



ECKINGTON

VILLAGE NEWSLETTER



JANUARY 2026

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50p when sold**

Eckington Stores

Shop locally from our large range of products

- Grocery and household items including firelighters, kindling and logs
- Bread, cakes and milk
- Ham, cheese, bacon and eggs
- Fruit and vegetables
- Newspapers and magazines
- Frozen food and ice cream
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Welcome to the
January 2026
edition of the



BE THE REASON
SOMEONE
smiles
TODAY

Eckington Calendar

- 1st Tuesday Bingo with tea/coffee & Biscuits 2pm to 4pm Eckington Village Hall
1st Wednesday Community Coffee Morning at The Bell 11:00am - all welcome
2nd Thursday Mobile Library
09:45 to 10:00—Upper End, Eckington
10:05 to 10:20—Glenmoor, Eckington
1st Sunday Quiz at The Bell 7:30pm
Every Thursday Everyone Welcome 10am-12pm Coffee Morning Eckington Church

January 2025

- 2nd-9th The Bell will be closed for a well earned rest
Tuesday 6^v Bingo 2pm to 4pm sponsored by Worcester Awnings also Lottery draw
Sunday 11th Quiz at The Bell
Friday 16th Film night 7pm start 'The Ballard of Wallis Island' 12A, 2025, 1hr
40mins, sponsored by PCC (plus food van) doors open 6pm
Tuesday 20th EPC Meeting Recreation Centre 7pm
Wednesday 26th Next visit from the Police is Wednesday 26th Jan at 3pm outside
Eckington Stores

February

- Tuesday 3rd Bingo 2pm to 4pm sponsored by Worcester Awnings also Lottery draw
Tuesday 10th W.I. Social at the local - The Bell 11am
Friday 20th Film night 7pm start 'The Unholy Trinity' 15, 2024, 1hr 35mins (plus
food van) doors open 6pm
Saturday 28th 10am to 12pm Marie Curie Coffee Morning at the Village Hall

If you would like to receive a monthly printed copy of this
magazine please email:

eckingtonmag@btinternet.com

Printed copies can also be purchased at Eckington Shop while stocks last

Let us know your event/activity dates by the
20th of the preceding month. email
eckingtonmag@btinternet.com



Church Service Rota for January 2026

Date	Time	Place and Service	Presiding
4 th	09.00am	Besford – Holy Communion	Rev Alma Organ
	09.00am	Alstone - Holy Communion	Rev Katryn
	10.45am	Bredon – Holy Communion	Rev Catherine Lack
	10.45am	Little Comberton – Holy Communion	Rev Katryn
11 th	09.00am	Bredon’s Norton - Holy Communion	Rev David Foster
	9.00am	Bricklehampton – Holy Communion	Rev Katryn
	10.45am	Eckington – Holy Communion	Rev Alma Organ
	10.45am	Overbury – Holy Communionoly Com- munionHo	Rev Katryn
	10.45am	Bredon – Morning Praise	Lay Led
14 th	2.15pm	Bredon – Christingle with School	Rev Sooz Magee
18 th	9.00am	Eckington – Holy Communion	Rev David Foster
	10.45am	Bredon – Morning Worship	Rev Peter Thomas
	10.45am	Elmley Castle – Holy Communion	Rev Katryn
	3.00pm	Messy Church – St Faith’s Overbury	Rev Katryn
	4.00pm	Eckington – Ordination of Rev Sooz Magee	Bishop Martin
	6.00pm	Beckford – Evensong	Rev Katryn
25 th	9.00am	Great Comberton – Holy Communion	Rev Katryn
	10.45am	Defford – Holy Communion	Rev Colin Butler with Rev Sooz Magee preaching
	10.45am	Ashton Under Hill – Holy Communion	Rev Katryn
	10.45am	Bredon - Morning Worship	Lay Led
	3.00pm	Messy Church, St Mary’s Elmley Castle	Rev Katryn

Iona Midweek Communion

14th January – Little Comberton – Rev Katryn at 10am

28th January – Overbury – Rev Katryn at 10am

If you have a general inquiry or a specific query about baptisms,
weddings or funerals please contact the Administrative Coordinator for the Bredon Hill
Group, Alison Khan on 07984 748059 or at acbhteam@gmail.com

Vicar: Rev Allison Davies

The Vicarage, Drakesbridge Rd,
Eckington

01386 750203

eckingtonvicarage@hotmail.com

Church Warden: Derek Potter

01386 750628

[https://www.achurchnearyou.com/
church/7962/](https://www.achurchnearyou.com/church/7962/)

Anyone requiring Holy Communion at

Open Church for Private Prayer

The Church is open for
private prayer and quiet reflection:

Every Wednesday 10am—2pm

Sundays 10am-12pm

when there is no service.

Outside of above times if
anyone wishes to go into the church

News from Worcester Diocese

An article from the Archdeacon of Worcester, Mark Badger on Epiphany hope:

<https://www.cofe-worcester.org.uk/news/epiphany-hope.php>

Service of welcome for Bishop Hugh:

<https://www.cofe-worcester.org.uk/news/bishop-hughs-service-of-welcome.php>

Catching up with the Director of Mission and Ministry:

<https://www.cofe-worcester.org.uk/news/catching-up-with-the-director-of-mission-and-ministry.php> Plough Sunday on 11 January:



CELEBRATION OF THE DIOCESE & SERVICE OF WELCOME

for

Bishop Hugh Nelson

114TH BISHOP OF WORCESTER

**Saturday 17 January 2026 at 2pm
Worcester Cathedral**

Please come and welcome our new bishop

PLAY TABLE TENNIS at Bredon Village Hall

Every Weds 4-7pm | Restarting 3rd September

- Come along & give it a try
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Cheltenham Stratford-upon-Avon
01242 235250 01789 295544

Local yoga classes

Eckington Village Hall

Monday 8:00-8:45am Vinyasa Flow (energetic) £8

Monday 9:15-10:15am Hatha (gentle) £10

Friday 8:00-8:45am Hatha (gentle) £8

First Sunday of the month 5:00-6:15pm Yin & Yoga Nidra (restorative) £12

Great Comberton Village Hall

Monday 11:00-12:00pm Hatha (gentle)



Book online at www.alchemyyoga.co.uk

scan the QR code or pay on the day

Suitable for all levels

All equipment provided



"Take the first step, your body will thank you"

Welcome to Holy Trinity Church, Eckington

Confirmation Preparation 2026

Confirmation preparation for 2026 will be done in the Deanery (Rev'd Katryn will be involved). Confirmation courses are a wonderful opportunity to explore Christian faith over ten weekly sessions, together with others.

The course may be in preparation for your Confirmation, or, the course may be a refresher about the Christian Faith for you or. A Confirmation Service is a service where the promises made at your baptism are now affirmed by you as an adult and you receive the laying on of hands and anointing with oil by a bishop confirming you in the Christian faith. (If you have not been baptised, this may happen during the confirmation service at in your parish before the Confirmation Service.)

The course will ten one hour sessions from 7-8pm. The venue will be at Church House next to All Saints Church in Evesham.

Eckington Recreation Centre

A message from Sarah Fincher...

A massive THANK YOU to The Rec committee, Under Fives and friends for my beautiful flowers and lovely gifts for my retirement last night

I shall still be bookings officer for a while. Jo Protherough will take on the role of Rec committee co-ordinator,

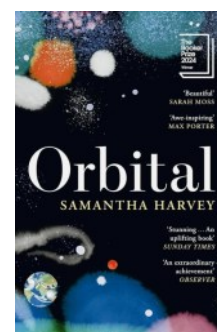
I hope you will please support her to keep this brilliant village facility going.



ECKINGTON

Book Club (now on the fourth Thursday of the month)

The Glassmaker by Tracy Chevalier is about a glassmaking family living and working on the Venetian island of Murano from 1483 to 2023. The same family hop forwards through time, an interesting device for showing Venice and Murano through the ages, with fascinating detail about the process of glassmaking, and important historical events that affect the family down through the years. Some of us found it a great read, others thought the characters could have been better developed.



As the December meeting would fall on Christmas Day we are going straight into January and the next meeting

For details contact Dominique 07769 603920



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- Utility payments
- Top-ups

Visit www.cashaccess.co.uk to find out more.



Opening Hours:

Monday–Friday: 10am – 4pm

LOCATION DETAILS OF THREE DEFIBRILLATORS IN ECKINGTON

Eckington First School School Lane WR10 3AU

Be aware that this Defibrillator is only available during school hours –report to reception

Eckington Village (Memorial) Hall School Lane WR10 3AU

What 3 Words - rules.unrealistic.bookshelf

The defibrillator is on the outside wall at the top of the car park

Eckington Recreation Centre Pershore Road WR10 3DD

What 3 Words – glove.calls.solicitor

The defibrillator is located on the outside wall of the pavilion car park side The large five bar gate may be padlocked but the pedestrianside gate will be open at all times

In case of Emergency please phone 999

The Defibrillators are registered with the call centre, if they feel a Defibrillator is necessary they will direct you to your nearest one and you will be given a code to open the Defibrillator box

Eckington Village Memorial Hall

VENUE HIRE

eckingtonvillagehall@hotmail.com

T:07756195099

**Whatever your event,
we are sure we can accommodate you**

LIFE EVENTS

Birthday / Anniversary
Wedding / Life Event
Activity / Party

BUSINESS EVENTS

Meetings
Team Building
Celebration / Presentation



**Large hall with stage
Fully equipped kitchen available
Bar/counter available
New audio-visual system and hearing loop**



Mond	8am-8:45 9:15-10:15 11am-12pm 6:30-7:30pm	Yoga Yoga Chance to Dance Circuit Training	Hannah Nardini Hannah Nardini Marie Oldaker Will Leighfield	www.alchemyyoga.co.uk www.alchemyyoga.co.uk 07855 595287 w.j.leighfield@gmail.com
Tues	7pm to 8pm	Zumba	Yana Konova	07469 939836
Wed	10:30-11:30am 2:30-3:30pm 6:30-8pm	Zumba Chance to Dance Pershore Phoenix	Kerry Marie Oldaker Linda Tucker	07464 338528 07469 939836 07855 595287
Thur	11:15-12:15 2pm-4pm 7pm-8pm	Pilates Whilst Drive Pilates	Rachel Gardwood Stephanie Elphick	101pilates.co.uk 07452 940055
Fri	8am-8:45am 10am-11am	Yoga Young @ Heart	Hannah Nardini Lorna Brooks	www.alchemyyoga.co.uk 07904 352642
1st Tue of month	2pm-4pm	Bingo & Lottery Draw		07756 195099
1st Wed of month	7:30pm-9pm	Women's Institute	Jenny Doyle	eckingtonwi@gmail.com
3rd Fri of month	7pm start	Film Night		07756 195099

Eckington Village Hall

**For regular activities, events
& for all your parties**

Eckington Village Hall Hire

eckingtonvillagehall@hotmail.com

Bookings: Angela 07756 195099

2025 Update

We would like to thank everyone who have supported us this year. Due to your continued support, we have been able to have the floor resurfaced. By applying for grants we have also added a new audio-visual system. This allows us to show films and for other users of the hall to play music or connect a laptop. We couldn't do it without you.

Lottery Update

We have now given away £3,000 in prize money. Winning numbers for December were 33, 56, 118 & 127, each winning £50. The lucky Christmas bonus winning numbers were 21 & 124, each winning £150. If you would like to have a chance of winning and adding your support, just get in touch to have a lottery entry.

Coming in January

Zumba – we have two new Zumba classes coming in January. There will be one on Tuesday evening from 7pm to 8pm, starting on Tuesday 6th. The other will be on Wednesday morning from 10:30am to 11:30am, starting on Wednesday 7th. So, if your New Year's resolution is to get fit, here's your chance.

January Events

Tuesday 6th – 2pm to 4pm, Bingo and Lottery draw – sponsored by Worcester Awnings

Friday 16th – 'The Ballard of Wallis Island' 2025, 12A, 1hr 40mins. Comedy/Drama. Sponsored by PPC. There will also be a food van selling Pizza. Film will start at 7pm, doors open 6pm.

February Events

Tuesday 3rd – 2pm to 4pm, Bingo and Lottery draw – sponsored by Worcester Awnings

Friday 20th – 'The Unholy Trinity', 2024, 15, 1hr 33mins. Modern western. There will be a food van selling Tacos. Film will start at 7pm, doors open 6pm.

Saturday 28th – 10am to 12pm, Marie Curie Coffee Morning.

March Events

Tuesday 3rd – 2pm to 4pm, Bingo and Lottery draw – sponsored by Worcester Awnings

Friday 20th – Film Night tbc start at 7pm.

We look forward to welcoming you to our events in 2026

Polite reminder about the Village Hall Car Park.

It is for the use of Hall users only. This will be particularly important when the Jarvis Street construction work is ongoing. Your cooperation will be greatly appreciated

The Devereux Centre

Are you keen to learn or update your first aid skills for work and personal safety?

The Devereux Centre offers Life Saving Skills Training Courses



- CPR and Defibrillation
- Fire Safety and Practical Fire Extinguisher
 - Emergency First Aid at Work
 - Emergency Paediatric First Aid
- Mental Health First Aid, Levels 1,2 & 3

[See our website for 2026 course dates](#)

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For our December meeting we had a delicious festive meal supplied by 'Key Event Catering'. All we had to do was to lay the tables and then enjoy being waited on and eat our tasty meals and not have to worry about washing up. While we had our coffee and mince pies we watched a slide show of all the lovely activities that we took part in over the year. A thoroughly pleasurable evening.

The following week we had our 'Social at the Local' at the Anchor where we had a good natter while we enjoyed our cake and cups of tea. **Our next 'Social at the Local' will be at 11am at the Bell on Tuesday 10th February.**

Eckington WI, along with other WI's nationally, are raising awareness of CPR (Cardio Pulmonary Resuscitation) and defibrillators with their '**Bystanders can be**

Lifesavers' campaign. Our Christmas tree this year in the church has been decorated with hand crafted hearts, made by our members, to show case our campaign. Would you know what to do if someone collapsed in front of you right now? CPR can be learned through free training via RevivR. *This is an interactive online course and in just 15 minutes you can learn how to save a life.* Hopefully at the beginning of 2026 there will be another Defibrillator demonstration from our First Responder Paul Hatcher. Keep a look out on Eckington Facebook noticeboard for details. Familiarise yourself with the location of your nearest defibrillator a list is inside the old telephone box (Book Exchange). We hope you will never need the skills but remember 'Bystanders can be Lifesavers'.



Hopefully at the beginning of 2026 there will be another Defibrillator demonstration from our First Responder Paul Hatcher. Keep a look out on Eckington Facebook noticeboard for details.

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1/8 page £8
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Reach potential customers by advertising in the Eckington News in 2025

Annual pricing – monthly Issues

1/8 page £40
1/4 page £72
1/2 page £144
Full page £288

We publish in A5 format print and social media (website & facebook)

contact us at eckingtonmag@btinternet.com

www.eckington.info/index.php/village/village-magazine

ECKINGTON Remembers

A great village turnout for the official opening of Wilkes Way... congratulations to Nils' family, such a fitting tribute



Liz and the family would like to thank [Eckington Parish Council](#) for commemorating Nils Wilkes' dedication to this village with the naming of Wilkes Way. Such a fitting occasion to honour his contribution to village life and our community.

Wilkes Way is to commemorate Nils Wilkes. A few words written by a villager at the time of Nils' passing... "Nils has been a shining light in the community, whether it be serving on the parish council, tending the war memorial garden, setting up the stage in the village hall, writing the history of the village, supporting local music, or simply being that cheerful and humane person you could bump into on the street, chat with for five minutes and feel so much the better for the experience. One of the very best people I have have ever known".

Who are your local Neighbourhood Officers?

There have been some changes to your local policing team and the area they now cover. Your local Neighbourhood Police Officers are PC Alex Prentice and PC Shaquille Lakin. Your local PCSO's are, PCSO Jasmine Hill, PCSO Lee Stirling, PCSO Kyle Westwood and PCSO Karen Kempton. The email addresses for each of them are first.surname@westmercia.police.uk

The team is known as the Evesham and Pershore Rural Safer Neighbourhood Team. The team have 2 Facebook pages, 'Evesham Police' and 'Persore Police'. Please follow these to keep up to date with our activities and to see when our local drop in/engagement sessions are.

Drop-In Sessions and Neighbourhood Matters

Drop-in sessions are held weekly around the patch. If you have anything you wish to discuss, please pop along to one of these sessions. These sessions are advertised on the Evesham and Pershore Facebook page as well as Neighbourhood Matters. Neighbourhood Matters is a free service which allows you to receive updates regarding crime in your area and also allows you to message your local officer. Take a look at the website for further information: <https://neighbourhoodmatters.co.uk/>.

Please feel free to come to any session you see advertised, you do not have to live in the village to attend. If you know people who do not have access to the internet, please feel free to share the information. The more people who know about these drop-ins, the better!

Reporting Incidents

Please remember to report crime and any incidents via 999, 101 or on the West Mercia website. Please do not email individual officers if a crime has happened, this needs to be reported officially through the correct channels.

Rogue Traders

We are aware of reports within our rural villages of rogue traders. Rogues Traders involve: uninvited doorstep calls, poor quality or unfinished work, unnecessary repairs, pressure tactics and demands for upfront cash and targeting elderly and vulnerable residents. Rogue traders can be very convincing, often quoting low prices but later demanding more money. Some may even insist on contracts being signed. Please protect yourself and others.

- Ask for ID before letting anyone in
- Check credentials, including a permanent business address and phone number
- Ask questions, request references, and see examples of work
- Don't sign anything on the spot – get at least three written quotes
- If in doubt, ask them to leave
- The simplest way to stay safe: Do not engage with doorstep sellers. Politely ask them to leave. If you have concerns or spot suspicious activity, report it to us and to Trading Standards.

PC Alex Prentice 21115 Direct Dial: 101 or 0300333300
Safer Neighbourhood Officer | Evesham Rural | West Mercia Police
Evesham Police Station, Abbey Road, Evesham, WR11 4SS
Personal email: alexandra.prentice@westmercia.police.uk
SNT email: eveshamrn.snt@westmercia.police.uk

CHARITY DONATION



St Richard's Hospice

A HUGE thank you to everyone who came to the coffee morning on 27th November. Together we made £446 for St Richards Hospice. A fantastic result!



CHRISTINGLE Service
Holy Trinity Church,
Eckington
Celebrating the work of
The Childrens Society

Sunday January **11th** 10:45am
Family Service
Please join us for Candles,
Cake & Song
Everyone welcome

Christingle	
ORANGE the world	CANDLE Jesus - he shows us what God is like
RED TAPE God's love for the world	4 COCKTAIL STICKS 4 corners of the world
	SWEETS the good gifts that God gives us

Wychavon Parish Games

Congrat- ulations!

To the teams representing Eckington Village in the Wychavon Games 2025. Finishing overall an amazing

Thank you to everyone who took part.



Peter

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We believe in evidence based solutions, sound hands-on skills, and bespoke rehabilitation plans. All physiotherapists constantly update their skills, as well as acquiring new ones keeping them at the forefront of practice.

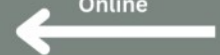
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- **Ultrasound-guided steroid and hyaluronic acid injections**
- **Designated Headache and Migraine clinic including clinical botox**
- **APPI-certified Clinical Pilates**, offering tailored programmes to improve strength, mobility, flexibility and injury prevention

Our APPI trained Pilates instructors work closely with our physio team to design **highly individualised Pilates programmes**. These sessions focus on core strength, posture, alignment and movement quality, helping patients rehabilitate safely, build long-term resilience, and move with confidence .



Gardening is not only a rewarding hobby, but also a fantastic way to stay physically active and mentally energised. It involves natural, functional movements that strengthen your body and support your long-term health.

The Physical Benefits of Gardening

Gardening provides weight-bearing, whole-body exercise that can:

- Strengthen bones and promote vitamin D production
- Improve balance, coordination and flexibility
- Boost cardiovascular health
- Reduce the risk of heart disease
- Build muscular endurance

Common activities such as digging, pruning, raking and lifting work multiple muscle groups, making gardening a perfect blend of strength and mobility training.

The Mental Health Benefits

Time spent outdoors among nature has been shown to:

- Reduce stress and anxiety
- Improve mood and promote relaxation
- Encourage social connection and reduce feelings of isolation

Common Gardening Injuries & How to Prevent Them

At Pro-Active Physiotherapy & Pilates, we frequently support patients with gardening-related aches, pains and injuries. Here's what we see most often—and how to prevent or manage them.

1. Back Pain & Muscle Strain

Often caused by lifting, bending, twisting or sustained awkward postures. When you experience back pain although certain movements can be uncomfortable, it is important to keep your spine mobile with simple daily stretches, bed rest can make symptoms worse in this case and can delay your return to your normal activities:

Here are some examples of gentle exercises you can try at home

- Forward bends (toe touches)
- Gentle backward extensions
- Side stretches

Strengthening your **core, glutes and abdominals** is vital for long-term spinal health and injury prevention. Adjunctive treatment includes using hot or cold packs: Apply a heat or cold pack to the sore area for 15-20 minutes at a time. When choosing between hot or cold therapy evidence suggests neither is better or worse than the other it is down to personal preference.

2. Knee Pain

Typically triggered by squatting, kneeling and lifting during gardening tasks.

For future injury prevention, strengthening can make a significant difference.

After the age of 35 muscle loss accelerates which consequently can increase your risk of injury. Adults should aim to do a minimum of 2 strength sessions per week to improve muscle mass and strength.

- Squats, heel raises (pushing up and down on your toes), and a simple step up (stepping on and off a step) are great exercises for strengthening your thighs, calf and gluteal muscles aim for 12-15 repetitions and 3 sets.
- Maintaining a healthy weight is also important and can reduce the stress going through your joints, excess body weight can increase systemic inflammation, a factor in joint pain. Weight loss can reduce this inflammatory response, leading to less pain and stiffness
- Gradual pacing of tasks and activities helps avoid the "boom and bust" cycle of overactivity and subsequent forced inactivity, allowing for consistent activity levels and a gradual increase in strength and stamina over time.

3. Hand & Wrist Injuries

Conditions such as tendonitis and carpal tunnel syndrome often arise from repetitive gripping, pruning or using heavy tools.

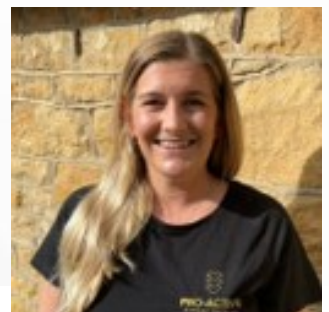
Helpful strategies include:

- Daily grip strengthening (e.g., stress-ball squeezes) and finger-to-thumb coordination exercises to improve the strength and dexterity of your hands
- Gentle wrist mobility moving your wrist up and down, side to side and in a rotational direction
- Wearing a wrist support is sometimes advised, though it may be best to seek advice from a health professional to ensure you use the correct one for your injury.
- Pacing of tasks can also be helpful in this case

NICE guidelines recommend topical NSAIDS as first line of treatment

Keep Gardening, Keep Moving, Stay Well

With the right guidance and injury-prevention strategies, you can continue to enjoy your garden while supporting your overall health and wellbeing. Whether you need help recovering from an injury, enhancing your mobility, or strengthening your body through Pilates, our specialist clinical physiotherapists and APPI-qualified instructors are here to support you every step of the way.



Becca Turnbull Specialist Physiotherapist

becka@pro-activephysio.net



Yoga for every body

Yoga is one of the most accessible forms of movement and wellbeing support, yet many people assume it is only for the flexible or the fit. In reality, yoga is designed for all bodies. Whether you're completely new, returning after a long break, or managing mobility challenges or joint pain, there is a version of yoga that will meet you exactly where you are.



Yoga combines simple movement, steady breathing, and awareness to help the whole body settle. It is low impact and builds strength, stability, and confidence without straining the joints. For those with arthritis, back discomfort, stiff hips, or tight shoulders, yoga can gently reduce pain and improve daily comfort. Nothing is forced and everything can be adapted.

Tips for beginning yoga

One of the biggest surprises for beginners is how small movements can make a big difference. You don't need to touch your toes or balance on one leg. Start with slow, steady motions that help the body wake up and feel safe.

Try these at home:

- **Seated side stretches:** Sit comfortably, lift one arm, and lean to the opposite side.
- **Cat-cow:** On hands and knees or seated, arch and round the spine.
- **Gentle twists:** Seated, turn the chest softly to each side.

If you're dealing with joint pain, especially in the knees, using cushions, blocks, or chairs can make movements more accessible. Yoga is never about pushing through pain. It's about creating space and mobility, a little at a time.

A short daily routine of five to ten minutes is more effective than trying to do everything at once. Consistency, not intensity, creates change.

In my classes, you are encouraged to move at your own pace, listen to your body and explore what feels right for you. Whether you want to ease pain, reduce stress, build strength or simply find a moment of calm, yoga can meet you where you are.

Our Philosophy

Yoga is more than exercise. It is a way to connect body, breath and mind, bringing balance into Everyday life.

Tips for supporting your joints

Many newcomers worry they won't be able to kneel, lunge, or sit cross-legged. The good news is that yoga offers alternatives for every posture, so you can enjoy the benefits without discomfort.

- Using cushions under knees or sitting on a block.
- Practising standing poses next to a wall or using a chair.

If you're curious about yoga but unsure where to begin, my classes are designed for you. I teach in a warm, friendly environment where beginners, returners, and those managing mobility issues are welcome. Every posture can be adapted, and you'll never be asked to do more than your body feels ready for.

Class schedule

Mondays – Eckington Village Hall

8–8.45am: Vinyasa Flow (a faster flowing practice)

9.15–10.15am: Gentle Hatha (suitable for all levels)

Mondays – Great Comberton Village Hall

11–12pm: Gentle Hatha (suitable for all levels)

Fridays – Eckington Village Hall

8–8.45am: Gentle Hatha (suitable for all levels)

First Sunday of the month – Eckington Village Hall

5–6.15pm: Yin and Yoga Nidra (deep rest and gentle stretching, ideal for easing tension and improving sleep)

Whether you want to build strength, improve flexibility, support your joints, or simply find more calm, yoga can meet you where you are. You don't need to be flexible or experienced. You just need to begin.

Book at www.alchemyyoga.co.uk or drop in on the day. For questions, message 07931 80714.

My aim is to create a welcoming space where you feel supported, included and inspired to grow both on and off the mat .

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Tewkesbury & Bredon Hill Probus Club

The club for retired and semi-retired professional business men
<https://probusclub.net/tewkesbredon/>

As the year 2025 comes to a close it is an opportune time for Tewkesbury and Bredon Hill Probus Club members to look back at the wide variety of speakers we have welcomed over the last 12 months at our Tuesday morning meetings. We have had such an eclectic mix of subjects presented by excellent speakers that it is difficult to cover all of them in a short article, but some of the outstanding ones include the three-part presentations by Captain John Hutchinson one of the original Concorde pilots, the story of the life of Mahatma Gandhi by Galen Bartholomew and a detailed two-part history of the Industrial Revolution in the UK in the 18th and 19th centuries presented by Nigel Thompson.

We have also had a number of very interesting external visits including a second visit to the fly fishing experience at Monmouth, a visit to the Javelin Park Energy from Waste incinerator, a trip to Bournville village accompanied by a member of the Cadbury chocolate family, a tour of the Morgan Car factory in

Malvern and the experience of being on Concorde at the British Aerospace Museum near Bristol.

As well as learning a lot about history, travel, science, industry and many other “serious” subjects, at Probus Club we also like a bit of fun and we learned a lot about the lives of the Two Ronnies and Norman Wisdom and we finished off our year with the stars and songs of Old-time music hall!

As the year 2026 beckons we can look forward to another successful year with a still growing number of members and bringing in some high profile speakers including a retired senior Metropolitan Police officer giving us the inside story of some of the UK’s notorious crimes, a retired RAF Group Captain presenting us with an in-depth analysis of some of Britain’s wartime battles and several new speakers we have not seen before.



Chris Brown

Forthcoming Events in January

6 Jan – Festive lunch

13 Jan – Panama: a wildlife adventure (with Arthur Ball)

20 Jan – Sir George Dowty (with Martin Robins)

27 Jan – The Battle of Britain: Strategy and Preparation (with Neil Meadows)

<https://probusclub.net/tewkesbredon/>



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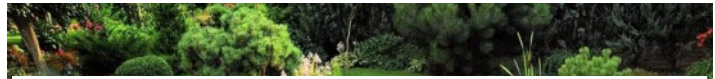
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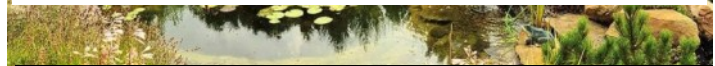
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It's that time of year again when we remember those we have loved and lost and we celebrate their lives through our **Tree of Remembrance Appeal**. In return for a donation to our chosen charities - readers, their families and friends are warmly invited to 'Remember a Loved One' using the QR code or by completing the online form at www.pershoretreeofremembrance.com. This facility will continue to be available into January 2026.

The names of those remembered will have been displayed at Number 8 Arts Centre, at the Acorns Hospice shop in Pershore High Street and in our online Book of Remembrance.

Funds raised this year will be donated to Acorns Children's Hospice, St Richard's Hospice and the Midlands Air Ambulance. These three charities rely on fundraising and our donations to provide their vital services. Did you know that;

- Acorns Children's Hospice cared for over 740 children in the past year and needed £35,000 every day to do that.
- It costs St Richard's Hospice around £12m a year to function, where £109.36 could pay for a 'Hospice at Home Healthcare Assistant' for a day, providing compassionate care for patients in their own homes,

- or that it costs Midlands Air Ambulance £16m a year to maintain the three aircraft and the provision of a lifesaving service. A service that has carried out over 80,000 missions since 1991!



These charities won't survive without our help. Can you help us keep these vital services running while remembering a loved one this Christmas?

Rotary is one of the world's largest humanitarian organisations, with 1.4 million members in 35,000 clubs across more than 200 countries. Pershore Rotary continues to channel time, energy and enthusiasm into local and global initiatives.

On behalf of all the members of Pershore Rotary, we hope you had a very happy and peaceful Christmas and the hope that the New Year brings greater unity and positive changes that address the many complex global challenges.

Anyone interested in joining or supporting Pershore Rotary can find more information at www.pershorerotary.club, via Facebook, or by emailing secretary@pershorerotary.club.

Richard Lees



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- Borodin - Polovtsian Dances



Photo © Michael Whitefoot



Tickets: £17 (under 16's £5)
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(Booking Fees apply to online bookings)
Registered Charity Number 512073



Starts January

Eckington Village Hall

Tuesday 7:00-8:00pm
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with Kerry 07464338528

Christmas Tree Festival

With thanks to the organisers and groups, individuals and organisers for their amazing tree displays



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Eckington Directory

Church

Vicar	Rev Allison Davies	01386 750203	eckingtonvicarage@hotmail.com
Church Warden	Derek Potter	01386 750628	
Administrative Coordinator Bredon Hill Team	Alison Khan	07984 748059	acbhteam@gmail.com
Vicar in the Bredon Hill Group	Rev Katryn Leclézio	01386 710394	

Council

Parish Council Chairman	Tim Knight	07810 572223	eckingtonpctimknight@gmail.com
Parish Council Clerk	Lynne Yapp	01386 552233	clerk@eckington-worcs-pc.gov.uk
District Council	Paul Middlebrough	01905 821732	
County Council	Adrian Hardman	01684 773172	
		01386 750666	eckingtonfirstschool.co.uk

Eckington C.O.E. School

Headteacher Sarah Roberts

Secretaries Jenny Smiles
Lorna Gower

Caretaker Liz Crumpton 07794336696

Chair of Governors Mrs Joanne Stringer

Friends of Eckington C.O.E F.O.E.S 01386 750666 eckingtonfirstschool.co.uk

Eckington Under-Fives

Chair Jo Stracey 07582 452024

Manager Donna Wilson 07582 452024

Babes & Toddlers Jo Stracey 07582 452024

Eckington Village News Jenny Sheppard 07960975552 eckingtonmag@btinternet.com

Eckington Website Neil Sheppard 07973820469 eckington.info

Village Hall Bookings Angela Townsend 07756 195099 eckingtonvillagehall@hotmail.com

Rec Centre Bookings Sarah Fincher 07954613959

Clubs

Eckington Cricket Club Ian Fincher 07778144422

Eckington Bridge Club Mrs Mary Millar 01684592800

Bell Ringers Tony Cocks 01386 750654 tony.cocks@anthony-simon.com

Book Club Dominique 07769603920

Bredon Bowling Club 01684 772008 bredonbowlingclub.co.uk

Bredon Table Tennis Club bttc.comms@gmail.com

RBL Pershore Phil Sagar 07447 907862 President of Pershore Branch

RBL Pershore Simon Dudfield 07929234898 Chairman of Pershore Branch

Organisations

Guides Anne.newbon@btinternet.com

Brownies 1stsevernstokeybrownies@gmail.com.

Scouts Photostudiotewkesbury@gmail.com

W.I. Jenny Doyle 07988521024 eckingtonwi@gmail.com



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kindest regards Team JCFS



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Eckington Manor	01386 751600	eckingtonmanor.co.uk
Eckington Stores	01386 750266	
The Anchor Eckington	01386 750356	anchorinneckington.co.uk
The Bell Eckington	01386 750033	thebelleckington.com

Outdoor & Gardening

Bowbrook Gardens	07792613020	bowbrookgardens.co.uk
Jonathan Cook Forestry Services Ltd	01386 751899	jcfs-ltd.com
Readyhedge	01386 750585	readyhedge ltd.com
T.A Spry Landscape Gardener	01684 773089	

Professional Services

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E Hill & Sons Funeral Directors	01386 552141	ehillandson.co.uk
Emma Attwood Photography	07790947139	emmaattwood.co.uk
Jones & Associates Estate Agent	01386 291010	jjaa.co.uk
Martin & Carr Vets	01386 553631	martinandcarrvets.co.uk
Mobile Beauty Therapist	07977564105	
Pro-Active Physio Pilates	07935 533151	proactivephysiopilates.co.uk
Taylor & Kerby Antique Clock Repairs	01684 259135	taylorandkerby.co.uk
The Devereaux Centre	01684 214333	thedeveauxcentre.co.uk
Thomson & Bancks Solicitors	01386 562000	tbsolicitors.co.uk
The Photo Studio	01684 298479	photostudio-tewkesbury.co.uk
Three Counties Agri Spares	01684 592515	threecountiesagrispares.co.uk
Worcestershire Foot Care	07944 900517	hvkeene@gmail.com

Trades

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Pershore Electrical	07368509659	info@pershoreelectrical.uk
Stuart Huntley Aerial Services	01386 553151	
The Locksmith	01905 570 999	locksmithworcestershire.co.uk
Three Counties Chimney Sweep	01684 891005	threecountieschimneysweep.co.uk
Tower Scaffolding	07756 195099	

Pershore Plus Volunteer Service

Community Transport	01386 554299	pershorevolunteers.org.uk
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