

Pinpoint

The Newsletter for the Village of Pinvin - Produced by St Nicholas Church, Pinvin



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Local Police

LPO: PC Paul Brown 07811 973905

PCSO: PCSO Karen Kempton 07890 525293

Email: pershorerural.snt@westmercia.pnn.police.uk

Police & Crime Commissioner:

David Jamieson 0121 626 6060

West Mercia Police 01905 331656

Email opcc@westmercia.pnn.police.uk

www.westmercia-pcc.gov.uk

Local Councils

Worcestershire Hub 01905 765765

Worcester County Council 01905 763763

Wychavon District Council 01386 565000

A message from Our Vicar, Claire Lording



Dear Friends

It's been really strange not to have been able to have all of our usual services and events in Church. Thank goodness though for the wonders of email and social media which have enabled us to keep in touch with one another as we continue to celebrate Easter. Check out Pershore Abbey Community on Facebook and the Pershore Abbey website (www.pershoreabbey.org.uk) if you want to catch up. These platforms are for all the Benefice and will hopefully continue to keep us connected in these strange times.

At the heart of our Easter celebrations is the moment Jesus bursts out of the tomb and shares in the resurrection life. The darkness of death and the tomb cannot hold him anymore. And through it we are assured that the darkness of death cannot hold us either. It's a message that we need more than ever today.

In a world of Coronavirus and lockdown, it would be really easy to give in and let the uncertainty and the darkness or not knowing what's going to happen next beat us. But I look around and see what's happening in our communities, in Pinvin and beyond, and I see people being kind and caring to one another. I see neighbours and key workers loving one another and being positive and helpful as they can be. This is hope and love in action. This is a community saying that the darkness will not beat us. This is a community, whether you know it or not, living out life in the light of the resurrection.

As we continue to pray for those who suffer the most because of this virus, and as we continue to give thanks for loving actions in our community and further afield, let us give thanks during this Easter season for that great promise of hope and new life.

Keep safe everyone.



Pershore Abbey and Benefice Office

11 Broad Street, Pershore WR10 1BB Tel: 01386 552071 Email: office@pershoreabbey.org.uk

www.pershoreabbey.org.uk

Registered Charity No 1133566



St Nicholas Church

Pinvin

A A

The Abbey Church of the Holy Cross Pershore, Worcestershire

St Nicholas' Pinvin - St Mary's Wick - St James' Birlingham

www.pinvin.org.uk/nicholas

Services at St Nicholas for May

I am sure you know by now that sadly all Church Services are cancelled.

Please note Pershore Abbey is open for quiet contemplation.

St Nicholas cannot be left open because of its isolation.

If you wish to use this beautiful old Church please phone the Abbey Office on 01386 552071

We regret that this isolated church cannot be left open.

If you wish to visit please contact the office on 01386 552071, who will direct you to a contact person who will enable you to visit St. Nicholas Church.

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St Nicholas Church Parochial Church Council

The following people have been elected as officers of St Nicholas Church.

Vicar: Rev Claire Lording 01386 552071

Assistant Curate: Rev Steve Dunton 01386 552071

Churchwarden: Glen Hurst 01386 555830

Churchwarden: Hilary Roffey 01386 556629

Vice chairman: Rob Mustard 01386 552735

Secretary: Jill Mustard 01386 552735

Treasurers: Jayne Bostock & Clive Kateley

Electoral Roll Officer: Richard Collyer

Committee Members: Stella Elliott

Should any Pinvin Villagers like to attend the meetings or be part of the PCC, please contact any of the above people

From the Editor . . .

Welcome to your May edition of Pinpoint.

During these uncertain times, and with the restrictions that are in place Pinpoint is now also available online. If you would like to receive future copies by email, please complete the subscription form at www.pinvinpinpoint.co.uk/subscribe

Thank you to all our regular helpers and contributors and thanks to some new contributors-Emma, Keith, Pam and Val. Hope you enjoy the articles.

If you have any ideas or contributions, please continue to email: **edpinpoint@ymail.com**We have a great community and are here to support you. Remember to take your coloured in front covers to the main street home store (previously Roslyn Stores) - post them under the door, so Lorna can show them off in the window to cheer everyone up!
Stay safe!

Kind Regards

Simon

Tel: 07971 865381

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Deadline for June issue is 22nd May 2020 please





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Pinvin Mystery

by Keith Holton

The following events occurred some years ago. It started when I found a small bright red plastic double feeding bowl. It is, I imagine, used by someone who has 2 cats or one who likes two courses! What was particularly strange was the position in the garden, midway between 2 fruit trees and quite close to a high wide hedge.



The question was how it got there as it could not have been thrown over.

The next item appeared a few weeks later, this was a short length of thick blue rope with a large knot at either end. I assumed it was toy for a dog, and once again found in the same place. This in itself was strange as we have a fairly large garden so the culprit could have chosen many other places or even other gardens.

At this point I realised that our neighbours, James and Helen, had recently acquired a Cocker Spaniel named 'Charlie'. They were pretty sure he was not getting out and they did not recognise either of the items. So Charlie was in the clear, but we blocked up any possible points of entry just in case. Nothing more appeared for some time, when again, in the same place, arrived a well used black and cream football. Followed a day or so later by a soft toy that looked from a distance like a dead Squirrel, same size but no bushy tail. Then a few days later another soft toy hard to describe. Charlie was back in the frame! I then took the three items to James and Helen who thought that they had seen the squirrel like thing in their garden but it had gone. James also thought they may have had such a ball some years ago but could not remember when it had gone. They did not recognise the other toy, but definitely not theirs. We were no further forward but I left the toys with them. The next morning the ball was back in our garden!! Same place but Charlie had not been out of their sight.

At this point James suggested we enlist technology. He knew that Audrey Giles, who used to live in Capenhurst, had a webcam in her garden. I went on the scrounge and she was happy to oblige. I took it to James who now had all three items, and more to the point Knew how to use the Webcam! After a few days he had the answer A fox! If James moved the toys the fox would put them back the following night. We therefore had the culprit but I for one was amazed that young foxes would do such things.

What is particularly strange is that this has never been repeated, perhaps the fox found other distractions. Certainly Charlie was definitely in the clear.

If anyone has heard of anything similar please write to the Ed.

Email: edpinpoint@ymail.com



Wellness in Lockdown

Tempting though it is to reach for the box set and biscuits in lock down it might be worth considering more healthful choices to avoid a dip in our energies, mood and sleep in these challenging times.

Local Nutritionist Pam Clark from Nurture Nutrition offers a few top tips to support our health and immunity:

Reach for the clear stuff:

When it comes to bolstering your defences, water is most certainly your friend. It flushes germs from your system, helps your blood to carry plenty of oxygen to your body's cells and allows those cells to absorb important nutrients. Adding a simple water filtration system to your jug is a great way to improve taste and purity.

Green tea has been linked to improved brain function, fat loss and may even have some protective qualities in heart disease and cancer. It also contains antioxidants that may help battle free radicals that wreak havoc across the immune system. So why not swap out your builder's tea for a cup of the green stuff? For optimum taste don't leave the tea bag in for too long.

Enjoy some rays!

The recent sunny spell has been a timely treat and in fact spending time in sunlight is a vital immune support. Vitamin D is made by your skin absorbing sunlight, so planning an hour or two outside is a great investment in your health. during daylight hours You can boost your vitamin D levels by eating more oily fish (salmon, mackerel and fresh tuna), beef liver, mushrooms, cheese, egg yolks – all readily available locally.

Of course enjoying our daily exercise within Government guidance, taking care of our sleep and rest are vital parts of the wellness puzzle too. Pam continues to support current and new clients via video conferencing and is offering 30 minute complementary Health and Wellness Review consultations to anyone wishing guidance on their health.



For more information:

Find Pam on www.nurturenutrition.org

Tel: 07916 688281

Gardening during lockdown

by Val Holton

'It's not too late'!

How lucky we are that this Virus did not arrive in late October. As it is there is lots to do in the garden, in pots and window boxes.

For the Children:

Sow Lettuce in small pots. 'Cut and come again' is quick option, keep out of full sun.

'Pinch in a pot' is a good way to remember not to use too much seed.

When planting in pots, fill the pot with compost, water well, allow to dry and then place the seed on the damp surface. Use dry compost to cover. Keep moist during dry spells.

Prepare a small area of soil in partial shade. Rake to a fine tilth, water well and sow cress seeds quite thickly. Again you can cut often.

As temperatures increase, seeds are best sown in drills in the garden.

Radish and Carrots Beetroot Kale and Purple sprouting can be sown directly in the soil outside.

Fish Blood and Bone is an effective feed. It is not too late to sow Parsnip seeds, late sowings will avoid canker.

Climbing beans (Cobra) are planted inside in pots. Also Courgettes, Cucumbers and Tomatoes. (avoid letting the pots dry out). When the seeds are established, take out of the house or greenhouse and place in a sheltered place for a few days before planting outside. They can then be put out into the garden, or in the case of the Tomatoes, into a greenhouse or a grow bag in a sheltered space, by a South or West facing wall.

General jobs are always available!!

Cutting back early flowering shrubs. Support herbaceous plant growth with early Pruning's of trees and shrubs. Support and tie in Raspberries as they grow. Divide large groups of snowdrops and replant to spread out bulbs. Dead head daffodils. Just remove the 'swelling' under the flower to allow the plant to die down without making seed. Prune Cornus and Salix to give new growth and good colour in the winter. Liquid seaweed feed can be applied to pots. Now is the time to take basal cuttings to increase stocks. Delphiniums, Heleniums and Phlox. Sow hardy annuals such as Love-in-a-mist and Marigolds and Calendulas.

BHGS Evesham, Three Springs Nursery, Pershore and Birlingham Nursery will all deliver plants, seeds and potting compost.

Enjoy the garden!





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Friday 8th May 2020

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Commemorate the end of WW2 by celebrating with your family, friends and neighbours!



COVID-19 Mental Health Campaign - Every Mind Matters!

ADVICE FOR LOOKING AFTER MENTAL WELLBEING

Data shows over four in five adults are worried about the effect that coronavirus is having on their life right now, with over half saying it affected their wellbeing and nearly half reporting high levels of anxiety. With many feeling



worried, anxious or isolated during these challenging times, Every Mind Matters website highlights that there are lots of things we can all do to look after our mental wellbeing and help others to prevent these concerns from becoming more serious and support for specific mental wellbeing issues such as anxiety, stress, low mood and trouble sleeping. The website signposts people to activities such as mindful breathing exercises, help reframing unhelpful thoughts, and muscle relaxation. Here are the NHS's Top 5 Tips for maintaining mental wellbeing during the Coronavirus outbreak

1. Talk about your worries:

It is normal to feel worried, scared or helpless about the current situation. Maintain contact with friends and family via phone and video calls to share how you are feeling.

2. Keep a regular routine and set goals:

You may need to set a new routine for now. Try writing a plan for your day with the things you can still do at home, like watching a film, reading a book or completing a puzzle. Setting goals and achieving them gives a sense of control and purpose. Maintaining good-quality sleep makes a big difference to how you feel mentally and physically too, so it's important to get enough (the Every Mind Matters sleep page provides practical advice on how to improve your sleep).

3. Manage your media and information intake:

If 24-hour news and constant social media updates are making you worried, try to limit the time you spend watching, reading, or listening to coverage of the outbreak to once or twice a day.

4. Do things you enjoy and try something new:

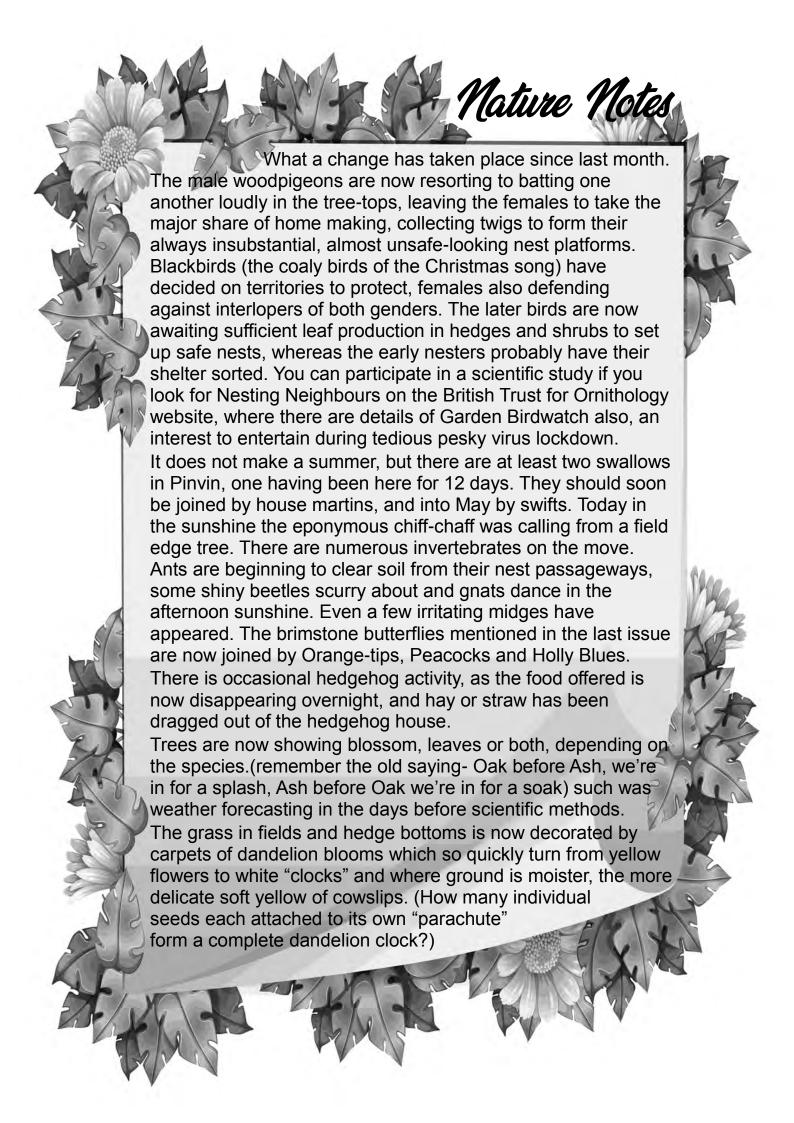
Focussing on your favourite hobby, learning something new, or simply taking time to relax indoors should give you some relief from anxious thoughts and feelings and can help boost your mood. Look online for lots of free tutorials and courses.

5. Look after your body:

Our physical health has a big impact on how we feel. At times like these it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. You can leave your house, alone or with members of your household, for one form of exercise a day – like a walk, run or bike ride. But make sure you keep a safe two-metre distance from others.

Health and Social Care Secretary Matt Hancock said: "We have asked people to make unprecedented changes to their day-to-day lives as part of our national effort to respond to this global pandemic. Staying at home and not seeing friends and loved ones can take its toll and it is completely understandable to feel overwhelmed or anxious. It's vital that we all look after our mental health in these challenging times"

Please view all tips on the Every Mind Matters website - www.nhs.uk/oneyou/every-mind-matters





Caribbean Casserole

450g (1lb) Lean beef cubed 2tbsp Plain Flour 450ml Stock

2 tbsp Curry paste

450g (1lb) Sweet potatoes, peeled and cut into 1.25cm (1/2") cubes

1 Large onion - sliced

Salt and pepper

1 lemon—sliced will add to flavour and can be eaten when cooked 1 yellow paper—seeded and cut into chunks

- 1. Blend flour with 5 tbsp of the stock
- 2. Place meat, stock, flour paste, curry paste, potatoes, onion in a casserole dish. Season and stir.
- 3. Cook at 180°c 350° Gas Mark 4 for 1 1/2 hours or until meat is tender.
- Stir in lemon and chopped pepper and cook for 15 minutes. 4.
- 5. Serve with rise, green beans or seasonal vegetables.

Sudoku

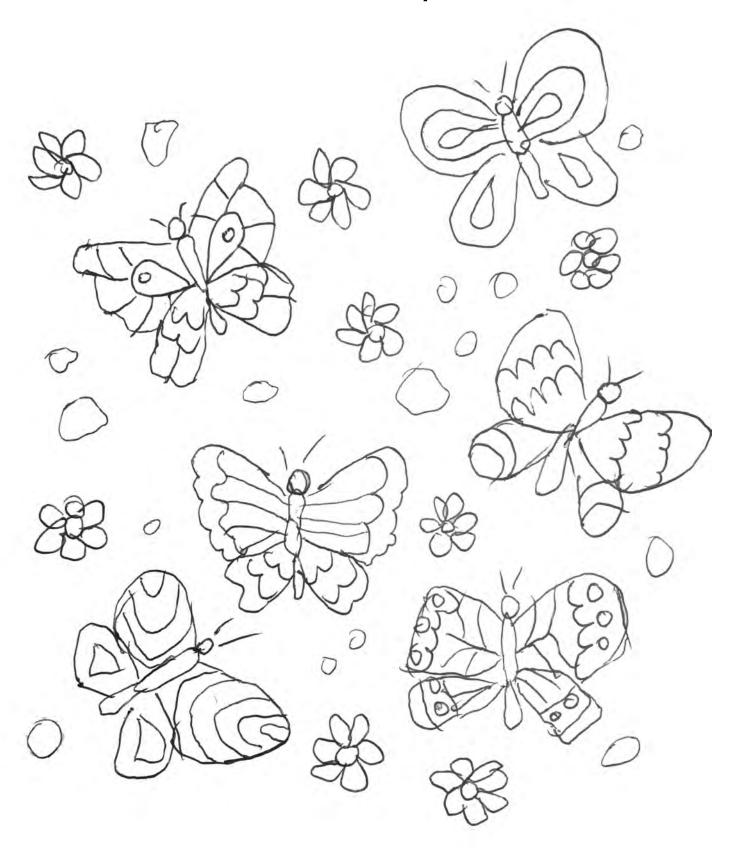
		1		9			7	
		7				5	2	
		5	3	6				
			36	8	1			
	1					6		7
2		6					8	
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9	2						6	
		1			2			
			4	1				7
		3					7	2
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1						7	3	6
8				7		5		
	3	7			9			

Children's Corner

How many flowers?	How Many Butterflies?
-------------------	-----------------------

Now colour in the picture!



Thank you Volunteers!

"And that goes to all those extraordinary members of our community who are working so hard to keep us safe and well." So said Pershore Rotary's President, Ken Rowe,



when he spoke of the donations of £1,000 each to the Pershore Foodbank and Pershore Volunteer Centre. These funds had been donated by the Rotarians because it was recognised that both organisations needed extra financial support during these exceptionally difficult times.

The coronavirus epidemic has had a huge impact on Pershore's Foodbank. In March 2020, the number of clients jumped from an average of 75 to 179 a month. This is expected to increase further as the economy weakens with the anticipated level of business failures and potential redundancies to follow. The Foodbank is staffed wholly by volunteers. The normal pool of 45 has been reduced to less than 20 as those volunteers over 70 years of age have to be in 'lockdown'. This has resulted in opening times being reduced from 2 to 1 day a week, putting extra strain on the clients.

Foodbank Treasurer, Bob Marchant, said "Our normal sources of food are collections from schools, churches and collecting bins in Asda and the Coop. The closure of schools and churches has had a considerable impact on us. We have received help from supermarkets and have a growing number of regular cash donors and one off cash donations. These are vital as we need to buy an increasing amount of food in order to meet the increasing demand."

Chair of the Steering Group, Revd Claire Lording, said "We are delighted and extremely grateful that Pershore Rotary has chosen to give us such a significant donation, which will make all the difference to the work of the Foodbank, as we continue to reach out to those most in need in our communities."

Rotary President, Ken Rowe, went on to say that many of the Pershore Volunteer Centre's clients depend on the Centre for access to essential services. This is even more necessary due to the coronavirus pandemic. Since the onset of this emergency, much of the Centre's regular service provision has been suspended: demand from clients for their community transport service has ceased, their lunch clubs have closed and many of their volunteers are in self-isolation. The financial impact of this service reduction is significant: the Centre's income from transport contracts and other services has disappeared, resulting in their monthly income being reduced significantly.

Despite the office being closed to the public, the Centre is operating a telephone helpline and is providing transport to emergency medical appointments, collecting and delivering prescriptions. Volunteers are also collecting and delivering essential shopping items where necessary. Kate Walton of Pershore Volunteer Centre said: 'We're very grateful for the donation from Pershore Rotary. Their continued support is much appreciated and has helped us maintain a telephone help line during this difficult time for older and vulnerable residents in the area.'

Isolation and a baby

by Emma Lockwood

I'm Emma, my little boy William he's just seven months old. We were always out and about before the lockdown, seeing friends and going to the odd baby group. William had also started taster days at nursery he was due to start two days a week.



My other half cannot work from home, agriculture, so since lockdown it's been me and William from early until late most days.

I wouldn't say it's been easy, it has been tough. A baby, four walls, two dogs and me. But we are getting through and we have to because it's the best and right thing to do, this is what we are doing:

- Keeping things relaxed, no routine as such apart from bed time.
- Make sure we both get dressed, I know a couple of friends that stay in pjs it doesn't help your motivation
- Have fun, we try and do new things each day but simple things rolling and sitting is our latest
- Going for a walk, sit in the garden getting some air is good the sun helps boost vitamin D
- Talk to friends on the phone/facetime
- Our one baby group has started online which has been fun
- Don't be hard on yourself, I've had bad days, it doesn't mean I'm a bad mum, It just means I'm human!

Stay safe!

Emma

Pinpointonline

You can now view Pinpoint online!

www.pinvinpinpoint.co.uk

Subscribe online and receive the next issue via email

Some fascinating facts of the English language

SWIMS will be SWIMS even when turned upside down! Such words are called ambigrams.

"THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG"
A pangram is a sentence that contains every letter in the English language.

The word "OYSTERHOOD" means "reclusiveness" or "an overwhelming desire to stay at home."

If you wrote out all the numbers (e.g. one, two, three . . .), you would not use the letter "b" until the word "billion.

The longest word in the English language is 45 letters long: "PNEUMONOULTRAMICROSCOPIC-SILICOVOLCANOCONIOSIS." It is the scientific name for a type of lung disease.

Most average adult English speakers know between 20,000-35,000 words.

Those who read fiction have a larger vocabulary than those who do not. Fiction usually contains a wider range of vocabulary than nonfiction does.

Shakespeare added 1,700 words to the English language during his lifetime.

The letter "e" is the most commonly used letter in the English language.

Only one word in all of English has the letters X, Y, and Z in order: HYDROXYZINE

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Ode to the Spell Checker

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Eye strike a key and type a word And weight four it two say Weather eye am wrong oar write It shows me strait a weigh.

As soon as a mist ache is maid It nose bee fore two long And eye can put the error rite Its rare lea ever wrong.

Eye have run this poem threw it I am shore your pleased two no Its letter perfect awl the weigh My chequer tolled me sew.

Pershore Carnival Postponed!

In light of the latest Government advice regarding the Coronavirus pandemic, the Pershore Carnival committee have decided that this year's Carnival, schedule for 25th May 2020, will be postponed.

They continue to monitor the situation over the next few weeks, and will make a further announcement regarding 2020 Carnival as soon as they are able.

Pershore Carnival Committee are all very sad to reach this decision, as everyone loves Carnival day, but they really hope to find another date later in the year.

Carnival has been taking place in Pershore for over fifty years, it has



always been a real community event, run by local volunteers and they are always looking for new members of the team. So, if you have a few hours to spare, post lockdown, please get in touch with Pershore Carnival. It really is good fun and rewarding to see this great community event bring the town alive each year.

Contact Colin Shepherd – 01386 553585 for further details, visit: www.pershorecarnival.co.uk

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