

# Malvern Quaker Meeting



## Newsletter December 22- January 23

Items for the next issue of the Newsletter will need to reach me by 27<sup>th</sup> January. Email [Newsletter@malvernquakermeeting.org.uk](mailto:Newsletter@malvernquakermeeting.org.uk)

Past editions of the Newsletter are on our Meeting website [www.malvernquakers.org.uk](http://www.malvernquakers.org.uk).

If you are not on the Meeting's email list and would like to be, or have changed your email, please contact [clerks@malvernquakermeeting.org.uk](mailto:clerks@malvernquakermeeting.org.uk)

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### White Poppies in Malvern Elizabeth Rolph & Melanie Jameson

The first white poppies were sold by the Co-operative Women's Guild in 1933. The Peace Pledge Union (PPU) took part in their distribution from 1936, and white poppy wreaths were laid from 1937 as a pledge to peace that war must not happen again.



A white poppy wreath has been laid by our Meeting at the Remembrance Service in Malvern for the last 5 years, and, thanks to Melanie, white poppies are available at several shops in Malvern in the run up to Remembrance Sunday. White Poppy



sales in Malvern raised £113.70 for the Peace Pledge Union, which is in line with previous years. In addition to the Meeting House, there were sale points at the Cube, Greenlink, the Amnesty Bookshop and the Book Co-operative. Generous donations were made during a rally for the campaign in Barnards Green against the November Defence Expo.

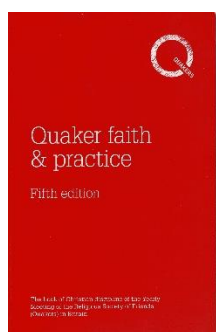
There is also a small remembrance service at the War Memorial in Malvern Wells, so this year Elizabeth approached the Parish Clerk to see if she could lay a white poppy wreath there. The answer was positive.

However, the white poppy wreaths had previously been made by a florist in Barnards Green, which has now closed. With a lack of any volunteers, Kevin and Elizabeth set about making two wreaths, for the library service and Malvern Wells. Using wire coat hangers, foliage from the garden, white poppies and lots of wire we were pleased with the result.

Elizabeth joined the small procession from the Village Hall to the Memorial and laid the wreath. There was no feeling of questioning why she was there, or what it meant, and she got one very positive comment about how good it was to have a white poppy wreath. So, she'll be back next year, and making two wreaths again. Or maybe even three - Liz Flanagan is interested in getting children involved in the Peace Education Project to lay one at the Cenotaph.

## Revision of Quaker Faith and Practice

Elizabeth Rolph



Quaker Faith and Practice, sometimes referred to as the Red Book or Book of Discipline, always sits on the table in the centre of a Meeting for Worship. It principally comprises extracts of key writings by Quakers dating from the beginning of Quakerism in 1652 to the 1990s, when the book was last fully revised. It is the book to go to if you want to know what Quakers have said about alcohol or burials through to taxation or worship. It also describes the current structures of Britain Yearly Meeting of the Religious Society of Friends.

In 2018 it was agreed that the book was getting out of date, and a new book should be created. The Book of Discipline Revisions Committee was appointed. I was one of the thirteen (including the Clerks Lynda and Mart) who joined the Zoom session with three members of this Committee. It was time well spent, and I was sorry more had not come.

It was interesting to hear from the three Committee Members, their background and about the process so far. We then broke into groups for a short discussion session before some general questions and discussion. I'm not attempting to summarise what was said, but here are a few key points:

- A lot of work is going on to ensure everyone has the chance to get involved.
- The document will be very different from the existing one, but it will retain many of the historical texts.
- Advices and Queries will be revised, but not until towards the end of the process.

The Committee are currently working on creating the draft text. Soon they will be sharing some draft texts and will be wanting to know what we think of the 'voice of the book' and their approach, so they can know where they are getting it right and what needs to change.

They would still welcome submissions and would like to hear your favourite passages from Quaker Faith & Practice, new writings you think should be included, topics you feel are missing from the current book, and your thoughts and ideas about the revision process.

There is further information at the Quakers in Britain webpage

<https://www.quaker.org.uk/resources/quaker-faith-and-practice/revising-quaker-faith-practice>

To see contributions from others, and make your own, go to

<https://padlet.com/bdrc/OpenToNewLight>

To contribute text directly to the committee:-

- go to the BYM website <https://forms.quaker.org.uk/qfp-idea/>
- email [bdrc@quaker.org.uk](mailto:bdrc@quaker.org.uk) or
- snailmail to Quakers in Britain, Book of Discipline Revision Committee, 173-177 Euston Road, London NW1 2BJ.

For some this will be the last chance to get involved in a revision of this important document. Don't let it pass you by.

**Stop Press** -The first two topics, Nominations and Marriage, now have draft text available to view, and the Revision Committee is eager to hear your views – see the first link above.

### **Advices & Queries No. 9**

In worship we enter with reverence into communion with God and respond to the promptings of the Holy Spirit. Come to meeting for worship with heart and mind prepared. Yield yourself and all your outward concerns to God's guidance so that you may find 'the evil weakening in you and the good raised up'.

## **Quaker Peace Educators join together at Malvern Meeting House on 19 November 2022**

**Liz Flanagan**

We hosted this event, and despite so many Friends being prevented by rail strikes or other commitments, I believe a good time was had by all. The support from local Friends was much appreciated, and they nobly took part in all the child-centred activities. Everyone currently working with APE in local schools was present, as was Janice Clarke of our new oversight team. We were led in our explorations of what is happening, locally and nationally, by Ellis Brookes, QPSW. He also challenged us in our assumptions about conflict styles and asked us to explore what values we assumed we were sharing in our work in schools. We were very fortunate in also having Sara Hagal, director of Peacemakers, Bull Street Birmingham, who brought us up to date on current work of the Professor of Peace Education Research, Hilary Cremin, of Cambridge University. Ellis confided afterwards that it is a pleasure to work with Malvern Meeting where he can dig deeper. The day ended with a trip to Kind Land on the magic carpet, followed by tea and cake.

### **Dates for Special Services at Christmas**

Dec 18th - a half-and-half MfW, where people can, if they wish, suggest a carol or offer a short reading from 11- 11.30am.

On Christmas Day, there will be half an hour of worship at the usual time of 10.30.

### **Date for Winter Social**

January 21st from 6pm to 9pm for a bring-and-share meal with home-grown entertainment afterwards.

Now that Brexiters have cut off so many ties with Europe, the role of the Quaker Council for European Affairs has become even more important. We Friends are very fortunate to have our own window into Europe. Some UK Local Meetings have a yearly standing order to QCEA in support (in Malvern's case £500).

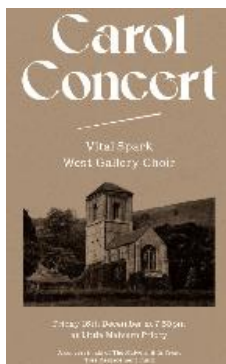
The QCEA organises study tours to European institutions every year, and they are not too expensive. Those who go on these tours will find that the members represent all ages, slightly more young people than we are used to, and in all disciplines.

QCEA staff are working on a firmly grounded Peace Programme, promoting conflict resolution by means of nonviolent alternatives (from schools upwards), challenging military doctrines and definitions of 'security'.

The other major subject is Human Rights, which includes (non)humane migration policies, police violence, and reducing hate speech. In 2022 QCEA has held a coordination workshop on nonviolent responses to the Ukraine war; raised the issue of continuing arms deliveries to Saudi Arabia at the European Parliament (fuelling violations in Yemen); and participated in joint civil society action and advocacy on the proposed reform of the Schengen border rules.

QCEA's new Director, Tracey Martin, said recently: "I look forward to building on this work to 'speak truth to power', and creating opportunities to bring opposing sides together to discuss difficult issues in a safe and welcoming space." Look out for the leaflet in The Friend of 16 December for details of how to contribute to QCEA work, go to <https://www.qcea.org/home/involved/donate/> or drop a line to [a.jameson2@outlook.com](mailto:a.jameson2@outlook.com) for further details.

## Carol Concert at Little Malvern Priory Richard Bartholomew



There will be a carol concert given by Vital Spark West Gallery Choir on Friday 16<sup>th</sup> December at 7.30pm in aid of Malvern Hills Trust Tree Replacement Fund. Donations welcome.

## Special Collections

Our Special Collection for December is Local Families in Need. Jill Etheridge reports that £400 has been collected.

### Maggs Homeless Charity

Melanie has proposed that we collect for the Malvern branch of Maggs Homeless Charity which operates four days a week out of the Salvation Army building in Newtown Rd.

An Outreach Worker makes contact with rough sleepers in the locality, proactively drawing them in to use the Day Centre. And since it opened, 34 rough sleepers have been moved into temporary or permanent housing. The situation is expected to be worsened by the cost- of- living crisis.

The twin aims of Maggs Malvern are to

- Prevent people becoming homeless
- Help people who do become homeless to find housing

An important service is the provision of financial and benefits advice. Details in the link <https://www.spacehive.com/prevent-homelessness-in-malvern>



### FWCC's Year in Review

**Tim Gee, General Secretary**

Since [beginning as General Secretary](#) in **January**, I have found reasons for hope every day, in the faithful work, time and commitment that so many people put into caring for our precious, global Quaker community and the wider world we inhabit. As this will be the final Friends World News of 2022, this edition will reflect on some of what we have achieved together this year so far.

In **February** we hosted an online conversation with Friends doing peace work in Myanmar and Rwanda who shared their experiences, pointing to a need to care for the peacemakers.

In **March** we published our Christian Call for Peace and distributed church anti-war statements in English, Russian and Ukrainian. At the UN Human Rights Council, Nozizwe Madlala-Routledge of the Quaker United Nations Office (QUNO) spoke on our behalf calling for [guns to be kept from the hands of children](#).

In **April** we [helped fundraise](#) for Friends in Poland, Estonia, Hungary and Georgia who are helping refugees. QUNO also spoke up in our name at climate negotiations, leading to tangible changes in the resulting text.

In **May** we completed a round of bilingual (English/Spanish) international conversations with Friends in at least 30 countries gathering ideas for George Fox's 400th birthday in July 2024. We also celebrated a [UN commitment to review migration policies in the context of systemic racism](#).



In **June** we attended the first Meeting of States Parties to the Treaty on the Prohibition of Nuclear Weapons and [joined with 139 other faith organisations](#) in describing it as a 'glimmer of hope'.

In **July** we announced the date, theme and venue for the [2024 World Plenary: 5-13 August in South Africa and online](#). Bookings will open next year.

In **August** we organised a small [delegation to countries bordering Russia and Ukraine](#) to meet Friends and others doing peace work, leading to a reflective statement with heads of Quaker agencies on the peace testimony in the current context, opening the way to further work.

In **September** we attended the World Council of Churches Assembly in Germany, which [affirmed that war is incompatible with God's very nature](#) and will for humanity as well as being against fundamental Christian principles.

In **October** we marked what we think was the biggest [World Quaker Day](#) ever, as Friends either sent visitors to or received them from Quaker groups elsewhere. In Kenya, a special World Quaker Day service streamed live online was viewed many hundreds of times around the world.

In **November** the [FWCC delegation](#) to the CoP27 climate conference continued our advocacy for sufficient climate finance to developing countries, for a new international fund for climate-related loss and damage, and for urgent, sustainable and human rights-based action to transform the root causes driving environmental destruction.

Now **December** is upon us, we are planning for next year, including strengthening the Global Quaker Sustainability Network and making it easier for Friends to shape what we say at the UN.

Each of the highlights above are the fruits of year-round visitation, consultation, communication and discernment, all of which need funds to be able to continue, which will be another focus for next year.

## **A Year at Malvern Hills Food Bank**

**Bryan Ratcliff**

*Christmas Quiz Question: (Answer is at the bottom of this item - don't cheat! Have a guess first.) MHFB is open to clients on Monday mornings, Tuesday afternoons and Thursday mornings, week after week. How many volunteers does it currently take to run this?*

Malvern Hills Food Bank (MHFB) is an independent charity and an affiliate of The Trussell Trust. The AGM of MHFB took place on Monday 28 November at which, as a member, I attended. Time passes quickly and it seems only a short while ago that I started working for MHFB in late January/early February of this year (I forget exactly when). Since I started, three important changes have occurred to the way MHFB operates:

a) By Summertime MHFB had acquired a second industrial unit immediately adjacent to the one currently occupied on Spring Lane. This doubling in size has brought major benefits. The old Unit now functions solely as the "warehouse", (ie, where all dry foods, etc, are stored) and continues to house the main office. The new Unit is split into two sections. The smaller section is where clients can be interviewed (if necessary) in private and/or sit and wait whilst their food parcels are being put together. The larger section is used to store foodstuffs that are ready to be allocated to food parcels (and which get continually replenished from the warehouse). It is

here that food parcels are put together. This area also houses several large fridge-freezers which are used to store fresh food ... which leads to the next beneficial change:

b) At the time I started, because of Covid all food parcels were delivered to clients (by Community Action) rather than their calling personally at the FB. Since around September clients can once again call personally to pick up their food parcels. Indeed, this is positively encouraged, partly because this enables us to talk to them face-to-face (see also point (c) below) and also because of our new capability to include fresh foodstuffs in food parcels (which never used to be the case). Thus, clients who call to collect their food parcels are also given a standard allocation of fresh food (depending on family size) to include bread, milk, eggs, cheese and spread (for various reasons we don't include fresh food in *delivered* food parcels). Note however that food donations must still only be "dry" goods - all fresh food is purchased by MHFB itself using its own money.

c) At the AGM it was confirmed that we have signed an agreement with Citizens Advice (CA) to have a member of the latter on site two days a week and one day a week in Upton. This will enable extra advice and guidance to be offered to clients about a range of services that they can access appropriate to their needs (eg, where to go for emergency interest-free loans) and will include a follow-up by the CA representative.

It is worth noting that if you want to donate money, find out what MHFB's current shortages are, etc, then visit the MHFB website directly:

<https://malvern hills.foodbank.org.uk/>

Don't go via the Trussell Trust website if you want to donate money to MHFB as the money will go to the TT instead (unless that's what you intend of course). Inevitably, in the run-up to Christmas, and in particular given the current prevailing economic climate, the FB is getting increasingly busy - so much so that in the New Year we will be working extra shifts (with larger teams) in order to cope with the demand. It is extremely rewarding to work in a team, knowing that you are helping individuals and families who are struggling to cope, sometimes desperately so. However, as always, that sense of worthwhile service is inevitably coloured by the fact that this is the 21st century, we are a rich nation and yet foodbanks have become a necessity when they shouldn't really need to exist if society was fair, just, and properly cared for people who are vulnerable. Sadly, of course, things are not going to change any time soon.

*Answer: 73 - yes, seventy-three! No-one is paid. We are all volunteers and that includes the Trustees and Officers (and there is no "manager", paid or otherwise).*

### **Witness at The Counties Defence & Security Expo at the Three Counties Showground (3CDSE)**

**Melanie Jameson**

For the fourth year running, Malvern Individuals for Peace witnessed against the presence of major arms traders at Malvern Showground and contributed to a rally (the previous weekend) in Barnard's Green, co-ordinated by the Three Counties Campaign Against Arms Trade.

Last year some members of a local environmental group surprised us all by blocking entrances during 3CDSE leading to much inconvenience and, doubtless, much

embarrassment at what was, after all billed as a Security showpiece. This subsequently led to the solicitor who leads the 3CDSE group taking out an injunction. Various groups who had joined us for last year's rally at Barnard's Green and who had nothing to do with the blockages must have been surprised to receive injunctions, these included Pax Christi, the Hereford Peace Council and the Peace Pledge Union. At the second court hearing, a 15 -page injunction was handed down, threatening severe measures including arrest and fines for anyone within 20 meters of the grounds during the week of 3CDSE.

3CDSE need not have worried – nor gone to the trouble to barricading all entrances except the one in use. There was only a handful of us on Nov 3<sup>rd</sup>, with banners and placards which were clearly visible as the delegates drove out of the Brown Gate.

The focus of the on-going campaign by Three Counties Campaign Against Arms Trade has always been that the family-friendly Showground is not the appropriate venue for this event. The aim is that pressure put on Showground Trustees and other users of the site will result in Harrison Clark Rickerby's (the solicitors involved) considering another location – just as the event was earlier moved from central Hereford to Malvern. This 'chasing' of arms fairs and related events from one venue to another will result in them finding it increasingly difficult to hire spaces for their 'Expos'.

As Quakers, we have a different perspective, that of opposing any activity that can be found to connect to preparations for war.

## Little Friends

Liz Flanagan



Little Friends welcome anyone who is under 10 or has a younger sibling. On Sunday, 1 December we celebrated a sustainable Christmas using all sorts of unusual objects. As you can see, the tree was half decorated, just waiting for more apples and pretty fir cones. Caspar and Milana decorated the cake. The children received their very green presents in a recycled carrier bag, found by Paul and Liz in their clear out the previous week!



## EDI + Anti-Racism 'Exploring Group'

You may remember that our discussions at Area Meeting in July responding to Yearly Meeting's epistle and our commitment to being an anti-racist faith community generated a list of possible actions. Since then, a number of AM Friends have come together as a self-nominated 'exploring group' to consider how to take forward the proposals in our minute 22.50. Quite a lot of conversation so far has focused on the first action:

[As groundwork for changes in ourselves we will set up book groups to read and discuss works that offer opportunities to enter imaginatively into the experiences of people of colour.](#)

We have discussed the value of resources in other media besides print, so as well as books (fiction and nonfiction) the suggestions we are compiling also include podcasts and short videos. The aim is to have an annotated list ready to share with Friends early in the new year, so this message is just to let you know that the list is on its way.



We hope that groups of Friends will be encouraged to explore some of these resources during the coming year. There's perhaps potential for face-to-face group discussions within a Local Meeting, and/or online sessions for more dispersed readers. (Members of any existing book groups may wish to incorporate some of the suggested resources in their plans.) It may be useful to know that some Friends in the exploring group have offered to act as facilitators where that would be helpful. Meanwhile, views from your Meeting about the practicalities of setting up reading/listening/viewing groups would be very welcome.

Discussions about how to take forward other actions proposed in minute 22.50 are also in progress. There is plenty of scope for more Friends to join the current 'exploring group' as the work proceeds, so do mention this in your Meeting if it seems appropriate.

**Lynda Prescott,  
Clerk, Worcestershire & Shropshire Area Quaker Meeting**

On behalf of the Equality, Diversity, Inclusion and Anti-Racism Exploring Group

### **Quaker Truth and Integrity Group**

We have recently finalised our Declaration, a copy of which is attached. You will notice that, as part of this Declaration, we commit ourselves to

*“institute a national Truth and Integrity Award to recognise exceptional contributions towards the enhancement of standards of truth and integrity in public life.”*

We welcome nominations from any member or long-term attender for names which exhibit the following characteristics:

- Recognition of an exceptional contribution by a British individual/organisation towards the enhancement of standards of truth and integrity in public life.
- Courage and willingness to take risks.
- Acknowledgement of the positive and the affirmative.
- Consistency with “kinder ground”.

Nominations can be made by writing to [quakertruth@gmail.com](mailto:quakertruth@gmail.com)

The closing date for nominations is **January 15<sup>th</sup>, 2023**

Friends interested in our wider work can find more by looking at our website:

[www.quakertruth.org](http://www.quakertruth.org) where they can also find suggestions for actively promoting truth and integrity in their area.

Friends can join the QTIG Googlemail group by sending an email to Peter Hussey at [quakertruth@gmail.com](mailto:quakertruth@gmail.com)

Gerald Hewitson,  
Clerk, QTIG

### **Declaration**

#### *Truth and Integrity: Finding Common Ground*

Truth and integrity have been at the heart of the Quaker movement for over three hundred and fifty years. We were once called Friends of the Truth and have a tradition of speaking truth to power and exercising quiet diplomacy. Whilst our record is not flawless, historically we have stood firm in relation to the abolition of slavery, prison reform and conscientious objection.

As people of faith, we seek a world transformed, where compassion, equality, truth and integrity are guiding principles. In the meantime, our belief in equality and the intrinsic worth of each individual means that we value democracy as a form of

government. Just as we wish our children and grandchildren to inherit the beautiful planet we have experienced, so we want them to enjoy the benefits of a mature democracy where truth prospers, and the rule of law applies. Governing with truth and integrity is essential for generating trust; when that trust breaks down people become disillusioned, and leaders lose their mandate to govern.

At the core of Quakerism, we experience a sense of oneness, wonder and mystery. That universal sense provides the basis for the cooperation so urgently needed in our troubled world. We seek kinder ground: the ground of tolerance, respect, mutual cooperation and shared ethical and spiritual values, where oppression can be addressed, and reconciliation sought between those of opposing views. We know that this vision is shared by many other individuals and groups, of all faiths and none.

The world has entered a deeply troubling phase. Standards of truth and integrity in politics, public and commercial life and social media are being undermined to the extent that democracy itself is under threat. Many of those in power would seem to act with impunity, disregarding facts and scientific findings. Respect for the judiciary is being undermined and trust in our institutions is threatened. All this is set against a backdrop of the climate emergency and increasing inequality and polarisation.

It was in response to this need that the Quaker Truth & Integrity Group was set up as a national Quaker body in Britain in March 2022. QTIG has committed itself to:

- upholding standards of honesty and integrity in our lives and organisations.
- acknowledging that the majority of those in public life/politics are people of goodwill and finding ways of working respectfully with them on 'kinder ground';
- helping to ensure the Nolan principles (selflessness, integrity, objectivity, accountability, openness, honesty and leadership) [1] continue to govern public life.
- working towards a system of truly inclusive, participative democracy, where people feel their wishes and needs are truly respected and taken into account.
- encouraging constitutional reform and strengthening systems of accountability.
- promoting higher standards of truth within the media, including social media.

With these objectives in mind, we intend to institute a national Quaker Truth & Integrity Award to recognise exceptional contributions towards the enhancement of standards of truth and integrity in public life.

In a society in which lies, injustice, inequality, deception and entitlement are prevalent it is only the truth – in all its uncomfortable forms – that will heal us.

Where truth and integrity flourish, so too can personal relationships. Where truth and integrity stand firm, so too can our democracy and our precious traditions. Unless truth and integrity are universally acknowledged and practised, at a fundamental level, international relations cannot fully and completely address the crises that threaten our very existence.

We invite others to join us in this endeavour. We are looking to find partners, people all across the political spectrum who are of good faith and goodwill, so that we can engage together in this urgent and vital work of transformation. Can we work together?

*We are not for names, nor men, nor titles of Government, nor are we for this party nor against the other ... but we are for justice and mercy and truth and peace and true freedom, that these may be exalted in our nation, and that goodness, righteousness, meekness, temperance, peace and unity with God, and with one another, that these things may abound.* Edward Burrough, 1659

### **A 14- year- old schoolboy's Remembrance poem**

It has won praise from across the world after his mother posted it on Facebook.

#### **'One Thousand Men Are Walking'**

One thousand men are walking  
Walking side by side  
Singing songs from home  
The spirit as their guide  
they walk toward the light milord  
they walk towards the sun  
they smoke and laugh and smile together  
no foes to outrun  
these men live on forever  
in the hearts of those they saved  
a nation truly grateful  
for the path of peace, they paved  
they march as friends and comrades  
but they do not march for war  
step closer to salvation  
a tranquil steady corps  
the meadows lit with golden beams  
a beacon for the brave  
the emerald grass untrampled  
a reward for what they gave  
they dream of those they left behind  
and know they dream of them  
forever in those poppy fields  
there walks one thousand men  
**Joshua Dyer - 2019 (aged 14)**

Josh Dyer's beautiful poem, One Thousand Men Are Walking, has been read by hundreds of thousands of people online and reached over 1 million people on [Forces Reunited](#) and its sister site [Forces War Records](#)

The 14-year-old was interviewed by a radio station in Canada.

Josh, from Leominster, Herefordshire, attends [Tenbury High Ormiston Academy](#) in Tenbury Wells, Worcestershire.

## **THE LIBRARY**

**Mary Corfield**

These are a few of the new books that have now been added to the library:

- *Christian Hospitality and Muslim Immigration in an Age of Fear*
- *How to Become a Multicultural Church*
- *Black and British: A Forgotten History*
- *The Story of the Quakers in Ross*

- *Friends and Comrades: How Quakers Helped Russians to Survive Famine and Epidemic* (in the process of being ordered)

In order to preserve some of the older and more fragile books in the library, they have had made-to-measure archive boxes constructed by a local book conservator and been placed in a new, secure, archive cabinet. This will help to protect them from the damage caused by fluctuations in temperature/humidity.

The catalogue has been updated to reflect the location of these books, and if you have a requirement to access one of these, please contact me.

I have frequently found books that have been put back on the shelves in the wrong order, which makes it difficult for others searching under a category and in alphabetical order. So, please, when you return a book, sign it back in and leave it on the cupboard and I will return it to the shelf.

On the other hand, I sometimes find books left on the cupboard that are new to the library. If you are going to bring in a new book for the library, please contact me first.

## **Live Life on the Veg (and Save Money too?)**

**Richard Bartholomew**

Whether you are vegetarian, vegan, pescatorian or just a meat-eater we should all be eating more plants according to Professor Tim Spector of the Zoe Health Academy see [Prof. Tim Spector Welcomes You to the ZOE Health Academy \(joinzoe.com\)](http://joinzoe.com) and Kings College, London.

I don't know how you do your veg shopping perhaps daily or perhaps weekly, I don't know if you collect it or get a delivery but if you would like a local organic veg delivery, then read on.

Until recently we had a weekly delivery of organic veg from Riverford with which we were very happy in terms of quality and regularity, but we were concerned at the price of £15 for a small weekly veg box. I started to look around for alternatives and saw that the other national veg box outfit Able & Cole charged the same rate, but when I looked for a cheaper, local source of organic veg I came across the Little Marcle Farm Shop. They offered to do a weekly delivery by electric van (hurrah!) of a small box for just £8.80, and John arrives every Thursday evening and hands it over direct. If this local source of good food is of any interest then either visit the Farm Shop for a look and a conversation at Little Marcle, Ledbury, HR8 2JN or see [LMOP \(littlemarcleorganicproduce.co.uk\)](http://littlemarcleorganicproduce.co.uk)

Please note that there are other local veg box schemes around such as The Fold where you can collect it from them at their Bransford base or from The Cube, or Oxtan Organics in the Vale of Evesham, but they charge £12 and don't deliver to Malvern, or Farm Direct Produce of Ombersley, and they may deliver to Malvern but charge £11 for their smallest box.

Choose and chew.