.uk & www.suckley.net or for Parish Council business www.worcestershire.gov.uk/MyParish (select Suckley from alphabetical listing).

Suckley Good Neighbourhood Scheme - 840480

Village Hall: Steve Boughton - 884210

Suckley School: Mr Matthew Meckin - 884283

Suckley & Alfrick Pre-School: Joanne Hall - 884766

Church: Wardens: Dr Anne M Lewis – 884552

Parish Clerk: Mrs Diana Taylor - 01684 569430

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As the pinching, cold, darkness of winter descended, the shiny, bright frosty days had to be grabbed and taken advantage of, wrapping up against the wind, enjoying the crisp paths and frozen puddles. The old oak stood majestic, leafless and skeletal. I planned the creation of my garden. Nature held its breath, then gently started to blow the clouds apart. Brave snowdrops shouldered their way out of the cold soil, and crocuses followed them on the march to spring. Hope leapt to mind.

Blackthorn winter is announced with white splashed along the hedges, contrasting with new, fresh lime-green hawthorn shoots. The blast of summertime we experience teases out the wood anemones and bluebells on the hill. Delicately pale primroses nestle up to sweet violets, while the wild garlic jostles them.



On the road to Cradley, the Prunus blossom sparkling white against the golden brown copper beech hedge is a sight to behold. And further on down, two giant willow trees, green fireworks cascading: sentinels of spring. Neat, knobbly, pollarded, pleached, espaliered lime trees, architecture of nature and man, peep over the lane, and a colony, or herd, of cowslips crowd the verge.

Along the 'escape to the country' road from Storridge, we are treated to a view of the woods from afar. More blossom dotted about like puffs of smoke, or clouds that have slipped in amongst the trees. Blowsy Magnolias and cheerful Forsythias shout from gardens, while daffodils wave and trumpet as we pass. I salute them back.

April battered us with relentless wind-blown showers, but majestic cloud formations scudded across the sky; nature's art, nature's moving picture.

I anticipate summer warmth with thoughts of picnics in the meadow, and cool woodland strolls: the lush flush of foliage shading panting dogs. The cuckoo, today first heard, the third week of April, will have cooked its crafty plot, and the innocent host will have bred the lodger. Humming bees, swifts (they're here now,

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I see) and swallows will grace the air. Summer will bring jubilant celebrations and Olympian fever, with parties and games. Long days will melt into one as the season slips ever onward, and once again the golden flush of autumn will wash the landscape, and apples and plums, cherries and damsons will make our harvest home.

It will have been a year of public celebration, and personal celebration as I thank the good fortune that brought me here, to this beautiful, peaceful corner of God's earth.

We are still waiting for summer. A deluge of almost Biblical proportion has washed away those picnics and sultry walks. The jet stream has slipped us into false autumn and the gardener struggles with a flood of slugs. Bedraggled vegetables bravely battle the raw elements and sweet peas scent the cool evenings. Maybe we'll have a September Indian summer, in time to celebrate my first year here?



Tractor boys on tour...

Identified by their 'uniform' of red t-shirts and black baseball caps with red writing, the Brockamin Tractor Club has come up with a novel way of raising money for the Air Ambulance - tractor tours through the highways and byways of Herefordshire and Worcestershire.

Started eleven months ago specifically to raise funds for the Air Ambulance, the Brockamin Tractor Club's twenty-two members meet once a month at the Fox at Lulsley. There with the aid of a pint or two, they plan their trips and outings. Members are from all around the area - Alfrick, Suckley, Ledbury, Brockamin, Docklow – and all share a love of vintage tractors. The oldest is an Allis Chalmers, owned by Paul Saunders, and was built in the 1940s. Allis Chalmers is originally an American make, founded in Milwaukee in 1861.

Off on tour along the lanes, on a day that was, thankfully, dry for the 'cab less' drivers.



The original rules of the club were for members to own or drive a Massey Ferguson without a cab, although these rules are not really enforced when it comes to tractor make. However, those drivers who do turn up on the day with a tractor sporting a cab are required to pay a 'fine', the money going towards the day's fundraising effort.

Tractor runs are organized by a member and a route is often dictated by the locality of a public house. The last tour covered Bosbury, Colwell, Fromes Hill,

Bishops Frome, Avenbury and returned via Suckley Knowl. Drivers are requested to keep in mind other road users, and bearing in mind that these machines are not built for speed, tailbacks are kept to a minimum. Despite the 'pitstops' along with way, drivers are not allowed to drink alcohol – although that rule does not apply to their followers! On a run, each driver has to pay a 'fee', normally £15, and their last trip in December raised £195. From the attention they have received from people stopping to take photos, plans are afoot to have a tin to shake when going round the pubs. The club also arranges coach trips with a recent visit organised for a tour (and lunch) at the JCB factory – with each member donating an extra pound to the charity. Last bonfire night, a social get together brought in a further £85.34, all going towards their target of £1000. Once this amount is raised and donated to the Air Ambulance, the club will be looking to fund a local Suckley charity – the school and the church being two causes under consideration.

Of course, members having day jobs that are dictated by the agricultural calendar, the club has to arrange their tractor runs around lambing, ploughing, combining, hay making and hedge cutting. In their spare time (!) they hope to add to their activities by organizing a few ploughing matches this year - between themselves - and will be on the look out for a field to plough.



Derrick Philpotts with his 'vintage' tractor at a ploughing competition at Stoke Bliss last year, where Derrick picked up 2nd prize in a furrowing class.

The next outing of the Brockamin Tractor Club is on 24th February starting at The Cross Keys, Suckley Knowl at 10.00am and spectators are welcome. The route, still being finalised will be heading towards Bromyard and will meet back at the Cross Keys later in the day. If you would like to know more about the club and their vintage machines or would like to take part in a tractor run, please contact Derrick Philpotts on 07831 246495.

Over a glass of wine in a lovely Suckley garden...

Tilda Swabey, discovers through the fascinating life of a prominent figure, that Victorian Malvern wasn't all teacakes and donkey rides.

Over a glass of wine in a lovely Suckley garden, it was revealed that our neighbour had a famous not to mention rather infamous relative in the form of the Victorian hydropathist Dr James Gully.

Nick Reed's great-great-great (great?) (you get the picture) Grandfather with his friend Dr James Wilson developed and made famous the Malvern Water Cure which popularised and led to the development of Malvern as a fashionable Victorian Spa town.



James Gully

Born in 1808, James Gully began his training at the age of 15 in traditional medicine, finishing his studies in Edinburgh and Paris before setting up a successful London practice treating many famous patients including the Prime Minister of the day, Lord Aberdeen. Such was the power of his personality that his fame spread through Europe. But it was his experiences of 19th century medicine from the patients perspective, when, despite the best efforts of orthodox medicine, he lost first his fiancé, then his wife and finally his youngest daughter to illness, which drove him to look to alternative treatments.

Many of the remedies of the day had been unchanged for centuries and involved herbs poultices, emetics, salts of heavy metals, poisons, mercury, lead, arsenic and drastic purgatives, not to mention the leeches and the bloodletting. Some of these caused far more serious conditions than they were supposedly treating.

When Gully's friend, Dr James Wilson returned from an 8 month trip to Graefenberg where he had embraced a curative regime created by Vincent Priessnitz "he was full to the brim with Hydropathy" During those months he had taken 500 cold baths, drunk 3500 tumblers of water and spent 480 hours in wet sheets, and his enthusiasm convinced his friend to set up a spa in England. All they needed were hills, curative springs and fresh mountain air. Malvern was their perfect solution.

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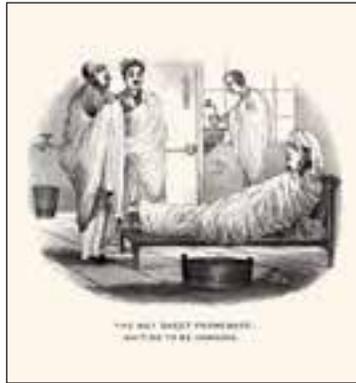
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In 1842, Wilson and Gully set up their clinic and with some high profile successes and even higher profile clientele, including Alfred Lord Tennyson, Charles Darwin, Mrs Charles Dickens and Florence Nightingale were quickly firmly and very lucratively established.

The Water Cure



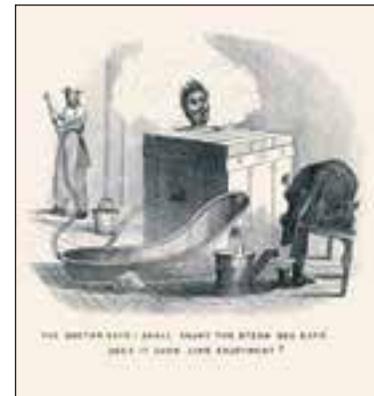
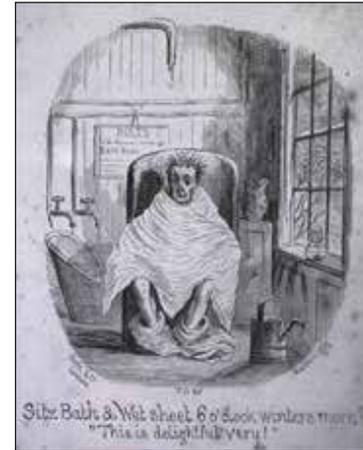
The Water Cure began at 5am when the patients were wrapped in wet sheets from neck to toe, then again in blankets and then left for some time before finally being unwrapped and plunged into a cold bath. Then followed a brisk walk up the Malvern Hills to drink at the various wells. Patients were expected to drink up to 18 tumblers of water before returning for a substantial breakfast.

After breakfast the patients could do as they wished until more baths at midday. These were often either the "very odd Stiz Bath" where the patients sat fully dressed but for their bottom half which was immersed in - you guessed it- cold water. This was recommended for everything from congestions of the stomach and obstruction of the liver to shrinking piles. The Douche Bath which was only for the nearly fit and consisted of 52 gallons of cold water being released from more than a 20 foot height, and was considered the whisky and soda of the Water Cure.

Lunch was followed by more walking, more lounging and inevitably a lot more baths. There were many other more specialised baths or treatments depending on the illness. These included the more gentle Pail Douche, where alternate warm and cold buckets were thrown over the patient - highly recommended for hayfever; friction rubs with wet towels; spinal washing, lamp baths, steam boxes

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as well as foot baths advocated for toothache and headcolds.



The purpose of the treatments was to tone up the nervous system so that the body could use its natural healing powers to overcome the disease more effectively. Almost every patient derived some benefit from the cure, although how much was from a rest from industrial England, better hygiene, increased exercise and a healthier diet is difficult to say.

Dr Gully was a supreme disciplinarian refusing to treat those who would not obey his instruction. He forbade all alcohol and tobacco as well as all medicinal drugs, potions and cordials. His strictures on food were specific and detailed although what he had against lettuce is unclear. He was also a firm believer that the sexes should be separated during their treatment so as not to distract each other during their recovery. He set up separate men's and women's houses, Tudor House and Holyrood House, next door to each other on Abbey Road which were only connected by small bridge, known to all as the "Bridge of Sighs". Tudor House later became a hotel and is now converted into luxury flats.

Dr Gully himself lived in Priory House that is now Malvern's Council House holding civil partnerships and weddings. He and Wilson set up separate practises in 1846 and their methods diverged. Things became increasingly acrimonious between the two, eventually dissolving into bickering about rights of access to the wells. This rift went unresolved until Wilson's death in 1867, when Gully made amends.

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Gully's personal life became increasingly complicated. His marriage to his second wife had been quickly over, his sisters brought up his 3 children from his first marriage. He was a charismatic figure in Victorian England. His papers and writings were widely read and admired and even included a play performed at Drury Lane. He helped establish Malvern College, and invested in many local projects in Malvern, from the Malvern News to the Worcester & Wolverhampton Railway Company. But it was the arrival of Florence Ricardo, the beautiful auburn haired wife of Captain Ricardo that was to bring disorder into his world. She came as a patient in 1870, and later persuaded her alcoholic husband to return with her. After 3 months treatment he left her, and she never saw him again. The following year the Captain was found dead in Cologne.

Florence and Dr Gully had by then formed a deep attachment and she was to accompany him - always with a chaperone, on many of his trips. When he retired in 1872 and moved to London, it was to a house opposite Florence where she lived with her companion Mrs Cox. Despite the chaperone, Florence soon found she was pregnant. The pregnancy was terminated by Dr Gully, and although they remained close friends, the trauma of losing her baby seems to have marked the end of their affair.

It was only when Florence, after a whirlwind courtship married the young barrister Charles Bravo that she finished their friendship for good. But the marriage was very troubled and not to last and after five months in 1876 Charles Bravo was dead under suspicious circumstances. The cause of death was poisoning by antimony.

Two inquests were held and the details were considered to be so scandalous that women and children were banned from the room while Florence testified. Dr Gully volunteered and gave evidence to help defend Florence, but in the process their past was exposed, and they were both humiliated and disgraced.

The inquest returned a verdict of wilful murder; however, nobody was ever arrested or charged. Possible theories abound, including in a BBC recreation



Florence Ricardo

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by Julian Fellows of Downton fame, the proposal that Bravo had been slowly poisoning Florence but in a panic over some swallowed laudanum had accidentally poisoned himself. The case is still sensational, notorious and unresolved.

After the inquest Florence moved away, dying of alcohol poisoning two years later. Dr Gully himself died in 1883 in oblivion in London after a long illness. But the Malvern News printed a long eulogy expressing some of the love and gratitude his patients felt to him.

Nick said as a child Gully's name used only to be mentioned in whispers because of the disgrace he had brought on himself. But what an extraordinary man and what an extraordinary life. Although it has to be said, I think on reflection I'm very glad I'm not taking the Water Cure.

Much of this article was referenced from: The Malvern Water Cure by John Winsor Harcup.

Fruit trees for Worcestershire

Once again Worcestershire County Council, working in partnership with Walcot Organic Nursery, is running their scheme to promote the planting of traditional apple, pear and plum tree. By offering rootstock of local varieties to plant in gardens, fields or orchards, they hope to stop the decline of traditional Worcestershire varieties of fruit trees. It is thought that up to 85% of Worcestershire orchards have been lost in the last 50 years. Varieties such as Sandlin Duchess and Dick's Favourite (apples), Pitmaston Duchess (pear) and the yellow and purple Pershore plum are available as one year old, organic, bare route maidens. The trees are approximately 1.5M tall and are suitable to be grown on to larger bush trees or trained into different forms such as cordons and espaliers. Price per tree is £14.50 for apples, £15.75 for pears and £17.00 for plums but you need to hurry as the scheme closes on 15th March. If you would like to enjoy growing these fruit trees in your garden or would like to know more, please call 01905 766493 (WCC Community Greenspace officer) or email communitygreenspace@worcestershire.gov.uk

Update on the SPACE project (Suckley Parish and Academy Church Enterprise)

For the many of you who follow the progress of the SPACE project here is a summary of what has been going on recently. There are 19 core volunteers representing a cross section of the Suckley community who meet regularly at SPACE Steering Group Meetings or at one (or more!) of 4 sub-committees covering Communications, Buildings, Trust-Fundraising, and Business, and of course there are Parochial Church Council meetings as well!

The Open Meeting, held on November 7th, was attended by over 80 parishioners. The meeting was an opportunity to inform the community about the proposed plans for the project for Suckley church. The plans include providing toilet and kitchen facilities, whilst also creating a space that could be used by a wider community – other than those who attend church services - including the school for its curriculum activities.

We are aware that there was not enough time to hear the opinions of the many who attended the Open Meeting. We have therefore tried, by personal contact, to seek the opinion of all those who were unable to share their views at the Open Meeting. This has been an encouraging exercise and shows the widespread support that there is in our parish for this project. 70% of those present at the Open Meeting have expressed support for the project, 21% are not in favour, and 9% are neutral. We are grateful to the Archdeacon and the DAC (Diocesan Advisory Committee) for their ongoing encouragement and support as we continue to seek out the best way forward. Ideas continue to be shaped by the many constructive ideas that have been offered, as we are mindful of concerns raised and the wide spectrum of opinion. In the coming months, we plan to offer further discussion opportunities for those who have concerns or queries about the plans.

The current financial need of the church, averaged over the last four years, is approximately £14,500 and rising steadily. The yearly income of the church, averaged over the last four years, is approximately £13,300. If repair/capital costs, common with all large properties of this age, are included of approximately £1500 per annum, the annual loss is nearly £3000 per annum. Reshaping the church's interior to provide facilities for the wider Suckley community including the needs of Suckley School will not only make us competitive for future grants, but will also bring in rental income which should cover the church's annual loss, plus give a small profit. Much effort has gone

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into fund raising in recent years, but it is simply not enough to cover the current losses. Last September's outstanding flower & wedding festival raised £2700, a record figure, but it is still well short of what is required to balance the books, let alone cover future inevitable major capital expenditure such as replacing cracked bells, stonework and guttering.

In order to raise money for capital repairs we will have to apply for grants in an increasingly competitive market, (at the present time so many churches are in similar position to ourselves). We have been asked why we cannot simply obtain grants from the National Lottery or similar sources to keep the church going. Such major donors simply do not give money to institutions that are purely religious in nature. But they will provide grants where there are community or educational interests involved. The bottom line is that the SPACE project provides a realistic way of keeping Suckley church open for future generations of Suckley families.

Liz Devenish. Chair, SPACE project
Email liz.devenish@virgin.net Mobile 07929001563, Home 01886 884787
For latest information and contact details visit www.suckleyspace.org.uk

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Recipes (not) from the Suckley Masterchef

Our masterchef is taking a break at the moment so we would like, courtesy of bbc.co.uk/food, to suggest a luscious recipe for Pancake Day on 12th February.

Although the classic way to eat pancakes is to sprinkle them with sugar and lemon juice, why not try James Martin's more indulgent recipe for hot pancakes with black cherries and Chantilly cream.

Hot pancakes with black cherries and Chantilly cream

30 mins preparation time – 10 to 30 mins cooking time

Makes 12 pancakes

For the pancakes

175g/6oz self raising flour
100g/4oz caster sugar
1 tbsp baking powder
2 eggs
275ml/9fl oz milk
butter

To serve

300g/10oz tinned black cherries
1 tsp arrowroot
1 tbsp fresh mint, chopped
125ml/4fl oz double cream, whipped
2 tbsp caster sugar
1 tsp vanilla essence

Preparation method

- To make the pancakes, sift the flour into a bowl with the baking powder and caster sugar. Add the eggs and milk, whisk together but be careful not to over mix it.
- Heat a little butter in a non-stick pan and then add a tablespoon of batter for each pancake. You should be able to get three or four pancakes in the pan with a gap between each one. Cook them in batches until golden brown on both sides. Remove and keep warm.
- Drain the cherries, keeping the juice. Pour the juice into a pan and bring to the boil. Add a little water to the arrowroot and whisk into the boiling juice. Add the cherries and the chopped mint.
- Stir the sugar and vanilla into the whipped cream.
- To serve, stack the pancakes, three or four per portion, pour over the cherries and juice and top with a spoonful of the Chantilly cream.

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What's on, what's happening in and around Suckley

| | |
|-----|--|
| ... | <p>Quiz nights at the Nelson</p> <p>Held monthly at The Nelson always on the third Wednesday of the month, starting at 8.30pm. Free to enter for teams of up to 5 people. Small prizes for the winning team.</p> <p>Next quiz nights are February 20 and March 20th 2013. More details if required from Max, Rod or Belinda at The Nelson (884530).</p> |
| ... | <p>SPACE Project</p> <p>If you have any questions or would like to share your thoughts on the proposed re-ordering of the church, please do not hesitate to contact:</p> <p>Liz Devenish. Chairman, the SPACE project. email liz.devenish@virgin.net Mobile 07929001563, Home 01886884787</p> |
| ... | <p>Brockamin Tractor Club</p> <p>Raising money for the Air Ambulance, the club has an outing planned for 24th February starting at The Cross Keys, Suckley Knowl at 10.00am and spectators are welcome.</p> |

Local Services:

Mobile Library Timetable 2013

Please note change of location and new times :

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Suckley School - 11.45 - 12.10
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Dates: 8th February, 1st March and 22nd March

Enquiries about this service should be made to Malvern Library, Graham Road Malvern or telephone 01905 822722, or email malvernmobile@worcestershire.gov.uk

Suckley Local History Society - plans for 2013

The Suckley Local History Society grew out of the successful Suckley Millennium Project with the aims of fostering interest and enjoyment in local history research and providing enlightening talks and lectures on subjects of local historical interest. Membership is open to everyone with any level of interest in local history – our membership ranges from local history buffs through to those keener on the social side of our friendly and welcoming society. Annual membership is just £14 which includes free entry to all Society Meetings during the year and priority booking at sell out events.

2013 Programme of talks and trips:

Thursday February 28th

A history of Suckley School

Thursday April 18th

Coneys & Pillow Mounds – The history & archeology of Rabbit Warrens

Wednesday June 19th

Guided tour of the Gaines, Whitbourne – history talk & field trip

Thursday July 18th

Visit to Archer's Mill, Cradley – guided tour & field trip

Saturday September 7th

A history of hop growing in Suckley – field trip with farm tour of Stocks Farm

Thursday 16th October

Medieval Tales of Herefordshire & Worcester border country

Thursday December 12th

Christmas Customs in Tudor Times

Meetings are held in Suckley Village Hall, starting at 7.30 PM, except field trip outings. Refreshments are available at our meetings at a small charge as we aim to make these occasions sociable and fun, as well as interesting and informative. Non-members are always welcome to attend our meetings - the non member charge on the door is £4.

More information available from Andrew Grieve (01886 884795), Liz Devenish (01886 884787) or Margaret Davies (01886 884301)

Suckley Church

Suckley Services for FEBRUARY and MARCH

The Suckley Christmas Tree has only just gone; but we are now preparing for Easter! Here are the services for the next 2 months:

Sun Feb 3rd at 11am All Age (a lively informal service)

Sun Feb 10th at 6pm Evening Prayer (A quiet contemplative service)

Wed Feb 13th at 10.00am, a quiet traditional Communion Service

Sun Feb 17th We go to Alfrick for their 11am All Age Service

Sun Feb 24th at 11am Family Communion (a traditional communion service where all are welcome)

Sun Mar 3rd at 11am All Age (a lively informal service)

Sun Mar 10th (Mothering Sunday) Leigh has the 11am Family Communion Service, Suckley has a 6pm Healing Service (a quiet service with the opportunity for prayers for healing)

Sun Mar 17th We go to Alfrick for their 11am All Age Service (a lively informal service)

Sun Mar 24th (Palm Sunday) at 11am All Age Service after processing through the village with a donkey... watch out for details!

(Holy Week) Tues Mar 26th at 7.30pm Holy Communion

Fri Mar 29th at 10am Good Friday All Age Service

Sun 31st March Easter Day at 11am Family Communion... Come and Celebrate with us!

Don't forget to enjoy Suckley Church's own Facebook Page (www.facebook.com/suckleychurch). You can enjoy the photos even if you don't have a Facebook account.



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| | |
|------------------------------------|---------------|
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| Valentine's Day Lunch | 14th February |
| Gardening - Grow Your Own Patch | 28th February |
| Mothers' Day Sunday Lunch | 10th March |

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Finding Spirituality in Yoga

Barbara Wall writes of how Yoga is both a physical and mental activity that has taken her on a journey to deeper self awareness and spiritual enrichment.

Should we think of our yoga practice as being purely a physical “work-out”, or be feeling an awakening within our spiritual self? This is a question I have asked myself many times.

I have been interested in yoga since I was a child but didn't take it up until I was in my 20's. I had fractured my spine in a motorcycle accident and was advised by my doctor to find an activity that would strengthen my back and so I looked to yoga.

My first experience did not start well. I'm not a natural “joiner” of groups and it was with trepidation that I signed up, on my own to join a local yoga class. I had purchased a very bouncy padded sports mat of which I was very proud. I walked into the room to a group of about twenty women all sitting very quietly or rolled up into various positions on the floor. The teacher hadn't yet turned up and none of the students spoke to me and I felt very much like “the new kid”. I had no idea what was expected of me and so I found a “safe” place at the back of the class, lay down and tried to become invisible. And then the teacher walked in, stood in front of the class, pointed to my brand new mat and promptly told me it would not be suitable and that I was to use one of her spares.

I was mortified. But the main thing I remember was that nobody showed any sympathy and that a few of the students even looked a little smug. So far I wasn't feeling any of the peace and serenity one associates with yoga.

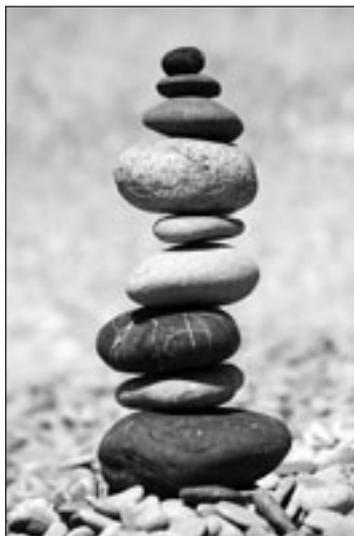
A little while into my class I noticed a term that kept being used was ‘feel the posture’ and the other was ‘breathe into the feet or legs or heart’. I must admit that phrases like this began to irritate slightly. What did these mean and what had they got to do with strengthening my spine?

There seemed to be an awful lot of pausing to ‘breathe’ and I began to get frustrated and think that we would never get down to the ‘hard’ stuff. I persevered and things got better but I still struggled with the whole ‘deep

and meaningful' side to the class and so I chose instead to concentrate on the postures or Asanas as I learnt they were called.

I learnt that yoga was about 'finding yourself' (I still haven't quite got that one) and working within your limits on your mat, but I still found that with certain students, the deeper they got into their practice the more distant and unapproachable they became. This slightly pretentious behaviour by some students reinforced my initial misgivings towards the spiritual side. Was this what being a 'yogi' was about?

Of course, not every student was like this and a concerted effort by me to smile and attempt to have a chat to the others helped to break through the rather serious atmosphere of the class. I made a friend and the class became easier to attend.



After many years of being taught, I made the decision to train and become a teacher myself. I researched many different courses and training providers and finally settled on the British Wheel of Yoga.

It was hard work. Luckily my job as a part-time Chiropodist allowed me time to study and also helped me progress through the Anatomy and Physiology with ease. Studying also required a monthly meet-up with eighteen other students. These meetings were a joy, the group were a wonderful mix of backgrounds, races and cultures and meeting them has enriched my life no end.

I knew from the outset that part of the syllabus involved the history and spiritual side of yoga, both of which I thought that I would just "get through" intending to focus instead on the Asanas. To my surprise, the history was fascinating and inspired me to want to learn more.

Soon, it was time to face my personal hurdle, the spiritual side of yoga. Once again, I was surprised to learn that it is not something mysterious but simply a

way of life that begins the journey to spirituality. With the help of the course teacher and by reading a page or two of Pantanjali each day, I have made spiritual discoveries and a deeper awareness of myself that has helped in my practice and also with my relationships with others.

I have also learnt, after many years of practice, that in yoga sometimes less is more; and having finally 'got' the breathing-into-a-posture I now understand that the practice on one's own mat is very personal and this can make you appear 'closed off' in a class environment (in my own class I have tried to create a friendly environment where I encourage my students to have a good time and make new students feel welcome and part of the class as quickly as possible).

For me, yoga has become an exploration of my mind, body and spirit and has taught me a new way of looking at life in which I try and apply this teaching from Pantanjali – "By cultivating attitudes of friendliness towards the happy, compassion for the unhappy, delight in the virtuous, and disregard toward the wicked, the mind-stuff retains its undisturbed calmness."

Is this a spiritual awakening? Or merely a different way of approaching life and all its complexities? I don't yet have the answer. All I will say is that I'm having fun finding out!

Read Barbara's Blog at www.paadena.wordpress.com Tweet or follow Barbara: @paadena

Suckley Good Neighbour Scheme tel: 01886 840480

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- ❖ Repairs & Odd Jobs
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- ❖ Befriending
- ❖ Pension & Prescription Collection

.....or anything else you might expect a good neighbour could perhaps help with, then get in touch. Our group of CRB checked volunteers are here to help.



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More than just getting a packet off a shelf! Dispensing services are closely regulated, with all medication needing to be authorized by a doctor before it can be processed. Repeat items are normally endorsed in advance for a set period of time and you are asked to attend for a regular medication review. If you ask for medication not on your repeat list, if your review is overdue, or if the medication has been prescribed from elsewhere, the Dispensary staff are unable to issue it until a doctor has agreed. This can take time if the doctor is busy in surgery. Repeat medication orders will be processed within 2 working days. This allows us time to seek authorization where required and to order items if we do not have them in stock. The Dispensary staff will also issue 'acute' medication as requested at the time of your visit to the doctor. On average, we dispense approx 92,500 items pa. Medicines prescribed by GPs, sitting unused in people's homes cost the NHS £90million per year. In order to help combat this, government recommendations state that medication should only be issued on a monthly basis. This means that if your medication changes or does not suit you, or you stop taking it for any other reason, wastage is reduced.

29th March Easter is early this year!

If you are booking holidays, don't forget to arrange your travel jabs in plenty of time. Fill in a travel form at reception or go to www.knightwicksurgery.co.uk

We will be closed from 8pm Thur 28th March until 8am Tues 2nd April

Clinical Team: Whooping Cough (Pertussis) vaccination is offered to all pregnant women between 28-38 weeks of pregnancy and to new mothers who have never been vaccinated against pertussis. This single dose vaccine is being offered due to the sharp rise in the number of whooping cough cases in the UK. It helps protect your baby from developing the disease in the first few weeks of life. For more information, contact the surgery or go to www.nhs.uk and search 'whooping cough in pregnancy'

SPOTLIGHT ON: Claudia Buxton, Dispensary Manager

Originally from Surrey, Claudia moved to Worcester in 1981 and has been with the Surgery for 23 years. Initially employed to list drug names into the innovative new computerized system designed by Dr Collis, Claudia completed a BTEC National Certificate in Pharmaceutical Science. As the department grew, Claudia's responsibilities expanded and she took on the role of Dispensary Manager. Outside work, she enjoys walking, singing and genealogy research.



Please leave any feedback about the newsletters and our digital display screen (constructive criticism welcome!) by emailing kateparkinson@nhs.net, text to 07745 209308 or filling in a comments form in the waiting room. Many thanks.

The full A4 version of this Newsletter is available at the Surgery. It will also be available on our own dedicated website – www.knightwicksurgery.co.uk and on the local Clifton on Teme website at www.temetriangle.net - courtesy of Bernadette Higgins.



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History Society Visit to the Worcester Hive

Margaret Davies writes: On December 6th Suckley Local History Society held its re-arranged event at the Worcester Hive and were hosted by Deborah Overton of the Worcestershire Archive and Archaeology Service. The society members had a conducted tour of the extensive resources available at the library and Worcestershire Local History Service including interactive displays of local scenes and Worcestershire life over the past 500 years. Much of the evening was then spent in the archaeology department, Suckley being an unspoilt area, it was a good place for archaeology finds.

Upstairs

First, Deborah gave a talk on the Suckley archaeology records and mentioned the record finds in the Suckley Hills, Hall House, Pewcroft Farm and the Boat House, Coneygore, Tor Coppice, Tapperdine and Ravenshill Wood among others. The members were shown computerised maps including several tithe maps of the area but not Suckley unfortunately, as this is still waiting to be done. (Perhaps a project for volunteer interested in Suckley local history?)

The monuments list mentioned the Bruff manufacturing as a war material manufacturer and Baston Hall as the headquarters of the wartime Home Guard. A Nissan hut located at Upper House was also part of the wartime defences of the home guard and also recorded the sites of where wartime bombs had been dropped on Suckley. The records of Suckley also show trackways holloways, lynchets and quarries.

Downstairs

Deborah talked the group through the role of the Worcestershire Archaeology Service and the competitive bidding for work on development sites before new building commences. She showed examples finds that included of roman pottery, which fell into three categories:

- Severn valley - these were made around the Malvern area being large earthenware pottery, but were more finely made than their Victorian counterparts.
- Blackware - with a black or burnt appearance.

- Samian - being made in Gaul (France) this was red earthenware with a fine hard red glaze and of the highest class.

She also took the members around the finds processing department where thousands of pieces and fragments were washed, numbered and catalogued. We were also introduced to some of the science of pollen and environmental analysis which tell us what crops and vegetation were grown and consumed in periods of archaeological study.

Members had a most enjoyable evening gaining an insight into the world of archaeology and their records of interesting finds in the Suckley area. We will be meeting Deborah Overton again when she gives us a talk in April on the history managed rabbit warrens in the Medieval period (there are remains of an important one in Alfrick).

Information on the History Society 2013 programme can be found in Andrew Grieve's article "Suckley Local History Society - plans for 2013".

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|  <p>Lunch at Laylocks</p> <p>Seeds, Plants, Shrubs, Trees, Cards, Gifts Aquatics, Pots, Ornaments, Garden and Conservatory Furniture - everything for your garden!</p> <p>Children's Play Area Gift Tokens Coffee Shop/ Restaurant</p> <p>A44 Bromyard Road, Worcester (1 Mile from A44 Island) Tel: 01903 429212 www.laylocks.co.uk</p> | <p>Three Counties Chimney Sweep Services</p>  <ul style="list-style-type: none"> * Clean * Efficient * Professional * Sweep & Vacuum * Stove & Liner Installation * Bird Guards & Cowsls <p>Fully Insured Service All Areas Covered</p> <p>Ian Robson Tel: 01684 891005 Mob: 07403 277436</p> <p>Member of The Guild of Master Sweeps</p> |
|--|--|

Suckley Parish Council Meeting - held On 14th January 2013

SPEEDING ISSUES - The Clerk reported that it was possible to recalibrate the VAS camera to a higher speed. However, all three Parish Councils i.e. Alfrick & Lulsley, Leigh & Bransford together with Suckley would have to agree for this action to be taken, and the speed level. Alfrick & Lulsley had already agreed for a speed level of 36 mph, and the Clerk was awaiting a response from Leigh & Bransford. The cost would be around £50 plus VAT. The VAS camera had logged a total of 3,173 hits from 11th December 2012 to 2nd January 2013 at the two locations in Longley. The Council was informed by a parishioner that a crash had occurred in December 2012 between a lorry and a bus at a dangerous bend in Suckley Green. Fortunately the bus was not carrying any passengers at the time (around 8.30 am) and no-one was seriously hurt. However, he felt it was essential to have a speed limit along this road, plus warning signs of the bend. The Clerk was asked to write to County Highways requesting warning signs to be erected along the road and possibly painting the road surface along the edges to narrow the width of the road. It was felt that County were more likely to agree to this request than a speed limit.

BROADBAND IMPROVEMENT – Both the Clerk and Cllr Peter Whatley have been following up the services offered by Airband Community Internet Ltd – a small but growing wireless internet service provider delivering high speed broadband to business and residential customers in rural areas using wireless broadband. The plan had been to organise a presentation meeting in January, but Airband had requested this be put on hold until their engineers had been able to survey the area. Some survey work had been done up to 14th January, but it was still incomplete. The service does not rely on your phone line, but is carried over Airband's own network with coverage across 5 counties and speeds of 1Gbps. The service is then relayed to a church or other suitable local building. A radio device on the outside of your house, smaller than a satellite dish, picks up the signal. A cable is carefully run from the dish into your house and plugged into your computer or router. 50 sign ups are needed, so we do need to start putting together a Register of Interest, so if you are interested, please contact the Clerk, Diana Taylor (details below) or contact Cllr Peter Whatley on 01886 884126.

HIGHWAYS - Cllr J Green and the Clerk have received numerous reports of blocked drains throughout the Parish. The Lengthsman has been working very

hard and to try and solve these problems, but in most cases we need County Highways to jet the drains to remove the blockages. Some flooding has been caused by ditches being blocked. The Clerk will be chasing up all these incidents with Gerry Brienza at County Highways. Some are already under investigation and action.

HEART START - Cllr J Green and Cllr A Lewis informed the Council about the Heart Start scheme. This was essentially a training scheme for volunteers to able to use a defibrillator. At least ten trained people were required, together with a suitable location for the defibrillator within the Parish. The cost of a defibrillator would be in the region of £1,200 - £1,500 plus VAT (including some training). The Council felt this was a good idea, but should be a community fund raising project, with the Council giving some financial support.

PRECEPT 2013/14 - The Council decided unanimously to freeze the precept at the 2012/13 level i.e. £13,859.

LOCAL POLICE - Crime figures for Suckley were reported as November 2012 - 1 RTC (damage only), 1 Theft. December 2012 - 2 ASB and 1 theft of two bronze statues valued jointly at £1,500.

SALT/GRIT BINS - As reported last year, the Council has purchased three new salt/grit bins for use around the Parish that have been much appreciated by residents living near to these bins. However, both the Clerk and Cllr J Green have been receiving reports of salt/grit being stolen from the bins. This means, of course, that when local people need to grit/salt the road, the bins are found to be empty. **The Council has arranged for the bins to be refilled, but I have been asked to stress that anyone taking and using this grit/salt for other than local use on the roadway near to the bin is committing an offence.**

DIANA TAYLOR, Clerk to Suckley Parish Council
9, Lambourne Avenue, Malvern WR14 1NL
Tel: 01684 569430 E-mail: dtaylor@suckley@msn.com

Next Meeting of the Parish Council will be on Monday 11th March 2013 at 7.00 pm in Suckley Village Hall. There is always time at the beginning of the meeting for parishioners to make a short address to the Councillors for discussions in the meeting.