

Malvern Quaker Meeting



Items for the next issue of the Newsletter will need to reach me by 17th November.

Past editions of the Newsletter are on our Meeting website www.malvernquakers.org.uk.

Mary Corfield newsletter@malvernquakermeeting.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

An October Outing to Bewdley?

Elizabeth Rolph

An award-winning play about the Hiroshima nuclear bomb is coming to Bewdley. *The mistake* by Michael Mears is "a riveting, imaginative and fast-moving performance which gives food for thought" (quote from a letter in the Friend).

It is being performed at the Baptist Church in Bewdley at 2.30 pm on Wednesday, 11th October, and I thought it would be good if a group of us could go over together, maybe have lunch in Bewdley first. It is likely that others from Area Meeting will be there. The performance is part of Bewdley Festival from 6th to 21st October.

See <https://michaelmears.org/the-mistake-a-new-play-about-the-day-the-world-changed-forever/>

If you would be interested, please contact Elizabeth.Rolph@flatlandic.net

Advices & queries No 11

Be honest with yourself. What unpalatable truths might you be evading? When you recognise your shortcomings, do not let that discourage you. In worship together we can find the assurance of God's love and the strength to go on with renewed courage.

Changes afoot at Malvern Meeting

Elizabeth Rolph

Nominations was an item on the agenda at our Meeting for Business in June. In particular, the difficulty of finding replacement clerks for the end of the year. We agreed to look at alternative approaches to this problem, and the result was a well-attended 'open meeting' facilitated by our Local Development Worker, Hilary Topp, at the Dell House. It explored what we wanted from our community / Meeting, laid a valuable foundation, and got the Meeting engaged. The flip charts from that meeting are below.

A second meeting at the Dell House was led by Kevin Rolph and focused on the practicalities and a couple of possible alternative structures. The change to a 3-group approach, which Nominations Committee had seeded, was supported as a replacement for the current structure.

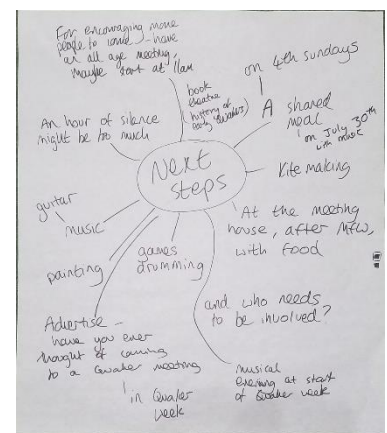
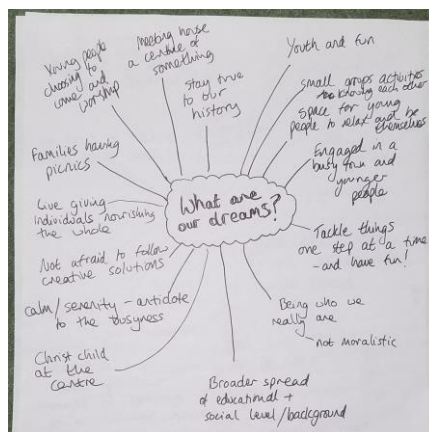
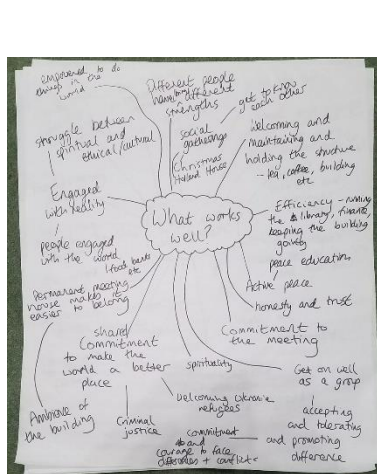
At the Meeting for Business held after Meeting for Worship on September 3rd, it was agreed to operate with this alternative structure, starting with a transitional period from late October.

The structure will comprise of three broad groups, each with a convenor. These convenors will become the point of contact for Malvern Meeting. The groups will be "Friends and Wellbeing", "Sunday Worship" and "Meeting House". Every Friend in the Meeting has been invited to join one of the groups.

The next stage is the "Launch Meeting" on Sunday 29th October, in conjunction with a shared lunch, at which the groups will each choose a convenor.

Under the new arrangement there are likely to be plenary Meetings for Business twice a year (e.g., to review the accounts and other important, non-urgent matters). These will be clerked, ad hoc, by an experienced former clerk appointed by elders in conjunction with the three convenors.

It has been something of a delight to see the Meeting engage and come together on this, and to move forward in such a positive fashion.



Call for Nominations to Meeting for Sufferings 2024-2027 triennium

Peter Bevan

Representatives to Meeting for Sufferings are appointed by Yearly Meeting to serve for three years. Yearly Meeting in 2024 expects to appoint members to serve for the next triennium, which will run from the rise of Yearly Meeting 2024 to Yearly Meeting 2027. In preparation for this, I write to ask you to work with your Area Meeting nominations committee to find names to serve as representatives and alternates to Meeting for Sufferings, sending these names to nominations@quaker.org.uk by end of February 2024.

In accordance with sections 7.05 – 7.08 of Quaker faith & practice,

a) Area meetings are required to nominate representatives to Meeting for Sufferings for the triennial period from Yearly Meeting 2024 until Yearly Meeting 2027. Representation from area meetings is on the basis of two Friends per area meeting, one designated as the representative and the other as an alternate.

All nominations will come to Yearly Meeting 2024 for appointment. Area meetings are reminded of the requirements and advice contained in sections 7.05 – 7.08 of Quaker faith & practice.

In Friendship,



Family History Research

Jill Etheridge

At the last of our 'fifth Sunday lunches' I gave a short talk, as requested, on the great fun I have doing Family History research. I started this fascinating hobby around 2000 and, without the aid of a computer then, I would grant myself a whole Friday once a month to go to the County Archives, then at Spetchley. I thought the Ushaws (Mum's side) would be easy, with such an unusual name, and the Walkers next to impossible, as such a common one. Not so! The Ushaws became a nightmare, because it was pronounced 'Usher' in those parts of North Yorkshire and County Durham where many of them originated and spelt in at least five different ways!

I had never known that my paternal grandfather had been born in Lincolnshire, just across the Humber from Hull, where both my parents were born; but because generations of his Walkers had stayed in the northern part of that county, I made good headway fairly quickly, despite the many pitfalls, which a novice enthusiast can encounter. Over the years I made a good number of visits to relevant areas of the country to verify information in local archives, finding at Northallerton a real treasure trove relating to my three-greats grandfather on Mum's side who married at Great Ayton in 1795. He had been the Loftus Alum Agent for Lord Dundas and managed all his business affairs while his employer sat in the House of Commons as MP for Richmond, Yorkshire. I was able to obtain microfiche copies of

many letters in my ancestor's own handwriting and even held in my hands actual letters from sea captains who had written to him re cargos of Alum sold in various ports around England, setting sail from Whitby. It was very moving to know that, probably, few people had held them in between him and me.

The best way for a novice to start now is by writing down all the facts known already, then looking at the most recent (1911) Census and also the 1939 register. Vast numbers of records can be searched online free of charge at Family Search. Other sites like Ancestry and Find my Past charge a fee but have a more extensive range of records generally. Happy hunting, if you like the idea... But, be warned: it can become addictive!

Special Collections

Richard Bartholomew

Our Special Collection in June and July for the Community Fridge at St Mary's raised £308.95, which is a magnificent sum and Chris, their Churchwarden, confirmed it would be committed to the continuation of the Fridge. They were also delighted to receive Liz Flanagan's Gooseberry Jam.

Report on Active Peace Education

Liz Flanagan

Sharing What We Have Learnt from Our Learners After Delivering a 6-week Peace Education Programme

Active Peace Education in Malvern workers currently deliver, by invitation, 6 different 6-week programmes in local schools to Key Stage 2 classes. Recently we were invited into a local school, situated in an area of mixed housing to work with Year 6 learners who have completed the SATs and were preparing to move into high schools in the following September. The programme chosen by the staff was originally known as ***Developing self-esteem: an introduction to ways of coping when life gets tough***. Recently it has been re-titled ***The Kindness Kit*** to reflect a growing awareness of the importance of good relationships in the children's lives.

The aim of the course is to enable the learners to look at themselves, their behaviours and their feelings in different contexts, to experience affirmations and positive feedback and to develop knowledge and skills to enable them to make the best start in their new schools. We use a variety of resources. We are aware that these older children are on the verge of puberty and may welcome a variety of experiences to help them handle new emotions in new settings and new relationships. As a Quaker-funded operation we make explicit our values of simplicity, equality, truth, and base our work on a circle, in which we all sit and take part, although the pupils can choose to be silent. One of our strengths is that we do not know the children and have no previous conceptions. We are all equally unknown.

Last year I had delivered the same course to the previous cohort of year 6 children and had found the experience quite stressful. Therefore, I was braced for another challenging hour. However, the teacher came and told me that I would find this class very different. She was

so right! I had decided to tell the group that they might find some of the materials a little childish, but that I would welcome their feedback on how they would have felt when they were eight and taking part. But they experienced everything in the present and took part in every activity. Because they were so involved and articulate, I realized they were the ideal group with whom to practice some of my emergent research skills. At the end of the 5 weeks, I gave assessment forms to the class teacher and each student, to be collected in the final week of the school year.

The only prompts each child had on their form were: **I realized ...: I will remember...: I think differently about...: in the activity book I enjoyed...**, with images of light bulbs, notepads, brains, and the activity book in boxes. As my colleague and I went through these forms, it dawned on me that these might be the most powerful records of what had been achieved, and what transformations may have taken place, in all the work I had done in the past 4 years (or may do in the future). Sadly, it will not be possible to reassess their learning in six months' time as they will be scattered in 5 different schools. Obviously, working with younger children I will use different physical prompts and images.

The main themes identified were self-awareness and growing confidence; social awareness, managing relationships, developing skills and empathy; decisions made and new behaviours planned; impactful experiences; use of the supporting handbooks.

What the children wrote in these forms showed that all the work I had done in the past 4 years is really helping the children. I also know that it is being greatly valued in the school.

News from the Bookshelves

Mary Corfield

I have come across quite a number of Quaker Quicks at the Quaker Bookshop recently, which look interesting and cover people and themes that are timely and are as relevant now as when they were first written. There are now eight new Quaker Quicks booklets in the library. I have also changed their classification number and put them all together under "Quaker Quicks", which is 429.

Other new books include:

- this year's Swarthmore lecture, "Perceiving the Temperature of the Water".
- "The Prison Psychiatrist's Wife" – a gripping true story about a psychiatrist, recruited to work with notorious offenders at Parkhurst Prison and sets out to discover whether he can change dangerous and violent men.
- "And this shall be my Dancing Day" - about two very different women who are brought together by love, loss, and their struggles with very modern moral choices – whether to act against injustice, and just how far to go.
- "The Blazing World" - a major new history of England's turbulent 17th century and how it marked the birth of a new world. There were bitter struggles over faith and no boundaries to politics.
- "Hope Leans Forward" - a guidebook for all of us who are on journeys of self-transformation, self-discovery, and spiritual discernment.

Claridge House

Elizabeth Rolph

Claridge House is a retreat centre in Lingfield, Surrey, set up as a Charity back in 1954 by a Quaker group called Friendship of Healing. The focus was and still is healing, rest and renewal. Our programme of courses exemplifies our charitable aims - from Yoga and Mindfulness retreats to Calligraphy, weaving and nature learning. The house also functions as a rather lovely B&B, and local Quaker Meetings gather here weekly. We are proudly Vegetarian and have been for 70 years and cater for all dietary requirements.

For more details and courses see <https://www.claridgehouse.org.uk/>

Cost of Living Challenges

Richard Bartholomew

Here are items regarding Household Support, Social Broadband Tariff and Energy Providers

1. Worcestershire Household Support Fund Phase 4

This scheme offers:

- Financial support toward current energy and water costs.
- Financial support toward energy and water debts only.
- Assistance to repair, service and replace broken boilers and heating systems.

You Are Eligible if you:

1. Live in the following district council areas – Bromsgrove, Malvern, Redditch, Worcester City, Wychavon, Wyre Forest?
2. Have a combined gross household income of no more than £31,000.00 per year?
3. Have no household savings – certain exclusions apply for households of pensionable age?
4. Have someone living with a vulnerability?

If your household satisfies **each of the 4 criteria above**, you can apply for support through the **Worcestershire Household Support Fund**.

They explain that Vulnerability means this:

- Long-term diagnosed and treated health conditions, e.g. COPD.
- Self-employed individuals who have been unable to work or whose income has been impacted by specific situations.
- Households with unmanageable debt.
- Recently made redundant.
- Pregnant.
- Disabled and in receipt of DLA or PIP.
- Other vulnerabilities disclosed by households not on the list but accepted at AOE's discretion.

So, what help could I get?

-If your household has a child under 18 you might get **up to £500** to your household energy account.

-If you are not in this position or if you are over 65 then you may get **up to £300**

Should you have a pay-as-you-go meter, then you will get vouchers to redeem at the Post Office

How to apply: [WORCESTERSHIRE HOUSEHOLD SUPPORT FUND - OPEN \(actonenergy.org.uk\)](https://www.actonenergy.org.uk)

When to apply?

01.09.2023

09:30

22.09.2023

17:00

OPEN for applications

2. ARE YOU PAYING MORE FOR YOUR BROADBAND THAN YOU NEED TO IF YOU ARE ON PENSION OR UNIVERSAL CREDIT, ATTENDANCE ALLOWANCE OR PERSONAL INDEPENDENCE PAYMENT OR SOME OTHER BENEFITS? YOU MAY NEED A 'SOCIAL TARIFF'!

- **It's available to those on a variety of benefits.** If you or someone in your household claims Universal Credit, you could switch to any of the tariffs available.
- **It's cheaper than a regular package.** Current prices range from £10 to £20.
- **Fast, unlimited broadband.** Most tariffs offer superfast broadband at speeds over 30 Mbit/s – fast enough for you to keep in touch with friends and family, stream HD films or shop online.
- **You'll pay next-to-nothing to get set up.** If you do have to pay any setup costs, these should only be small. Your provider should tell you before you sign up.
- **It could cost nothing to switch.** If your provider offers a social tariff, you can switch to it at any time, free of charge.
- **The price won't go up mid-contract.** You won't pay any more than what you agree at the start of the contract.
- **It costs nothing to leave.** You won't pay a fee to leave the tariff before the end of your contract.

WHAT SHOULD YOU DO NEXT?

First, check if your current provider offers a social tariff. Our table below lists all of the tariffs available now. You can apply for most tariffs online or call your provider and ask to switch.

If your provider doesn't offer a social tariff, you can switch to one that does. Your provider might let you leave your current contract without paying a penalty fee. Read our guide to switching broadband to find out more.

SEE THE FULL LIST OF BROADBAND AND PHONE SOCIAL TARIFFS AT

[Social tariffs: Cheaper broadband and phone packages - Ofcom](#)

<https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs#full-list-of-available-tariffs>

3. Your Current Energy Provider

Since April this year we have all been put on Variable Rate Tariffs (where the price can go up and/or down), but I have noticed that with my latest bill my provider is offering me a Fixed Rate deal for a year. They say if I switch then I will save £170 per year off my bill.

The gamble is that, just possibly, energy prices may fall by more than £170, in which case it would make sense to stick with the Variable Rate Tariff, but I have been bold and decided to get the certain £170 saving.

So why not look at your bill closely to see if you are being offered a Fixed Rate Tariff and, if so, whether you are going to go with it or stick with what you have got - your choice.

If you are not being offered a Fixed Rate, then maybe it's time to see about switching providers to one that is?

An Offer from Ecotricity

Ecotricity pride themselves on being the energy company that puts into the national gas and electricity networks only fuel from sustainable sources (Wind Solar for electricity and carbon neutralised gas), and they are now offering the chance to go on their website OR speak to them to see if they can provide cheaper fuel to you than your current provider.

If you switch and you use the code ETH2, then you will not only get cheaper power but a £50 voucher to spend at the Ethical Superstore on groceries or cleaning products (£25 per each fuel).

Why not see if you are better off there? Ideally, have your actual current fuel consumption figures from one of your bills.

Call free on 0808 123 0123 and quote ETH2.

OR visit ecotricity.co.uk/eth2.

The Wellspring

Elizabeth Rolph

The Wellspring is a Christian retreat and events centre located at Woolpits Farm, on the southern edge of the Malvern Hills near the market town of Ledbury.

It was established in March 2023 by Joe and Cathy Silmon as a place where Christians can come away, if only for a short while, from their busy lives to enjoy the peace and tranquillity of the Herefordshire countryside and seek an encounter with their heavenly Father, either alone or as part of a group.

The centre organises/hosts a range of activities including led and self-led retreats, prayer and worship gatherings, discipleship talks and training, creative arts workshops and seminars, and special one-off events, which are aimed at their local community.

Spaces at the centre are also available for hire by other individuals or groups, who follow a Christian ethos.

www.thewellspring.uk