

# ST. PHILIP & ST. JAMES PARISH CHURCH WHITTINGTON PARISH NEWS



**MAY 26**

**[WWW.WHITTINGTONCHURCH.CO.UK](http://WWW.WHITTINGTONCHURCH.CO.UK)**

**75p**

# St Philip and St James' Parish Church, Whittington



A Ninth Century Chapel rebuilt in 1844  
In the Worcester South East Team

## St Philip & St James Whittington and St Mark in the Cherry Orchard

**Vicar**

The Rev'd Andy Stand 01905 358150

### Church Officers for Whittington

Churchwardens: Miss Janet Pearson 01905 357485  
Miss Jayne Rayer 01905 351344  
Asst. Warden: Mrs Brenda Giles 01905 25709  
Organist:  
Hon Secretary: Miss Janet Pearson 01905 357485  
Email: Janetpearson4@hotmail.com  
Hon Treasurer: Mrs Brenda Giles 01905 25709  
Safeguarding Officer: David Chestney 01905 359708  
Elizabethan Room bookings coordinator:  
Mrs Caroline Mayfield 01905 764822  
Email: caroline.mayfield40@gmail.com  
Magazine Editor: David Chestney 01905 359708  
Email: david.battenhall@outlook.com

### St. Martin with St. Peter

**Team Rector:** Rev'd Peter Hart 01905 355119  
**Assistant Curate:** Rev'd Richard Wood  
**Assistant Curate:** Rev'd Mike Bunclark

### Holy Trinity & St Matthew Ronkswood

**Curate in Charge:** Rev'd Richard Wood

### Team Administrator:

Rebecca Caskie: Team Office, St Martins Church,  
London Road, Worcester WR5 2ED  
Tel: 01905 358083  
email: worcestersoutheastteam@gmail.com

*For enquiries about Baptisms, Thanksgivings, Marriages and Blessings,  
please contact the Team Administrator as above.*

***The Team Office at St Martin's is open on Mon, Tues, Thurs & Friday,  
10am - 1 pm; visits ideally should continue to be by appointment.  
Rebecca can always be reached by phone and email.***

## ***In This Issue***

|   |             |
|---|-------------|
| Front Cover   | 1           |
| Team Details  | 2           |
| Index   | 3           |
| From the Team Vicar, the Revd Andy Stand              | 4/5         |
| Elizabethan Room for meetings & Online video services | 6           |
| What's on at Whittington for May & June 26            | 7           |
| Ascension Day Service and Coffee Morning & Plant Sale | 8           |
| Sustainable Church Flowers                            | 9           |
| Volunteer's Week 2026                                 | 10          |
| Christian Aid Week                                    | 11          |
| Waiting with Hope from Andy Todd                      | 12          |
| Escape from Mariupol - 14 by Denys Bielov             | 13/14/15    |
| Adverts   | 16/22       |
| Whittington Community Hall - What's on                | 23          |
| Worshipping Outside over Holy Week and Easter         | 24          |
| Remembering the General Strike of 1926                | 25          |
| Help for Ukraine on the front line                    | 26/27       |
| National Biscuit Day 29th May                         | 28          |
| RHS Lifts Ban on Gnomes for Chelsea                   | 29          |
| News and Views from St Mark's                         | 30/31/32/33 |
| Russian Clerics want more Ukrainian Land              | 34          |
| W C Churches condemn Russian abduction of children    | 35          |
| Back Cover - Yellow Flag iris with bee                | 36          |

### **The invasion of Ukraine**

The 14th instalment of Denys Bielov's account of his escape from Mariupol will be found on pages 13/14/15, again this month. Denys finally makes his way to this country. See page 26/27 for ways that we can help Ukrainians fighting on the front line and families living through war.



# Letter from the Vicarage

May 26

**Alleluia! Christ is risen!**

Hi Everyone,

How are we all doing? I hope and pray that you are all keeping well and still enjoying the Easter season; hopefully you are enjoying the warmer, brighter weather as well.



As I was waiting to be served in the bank the other day, a number of conversations took place between one of the tellers and any customers that had come in, along the lines of: "Can you believe we are almost at the beginning of May? Where has the year gone? We'll be halfway through the year before you know it!" I was quite concerned that somebody might reply with a count of the number of shopping days before Christmas - it's far too soon for that!! My inner pedant wanted to point out that the end of April is only a third of the way through the year, and so some distance from being half way through!

I wonder, do you find yourself doing this, counting away the year, bemoaning how quickly the days are passing? Do you, maybe, find yourself counting down the days towards some big event for you, or for your family? Or have you found yourself just wishing the days away so we can get to the warmer days of Summer?!

All of this reminds me that some years ago now, in preparation for doing my theology degree, I did an Introduction to Theology course, as part of which we were set the exercise of writing our own psalm. For mine I chose the passage of time to be its focus.

I opened the psalm with these lines:

<sup>1</sup> My God,

a time you say for everything,

*Continued opposite...*

a season you say to be born,  
a moment to die.

- <sup>2</sup> But where would you say is the time to live?  
<sup>3</sup> It flies, it flees  
Like a thief in the night it steals away!

Later, I demanded:

- <sup>12</sup> You are the omnipotent one,  
won't you dam the raging torrent?  
Won't you hold back time?  
<sup>13</sup> Won't you  
STOP THE CLOCK!

And finished it:

- <sup>19</sup> A moment you say, for everything,  
a season you say, to be loved  
a time to wait.  
Impatiently I must wait.  
<sup>20</sup> A time, you say for new beginnings,  
a time, you say to play and dance and sing  
A time, when time be rendered impotent by eternity.  
<sup>21</sup> A time once more my God to crown you as our King.

I have to say I really quite enjoyed doing this exercise and would, and have, recommended it as a means of expressing your thoughts and feelings to God. Maybe read some of the psalms from the Old Testament and then write something that expresses your thoughts and concerns maybe, or even your joys and delights. As a Spiritual exercise, why not be honest with God.

Every blessing, Andy.





## The Elizabethan Room for Meetings

The Elizabethan Room is now fully operational and is available for meetings of up to 12/15 people. Details and conditions of use are given on the church website, or at the Church, along with an application form. This can be sent to the bookings coordinator, Mrs Caroline Mayfield, email below:

caroline.mayfield40@gmail.com  
or telephone 01905 764822

*Sponsored by the National Lottery Community Fund*

**There is a defibrillator on the wall of the Elizabethan Room (shown above) and another on the front face of the Community Hall, by the main door**

## LIVE ON-LINE VIDEO SERVICES

**For all churches in the South East Team**

Churches in the Team are open for public worship but we are continuing to meet for worship during the week using the zoom app downloadable from the zoom.us website. To join one of the services please email the host who will send you a link:

**Morning Prayer:** Monday to Friday at 8.30 a.m. *hosted by Mike Bunclark (mbunclark@tiscali.co.uk)*

**Compline:** Monday to Friday at 8.30 p.m. *hosted by Mike Bunclark*

**Monday Prayer Meeting:** 4.00 p.m. *hosted by Joan Hazzard (joanhazz@gmail.com)*

**Virtual 'Yew Brew' Coffee Morning:** Saturday at 11.00 a.m. *hosted by Andy Stand (andy.stand@sky.com)*

**Prayers for Peace and Justice:** Saturday at 12 noon *hosted by Joan Hazzard*

**For enquiries about Whittington please email the Vicar**

**[andy.stand@sky.com](mailto:andy.stand@sky.com)**

## What's on at Whittington May & June 2026

Saturday 2<sup>nd</sup> May

10.30-12noon Yew Brew in the Elizabethan Room

**Sunday 3<sup>rd</sup> May St Philip & St James**

11.00am Parish Communion

1.00pm Baptism

Tuesday 5<sup>th</sup> May

6.30pm PCC Meeting in the Elizabethan Room

**Sunday 10<sup>th</sup> May Easter 6 Rogation Sunday**

11.00am Family Service

12noon Annual Parochial Church Meeting in Church

**Thursday 12<sup>th</sup> May Ascension Day**

10.00am Holy Communion

Saturday 16<sup>th</sup> May

10.30 -12noon Yew Brew in the Elizabethan Room

12.30pm Baptism

**Sunday 17<sup>th</sup> May Easter 7**

11.00am Parish Communion

**Sunday 24<sup>th</sup> May Pentecost**

11.00am Family Communion

Saturday 30<sup>th</sup> May

10.30-12noon Brenda's Coffee Morning at 12 Petunia Close.

**Sunday 31<sup>st</sup> May Trinity Sunday**

11.00am Morning Prayer

Saturday 6<sup>th</sup> June

10.30-12noon Yew Brew in the Elizabethan Room

**Sunday 7<sup>th</sup> June Trinity 1**

11.00am Parish Communion

3.30pm Forest Church

Tuesday 9<sup>th</sup> June

6.30pm PCC Meeting in Elizabethan Room

**Sunday 14<sup>th</sup> June Trinity 2**

11.00am Family Service





## Sustainable Church Flowers

In last month's Parish magazine an article by Bishop Martin explained how a motion was passed at the Church of England Synod to encourage the use of locally grown seasonal flowers and foliage and move away from using floral foam which is so harmful for the environment as it breaks down into microplastics.

Susan MacLeod and I recently attended a demonstration and workshop at St Martin's run by Kate Hurst of *Camomile & Cornflowers*, who is part of the *Flowers from the Farm* movement. She has a three acre garden near Shelsley Beauchamp. She said that she believes 'flowers for all occasions should be totally sustainable and as God intended, naturally beautiful and totally unique.'

We have a suggestion which we would like to try with your help so that we at Whittington can gradually move in this direction. We will put a bucket outside church on the Saturday mornings when there is a Yew Brew (i.e. the 1<sup>st</sup> and 3<sup>rd</sup> Saturdays of the month). Anyone – and not just members of the congregation - who can spare a few flowers from their garden can donate them in the bucket and depending on what arrives we can arrange something natural on the font. Wild flowers and foliage are also welcome. This is the ideal time of year to try this experiment when nature is becoming so abundant.

We are so fortunate in Whittington to be very close to the city and yet with the feel of a country village, so let's bring the countryside inside our church!

Janet Pearson





## Volunteers' Week 2026

This year, Volunteers' Week runs from 1 to 7 June.

All around us, often unnoticed, volunteers are quietly holding the world together.

They open doors, make tea, stack chairs, run clubs, lead prayers, coach teams, visit the lonely, organise events, raise funds, tidy spaces, and offer a thousand small acts of kindness that keep communities alive.

They don't always wear uniforms or receive applause, but they are the backbone of so much that happens in churches and our wider communities. When others arrive and feel welcomed, when a service runs smoothly, when help reaches those in need - it is often because someone gave their time freely.

Volunteering is more than helping out. It is offering the gifts God has placed in each of us: patience, practical skills, compassion, creativity, leadership, listening, encouragement, and faith. Every act of service, whether seen or unseen, becomes a ministry when it is offered in love.



We give thanks for all those who volunteer in our churches.

Find out more at: <https://volunteersweek.org/>

## National Smile Month - 11<sup>th</sup> May – 11<sup>th</sup> June

National Smile Month is 50 years old this year. It is the UK's largest and longest-running campaign to promote good oral health, aiming to encourage people to brush twice a day with fluoride toothpaste, to cut down on sugar, and to visit the dentist regularly. Organised by the British Dental Health Foundation, the website offers the following snippets:

*Some fun facts about your teeth:*

- It takes 43 muscles to frown, but only 17 to smile.
- Some people pick their teeth with keys, earrings, bank notes and even screwdrivers!
- The going rate given by the tooth fairy these days is £2 to £5
- 61% of us have been attracted to someone by their smile alone.

# Christian Aid Week

Christian Aid Week this year runs from the 10th to the 16th May.

Money raised during the week will help Christian Aid and its partners to support communities to find practical and sustainable ways out of poverty.



This year's appeal is focusing on work in **Nairobi, Kenya**, where intense poverty means families have a daily struggle to feed their children.

With secure jobs hard to find, and most people earning less than a dollar a day, to cover school costs, rent and water, providing food for every meal is a relentless problem.

But with tools, seeds and specialist training from Christian Aid's partner, Beacon of Hope, families are learning how to make the most of a small space in the city to grow a steady supply of fresh vegetables to cook or sell.

**To find out more about projects like this, visit [caid.org.uk](http://caid.org.uk)**

**To get involved with Christian Aid Week, visit [caweek.org](http://caweek.org)**

*Christian Aid is a key member of ACT Alliance. England and Wales charity no. 1105851 Scot charity no. SC039150 Company no. 5171525 The Christian Aid name and logo are trademarks of Christian Aid.*



*From Andy Todd, Diocesan Secretary,*  
**Waiting with Hope**



In Samuel Beckett's 1956 play, *Waiting for Godot*, two characters spend the entire time waiting for the arrival of a mysterious character called Godot who will sort out all their problems - but who never comes. It's an unsettling read, like watching life on 'pause': "Nothing happens, nobody comes, nobody goes, it's awful." (Beckett's words – not mine!). What keeps the characters waiting? Is it hope?

I often hear people saying that they despair at what is reported in the News. Understandably, they talk of the need in contemporary society for hope. But all too often what passes for 'hope' seems more like the lame wishful-thinking of the characters in Beckett's play – a vague optimism that something better is around the corner. That kind of thinking can simply lead to a passive acceptance of things as they are – ironically, not unlike despair.

But throughout history, true hope has been a consistent force for transformation. As the American writer Dale Carnegie recognized, "Most of the important things in the world have been accomplished by people who have kept on trying where there seemed to be no hope at all." That is hope in action. Hope energises as well as bringing comfort.

For Christians, Easter is the focal point for all true hope: in the Easter story, out of the terrible wrong of the torture and murder of an innocent man, God brings good. Our hope is based, not on some vague belief that things will turn out alright in the end, nor in the longed-for arrival of some elusive "Godot" figure, but on the confidence that, in Christ, God has revealed Himself to be utterly, eternally 'for' us. Because of that, we can know that no situation is ever too far gone, nothing is beyond redemption. Even the challenges of global proportion. Even the brokenness of our own lives.

Although Easter Day is now behind us, the Church continues for these weeks to celebrate Easter Season, reminding us that we are and will always be Easter people. There is an urgent need for us as Easter people to tell stories of real hope – stories to energise and sustain our communities. So, whatever stories you tell in this Season, may many of them be hopeful ones!

# Escape from Mariupol

## by Denys Bielov - 14



At last, I had obtained my passport and Uk visa. I immediately told Joe and Ella, my hosts in Worcester. Now we could talk about dates for my arrival. I was still in Spandau, Poland. I went to the bus-station to buy a ticket to Wrocław for the 26<sup>th</sup>. April 2024. It was decided that I would fly to Britain from Poland in early May. So, I still had plenty of time to prepare.

In Spandau, I caught myself thinking before I got my passport and ID, it felt like swimming against the flow with all my strength, and I was constantly being pushed back or sideways. But then I caught a favourable wave that carried me forward. Everything started to happen rapidly! This was the result of help from many people, starting from Mariupol: Tanya, the Rubikus team, Katya, Ruslan and Olya, Oleg, Olga from Dnipro, Olena, Arseniy and his team, and dentist Maria from Bakhmut.

I no longer saw obstacles to my journey to England. I looked up Worcester on Google Maps to see what it was like. I already knew that it was a small city and didn't expect to see skyscrapers. I immediately noticed that the city layout was quite unusual. Unlike the regular grid of straight streets in Ukrainian and Eastern European cities, Worcester's winding streets resembled the branching limbs of a tree. The houses were built in close rows. I was surprised that there were no very high-rise buildings. I really liked the decorated facades and roofs, how lush and well-kept the greenery in the surrounding area was — it looked very comfortable and prosperous. I loved how the English decorated their homes and gardens. When I found that many of these houses were 200-300 years old, I was filled with delight. Mariupol is probably one of the most spacious cities. So, I thought that in Worcester "It will probably be a bit cramped at first. I'm spoiled by the wide-open spaces of my home city."

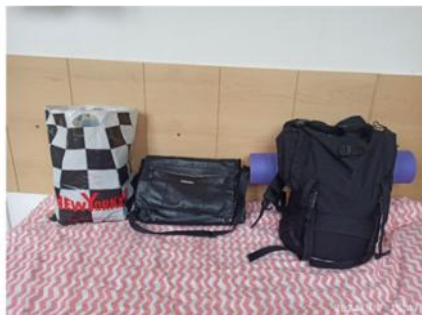
Approaching Wrocław, I stared, saw the Ukrainian Carpathian mountains in the distance. I was overcome by a warm feeling that my homeland was nearby but, also, a sadness that I wasn't going there. Then I saw the Sky Tower skyscraper in Wrocław and arrived once more in the Wrocławia Mall. I went to my temporary room in the centre. A day later, my dental treatment was finished by Maria. Rubikus bought me a plane ticket from Krakow to Birmingham for 8<sup>th</sup>. May.

*Continued...*

I had a week left in Wrocław and met Olga from Dnipro where she had been technical director of a large energy company. We had much to talk about and spent hours walking around the historic part of the city. The springtime atmosphere reminded me of Mariupol and its wonderful Sea of Azov. We saw the emergence of very modern and carefully designed public spaces ... but the war has destroyed that.

I had not flown for many years and forgotten pre-flight preparations.

Tanya told me what I could take. I measured and weighed luggage, packing as neatly as possible. I was



worried about my yoga mat, which had helped me relieve stress. I was afraid I would have had to abandon it. However, I took a chance. In the morning of 8<sup>th</sup>. May, I caught a bus to Krakow Airport.

The last time I flew was in 2008. I was visiting relatives in Arkhangelsk, which is almost in the northernmost part of Russia. We were on very good relations with them at that time. Now I had to figure out all the pre-flight procedures again. Rubikus guided me through every step. My rucksack and mat got stuck in the baggage scanner tunnel, but it was quickly pulled out and returned to me. I was very happy that it would fly with me. As I stood

waiting to board the plane, my entire journey from Mariupol flashed through my mind: at the start I had no documents or the required level of English, the journey through Russia was very risky. I remembered how I decided that I had to escape from the occupation, otherwise the occupiers would identify me sooner or later. How I began to make an escape plan. And how early one morning on 19<sup>th</sup> January, I ran with my luggage across the ice to catch a bus to Rostov-on-Don and travelled



anxiously through enemy territory. And then entering Europe, with all the adventures and stresses. In a few hours I would be in England and safe. Another world with people I have never seen. I was a little excited, to say the least.

*Continued....*

As the plane gathered speed on the runway, I remembered the same feeling when I flew to Arkhangelsk 16 years ago. I realised that my journey was coming to an end, both frightening and joyful. During my four months so far in Europe, I was in a familiar language environment: Ruslan and Olya, Olga, the hostel owner and my hostel neighbours, dentist Maria, Lyudmila— they all spoke Ukrainian or Russian. But for the next few years I would be living among English people. I would have to rely on “Google Translate” on my old smartphone. ‘Can I do it?... of course I can! Where else can I go?’

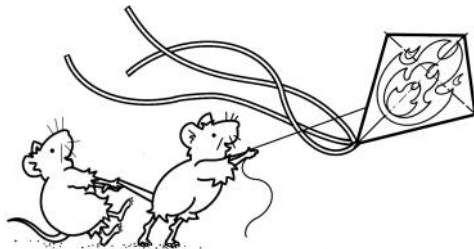
I am almost in England and will soon see my hosts Ella and Joe in Worcester.



**Sunday 3 May**  
**Bluebell walk**  
**3pm - 4.30pm**  
**Perry Wood, WR5 1TH**

A special trip to the woods to see what we can spot - from bluebells to birds. Build a shelter that blends in with the trees! Join us for outdoor worship, activities and refreshments.

**Contact: [revrichwood@gmail.com](mailto:revrichwood@gmail.com)**





Bluebird Care - as near  
to perfect as possible

## Care in your home, just as you like it.

You may be in a situation where you need an extra pair of hands, or you may have complex needs that require dedicated care.

Our well-trusted care service ranges from a 30-minute daily visit through to full Live-in care.

### Call our friendly team today.

Bluebird Care Worcester & Wychavon

**01386 764830**

worcesterandwychavon@bluebirdcare.co.uk  
bluebirdcare.co.uk/worcester-wychavon

Home  
is where the heart is  
*Let's keep it there™*





# WILLIAM JUPE Photo restoration

“ I was completely taken aback by the quality of repair demonstrated on your website. I had no idea such things were possible. ”

*Dr David Cooper*

WWW.RESTORINGGLORY.CO.UK | 01905 317713 | HAMILTON RD.



**JONES &  
ASSOCIATES**

RESPONSIVE ESTATE AGENCY

Jones & Associates is a local professionally qualified estate agency, serving Worcester, Pershore, and surrounding areas. We offer personalised service with traditional values and broad marketing including Rightmove, Zoopla, OnTheMarket, our website, and social media. Contact me now to learn how we can assist with your future move.

Lee Kloos MNAEA | [lee.kloos@jjaa.co.uk](mailto:lee.kloos@jjaa.co.uk) | 07496 625205



**COMMUNITY TRANSPORT**

**Worcester WHEELS 01905 450654**

Worcester Wheels is a registered charity providing a selection of services for people living in the city and surrounding villages. **We aim to provide a friendly, affordable, door to door service** to customer who may find it difficult to access other forms of transport. Our vehicles are fitted with tail lifts and are fully accessible to walking and wheelchair passengers.

**We are here to help individuals to get to their hospital, GP, Day Services, lunch clubs, shopping trips and much more. We operate our transport services Monday to Saturday.**

**We offer a Friendship Hub** for adults who are lonely, isolated or have a disability to come together to meet new friends, engage in activities and enjoy a hot two course meal. It is open Monday to Friday 10 am until 2 pm. All our staff and volunteers are DBS checked, fully trained and keen to make a difference.

Visit our website [www.worcesterwheels.org.uk](http://www.worcesterwheels.org.uk) or find us on Facebook.  
**If you would like to volunteer contact us on 01905 450 654**



**Shelton & Lines**  
ESTATE AGENTS

37 DROITWICH ROAD  
WORCESTER  
WR3 7LG

"We're a family run estate agency focused on serving our local community and are proud to be a part of yours!"



Offering FREE! no obligation property valuations

Please call or book online

01905 616 330

www.sheltonandlines.co.uk

## WOULD YOU LIKE TO ADVERTISE IN THIS SPACE

For full details, please contact the Advertising Manager on [adale.stmartins@gmail.com](mailto:adale.stmartins@gmail.com)

[WorcesterSouthEastTeam@gmail.com](mailto:WorcesterSouthEastTeam@gmail.com)

### Computer Problems?

**We FIX computers!**

Sales | Service | Support

Worcesters best loved, family run IT company...



Custom build PC's

Gaming PC's

Repairs

Upgrades

Networking

Anti Virus & Security

Home User Support

Business IT & Support



worcester-computers.com

01905 759111



worcester computers

visit us in-store | 140 Ombersley Road | Worcester | WR3 7HA

### GLM Property Maintenance

- Traditional Window Cleaning
- All aspects of Repointing
- Fascias & Gutters (Repairs & Renewal)
- Driveways & Patios (Installation & Cleaning)
- Roof & Solar Panel Cleaning
- Cowl & Pot Fitting and Repointing
- Roofing
- Fencing & Landscape Gardening
- Hedge & Tree Cutting
- House & Garden Clearances
- Rubbish Removals
- Painting & Decorating
- Grave Restorations and Cleaning

Fully insured and licensed waste carrier

No job is too big or too small!

Call for a free quote today!

07399 024702

01905 864172

GLMServices18@gmail.com



We're on Yell.com



Like us on Facebook!

@GLMServices18

## *Are Your Locks Behaving Badly?*

• NO CALLOUT CHARGE • FREE ONSITE ESTIMATES • NO VAT ON LABOUR

## **...THE LOCKSMITH...**

**01905 570 999** [www.worcestershire-locksmith.co.uk](http://www.worcestershire-locksmith.co.uk) **07871 44 20 11**

All Locks Opened, Serviced, Repaired, Supplied & Fitted

UPVC Multi-Point Lock Repair Specialist

Jammed & Dropped Doors Realigned & Adjusted

***FIX AN ISSUE BEFORE IT BECOMES A PROBLEM..***

### **Andy Lee Electrician**

Registered

NAPIT

Part

P

Testing  
Inspection  
Fault Finding

Servicing  
Installations  
Replacements

Telephone for Quotes:

**01905 356945 or 07879 427571**

### **Curtains by Kirsty**

Made to measure curtains,  
Roman blinds & soft furnishings

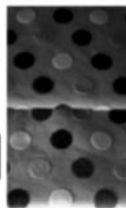
- Handmade finish
- Friendly, professional service
- Attention to detail
- No obligation quote

Contact me today

07872 441702



[kirsty.kessell@hotmail.co.uk](mailto:kirsty.kessell@hotmail.co.uk)



## **D·A·R**

**(MALVERN)**

DOMESTIC APPLIANCE REPAIRS

**103 Worcester Road  
Link Top, Malvern, Worcs  
WR14 1EP**

**Tel: 01684 572151**

*We sell and repair  
all makes of*

**Washing machines**

**Dishwashers**

**Refrigeration**

**Built in ovens**

**Cookers**

**Microwaves**

**Tumble Dryers**



- Specialising in airport transfers and long distance journeys
- Full day hire, sporting events
- 1-8 seater vehicles available
- All our vehicles have free wifi and complimentary bottled water on all long distance trips

Telephone **01905 672078**

Mobile **07582 120016**

[www.executivetravelworcestershire.co.uk](http://www.executivetravelworcestershire.co.uk)  
email: [landmexecutivetravel@gmail.com](mailto:landmexecutivetravel@gmail.com)

# LOCKSMITH & DOUBLE GLAZING REPAIRS

🔑 Replacement Glass Units   🔑 Hinges   🔑 Lock Cylinders

🔑 Multi-Point Locks   🔑 Handles   🔑 Garage Door Repairs

No Call Out Fees   Free Quotes   Over 20 years' experience - no job too big or small



AS Locks & Services.

[www.aslocksandservices.co.uk](http://www.aslocksandservices.co.uk)

07956 371673

01905 726671



Quality car servicing and repair  
at competitive prices

- Family run business
- Established over 40 years
- Qualified and experienced team
- Professional and personal service
- Friendly, fast and efficient
- Competitive on price
- Collect and deliver service (within the area)

Tolladine Road, Worcester WR4 9AZ

01905 24213

[tolladiness@btconnect.com](mailto:tolladiness@btconnect.com)

[www.tolladine-servicestation.co.uk](http://www.tolladine-servicestation.co.uk)

## Worcester Four Seasons Apartments

Battenhall Avenue, Worcester,  
WR5 2HW

- Stylish, spacious & comfortable holiday accommodation
- Peaceful, south facing location
- Underfloor heating

Find us on **Airbnb** or book directly.

**Contact us today:**

Email: [haywardpowis2@hotmail.co.uk](mailto:haywardpowis2@hotmail.co.uk)

Mobile: **07843 944567**

[www.powishayward.co.uk](http://www.powishayward.co.uk)



## JDS Electrical

For all your electrical needs  
Fully qualified and insured

**JON HALL**

**07528 183057**

[jds.electrical@outlook.com](mailto:jds.electrical@outlook.com)



## WOULD YOU LIKE TO ADVERTISE IN THIS SPACE

For full details, please contact  
the Advertising Manager  
[adale.stmartins@gmail.com](mailto:adale.stmartins@gmail.com)



# Worcester Funeral Service

## 01905 23499

Independent Family Funeral Directors

Craig is available 24 hours a day  
Please call for any assistance



Unit 6, Kilbury Drive  
Worcester, WR5 2NE

Golden Charter   
Funeral Plans

[WorcesterFuneralService.co.uk](http://WorcesterFuneralService.co.uk)

# E. J. GUMERY & SON

## Funeral Directors

- ◆ Independent, Family Funeral Directors
- ◆ Established 1870
- ◆ Private Chapels
- ◆ Floral Tributes
- ◆ Pre-Payment Plans
- ◆ Helpful & Efficient Personal Service



**Tel: 01905 22094**  
**24 HOURS**

68, 70 & 72 Ombersley Road  
Worcester WR3 7EU

[www.ejgumery.co.uk](http://www.ejgumery.co.uk)

Email: [info@ejgumery.co.uk](mailto:info@ejgumery.co.uk)

# Bedwardine Funeral Services



A Caring and Sensitive Service • Available 24 Hours a Day  
Private Chapel of Rest • Pre-paid Funeral Plans Available

The Coach House, 30 Bromyard Road, St John's, Worcester WR2 5BT

**01905 748811**

[www.bedwardinefuneralservices.co.uk](http://www.bedwardinefuneralservices.co.uk)



LATIMER COURT

BARCHESTER HEALTHCARE

Care as unique as you are



Providing bespoke residential, nursing, dementia and respite care in Worcester.

**Call: 01905 402 832**

Latimer Court Care Home

Darwin Avenue, Worcester, WR5 1SP • [barchester.com](http://barchester.com)



## Windy

Three elderly ministers, all hard of hearing, were playing golf one sunny spring morning.

The Methodist minister observed, "Windy, isn't it?" "No", the Baptist pastor said, "It's Thursday."

The Anglican vicar agreed: "So am I! Let's go and get a pint."

"Whilst I appreciate the thought, would whoever it is please stop tweeting, 'So far, so good...'"

# Community Hall Update

**WHAT'S ON - REGULAR CLASSES YOU CAN JOIN**  
**Please contact the class organiser for more information, costs and to pre-book**

## MONDAY.

10.30am - 11.30am. Zumba with Aimee Ford.

Contact: [aimeeford@yahoo.co.uk](mailto:aimeeford@yahoo.co.uk)

5.30pm. The Star Project Children's Theatre (Term time only)  
with Jo Payne. Contact: [director@thestarproject.info](mailto:director@thestarproject.info)

## TUESDAY.

4.00pm to 6.30pm. Dance (for 3 year olds and above) with Elizabeth Gibbs

Contact: [lizdance@icloud.com](mailto:lizdance@icloud.com)

6.30pm - 9.30pm Gong Bath + Sound Meditation with Angela Latham.

Contact: [evenstartbabe@msm.com](mailto:evenstartbabe@msm.com)

(varying monthly dates available)

## WEDNESDAY.

2.00pm to 3.00pm **Moveitorloseit**. Exercise class for the more mature individual to build strength and balance. \*Note\*: from 02/09/2026

Contact: Liz Hoare: [liz.hoare@moveitorloseit.co.uk](mailto:liz.hoare@moveitorloseit.co.uk).

4.30pm to 5.30pm Yoga with Natalie Houlding.

Contact: [natalie@zafyoga.com](mailto:natalie@zafyoga.com)

6.30pm to 7.30pm. Pilates with Rebecca Hadlington.

Contact: [fitness-worcester.com](http://fitness-worcester.com)

## THURSDAY.

10.00am (for 10.15am start) to 11.00am Zumba  
with Denise Wrafter

11.00am to 12.00noon Yoga with Denise Wrafter.

Contact: [denisewrafter@outlook.com](mailto:denisewrafter@outlook.com)

7.15pm - 9.15pm T'ai Chi with Dr Marc.

Contact: [marc@obelison.com](mailto:marc@obelison.com)

## FRIDAY.

9.45am to 10.45am Zumba with Aimee Ford.

Contact: [aimeeford@yahoo.co.uk](mailto:aimeeford@yahoo.co.uk)

6.00pm to 7.00pm. Duke Yoga with Fiona

Contact: [fib42@hotmail.com](mailto:fib42@hotmail.com)



**Community Hall Management Committee**  
[info@whittingtoncommunityhall.co.uk](mailto:info@whittingtoncommunityhall.co.uk)

## Worshipping outside during Holy Week and Easter

Members of both St Matthew's and St Nicholas, Warndon have been clearing the derelict former site of St Matthew's church, Ronkswood, which was demolished in 2015. Seeds of new life are emerging on the old site, on which the War Memorial still stands, with the churches holding some short outdoor acts of worship over Holy Week and Easter.



On Palm Sunday, local boy Carson Lee Bozward was baptised by the Revd Richard Wood beside the old fallen font which remains from the old church and in which several members of his family had been baptised in years past. Part of the Palm Sunday service, Carson Lee was cheered on by the combined

congregations and clergy of partner churches Holy Trinity and St Matthew, Ronkswood and St Nicholas, Warndon who gathered around the outside font.

Then on Good Friday, a Roman centurion (the Revd Richard's son, Judah) stood beside the memorial crucifix as several of the congregation read the story of the Crucifixion from The Gospel of Luke. The event attracted the curiosity of passers-by, and local children were able to try on the Roman helmet and shield. Then on Good Friday, a Roman centurion, stood beside the memorial crucifix as several of the congregation read the story of the Crucifixion from The Gospel of Luke. The event attracted the curiosity of passers-by, and local children were able to try on the Roman helmet and shield. Richard commented: "We have been delighted to be able to use this space within our community. Perhaps most symbolically, on Easter Sunday, the new fire of the Dawn Service was kindled on the derelict land, before the light of Christ was carried (via a storm lamp candle) to a continuation of the service in St Nicholas, Warndon. These short acts on the land signpost the beginnings of an emerging plan for the site, celebrating new life from death. St Matthew's rises again? Watch this space...!"

## Remembering the General Strike of 1926

One hundred years ago, from 4<sup>th</sup> to 12<sup>th</sup> May 1926, there was a General Strike in the UK. It was called by the Trades Union Congress (TUC) in support of 1.2 million coal miners. The strike lasted nine days, but had little effect in the long term.

The aim was to force the Conservative government, led by Stanley Baldwin, to stop dramatic wage cuts for hard-hit miners and to improve their working conditions. The country came to a temporary standstill, but then the strike collapsed, though the miners stayed out for another seven months without achieving anything.

The Archbishop of Canterbury, the Scottish-born Rt Revd Randall Davidson, a conciliatory figure within the Church and Christianity generally, spoke out against the strike but called on the Government – unsuccessfully – to improve working conditions for miners, and to subsidise the mines so that wages could be increased.

He wanted to make his appeal known to the public on radio, but the BBC refused to broadcast it, though it was backed by an interdenominational group of church leaders, one of whom told Davidson: “For the first time in my life it has been possible to feel that the Christian forces in this country were united and courageous.”

There was considerable sympathy for the strikers among the population generally – for instance, a football match was organised between police and strikers – but there were clashes too. There were also fears that fascists and communists were using the strike to fuel their own revolutionary ambitions. Labour Party leaders were especially worried that outright backing of the strikers might damage their new standing as a party of government.

Fears about the dubious legitimacy of the strike – with the threat of seizure of assets – also played a part in its early collapse.

## Geraniums

A man burst into a flower shop and urgently demanded two pink potted geraniums. The clerk explained that they did not have any, but could offer him African violets instead. “No,” said the man sadly. “It was geraniums that my wife told me to water while she was gone.”

# Helping the people of Ukraine on the front line

## See Picture opposite



UKRAINE APPEAL

UKRAINE APPEAL

UKRAINE FREEDOM COMPANY (WEST MIDLANDS)

[Ukrainefreedomcompany.org](http://Ukrainefreedomcompany.org)

Patron: Maj Gen Arthur Denaro CBE, DL

### COMFORT BOXES

Contributions are required to provide individual 'comfort' boxes for the men and women fighting at the front. These may contain some or all of the following items:

First Aid kit items: Bandages: Antiseptic cream: Lip sal: Wet wipes: Soap: Tissues

Female sanitary products: Toilet rolls: Toothpaste/brush: Small towels

Candles (including tea lights) Sewing kits Tea: Coffee: Sweets/chocolate

Thermal underwear: socks:

Tinned food (ideally with ring-pull top) - e.g. sardines: baked beans: soups: fruit:  
or packets of dried foods – e.g. pasta; noodles; soups; 'instant' oats

Cooking utensils - army mess tins: enamel plates/mugs: cutlery: small pots/pans:

DO NOT INCLUDE ALCOHOL, DRUGS OR CIGARETTES AS THESE ARE LIKELY TO BE CONFISCATED BY CUSTOMS.

### MEDICAL SUPPLIES

\*\*\*\*\* There is a desperate ongoing need for medical supplies and first aid kits – priority items required being tourniquets, wound dressings, bandages of all types, etc.

While many medical items in the UK are required to have a 'use-by' date, and often consequently get destroyed, UFC can often divert these for use in the Ukraine – please consider approaching contacts at local hospitals, nursing homes, pharmacies, doctors' surgeries, paramedics, etc. requesting that they give consideration to donating such supplies. In addition, there are many mobility aids retained by ex-patients who find it difficult to return them - we are happy to accept such items including wheelchairs, walking frames, crutches, walking sticks, limb splints etc.

\*\*\*\*\*We are now able to accept financial donations via our dedicated bank account – please consider a 'one off' donation, or a monthly standing order, details as follows:

Metro Bank Account: Ukraine Freedom Co (West Midlands)

Account No: 56781099 – Sort Code: 23 - 05 - 80

If able to assist, please contact your local UFC representative, who can also arrange collection throughout the area: Brian Watkins email: [lovelacewatkins@uwclub.net](mailto:lovelacewatkins@uwclub.net) mobile: 07771684000

## One Destination for “Comfort Boxes”



*Picture courtesy of the "Ukraine Freedom Company".*  
It shows a group of Mums and children in Ukraine who have received donations from the Freedom Company, to which Whittington Church has contributed.



## National Biscuit Day – 29<sup>th</sup> May

Did you know that Britain is the country with the highest biscuit consumption in the world? According to industry research, we each eat about 500 biscuits a year. And the great biscuit dunking debate - over which biscuit holds up best when dipped in tea – can spark surprisingly passionate discussion.

Biscuits have been part of our daily lives for centuries. Their dose of sweet, tasty comfort is loved by 2-year-olds and 90-year-olds, and every age in between. And so National Biscuit Day is held each year to honour this beloved snack. Our national favourite seems to be the chocolate digestive, followed by shortbread and chocolate fingers. But don't underestimate the appeal of custard creams, hobnobs, chocolate chip and oatmeal cookies!

The McVitie's Digestive, first produced in 1892, is one of the most iconic biscuits in British history. Today, it remains a bestseller alongside other classics like the Rich Tea, the Bourbon, and the Jammie Dodger. The word 'biscuit' comes from the Latin *panis biscotus*, meaning 'twice-cooked bread'. In Roman times, flour-based provisions were baked twice, to remove moisture, making them durable enough for long journeys. Ancient Egyptian sailors and Roman soldiers relied on these early biscuits as a portable, long-lasting food source.

The transformation from practical sustenance to sweet treat began around the seventh century, when Persian bakers added eggs, butter, cream, and eventually sugar and honey to their recipes, creating some of the earliest cookies in history. By the Middle Ages, biscuits had spread across Europe, with each region developing its own favourite. The Industrial Revolution brought mass production to the biscuit world. British firms like McVitie's, Huntley and Palmers, and Carr's produced biscuits on an unprecedented scale. In 1831, Huntley and Palmers even invented the decorative biscuit tin, which not only kept biscuits fresh but also made them an attractive gift item.



## RHS lifts its ban on gnomes for Chelsea

Good news for the gnomes of Britain: they are welcome at the Chelsea Flower Show this year (19<sup>th</sup> to 23<sup>rd</sup> May). It is only the second time in the history of the world's most famous gardening event that the RHS has allowed gnomes to appear at the show. The reason is that the gnomes can help raise money for the next generation of gardeners.

The RHS is inviting celebrities to decorate gnomes to feature at the 2026 show, which will then be auctioned off to raise funds for its flagship 'Campaign for School Gardening'. The campaign inspires school children to learn through gardening. The hope is to boost their wellbeing, skills and environmental awareness.

So, if you visit Chelsea Flower Show this year, look out for The RHS and the King's Foundation Curious Garden. It encourages everyone (even gnomes) to be curious and have fun gardening. The appearance of a gnome or two in the Curious Garden (and elsewhere at the show) will reflect and celebrate a tradition at Highgrove, The King's residence in Gloucestershire, where a gnome is often to be found in the Stumpery.

### ***You and a goldfish's attention span***

How long can you concentrate on any one thing? According to the now infamous study by Microsoft (back in 2015), our digital lifestyles have had such a detrimental impact on our concentration levels that our average attention span has fallen to below that of a goldfish.

Humans now stay focused for just eight seconds, before being distracted by news alerts, social media and so on – while even a goldfish can concentrate for nine seconds. And it is not just the endless stream of information that hits us, but the type of information that is so distracting. Violence and endless conflict can leave you distressed and unsettled. Medical experts recommend regular non-digital breaks such as a walk, a chat, or even just staring out the window.



## St Mark in the Cherry Orchard Diocese of Worcester



### News & Views from St Mark in the Cherry Orchard

Once again, Alan Matthews produced a super quiz on 11 April with many and varied questions. There weren't as many quizzers as we have had in the past but it was very enjoyable. There were four in each team except the one that I joined which consisted of three ladies and whilst our combined knowledge was limited, at least we had a go at each question and didn't disgrace ourselves with an average of three marks per round. We did a lot better with the picture quiz but were let down by a limited knowledge of up to date singers, members of groups or 'celebrity' this, that or the other TV programmes. The main quiz was, once again, won by Revd Andy's team and St Mark's really appreciates and thanks those who regularly attend the quiz nights; entry and the raffle raised £64 after deduction of the cost of prizes; the next one will probably be in October or early November.

The hissy fits of the boiler that have continually plagued the heating are, hopefully, soon to be rectified. We have a new boiler engineer who says that the programmer is likely to be the culprit because it is fifteen years' old and they generally don't last for more than ten years. The boiler was given a thorough service and it was declared that it should be operational for another few years because, should it break down, parts can be sourced. A grant of £250 was received from the Co-operative Community Fund towards the cost of the service, etc.

#### **As promised and further to the article in the April magazine:**

Tom began his '**This Athlete**' adventure to New York from Camberley where he caught a very useful Flightline bus for the 30 minute journey to Heathrow to join the rest of his group. This is now how we get to London when we go there because the bus is free for those who have a bus pass and we complete the journey via the underground. Their flight was scheduled to leave at 3.30pm and he said that it took ages to check their bags in but, fortunately, they moved through security very quickly; it would be approximately 7 hours before they touched down in the USA. He has been to the USA once before when the family went to Disneyland but that flight was much earlier in the day and didn't affect him too much with regard to jet lag but this time was very different. *Continued.....*

He suffered lack of sleep and felt unwell. To cap it all, the bus trip transferring them to their accommodation was expected to take 30 minutes took over an hour. Tom normally loves his food but his appetite was much depleted followed by an awful night's sleep, waking at 2am and unable to drop off again.

Day 2 He still felt unwell so had a light breakfast before their first training session on AstroTurf at Malloy University which was fine and helped him to understand the work ethic that was harder than he was used to. He enjoyed the tour of the campus which he thought was big but Malloy is actually one of the smallest universities. They moved on to Westbury University to play one of their teams, losing 4 – 0 which was the trait for the duration of the trip but that was an indication of the difference between USA and UK teams. The youngsters were played in various positions and there were eight substitutions to accommodate the number in the group; Tom played on the right wing for part of the first half and again during the second half. After dinner, they were treated to an ice hockey game between the New York Islanders and the Pittsburgh Penguins which he found rather confusing. Despite it allegedly being the UK's biggest indoor sport and fastest growing winter sport, I don't think that it is given much publicity. They witnessed only one small fight that was quickly dealt with by the referee and there was lots going on during the games, namely, T-shirts falling from the sky, donations of money being given to various people and praise for anyone amongst the audience who was in the army; the group was chuffed to each receive a NY Islanders woolly hat.

Day 3 Tom felt much better, having only woken up once during the night. The day's training was at Hofstra University where it was sunny and hot. As on the previous day, they had a tour of the sport's facilities when they learned the fitness levels that are expected, 2 miles in 11 mins 30 secs. Someone on the current team can do it in 10 mins and a past student managed 9 mins. Following lunch, they returned to the hotel where they chilled for an hour before moving on for a game against the Long Island Soccer U18s, losing 3 - 0. He said that this time he played on the left wing and he enjoyed it more however, his legs felt heavy but not as bad as the majority who were struggling with the amount of football and training; two of them didn't play at all. Dinner was at a pub owned by one of the opposing team's coaches which was enjoyable but he struggled with the amount and passed his leftovers to some of his team mates who finished it off.

*Continued...*

Day 4 They were woken at 5.30am which was a shame because he had a super night's sleep. The early start meant that he had very little breakfast before leaving to go to play against D1 Fordham where they lost 3 – 0. He was impressed with the 'Harry Potter' setting with its grey brick buildings, super facilities and an indoor track but it does cost \$90k per annum to go there! After lunch, they moved on to St John's which is another D1 university which has even better facilities including a big pre – match changing room, and a massive basket ball court with loads of seats but again it has a massive cost of \$80k.

Day 5 For the first time during the trip, Tom wanted to stay in bed, perhaps it was the amount of exercise that he was getting. After breakfast, they made a return trip to Long Island for two one hour training sessions with two different coaches where they were joined by a few university students; again, some of the group chose not to attend because they were feeling some injuries. After a tour of the campus, they ate in a campus food court where Tom enjoyed the best food of the trip before returning to their hotel where he walked up and down in the swimming pool to help the condition of his legs. After chatting to Tom (number two) they joined forces for a game of pickle ball, starting off well but, after twice getting to the top of the tournament, they lost and ended up coming sixth which they both considered was not so terrible!

Day 6 was the final day and more relaxing. Each lad had a one to one with a coach where they were encouraged to talk about how they had found the whole experience; I imagine a useful way of learning more about them all. After lunch, they chilled in their rooms before playing against a team at D2 Adelphi but before hand there were lots of photos and then they changed in their changing rooms. Tom played mid field, wasn't involved in the game very much and they lost again, 4 – 0!!

Day 7 was mainly spent travelling back to the UK but during the morning they did go to Manhattan to visit Central Park and Times Square.

Overall he seems to have enjoyed the experience and now has to decide his future should he be offered a place. The games and training sessions have been videoed to help coaches decide who might benefit from a place but it will be very expensive. Tom loves his sport and is very fit as shown by his stamina throughout. We await his decision but whatever, on the whole and despite the jet lag, he seems to have had a good time. *Continued...*

We are looking forward to his sharing it all in person in a week or two.

The website is [www.thisathlete.com](http://www.thisathlete.com) if you would like to read more about the fantastic opportunities that are on offer to the younger generation.

**The List of Dates for your Diary, Mobile and/or Calendar:**

**Chat & Cuppa Club** Everyone is really friendly so please consider adding this **FREE** event to your calendar **First Tuesday of EVERY month from 2 – 3pmish** and the next one is on **5 May 2026** however, we will be meeting in the church for a few months. You will receive a warm welcome, a free cuppa and we rarely leave before 3.30pm! No transport, no problem, because you can reach us on the No 32 bus and there are stops both ways very nearby; just ask for St Marks Church.

**2026 Annual Parochial Church Meeting will be after the Sunday service on 17 May** and generally starts around 10.45am. Anyone can attend but only those on St Mark’s Electoral Roll can vote on any matters that arise. This is an opportunity to hear how the church has survived during 2025 despite ever increasing expenditure and what could be in store in 2026. The accounts show, once more, how important the income from hiring out the church hall and from the groups who make use of the church space, is to the income.

If you look at the list of hall hirers on the back page of this magazine and see a group that you might like to attend, **please contact the organiser** for further details.

**Jan** 07565585726 / [janvale810@gmail.com](mailto:janvale810@gmail.com)

.....  
■ **Golf....** ■  
■ Golfer to caddy: “Why didn’t you watch where my ball went?” ■  
■ Caddy to golfer: “I’m so sorry. Your ball doesn’t usually go any- ■  
■ where, so this took me completely by surprise.” ■  
.....

## **Russian clerics want more Ukrainian land, - and praise the Ayatollah**

A senior cleric in the Russian Orthodox Church, Metropolitan Kirill (Pokrovsky) of Stavropol, has recently called for Russia to move in and occupy even more Ukrainian territory. His call came as the war entered its fifth year. Metropolitan Kirill is the Church's director for relations with the armed forces.

He said: "If the Western satanists fail to withdraw, and the current junta still controls territory, the Orthodox Church's persecution will continue, and Russia will need to go further, occupying Odessa and Kiev as well." He urged Russian forces to continue "giving themselves for the safety and prosperity of the people," and said that President Zelensky could be "eliminated by a missile."

Meanwhile, following the assassination of Iranian Supreme Leader Ayatollah Ali Khamenei on 28<sup>th</sup> February, Patriarch Kirill of Moscow, head of the Russian Orthodox Church, sent a message of condolences to the President of Iran, Masoud Pezeshkian. In it, he praised Ayatollah Ali Khamenei, as "a man of deep religious convictions, a spiritual and national leader strong in spirit and character."

## **Happy 70<sup>th</sup> Birthday, Eurovision Song Contest**

This year's Eurovision Song Contest, to be held 12<sup>th</sup> to 16<sup>th</sup> May in Vienna, will look a bit different as it marks its 70<sup>th</sup> birthday. That is because Iceland, Ireland, the Netherlands, Slovenia and Spain have opted out, as a protest to the inclusion of Israel in the contest, following the war in Gaza. That is the largest number of boycotting countries in the contest's history since 1970. On the other hand, at least Bulgaria, Moldova and Romania are set to return this year.

Eurovision is a long-established annual international celebration of music. This year's programme will consist of two semi-finals, on 12<sup>th</sup> and 14<sup>th</sup> May, and then a final on the 16<sup>th</sup>. It will be held at Wiener Stadthalle in Vienna, and presented by Victoria Swarovski and Michael Ostrowski. Broadcasters from 35 countries will also participate.

Britain has won the Eurovision five times in 70 years:

1967 Puppet on a String, 1969 Boom Bang-a-Bang

1976 Save Your Kisses for Me, 1981 Making Your Mind Up

1997 Love Shine a Light

# World Council of Churches condemns Russia's mass abduction of Ukrainian children

The World Council of Churches (WCC) has responded with grave concern to a recent United Nations commission that has confirmed Russia's mass abduction of Ukrainian children. "These actions are a shocking violation of the God-given dignity of every child and the sanctity of family bonds", said the WCC's general secretary, the Revd Professor Jerry Pillay.

"The deliberate removal and relocation of children for political or ideological purposes is fundamentally incompatible with international law, morality and Christian values." Professor Pillay was responding to a report by a UN-appointed Independent International Commission of Inquiry, which said that Russia had committed crimes against humanity by forcibly deporting Ukrainian children during and after its February 2022 invasion.

## Don't drive when sad

You've seen those motorway signs warning you not to drive when you are tired. But now it seems you are far more likely to crash your car if you drive when you are sad, or when you are angry, or when you are agitated.

A study has found that a healthy emotional state is hugely important for your safety at the wheel; being sad, mad or upset can increase your likelihood of a crash by nearly ten-fold. That compares with fatigue making a crash only three times more likely, while talking on a mobile phone doubles the risk.



May  
2026

# Whittington Parish Magazine

## May 26 Edition

