

The Hills Echo

Magazine
for the
village of
West Malvern

October 2024

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**WELCOME TO THE AUTUMN AND YOUR OCTOBER
ISSUE OF THE HILLS ECHO MAGAZINE!**

Most of us, we guess, will agree that Summer 2024 has been a relatively poor one with regard to local weather – and perhaps because of that, it has seemed to us at least, to have been a summer that has passed by rather too quickly! But here we are in October, and welcome again to your local Hills Echo magazine! And in this month's issue, as the darker evenings draw in, not only do we include two Autumnal poems (one below and one later in this issue), but we also include a short feature on our wonderful West Malvern gas lamps.

Here's wishing you all a lovely Autumn!

The Editorial Team

October

By Robert Frost (1874-1963)

<p>O hushed October morning mild, Thy leaves have ripened to the fall; To-morrow's wind, if it be wild, Should waste them all. The crows above the forest call; To-morrow they may form and go. O hushed October morning mild, Begin the hours of this day slow, Make the day seem to us less brief. Hearts not averse to being beguiled, For the grapes 'sake along the wall</p>	<p>Beguile us in the way you know; Release one leaf at break of day; At noon release another leaf; One from our trees, one far away; Retard the sun with gentle mist; Enchant the land with amethyst. Slow, slow! For the grapes' sake, if they were all, Whose leaves already are burnt with frost, Whose clustered fruit must else be lost</p>
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NEWS FROM YOUR PARISH COUNCIL

At the September Parish Council Meeting residents living in the vicinity of Ebrington Road raised concerns regarding increased charges by Severn Trent Water about their supply. Under an historic agreement these properties were supplied with water from the Danzell Spring at a special rate significantly less than that normally charged by Severn Trent. Notifications have now been received of new charges to be applied, contending that the historic agreement for these lower charges was no longer valid. This proved to be a useful forum for discussion and whilst this area was felt not to fall within the Parish Council's remit it was agreed that the subject of water agreements concerning springs in West Malvern should be featured in the Hills Echo.

Householders who have other similar water agreements and have concerns should contact Parish Councillor Glen Harnden gharnden@westmalvernparrishcouncil.gov.uk who should be able to suggest some first steps to take in this matter.

It is understood that there are to be several closures along North Malvern/West Malvern Roads and Belvoir Bank over a period of three weeks. Notices have been posted on bus stops regarding the replacement shuttle bus service leaving from St. James's West Malvern Road and travelling via the Wyche Cutting down to Belle Vue Terrace. Residents have expressed concern as to the lack of service (only two days per week) but it was reported that funding had not been forthcoming to increase the provision.

Councillors received a number of other updates including maintenance of the Community Woodland and the provision of a metal BBQ surface in the playing fields area to prevent further fire damage.

Finally it was noted that Playground installation had planned to start soon, but disappointingly has been further delayed until 7th October, due to an error by the equipment manufacturer.

ST JAMES PRIMARY SCHOOL NEWS

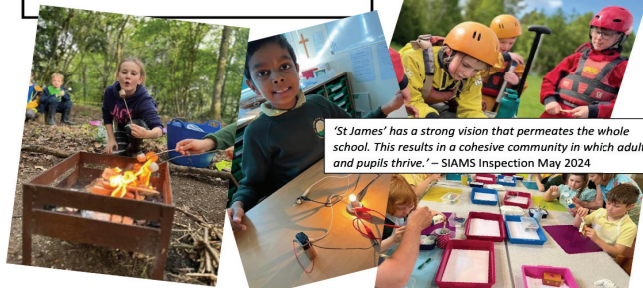
Open Morning

Tuesday 22nd October

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For current and prospective families - Come along and see our wonderful school in action!

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'St James' has a strong vision that permeates the whole school. This results in a cohesive community in which adults and pupils thrive.' – SIAMS Inspection May 2024

St James' CE Primary School

West Malvern Road, Worcs, WR14 4BB

Tel. 01684 561207

office@stjames.worcs.sch.uk

www.stjames.worcs.sch.uk

FREE FOREST SCHOOL SESSIONS FOR PRE-SCHOOL CHILDREN

St James' CE Primary School is opening its doors to pre-school children who would like to join their EYFS and KS1 children in their forest school session each week. This is a child-centered learning approach that will give hands on experiences with the natural environment. This is a creative time that will allow children opportunity to problem solve, manage risk, improve social skills and have lots and lots of fun!

Parents of pre-school children will need to stay with their child and must book their place beforehand by calling the office on 01684 561207.

The times are from 1pm - 2:15pm on Fridays on the following dates: 20th & 27th Sept; 4th, 11th, 18th & 25th Oct. (You do not need to attend every session.)

FROM THE VICARAGE

Dear Friends,

Morning mists, cooler air and falling brown leaves; autumn is upon us and in Church, we enter the Harvest season. When I was a curate, I had to go to Harvest Festivals in six churches. The lunches and suppers were lovely, but I did get a little tired of singing 'We Plough the Fields and Scatter'!



Harvest is more than just a romanticised celebration of bountiful crops; it is a moment to acknowledge the fruits of our labour and to express gratitude for the provisions that sustain us. It is a time of sharing and extending our generosity to those in need. It is a time of letting old things go to make way for new growth. It teaches us that change is an integral part of our journey, urging us to embrace both the endings and the new beginnings that each season brings.

As the seasons shift, changes are being made to the church. Recently we celebrated the installation of the new Dean of Worcester Cathedral, The Very Reverend Dr Stephen Edwards. In his opening sermon, he spoke about the Cathedral entering a time where new, often secular activities, will sit alongside the traditional worship in sacred unity so that the holy space can be accessible to more people.

Worcester Diocese also enters a new season as we say farewell to Bishop John Inge, who retires after 17 years at the helm. He has served the Diocese with wisdom and love. It may be eighteen months before we get a new Bishop but in the meantime, Bishop Martin, the Bishop of Dudley will lead us. We will be in good hands.

In our Benefice of Malvern, Holy Trinity and St James, we also come to the end of a season as we say farewell to Rev Alice Ward, our 'Mission Accompanier.' Alice has worked with us as a mentor for the last two years to develop our plan to be healthy and sustainable churches. She leaves us with exciting projects like reordering the back of Holy Trinity and developing the Community Orchard at St James along with a range of tools and ideas to help us work towards our vision; to grow as disciples and develop our churches as beacons of hope in their communities.

May this harvest season inspire us to reflect on the richness of our lives, to give thanks for the abundance we enjoy, and to approach the coming months with renewed hope and purpose. Let us carry forward the spirit of gratitude and generosity into the heart of autumn and beyond.

Rev Becky

Pilgrim Path/Churchyard Orchard project

As part of this project to create a space for quiet contemplation in a nature-friendly plot in the centre of West Malvern, the working party are proposing moving some of the gravestones over 100 years old, to improve the access. They will be retained within the churchyard, and their original location recorded. (The grave markers are all within the area marked 'C' at www.westmalvernchurchyard.org.uk) More information on the project can be found in St James's church or by contacting Rev Becky Elliott.

If you are a descendant of any of the following and would like to comment on the proposals, please get in touch.

Elisabeth JONES (1872 – 30/07/1915) Born in Colwall née HEATH, married Frederick JONES in 1899, had 4 children. Mountain Cottage, Croft Pitch, West Malvern.

Caroline METCALFE (1877 – 22/07/1916) Born in London née COOPER, married Henry Fenwick METCALFE in 1914. Had a son, Geoffrey Fenwick METCALFE. Hillside, West Malvern and Otto House, West Kensington.

William LLOYD (1852 – 15/10/1915). Possibly married Emily HUGHES IN 1880. Possibly of Woodland Cottage, West Malvern.

Catherine HARRIS (1838 – 11/11/1915) Born in Eckington.

Robert RUTHERFORD (1872 – 07/06/1917) Born Claverdon, Warwickshire. Was a vet. Married Annie ROWLEY in 1905. Daughter Lucie Joyce RUTHERFORD, married George MOONEY, possibly lived on Hornyold Road, Malvern.

James BIGGS (27/08/1835 – 10/02/1917) Born in West Malvern, of Rye Croft Cottage, 166 West Malvern Road, West Malvern. Relative Frank James BIGGS died at this address in 1977.

Esther COLLICOTT (1842 – 11/01/1916) Born St John's Worcester. Sunset View, West Malvern.

Frank GWYNN (1873 – 04/03/1919) Butcher at The Mount, West Malvern. Married Esther BROWN IN 1901.

John MARTIN (1852 – 06/05/1918) Born in London, married Eliza CROMPTON in 1901. Bank manager. Greenville and Harcourt Cottage, West Malvern.

Georgina BAIRD (09/11/1876 – 04/05/1922) Sister of Alice BAIRD and Katrina BAIRD of St James's Girls School, West Malvern. Principal of Evendine Court, Colwall.

Frances BAILLIE-HAMILTON (30/09/1829 – 22/11/1919) Born in Scotland, The Right Honourable Frances BAILLIE-HAMILTON, second daughter of the late George, tenth earl of Haddington. Of Maynard Cottage, West Malvern.

FRIENDS OF THE BREWERS ARMS WEST MALVERN
Your community pub

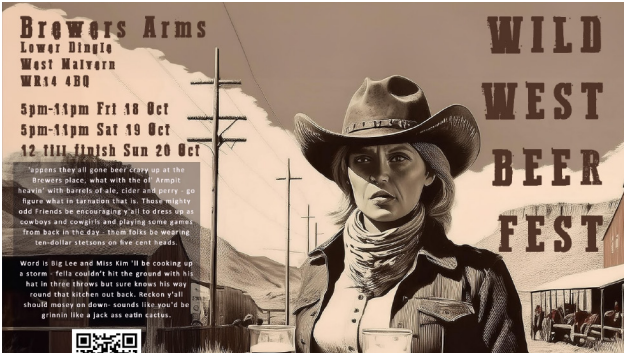
The bike stands are now in place. As previously mentioned we have decided to install security cameras one of which will be directed at the bike secure area. If you have any concerns please jot them down on paper and post them into our suggestions box situated on the kitchen wall or email me at doc10352@aol.com .

We are awaiting estimates from local builders for the necessary repairs and external decoration to the pub main building. We anticipate the work being carried out early next year. There will be some disruption to the running of the pub but we shall endeavour to make that as little as possible and shall liaise fully with Lee and Kim and keep everyone fully informed. You may have noticed that we have purchased new external furniture to replace old chairs and tables that had deteriorated over time.

Brian O'Connell

October with the Friends of the Brewers by Tim White

Autumn steps up a gear this October at The Brewers. Out goes mist and mellow fruitfulness and in comes first class, Fargo firkins and phantoms. If travel broadens the mind, then the Travel Quiz on Tuesday 8th October at 7.30pm will scramble it. Three pounds ensures an evening of embarrassment, befuddlement and chips.



Then, from 5pm on Friday 18th till riding into an atypically late sunset on Sunday 20th October comes the Beer Fest. Being The Brewers, the wurst thing we might have done was come over all Germanic, simply mangle the spelling of the tenth month and be done with it.

But the village where John Wayne spent many a happy summer (can we check this?) can do better than that! Welcome to the Wild West Beer Fest. The Armpit will be rounding up a herd of beers, ciders and, er, perry (me neither) and you'll want to be turning up in your finest Stetsons and anything lurking in the bottom draw that you can lasso into an

approximation of boys and girls of the cow. The Friends of the Brewers are on it (they're on something) so expect cowboy games, and Lee and Kim will be rustling up some great food.



As we bid farewell to October, there's one more opportunity for West Malvernians to indulge their penchant for turning up at The Brewers in strange attire as we celebrate Halloween on Thursday October 31st. Kids under 18 can enjoy face painting, a costume competition and more, while kids over 18 are encouraged to indulge their darkest fantasies (sartorially speaking) by getting creative with the horrors that lurk in the deepest recesses of their wardrobes.

October, we're heading your way, and it's going to be fun.

WEST MALVERN'S GAS LAMPS



With the night times now steadily lengthening, and with generally darker night skies, we are all once again becoming that much more aware of West Malvern's historic gas lamps – these being a principal source of light for our streets and pavements. Although the village has quite a number of modern electric light columns, we are fortunate also still to retain in good working order, many of the original gas lamps that have been casting their light on the streets and by-ways of West Malvern for more than a century. Indeed, the gas lamps are such a significant feature of the street scene of our village that your Hills Echo editorial team was in no doubt that a sketch of one of them should form the image on the front cover of the relaunched magazine.

As many Hills Echo readers will also know, our gas lamps were each the subject of a major restoration programme undertaken several years ago, when local resident and engineer, Brian Harper, approached the Parish Council with his ideas for repairing, refurbishing and restoring the lamps to their former glory, and for which project he then trained up a team of colleagues – the 'Gasketeers', as they came to be known. And the team continue to undertake the work of keeping the lamps in good working order, undertaking necessary repairs as well as making new and replacement components as and when necessary. Brian has subsequently also experimented and developed an 'electric version' of the historic gas lamps -with a lantern that very cleverly simulates the look (and sound!) of a traditional gas lamp and which are, to most people, quite indistinguishable from the original gas-lit models.

Brian, who has lived in West Malvern since 1987, thought that he knew the local area reasonably well within just a few years of arriving here. However, since 2010, when he commenced the gas lamp refurbishment project, he says that he has learned so much more about the village through being able to view it from six feet up his ladder! From up aloft he is able to spot so many more of the village's nooks and crannies, as well as many of the gardens behind the high hedges and fences! Indeed, he is in awe at what he describes as 'the sheer ingenuity of local residents in creating usable space for themselves within their gardens on the 40+ degree slope that forms the natural landscape of this side of the Malvern Hills'. Brian also senses a certain spirituality exists here, engendered, he suggests, by the village's lofty, west-facing, outlook, and which he suggests is amplified by the stunning sunsets that we so often experience.

The more discerning and eagle-eyed residents of West Malvern have probably also noticed that there are several slightly contrasting designs of gas lantern to be found within the village (and indeed also elsewhere around the district). Perhaps when next out and about in West Malvern, you might like to pause at each lamp that you pass, take a closer look,(and perhaps a photo on your phone) and see how many different designs you can spot!

Keeping all the gas lamps in good working order remains an on-going, and time-consuming, activity for Brian and his team of 'Gasketeers' – not least because several of the lamps, particularly those in windy positions, are prone to blowing out. Occasionally too, the clockwork mechanisms, that are designed to activate the lighting and extinguishing processes for each lamp, fail to operate quite when and as they should.

So, if you notice a lantern that has not been working for several successive evenings, do please help by reporting it to Brian by phoning him on 01684 577215 or by email: sightdesigns@talk21.com

EVENTS CALENDAR – OCTOBER

DAY	DATE	EVENT/WHERE	TIME
Tues	1 st	Games Night - Brewers Arms	From 6 p.m.
Thur	3 rd	Coffee Morning - Village Hall Open Mic Session - Social Club	10.30 - 12 noon Doors 8 p.m.
Fri	4 th	Toddlers - Village Hall Bingo - West Malvern Club, Lower Road Jazz Jam - Social Club Quiz - Village Hall	10 a.m. - noon 7 for 8 p.m. 7.30 p.m. 8 p.m.
Sat	5th	Table Top Sale - St James's Church Coffee, Plant Sale and Raffle. Proceeds to Breast Cancer Research and St. James's Church.	10.30 a.m. - 12.30
Sun	6th	Morning Praise - St James's Church Sunday Session - Social Club	10.30 a.m 8 p.m
Tues	8th	Garden and Nature Club - Elim Centre Travel Quiz - Brewers Arms	7.30 p.m. 7.30 p.m.
Thur	10th	W.I Meeting - Elim Centre Open Mic Session - Social Club	7.30 p.m. Doors 8 p.m.
Fri	11th	Toddlers - Village Hall Bingo - West Malvern Club, Lower Road Quiz Night - Social Club	10.am - 12 noon 7 for 8 p.m. 8 p.m.
Sat	12th	Alex Voysey Blues Trio - Social Club	Doors 7.30 p.m.
Sun	13th	Holy Communion - St James's Church Sunday Session - Social Club	10.30 a.m. Doors 8 p.m.
Mon	14th	Parish Council Meeting - Village Hall	7.30 p.m.
Tues	15th	Games Night - Brewers Arms	6 p.m.
Wed	16th	COPY DATE FOR NOVEMBER	12 noon
Thur	17th	Open Mic Session - Social Club	Doors 8 p.m.
Fri	18th	Toddlers - Village Hall Bingo - West Malvern Club, Lower Road West Side Disco - Social Club Beer Festival - Brewers Arms	10 a.m. - noon 7 for 8 p.m. 7.30 p.m. 5 p.m

Sat	19th	Beer Festival - Brewers Arms Saxophone Concert - See below	12noon onwards
Sun	20th	HARVEST FESTIVAL, followed by three course Harvest Lunch, St. James's Church – All are very welcome to join this celebration Beer Festival – Brewers Arms Sunday Session - Social Club	10.30 a.m. 12 noon 12noon onwards Doors 8 p.m.
Tues	22nd	Games Night - Brewers Arms	6 p.m.
Thur	24th	Open Mic Night - Social Club	Doors 8 p.m.
Fri	25th	Toddlers - Village Hall Bingo - West Malvern Club, Lower Road Film Flix- Eat the Peach - Social Club	10 a.m. - noon 7 for 8 p.m. 8 p.m.
Sun	27th	Holy Communion - St James's Church Sunday Session - Social Club	10.30 a.m. Doors 8 p.m.
Tues	29th	Games Night - Brewers Arms	6 p.m.
Thur	31st	Halloween Night - Brewers Arms Open Mic Session - Social Club	6 p.m. Doors 8 p.m.

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NATURE NOTES - OCTOBER (written in early September)

THE IMPACT OF CLIMATE CHANGE ON OUR WILDLIFE - Johnny Birks

Two recent reports highlight the stresses that climate change now imposes on our wildlife: In July, the UK's Met Office released its annual *State of the UK Climate* report for 2023; and in August the Wildlife Trusts published their report *Embracing Nature: Climate change adaptation at the Wildlife Trusts*.

The first report confirms that the UK's climate continues to change and break records as a result of global heating caused by human activity. Also, our weather seasons are now less stable than they used to be. As a consequence, our wild animals and plants (and the habitats they depend upon) are experiencing unpredictable extremes of weather they have never encountered before. Just as our infrastructure and food production systems are struggling to cope, many wildlife populations cannot thrive under these conditions; so we should expect to see signs of stress and strain as nature responds in various ways.

Beyond the steep declines in insect populations and the birds that feed on them, readers may have noticed other wildlife indicators of change: some trees are suffering because of their greater vulnerability to pests and pathogens (foresters are worried about the collapse of forest ecosystems over the next 50 years); and more mobile species like butterflies and bats are changing their distributions. For example, since I started studying bats here in the mid-1980s the Malvern Hills now supports two extra species – the greater horseshoe and serotine – that have moved north from previously climate-defined southern refuges.

The second report summarises the concerns of nature conservation practitioners across the Wildlife Trusts in order to identify the greatest threats to the UK's nature reserves. Perhaps surprisingly (because excess rainfall and flooding tend to hog the extreme weather headlines and the attention of politicians), it is drought that is viewed as the greatest current threat to nature on reserves, ahead of pollution, invasive species and habitat fragmentation. Drought also topped the poll as the biggest future threat to nature over the next 30 years, ahead of other climate-driven threats like heatwaves and wildfires. The Wildlife Trusts are rightly calling for the new UK Government to provide more support for adaptation measures so that they can minimise the inevitable harm to our wildlife.

There is a lot we can do too: by supporting our local Wildlife Trusts in their campaigning; monitoring changes in our local wildlife; mitigating harmful impacts in our gardens and on other land that we control; pressing our elected representatives at all levels of government to support urgent action on climate and nature; and because individual actions are not enough at this late stage, we can join forces with others to call for action in bold new ways – that's why, five years ago, I joined Extinction Rebellion. It truly is that urgent!

WEST MALVERN NATURE AND GARDEN CLUB

Our first meeting of the club year was an informative and enjoyable presentation led by Nyrees Titchner speaking about Permaculture. Nyrees has been practising permaculture for 25 years and established a community permaculture group in Birmingham in 2015. Her work includes designing, implementing, and maintaining green spaces here in Malvern.

The word permaculture is originally from 'permanent agriculture' / 'permanent culture' and was coined by Bill Mollison and David Holmgren, two Australians that worked together in the 1970s.

They were concerned about the damaging impacts of industrial agriculture, and after the oil crisis in 1973, also wondered what kind of agriculture could continue over the long term, after the oil had run out.

They were inspired by traditional agriculture and practices from indigenous cultures around the world, as well as the latest thinking in the science of ecology and landscape design.

Nyrees explained how we could plan a garden or change our gardens to follow the ethics and principles of permaculture. This led to an interesting discussion with members sharing ideas and keen to adapt their own gardens and thoughts about gardening.

If you are planning a new garden, it might be of interest to you to see how you can make your garden more sustainable, find out more at The Permaculture Association.

Members are reminded that you need to renew your membership at the next meeting if you were unable to attend the September meeting. Membership is £5 for the year and new members are always welcome.

Our next meeting is Tuesday October 8th, we meet at Elim College at 7.30pm. Our speaker is Rosemary Winnall, and she will be talking to us about Garden for Nature, and how she developed her own wildlife garden.

WEST MALVERN W.I.

After a couple of 'outdoor' meetings enjoying our beautiful Malvern area (swimming in the pool at Elim, followed by chips, and a tour of the gardens at Madresfield Court); we are looking forward to a varied programme of indoor events for the rest of the year. We have a talk and demonstration on spinning, weaving and dyeing this month followed by Crafts and a Christmas Social.

For more details see www.westmalvernwi.wordpress.com or email westmalvernwi@gmail.com



WEST MALVERN HISTORY

Lady de Walden: Philanthropist of West Malvern

By Sally Gibbs

Lady Howard de Walden died in her huge mansion in West Malvern on July 29th 1899 at the age of 91. Who was she? And why did she choose to build such an enormous home when she was a widow who lived alone?

The 4th daughter of the 4th Duke of Portland, Lucy Joan Cavendish Scott Bentinck gained her title when she married Charles Augustus, 6th Baron Howard de Walden, in November 1828. Holding the same pedigree as Lady Emily Foley, they were contemporaries but very different in character. It may have been this acquaintanceship, which brought Lucy Joan to the area, but she was also a friend of Lady Beauchamp and the Lygon family at Madresfield. There is also a story that she was attracted to the site by the abundance of water. Lady Lucy had an almost identical mansion in Eastbourne and contested with the local

Council when she was going to be charged for water usage, sinking a well at gargantuan expense to provide her own supply.

Where did her money come from? When her husband died in 1868 after his third posting as a form of ambassador, she found herself homeless and not as comfortable as her rank might suggest. It was because of her father's enlightened attitudes and the fact that none of her 4 brothers married, and all her sisters died before her, that she ended up incredibly wealthy – some say richer than Queen Victoria. Her family was notorious for building properties. Her brother who became the 5th Duke of Portland built an enormous riding house – the second largest in the world, as well as vast underground rooms and tunnels at Welbeck Abbey in Nottinghamshire. Lady Lucy had ten children, but five of them predeceased her including her youngest daughter who had acted as her companion. However, she would not have been entirely alone in the vast mansion, which became known as St James's House, as she had a huge staff. There were many staff bedrooms, some of which would be shared. It is recorded that she had 70 gardeners in her pleasure grounds, then there were the two farms each of which employed many more workers. Lady Howard de Walden built some of the older black and white Tudor-style houses in West Malvern for her staff. She also bought other properties as they became empty (and sometimes before that) to house her many workers.

Her pleasure gardens and wider grounds, which follow the contours of the Malvern Hills, were planted with many specimen trees in an arboretum described as 'second only to Kew'. Many of these suffered in the ice storm in January 1940; Alice Baird, the head teacher of St James's School remembered the 'sound of the trees splitting at night through the effects of the frost, like unhappy shrieks'; many more would not have survived the Great Storm of 1987. The remaining redwoods, cypress and cedars can only hint of what could have been. What a generous, foresighted gesture to plant an arboretum Lady Lucy would not live to appreciate.

De Walden Road is named for Lady Lucy although the 'of Walden' is not as significant as the 'Howard' part of her title, an offshoot of the Howards of the Dukes of Norfolk – the most senior non-royal dukes. The Montpelier Roads are probably named for her husband's plantations in Jamaica.

Her philanthropy was widespread and unostentatious; she donated towards an extension at the West Malvern Institute, the drains and playgrounds at St James' School, and some of the expenses of many local organisations including the Conservators. She had paths and roadways laid on and along the Hills – the Ordnance Survey map shows the carriage drive around North Hill still bears her name.

Her philanthropy often benefited women and education, so she would have been gratified that her home later became a girls' school; and as she financed a theological college in Jamaica, she would have approved when the Elim Pentecostal Church bought what remains of her vast estate in 2007 to combine their international offices with their theological college, albeit different churchmanship. So Lady de Walden's legacy is still evident in West Malvern over a century later.

“Moving On” – a personal reflection

By Simon Williams

If we look at the world around us, in one sense it seems that very little changes. The sun rises and sets; the sky lightens and darkens. The seasons drift by. Or rather, things change, but those things are part of a seemingly eternal, comforting wheel.

On a personal level, however, change is relentless. I was made even more acutely aware of this towards the end of the school summer term this year, particularly as our son completed Year 6 and left St James' school. The final few months shrank to become the final few weeks, and those last few weeks shrivelled away to the last few days. Then, in no time at all, those final days- filled with a blur of activities, so it seemed- had gone. I enjoyed being a (small) part of the school community (even if it wasn't for very long), and it struck me how quickly things were moving on. I'm sure other parents who were in the same boat at that time will appreciate this!

It seems that the more we'd like things to stay as they are, the more determined they are to march grimly on- and the more we'd like a few weeks or a few days to just slow down so they can be enjoyed for a little longer, the more determined they are to accelerate out of sight.

Living “in the moment” supposedly helps to slow this runaway train of time. But as many of you will know, it isn't that easy. It can be all too tempting to either plan the future (or at least, imagine what it might look like- although it's never what you think it'll be) or dwell on the past. In my opinion, the former is a waste of time, and the latter is largely unhealthy.

Those last few weeks I mentioned were a blur of being “in the moment” although not exactly mindful- there seemed to be too many things to think about each day (not to mention a barrage of forms, policies and procedures being sent from the high school- a nagging reminder of what lay on the other side of summer). At the back of my mind was a continual call to savour each of these final days and events- the end of year show, the leavers' church service, the sports day, etc. etc. and then, before I knew it, all these things were done with, and the present faded into the past.

Places nearby such as the play park and the woods sometimes feel like a metaphor for the fluid way in which we experience time. The park has known many voices over the seasons and down the years; it has seen many children grow up, passing in and out of its gates. The grass grows, and fades, and grows again. In April, the bluebells shine like a beacon along the side of the hill. Later, bracken rises tall in the summer heat. But unlike nature, we don't move in circles. We observe the great circle around us as we move helplessly on.

We're all rivers forging our way through a vast landscape (or lines cutting through a circle, taking the less imaginative view). We head in many different directions. Finally, we end at the ocean and- who knows- maybe become part of something greater as we empty out towards the unknown horizon.

KEEPING FIT IN WEST MALVERN

Living in West Malvern we have beautiful hills and valleys in which to walk for pleasure and exercise. However, for some of us this is not an option, but we do have the opportunity to attend some excellent fitness classes.

It is more than a decade since Fitness Instructor, Elaine Newman, first began running her Pilates and keep fit classes here in West Malvern. Having moved her women's classes into the Village Hall she was soon prevailed upon by the men of the village to provide classes for them too. After Covid, when attendance in person was once again possible, the classes reopened in West Malvern Club in Lower Road- and, as interest in attendance has steadily grown, the number of sessions being scheduled has expanded, to include 'Yoga', and with mixed (women and men) classes available to suit all ages and abilities.

These classes are enabling in that they are for all abilities, as Elaine makes sure you can do the exercises you are capable of - even from a chair. It's fair to say she is a ' West Malvern Institution' now and has supported many people for a long time.

Currently Elaine is running six hour-long classes in West Malvern each week on Mondays, Tuesdays and Thursdays as follows:

Mondays	from 4.00pm - 5.00pm	Yoga'lates
	from 5.15pm - 6.15pm	Pilates (mixed class)
	from 6.20pm - 7.20pm	Pilates (mixed class)
Tuesdays	from 9.00am -10.00am	Yoga (mixed class)
Thursdays	from 8.30am – 9.30am	Cardio Fitness
	From 9.45am-10.45am	Pilates

If you would like to attend classes but are not sure what is best for you do give her a call and get her advice. There is room for a few more attendees at most of these sessions. She can be contacted on 07964 815135.

Sleep – One of the essential building blocks to emotional resilience and wellbeing

By Dr Elise Kearney

The old saying “a good night’s sleep and you will feel better” holds a lot of truth.

We go through various stages of sleep at night, one being the deeper sleep not long after we go to sleep. Experts believe that this stage is critical to restorative sleep, allowing for bodily recovery and growth. It may also bolster the immune system and other key bodily processes. Our blood pressure drops, tissue growth and cell repair take place, a bit like a nightly MOT. This is when the body rejuvenates, spending the most time in deep sleep during the first half of the night. As we sleep into the early hours, we move into what is known as REM (rapid eye movement) sleep.

REM sleep is believed to be essential to processes such as memory, learning, and creativity. REM sleep is when we process the previous day’s experiences and these often manifest as dreams. This allows the brain to function the next day having worked through any unresolved issues and is in a rested and restored state to deal with another day.

If worry levels are high, this can begin to impact our sleep. It can lead to excessive time spent in REM sleep, while the brain tries to recalibrate. Our sleep becomes disturbed resulting in the balance of the restorative sleep and the REM sleep being thrown out of kilter.

Creating a routine to achieve a more consistent sleep schedule, increasing exposure to natural daylight, avoiding alcohol and caffeine before bedtime and eliminating noise and light disruptions in the bedroom can improve sleep and promote alignment of your circadian rhythm.

You can improve sleep quality by increasing exercise or practicing Yoga. If worry levels have been troublesome, talking therapies can support individuals in better understanding and processing the source of the worry. The Centre of the Hills offers talking therapies for adults and children and Yoga across the age span from pregnancy through to older adults.



Toaster not working? Garden shears blunt? Found a hole in a favourite sweater?

Why not bring them and any other damaged or broken hand-portable personal or household belongings to your local Repair Café? We're open every third Saturday in the month from 10.00 am to 1.00 pm at Malvern Cube Community and Arts Centre in Albert Road North, Malvern WR14 2YF. No booking is necessary.

Often, only a very simple repair is needed to extend the useable life of an item for several months or even years. Our multi-skilled teams of practical generalists never turn anything away! You're invited to sit with the repairer who will happily explain the repair and pass on their skills. PAT testing and sharpening of tools, knives and garden equipment are also available at every session.

We can fix electronic and electrical appliances and gadgets, furniture, clocks, jewelry, ceramics, toys, clothes, textiles, luggage.....and much more. No repair is too small or too challenging!

Have a question? email: repaircafemalvern hills@gmail.com or visit our Facebook page <https://www.facebook.com/RepairCafeMalvernHills/>



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From this beautiful centre with a view of the hills, we offer: Adult Yoga, Mindfulness and Meditation; Art Workshops; Child and Family + Adult Clinical Psychology; Perinatal Clinical Psychology; Adult Counselling Psychology; Cognitive Behavioural Therapy; Adult Psychotherapy; Adult Counselling; Hypnotherapy; Parent and Baby Workshops; and Play Therapy

Contact: Dr Elise Kearney at admin@drelisekearney.co.uk
www.centreofthehills.co.uk

AND FINALLY.....OCTOBER**Emily Brontë**

Fall, leaves, fall; die, flowers, away;
 Lengthen night and shorten day;
 Every leaf speaks bliss to me
 Fluttering from the autumn tree.

Another edition through your letterbox! We do hope you have enjoyed the varied articles and the autumnal content.

Apples are growing on the trees in the Community Orchard and you are very welcome to pick them. A small donation towards St James's Church would be very welcome. We have featured a recipe courtesy of the St James' school cookbook; a delicious treat that children can help make, and eat of course!

Please keep your articles coming - let us know what you and your organisations are doing; poems, reflective pieces, historical articles all fill our pages.

The copy date for the November magazine is **Wednesday 16th October - 12 noon**. It would be appreciated if you could also include dates for special events for December to go in an extended events calendar. www.westmalvernhillsecho@gmail.com

FRENCH APPLE CAKE

This a really moist, tasty cake recipe, with the added advantage that you don't need any weighing scales to make it, you just use the yoghurt pot once you have added the yoghurt to the mixing bowl.

3 medium eggs (separated into yolks and whites)

1 small plain yoghurt

2 yoghurt pots of caster sugar

3 pots of self-raising flour

1 pot of sunflower oil

Few drops vanilla essence

4 eating apples peeled, cored and cut into cubes

- Pre-heat oven to 190°C (375°F, gas mark 5).
- Mix all the above ingredients together, minus the egg whites.
- Beat the egg whites until stiff, and incorporate them into the rest of the mixture.
- Pour into a 32 cm lined, round cake tin.
- Bake for 1 hour

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MALVERN WEBSITES

We are a local website design and development company based in West Malvern. We're a small team (two of us) so we get to know all our clients quickly and they like being able to talk the same people each time. We've been going for 18 years but recently relocated to the area last year (with a subsequent change of name).

We design and develop websites for businesses, organisations and individuals throughout the Malvern area, and also support and maintain existing websites. We also carry out Search Engine Optimisation, copy writing, marketing, blogging... and we provide website hosting as well.

We firmly believe that charities should pay less, so we offer substantial reductions for charities looking for help and can also offer some reductions for non-profit organisations that don't necessarily have charitable status. We have a particular interest in groups and charities related to the environment and / or animal care.

Work requests are normally carried out the same day wherever possible, or within 24 hours if we're a little busier.

You can find out more about us and browse our work at <https://malvernwebsites.co.uk> (we also have a larger portfolio on our sister site – details on request)

Email info@malvernwebsites.co.uk or phone 01684 770 949 for a chat to discuss whatever website-related help you may need.

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