

# Woodland View In The Community

Droitwich Directory



Woodland View Care Home  
01905 917 358

Woodland Way, Droitwich, WR9 7GP

woodland.view@idealcarehomes.co.uk | idealcarehomes.co.uk



ideal carehomes



Open Court



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## Woodland View in the Community (WIC)

*created by Woodland View care home, is a brand-new support hub for the retired and semi-retired community with links to local businesses, advisors, and regular events for people in Droitwich and surrounding areas.*

Lisa Dews, the Home Manager at Woodland View care home, says...

'The Droitwich community is rich in helpful organisations, leisure groups, and advice centres, and the goal of Woodland View in the Community is to help older people to make these valuable connections as well as bringing everyone together to build strong relationships.

'Our doors are always open, and our kettle is always on, so please pop in or give us a call if you have any questions. We're here to help!'



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# Your life, your way, your home

Do you need companionship and support with daily life or are you caring for a loved one and in need of some regular respite?

Having a trusted person to call on can make all the difference.

I can provide a wholesome approach to your mental and physical well-being. Together we can make a bespoke plan to suit your lifestyle, enabling you to do those things that are important to you.

## I can help you with:

- Companionship
- Chaperoning to occasions and days out
- Accompanying to local appointments
- Healthy eating with home cooking
- Light exercise and keeping active
- Caring for pets
- Light garden and domestic duties
- Shopping
- Activities/hobbies
- Assistance with technology
- Respite care



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email: [lisa.bespokesenior@gmail.com](mailto:lisa.bespokesenior@gmail.com)

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## Top Tips For A Happy Retirement

*Are you counting down the days to your retirement, but not sure what your life will look like when the day comes? Here are ten top tips that will help you to make the most of your life after retiring...*



### 1. Organise Your Finances

Tracking down old pensions, claiming state pension and other benefits, and working out exactly what disposable income you'll have to live on will give you peace of mind. From there, you can easily adjust your lifestyle if you need to.



### 2. Ease Yourself Into It

Going from working full-time to not working at all can be a shock to the system, so it's best to slowly reduce your workload over a few months, or even a year. This way, your mind has time to adjust to your change of pace and you'll find it easier to handover your work in a more relaxed way.



### 3. Eat Well

Take advantage of your newly found free time in the kitchen! Browse healthy cookbooks to find meals to suit you, but make sure you eat regular meals. Falling into snacking patterns is a slippery slope...



### 4. Keep Your Mind Active

Exercise your mind by challenging yourself to learn new things. Take music lessons, learn a new language, teach yourself something you've always been curious about. Learning in adult life promotes independence and a healthy mind.



### 5. Exercise Regularly

On average, we should all aim to do 150 minutes of exercise per week. There are so many options to keep fit, whether it be joining a local walking group or attending a Zumba class.

Visit [www.worcestershire.gov.uk](http://www.worcestershire.gov.uk) or your local library to find out what's available in your area.



### 6. Stay Involved In Your Community

Offer a helping hand to others by volunteering with a local charity or organisation. Volunteering offers a sense of purpose and fulfilment – help yourself by helping others.



### 7. Travel

Why not take the time to go places you've always dreamed of going? Whether it's a day trip to the beach or an around-the-world cruise, a holiday or mini-break is good for the mind, body and soul!



### 8. Start A New Project

We all have things that we've been meaning to do, but never got around to actually doing, well, now's the time! Take up crafts, get in the garden, start a new collection. Whatever it is, just make sure you love it and the time will fly by.



### 9. Stay Social

Retirement is a golden opportunity to build new friendships. Why not regularly meet up for a coffee with that friend you haven't had time to see for a while? Or join the Droitwich Spa Community Choir? Whatever you choose to do, always make time for people who make you smile.



### 10. Know Where To Find Support If You Need It

We all need a helping hand from time to time, whether its someone do your food shopping with or just a friendly face to talk to about what's on your mind.

*There are hundreds of places you can turn to, including Worcestershire Council, Droitwich Wellbeing Hub, and Better Together. Find lots of helpful services and contact details on the index page towards the back of this directory.*



## Staying Independent At Home

By Abi Hargreaves from Better Together

Staying independent becomes an important focus in later life for continuing to have a happy and fulfilled retirement.

As circumstances and abilities inevitably change over time, undertaking tasks can become more difficult and a resulting loss of independence can be isolating, having a negative impact on mental health and quality of life. Accepting when help is required is the first important step to take to support independence and improve confidence, both at home and out and about.



Adaptations within the home for example can facilitate greater ease of mobility through the installation of such aids as ramps and rails, walk in showers and stair lifts.

Assistive technology is now playing an increasingly important role within the home not only for independence but also for safety and wellbeing, which in turn offers reassurance to family members.

There's no one size fits all with Assistance Technology, what works for one may not suit another, but it encompasses the likes of personal alarms and fall detectors, cameras, medication reminders, safety lights, and locator devices, many of which can link to handy apps that feedback information to loved ones.

Specialist equipment which may include items like hot water dispensers to avoid lifting kettles, adapted grip cutlery, coded dosette boxes, and toilet frames also play their part in facilitating comfort and ease around the home.

Then there's the human element. Most people have heard of carers and the role that they can play by visiting people at home, but what happens when different forms of help outside the remit of personal care are required?

That's where a small local business such as Better Together step in to provide a companionship and concierge service. This service facilitates the regaining of confidence in everyday tasks and successfully supports seniors in the Worcestershire area to maintain their independence by helping with things such as social outings, accessing local services, running general errands, chaperoning medical appointments, help with paperwork, helping with food preparation and shopping, and sometimes just to be there as a friend to chat and maybe play a game or two!

Such a service can provide the retired community with the support they need to remain happy at home and it provides peace of mind to friends and family that their loved ones are empowered to live their lives to the fullest.

For those wanting to successfully remain living independently at home a focus should be placed on maintaining social, family and community connections, implementing any helpful adaptive changes, and engaging with a good local support network.

For more information on Better Together Services please visit : <https://bettertogetherservices.co.uk>



## Looking After Your Mental Health

Just as we look after our physical health, nurturing our mental health and wellbeing is equally important.

Mental health includes emotional health and psychological and social aspects of our life which influence how we are feeling. How we are feeling impacts how we cope with stress, how we relate to others, as well as making those day-to-day choices that impact our lives in so many areas.

Making a conscious effort to support our mental health enables us to build resilience, maintain healthy relationships and feel more confident in our decision making.

Here are six things to consider when thinking about managing your mental health:

### 1. Stay Physically Active

When we are physically active, we release endorphins, a happy hormone which naturally helps to reduce stress and anxiety and enhances self-esteem and mood.

### 2. Positive Connections

Maintaining relationships with supportive and positive people really helps to boost how we are feeling. This can be friends and family, but may also be a neighbour, a local shop owner or hairdresser.

### 3. Healthy Diet

Having a balanced diet really does make a difference to how we can feel on a day-to-day basis. Think outside the box a little and look at different herbs and other natural foodstuffs, herbal teas.



### 4. Self-care

Make time for things that bring you joy and allow you time to relax. This might include reading, taking a long hot bath, a hobby, spending time with nature.

### 5. Limit Your Digital Overload

We can get overloaded with information, and it is good to set boundaries around how we use our digital devices. Taking regular breaks can give our brains a break.

### 6. Practice Mindfulness

Breathing exercises, meditation and yoga are all great ways to help centre our thoughts and keep us grounded and present in the here and now. Mindfulness helps to reduce stress, create a better understanding of ourselves, and address negative thoughts and feelings that can enter our lives, especially at difficult time.

**Droitwich Wellbeing Hub** is a small not for profit Community Interest Company based in West Droitwich. Since September 2021 we have been offering early intervention, open access support to children, young people, and adults in relation to their wellbeing and mental health. Our primary service is our face-to-face counselling which is delivered in a client-focussed, integrative modality. Our wellbeing hub has four counselling rooms offering service users a non-judgemental, calm, and safe space where they can explore their issues with one of our experienced counsellors.

We work with a wide range of issues including, anxiety, depression, bereavement, loneliness, domestic abuse, separation, school related anxiety, self-harm, trauma, adverse childhood experiences.

**Droitwich Wellbeing Hub**  
Email: [info@droitwichwellbeinghub.com](mailto:info@droitwichwellbeinghub.com)  
Telephone: 07926 436635

## Singing Together: Health Benefits Of Joining A Choir

By David Stewart, Droitwich Spa Community Choir

**Singing in a choir can improve physical and mental health.**

Work by Professor Stephen Clift at Canterbury University shows that organised singing increases the body's levels of oxygen, cortisol, endorphins, dopamine, and oxytocin: all potential benefits of singing for older people. In his studies, Professor Clift also writes about the benefits of singing for long-term conditions, including dementia, severe and enduring mental health problems, Parkinson's and chronic obstructive pulmonary disease.

It's been shown in other studies around the world that just one hour of group singing significantly lowers the stress hormone cortisol, and boosts a person's immune system, which, it has been suggested, can even help fight cancer. Singing may even lower the divorce rate, as we tone up our throat muscles when we sing, and one recent study has suggested that this can help reduce snoring!

**Singing in a choir contributes to social fulfilment and education:**

Social benefits to choral singing include meeting people with similar passions and combatting loneliness, providing great opportunities to build new friendships in a safe environment.

Learning something new, such as how to read music or the words to a song, boosts self-esteem and confidence whilst stimulating the mind, and by singing in a group, we improve our musical ability and deepen our experience of music.

**Singing in a choir supports the community:**

At Droitwich Spa Community Choir, we are particularly proud of the beneficial effects our visits have upon those in care homes. Oxytocin, the hormone associated with love, trust and bonding has been associated with collective singing, leading to close bonds of friendship among choirs and singing groups.

The Droitwich Spa Community Choir offers an excellent opportunity to do yourself some good while doing good for others. We sing for the local festivals, in many local care homes and in concerts to raise money for our charities: this year we hope to raise £2,000 for Acorns and the RNLI.

Why not share in those benefits? The choir is open to all, with members from Worcester to Wolverhampton. Come for a free taster evening to Droitwich Baptist Church on Tuesdays at 7.30 or phone 01905 938165 for more details. 7

# Woodland View

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## Choosing the Right Care Home for You or Your Loved One

When looking for care for yourself or a loved one, there are a lot of things to consider before you choose the right path. In this feature, we'll guide you through the necessary steps in finding the best place to begin the next chapter...

### What Kind of Support Are You Looking For?

Different care homes are registered to provide different types of care, so it's important to know what kind of care and support you're looking for, from residential care, to dementia and nursing care.

Understanding the difference in types of care will play a key role in your search for a care home. For example, most residential care homes will be supported by district nursing teams through regular visits, whereas a nursing home must have at least one registered nurse onsite.

If you're unsure of what kind of care you need, seek advice from your GP.

### Make a List of Care Homes in Your Area

There are plenty of services available to help you shortlist the best care homes in your area.

You can take research into your own hands with leading review website [carehome.co.uk](http://carehome.co.uk), which allows you to search for a home based on location, the type of care you need and the facilities they offer. Carehome.co.uk ranks care homes based on reviews left by residents and their families, so you can be sure feedback you read is trustworthy.

If you prefer to have some support in your search, care home directory websites such as **Autumna** and **Trusted Care** offer free help and advice. Their specialist advisers will speak with you about care needs and help you to shortlist the best care homes.

However you choose to create your shortlist, it's always a good idea to take a look at each home's website and social media pages. This will give you a better picture of the lifestyle each home has to offer, the food they serve, the activities they organise and other vital details that make an excellent care home.

### Book a Viewing

Once you have your shortlist, it's time to see each care home in person. While some care homes have an open-door policy, it can be best to call ahead in case you need to book a time slot. Calling ahead will also give you the chance to make sure the Home Manager will be available to speak to during your visit.

During your tour of each care home, there are lots of important questions to ask – here are some suggestions to help you find out what you need to know:

- What is the care home's CQC (Care Quality Commission) rating?
- What training do the care staff have?
- What specialist equipment do they provide for the physically disabled?
- What access is available to services such as chiropodists, hairdressers, dentists, and opticians?
- Can you or your loved one stay at your current GP surgery?
- Will you or your loved one have oversight of care plans and daily routines?
- Can you/your loved one bring your own furniture, or decorate your bedroom?
- Are there a variety of options when it comes to dining? Ask to see a sample menu, and whether the kitchen staff can meet certain dietary requirements.
- What daily/weekly activities and outings are on offer for residents? Ask for their monthly activities schedule.

Be sure to chat to current residents and staff members during your tour to get a feel for the home. Don't forget to bring a notepad or write notes on your phone during your visits to compare each home later.

### What Should You Do After Finding the Perfect Care Home?

When you've chosen the perfect care home, it's time to look more closely at the details of becoming a resident. Have a conversation with the Home Manager about any specific needs and request a care assessment to confirm that the home can give the quality care that you/your loved one deserves.

Next, ask to review the contract of residency. This is a good time to talk things through with your family or friends and look at what funding options are available to you.

If you're still not ready to commit to a permanent move, consider a short respite stay at the care home of around two weeks. This will give you/your loved one the opportunity to experience everyday life in the care home and give peace of mind that you've made the right choice.

By following these steps and taking the time to carefully consider all these options, you're bound to find the perfect place to start the next chapter.



# Rebecca Deamer Chocolate Orange Shortbread Recipe

## Ingredients

- Zest of 2 Oranges
- 110g Sugar
- 150g Chocolate Chips
- 250g Butter
- 360g Plain Flour



### Super quick to make!

1. Throw all ingredients in a blender except the chocolate chips
2. Whizz until the mixture resembles breadcrumbs.
3. Add the chocolate chips and do a quick whizz, just to break them down a little, so your shortbread will be dotted with a mixture of chunks and shards of chocolate.
4. Tip into a lined baking tray. Spread out the crumbly mixture, and pat down firmly.
5. Bake at 200°C until lightly browned (about 10 minutes) Your shortbread will still be soft.
6. Cut into squares or triangles and leave to cool in the tin.



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## Avoiding Scams

Being scammed can be very distressing, and the impact is often emotional as well as financial – it can happen to any of us. If you've been scammed, you're not alone and there's support available.

Scams are a way of cheating people out of their money – they're crimes. You may be approached on your doorstep, by post, over the phone or online. New digital ways of communicating have led to an increasing number and variety of scams.

Any scam, even if you spot it in time, can leave you feeling shaken up and have a real impact on your confidence. Here is a handy summary of the ways that you, a family member or a friend can avoid scams and get support:

- ➡ Don't open emails or attachments from someone you don't know
- ☎ Your bank will never call you and ask for your PIN or for you to give your card to a courier.
- 📞 With doorstep callers remember: Stop, Lock, Chain, Check.
- £ Avoid pension scams by getting independent advice before making decisions.

- ✉ Don't believe letters claiming you have won a fortune. If you haven't entered a lottery or prize draw, you can't have won it.
- 🚫 Don't be embarrassed to hang up, say no, or ask someone to leave.
- ❓ Who to contact for further help: Action Fraud, to report a scam – 0300 123 2040  
Citizens Advice consumer service – 03454 04 05 06  
Victim Support – 0808 16 89 111

Age UK Herefordshire & Worcestershire have a helpline that can assist you with any support and guidance that you need around scams, income, benefits, social care, legal issues, wellbeing and much more. You can call them on 0800 008 6077 or visit their website at [ageukhw.org.uk](http://ageukhw.org.uk) to learn more.



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# Johnsons' Top Three Door to Door Holidays

Are you looking for your next getaway? We have handpicked our top three Johnsons holidays you should try this year!

## 1. North Devon

If you're looking for a seaside destination with a luxury twist, why not try the Relaxed North Devon tour for 4 nights with half board accommodation to The Barnstaple Hotel? Travel is aboard their Luxury Traveller coach and includes a guided tour Hartland Abbey and Gardens with cream tea and entrance to RHS Rosemoor.

## 2. Northern Ireland

For those looking for an Irish adventure, our second pick is Ireland's Northern Jaunt which includes 7-night half board accommodation staying at four different hotels including Talbot Stillorgan Park Hotel, Castle-court Hotel, The Kees Hotel and Stormont Hotel and includes visits to Titanic Belfast, Belleek Pottery tour and much more.

## 3. Scotland

Our third pick is Fairytales in the Scottish Borders staying at the 4\* Barony Castle Hotel. The itinerary includes a private tour of Thirlstane Castle and the 'Storyteller Tour' of Jedburgh Castle plus much more.

### What makes a Johnsons holiday so special?

They offer FREE\* Door-to-Door home pick up service within their West Midlands pick up area, making your holiday stress-free from start to finish.

Johnsons understand their customers want total relaxation and peace of mind on their holidays, from the moment they book, everything is included from portage of their luggage to a fully planned itinerary, all they need to do is sit back and wait for their doorbell to ring.

Travel is aboard their top-class touring coaches, like their Luxury Traveller or Club Class vehicles. They are designed for maximum comfort with reclining seats, plenty of legroom, on-board facilities such as tea and coffee making facilities and WC's.

Many of Johnson's tours feature their 'Luxury Traveller' coaches which offers fantastic legroom, an extra high passenger deck for great sightseeing, complimentary hot and cold drinks plus a complimentary gift bag!

Accommodation is carefully selected by Johnson's holiday team at high-quality hotels throughout the UK and Europe with a range of mobility grades. The entire holiday experience is well taken care of at three, four and five-star hotels with excellent service and mouthwatering food, so customers can enjoy the views and treasure the memories with Johnsons!

Coaches are among the cleanest, greenest vehicles on our roads, with average carbon dioxide emissions per passenger per journey being around five times lower than air travel, six times lower than car travel and 1.5 times lower than rail. When calculated per person, coaches can slash greenhouse emissions by up to 75% compared to even the cleanest, hybrid cars.

To request a copy of our holiday brochure:

Call **01564 797000**  
[www.johnsonskoaches.co.uk](http://www.johnsonskoaches.co.uk)



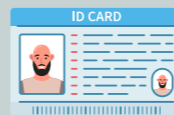
# How to Apply for a Bus Pass

A Concessionary Bus Pass is a great way to get around for free using your local bus services. You can apply for an Older Persons or Disabled bus pass with Worcestershire City Council once you reach your State Pension age, but what will you need to apply?



## A Photograph Of Yourself

This should be a passport style photograph, focusing on your face and in full colour. You can either upload your photo at [www.worcestershire.gov.uk](http://www.worcestershire.gov.uk) or post your photo in the mail using the address given during your online application.



## Proof Of Your Age

To prove you are of State Pension age, you can provide either a copy of your driving licence, a copy of your birth certificate, or a copy of your passport. Please make sure these are clear copies, and do not send the original documents.



## Proof Of Your Worcestershire Address

To prove you live in Worcestershire, you'll need to provide either a copy of your driving licence, a copy of a utility bill from within the last year, a copy of a bank statement from within the last year, or a copy of a Council Tax bill from within the last year. Again, make sure the copy is clear and not the original document.

To find out more about bus passes with Worcestershire City Council, you can visit

[www.worcestershire.gov.uk/council-services](http://www.worcestershire.gov.uk/council-services)  
or call **01905 765765**



Scan The QR Code For More Information

# Tai Chi Sessions with Victoria from CareFit

Tai Chi is an ancient martial art. It's a mix of exercise and meditation, contributing to improved brain function and reducing stress.

Tai Chi is a wonderful exercise that boosts flexibility and strength, and it's a great form of exercise for people with limited mobility. You might be surprised to know that it can even be as effective as conventional exercise for reducing body weight and visceral fat, despite its gentle nature.



## Sessions with Victoria from CareFit

Fortnightly at **Woodland View Care Home** and **Droitwich Old Library**

For more information call **07833 535521**

# Index

## Helpful Contacts

### Citizen's Advice Bureau

Victoria Square, Droitwich, WR9 8DQ  
0344 411 1303

### Age UK Droitwich Spa

Malvern Gate, Bromwich Rd, Worcester WR2 4BN  
0800 008 6077

### Ring a Ride

01905 779 778

### Local Council

St Richard's House, Droitwich Spa, Worcestershire, WR9 8DS  
01905 774 258

### Applying For Your State Pension

[www.gov.uk/contact-pension-service](http://www.gov.uk/contact-pension-service)

### Applying For A Blue Badge

[www.worcestershire.gov.uk/council-services/travel-and-highways/parking-and-blue-badge/blue-badge-scheme](http://www.worcestershire.gov.uk/council-services/travel-and-highways/parking-and-blue-badge/blue-badge-scheme)

### The Cinnamon Trust - Helping much loved pets and their owners stay together

[www.cinnamon.org.uk](http://www.cinnamon.org.uk)  
01736 757 900

## Interesting Places To Visit

### Jinney Ring Craft Centre

*Craft Centre, Restaurant and Gardens*  
Hanbury Rd, Hanbury, Bromsgrove, B60 4BU  
01527 821272  
[enquiries@jinneyringcraft.co.uk](mailto:enquiries@jinneyringcraft.co.uk)

### Hanbury Hall

*National Trust Property*  
Hanbury Hall School Road, Droitwich, WR9 7EA  
01527 821214  
[hanburyhall@nationaltrust.org.uk](mailto:hanburyhall@nationaltrust.org.uk)

### Droitwich Spa Lido

*Swimming*  
Lido Park, Worcester Rd, Droitwich Spa, Droitwich, WR9 8AA  
01905 799342  
[www.riversfitness.co.uk/droitwichlido](http://www.riversfitness.co.uk/droitwichlido)

### Vines Park

*Park*  
Kidderminster Rd, Droitwich Spa WR9 8LB

### Droitwich Spa Heritage & Information Centre

*Heritage Centre*  
St Richards House, 22 Victoria Square, Droitwich WR9 8DS  
01905 774312  
[heritage@droitwichspa.gov.uk](mailto:heritage@droitwichspa.gov.uk)

### Gaudet Luce Golf & Leisure Complex

Middle Lane, Hadzor, Droitwich, Worcestershire, WR9 7JR  
01905 796375  
[www.gaudet-luce.co.uk](http://www.gaudet-luce.co.uk)  
[info@gaudet-luce.co.uk](mailto:info@gaudet-luce.co.uk)

## What's On

### Keep Fit 60+ - Strength, Balance & Mobility 60+

Mondays 10:30 and 11:30am  
Droitwich Spa Methodist Church,  
Worcester Road, Droitwich Spa, WR9 8AN  
07856565639  
[Jaunita.hooplatino@yahoo.com](mailto:Jaunita.hooplatino@yahoo.com)

### Gentlemans Club

Tuesdays 2:00 - 5:00pm  
Woodland View Care Home,  
Woodland Way, Pulley Lane,  
Droitwich WR9 7GP  
01905 917358  
[woodland.view@idealcarehomes.co.uk](mailto:woodland.view@idealcarehomes.co.uk)

### Droitwich Community Choir - Music

Tuesdays from 7:30pm  
Droitwich Baptist Church  
Contact David Stewart on 01905 938165

### Droitwich 50+ Walking Group - Ramblers

Tuesday and Thursday from 10:00am  
[membermojo.co.uk/wlwg](http://membermojo.co.uk/wlwg)  
07375 050928  
[jonesb2008@hotmail.co.uk](mailto:jonesb2008@hotmail.co.uk)

### Droitwich Spa Methodist Church - Craft, Games & Chat

4th Wednesday each month 2pm - 4pm  
Droitwich Spa Methodist Church,  
Worcester Road, Droitwich Spa, WR9 8AN  
07922949791  
[droitwichmethodistchurch@btinternet.com](mailto:droitwichmethodistchurch@btinternet.com)

### Worcester RFC - Dementia Café

Wednesdays 10:30 - 12:00pm  
Westons Fields, Offerton Lane,  
Hindlip, Worcester, WR3 8TR  
01905 455 118  
[wrfclubhouse@outlook.com](mailto:wrfclubhouse@outlook.com)

### Probus - Business and social

Thursday 10am-12noon  
Rotary House, Corbet Avenue, Droitwich Spa, WR9 7BD  
07766 415094  
[peshawk@talktalk.net](mailto:peshawk@talktalk.net)

### Coffee Afternoon

Last Thursday of Each Month from 2:45pm  
Woodland View Care Home  
Woodland Way, Pulley Ln, Droitwich WR9 7GP  
01905 917358  
[woodland.view@idealcarehomes.co.uk](mailto:woodland.view@idealcarehomes.co.uk)

### Droitwich Arts Nextwork - Arts

Friday, Saturday and Mondays 10:00am - 3.30pm  
The Hub, St Andrew's Square, Droitwich.  
[www.droitwichartsnetwork.org](http://www.droitwichartsnetwork.org)

### Walking Tennis - Fitness

Fridays 1:00 - 2:00pm  
Droitwich Lido



## A Piece of History Edward Winslow, Droitwich's Pilgrim Father

Contributed by Kevin Hughes, YourAdvertiser, Droitwich

The Mayflower set sail on 16th September 1620 from Plymouth, UK, to voyage to America, known to English explorers at the time as the New World. They would go on to be known as the Pilgrims and influence the future of the United States of America in ways they could never have imagined.

One of these Pilgrims was Edward Winslow, a Pilgrim Father. Edward Winslow was born in Droitwich on the 18th October 1595.

A leader in the Separatist group and a skilful diplomat, Winslow had not only been instrumental in organising the journey to America but was also one of the men who signed the historic Mayflower Compact.

The Pilgrims settled on land home to the Wampanoag – one of many tribes in the wider region. The Wampanoag had lived here for 10,000 years before they arrived.

During March 1621, an English-speaking member of the Wampanoag, named Samoset, entered the grounds of the Plymouth colony and introduced himself. He is said to have asked for a beer and spent the night talking with the settlers.

Samoset later brought another member of his tribe, Tisquantum, whose experience meant his English was much advanced.



He introduced them to the Wampanoag chief Ousamequin, chief of the Pokanoket people known as Massasoit, an important moment in developing relations. One of the first to greet him was Edward Winslow.

Ousamequin and The Pilgrims established an historic peace treaty, and the Wampanoag went on to teach them how to hunt, plant crops and how to get the best of their harvest, saving the Pilgrims from starvation.

It is believed that Winslow was even able to help nurse Ousamequin back to health when he fell ill, reportedly using his renowned chicken soup and strengthening their relationship further.

Success followed and following a bumper harvest in the autumn of 1621, the colonists decided to celebrate with a three-day festival of prayer.

One of two first-hand accounts of this celebration was contained in the book Mourt's Relation, primarily written by Winslow. The book describes in detail what happened at this celebratory feast, now known as 'Thanksgiving'. Winslow's account states:

*"Our corn did prove well, and God be praised, we had a good increase of Indian corn, and our barley indifferent good, but our peas not worth gathering, for we feared they were too late sown. They came up very well, and blossomed, but the sun parched them in the blossom.*

*"Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together, after we had gathered the fruits of our labours; they four in one day killed as much fowl, as with a little help beside, served the company almost a week, at which time amongst other recreations, we exercised our arms, many of the Indians coming amongst us, and amongst the rest their greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer, which they brought to the plantation and bestowed on our Governor, and upon the Captain and others.*

*"And although it be not always so plentiful, as it was at this time with us, yet by the goodness of God, we are so far from want, that we often wish you partakers of our plenty."*

Today, the US celebrates Thanksgiving on the fourth Thursday of November. A statue of Edward Winslow can be found in St Andrews Square shopping centre in Droitwich, which was unveiled in 2009.



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