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April 2023 Issue 110



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AMAZING NEWS FOR BOOKS REVISITED

Amazing News and Thank you everyone involved.

An amazing community effort has helped the Save our Beloved Books Revisited Campaign to reach its initial target of £30k.

The way everyone has rallied round has been incredible, the support from the community and further afield has been very heartening as the bookshop strives to continue raising much needed funds for the Mary Ann Evans Hospice. Huge thank you to all who have helped in whatever capacity, whether it be in giving your time, donations, kind words, raffle prizes, quiz night, window displays, cake sales, tombolas and so much more, you have really lifted our spirits and it wouldn't have been possible without you all. We are so very proud to be a part of the community.

More to follow in the next edition where we'll be able to inform you about our next steps. So, watch this space.

Thank you once more from the team at Books Revisited.



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Our main aim is to provide hyper-local news and information to the community where it would otherwise not be accessible. We also offer the most effective platform for local businesses to promote themselves to their target audience. This benefits the entire community and improves social-cohesion.

Any views, articles and columns expressed in this publication are those of the contributors and not necessarily those of the Publisher, nor indeed their responsibility.

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COLESHILL CARNIVAL & EVENTS






The Coronation of His Majesty King Charles III Celebration - Childrens Party (aged 3-13) Coleshill Town Hall Sunday May 7th 2023

- Kids Entertainment
- Music and songs
- Party Games
- Food drink & Jelly
- Free commemorative gift
- Fancy Dress welcome
- Face Painting
- Lots of Surprises

- Fun Day out
- For families residing in Coleshill and surrounding villages.
- Book early
- 11am - 3pm

**SUNDAY
MAY 7TH**

There will be an adults waiting cafe in the Court Room at the Town Hall for Parents where refreshments will be provided.

PLEASE NOTE
Bookings will be on a First come First served basis and once limit reached there is nothing we can do so please book early. An email to below address will generate an acceptance email and you will be sent further details

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100th Blood Donation

By Jeff Shrimpton

I gave my 100th blood donation today at Arden Hall, Castle Bromwich.

I took some photos to record my achievement, but was aware that the number of donors is never enough to supply blood required for NHS.

So I thought an article in your paper might spur a few more people to consider donation to supply a life supporting gift.



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Cllr Dave Reilly. Water Orton Ward. North Warwickshire Borough Council.

2023/24 Council Tax. Tiny Forrest. Women's Cycle Tour. UK Shared Prosperity Fund. Kingsbury Oil Terminal Protests. Coleshill Manor Fortifications.

An eclectic mix this month starting with a brief summary of council tax bills. Always good to start with something that will cheer everyone up. Sorry!

2023/24 Council tax is set.

By now everyone will have received their Council Tax bills for the year April 2023 to March 2024. You may recall that council tax is part of the income to all councils, including parish councils, the Borough Council, and the County Council, and to the Police and Crime Commissioner. Council tax income funds the provision of services. The remaining income comes from a variety of sources including Central Government Grants, fees paid by service users, and successful bids to various national and local funding schemes.

At North Warwickshire Borough Council we agreed an increase for all households equivalent to an increase of 2.95%. When we speak about council tax all organisations always present figures on the basis of Band D charges. All households are classified into one of eight council tax bands that range from Band A, the lowest, to Band H, the highest.

This has produced a Band D Council Tax amount of:

- £228.86 in respect of North Warwickshire Borough Council.
- £1653.57 in respect of Warwickshire County Council and Adult Social Care Precept.
- £276.71 in respect of the Police and Crime Commissioner for Warwickshire.

North Warwickshire Borough Council only keep 10.34%. The rest is shared between Warwickshire County Council (66.03%), plus a separate (8.67%) to support to adult social care), the Warwickshire Office of the Police and Crime Commissioner (12.50%) and various Parish Councils (2.46%).

Without doubt, as homeowners we are all paying a notable sum in Council Tax and for the council services we receive. As a North Warwickshire Borough Councillor all I can say is that we are doing all we can to make savings, and to ensure the local taxation we raise is spent economically and effectively. We are in the first year of a three year savings requirement to make over £1 million worth of savings between now and 2025, and it is proving tough!

Tiny Forrest Planting Day. Coleshill and District Civic Society and NWBC.

You may recall that I have previously written about a scheme to plant trees along the continuous grass verge that runs along Station Road, Coleshill, from Cole End Park down to Ennersdale Close. We are ready for our first planting session and we hope you will join us.

This first planting session will be at the junction of Ennersdale Road with Station Road, where we will plant fast growing native woodland trees in an area about the size of a tennis court. The scheme is intended to offer many benefits including Climate Change promotion through the allocation of land for tree planting and habitat creation, visual screening for houses along the service road at Ennersdale Close service road, and as our communities contribution to and celebration of the Queen's Green Canopy.

This scheme, known as a Tiny Forrest, has been delivered as a partnership project between Coleshill and District Civic Society, North Warwickshire Borough Council, Mini Electric, and an organisation called Earth Watch.

The scheme has been initiated and financially supported by Coleshill and District Civic Society, initially as a project to commemorate the Platinum Jubilee, however, it has taken us longer than we anticipated, so it will now also commemorate King Charles Coronation.

Tree planting day has been set as Thursday 30th March 2pm and we're looking for Tree Keepers, people of all ages. All necessary equipment provided but of you can bring some gardening gloves that will help.

Women's Cycle Tour.

More good news that Coleshill will mark the starting point for stage four Women's Tour, the UK's leading international women's cycle race, on Saturday 10 June.

Over 100 of the world's best riders will set out from Coleshill. This will be the first appearance in the race in our community. Set entirely within the Midlands, Stage 4 will see the peloton race towards the city of Derby. The route hasn't been published yet, but hopefully the competitors will ride past a location that you can get to.

With my councillor colleagues Caroline Symonds, Colin Hayfield, Martin Watson, Sandra Smith, and Judy Macdonald I am really pleased that our efforts to bring the event to our community have paid off. Previously Atherstone have hosted the start of a stage, and they have been spectacular free events for spectators, the stages offer commercial benefits from increased numbers of customers and tourists and put the town on the national map. As you know we have been continuing to campaign for safe off-road cycling routes between our villages and Kingsbury Water Park, and to Birmingham City Centre. Cycling is also a huge untapped tourism opportunity for North Warwickshire with our miles of quiet lanes and numerous pubs! We are now pushing to build on the success of attracting Stage 4 to our community and we are hoping that we can engage with similar social events such as the Velo, the massive cycle event that rode through our villages before Covid.

This year's champion will be crowned following a daunting circuit race around the centre of Birmingham on Sunday 11 June, so you could see the racers two days running !! I hope you can visit the Stage start in Coleshill on Saturday 10th June. As professional events they stages are fabulous spectacle, and it would be great to have next year's start locally too.

UK Shared Prosperity Fund.

I am really pleased to report that North Warwickshire Borough Council has been successful in applying for £1.965million from the UK Shared Prosperity Fund. This is a great example of additional funding income that NWBC generates in addition to the council tax.

This £1.965million allocation will be used to support a range of projects including a grants scheme to allow voluntary organisations and community groups to improve their neighbourhoods and community facilities; a programme of investment in green spaces and play facilities; a comprehensive programme of business support to assist businesses to be more productive, reduce their carbon footprint and create new jobs; and a programme of support to assist people not in employment to help the move closer to employment, education and training.

I am part of a small working group who will oversee the projects that this £2 million grant delivers. Working with local councillor colleagues, parish councils, and local businesses we will use this funding as effectively as possible with the focus on boosting our communities and supporting the skills of our residents and supporting local business growth and entrepreneurship flourish. The trick now is to match this pot and do all we can to bring further investment from other funding bodies.

Kingsbury Oil Terminal Protests

You may recall that in April last year following several protests at the Kingsbury Oil Terminal which caused several significant safety risks and large-scale disruption to the operation of the Terminal and the local communities, that North Warwickshire Borough Council applied to the High Court for an Order to prohibit the disruptive elements of those protests.

On 14 April 2022 the High Court made an Order which restricted certain behaviour whilst allowing peaceful and lawful protests to continue. This was the first of its kind nationally and was a fantastic achievement by North Warwickshire Borough Council, who were highlighted by the Home Secretary and Government nationally as leading the way as an example of best practice to manage unacceptable behaviours but facilitate peaceful protest.

Even though lawful protests could take place at the location a number of those attending the site refused to comply with the Order and committed acts which breached it. This led to Warwickshire Police arresting 139 people in the vicinity of the Terminal, followed by committal proceedings in which the Court found that 70 individuals had committed 108 breaches of the Order. The breaches included entering the oil terminal site and tampering with storage equipment, blocking the highway to stop traffic, and then climbing on fuel tankers, and digging tunnels under the public highway. The Court imposed various sanctions for the breaches, including prison sentences and fines.

This number of breaches shows that the Order is necessary and, were it not in place, there would be a significant risk of further disruption to the community, including risk of harm to individuals and their property. That said, a person claiming to be connected to Extinction Rebellion has now applied to the High Court to set aside the Order arguing that it is a breach of human rights. The Council has now also made an application to the Court asking it to dismiss the application. The Court hearing for these applications is likely to take place at the High Court in Birmingham. The Court will shortly issue a notice giving the time and place of the hearing. I'll keep you updated.

Coleshill Manor Fortifications (The old Capital Joinery and Coleshill Hall Farm site).

Just a brief update on my report in my last article that NWBC and HS2 would be meeting to discuss the future of the Coleshill Manor Fortifications and that assets that were uncovered during the archaeological dig.

We held the meeting three weeks ago and some progress was made, albeit I am not in a position to report any outcome of the meeting in more detail, other than to say that the meeting was useful and constructive and that we are working on options to move forward. Again, I'll keep you updated.

As ever, If I can be of any help my email address is davidreilly@northwarks.gov.uk and my phone number is 07770 704 617. With kindest regards, Dave.

A Good Story



This local picture may not be familiar to most of the Coleshill Post readers. It shows the newly constructed access road which runs from Coleshill Manor to the site of Emerge Surf and the Eternal Wall of Answered Prayer. This particular vantage point is where the public footpath crosses to go into a strip of woodland known as the Catmore.

Residents in the Coleshill area had an opportunity to hear about the Eternal Wall project in autumn 2019. Speaking in Coleshill Town Hall, Richard Gamble presented the vision of a national landmark for the glory of God. He outlined how the potential site came to Coleshill. The artist's impression illustrates the infinity loop design. The wall will comprise of a million virtual bricks, each brick carrying the story of an answered prayer. More details can be found on their website. In 2019, the project had the land but no planning permission. That was granted a year later. The story of the project was broadcast on BBC Radio 4's series The Untold in November 2022. BBC journalist, Becca Bryers, who followed the project since 2016, created an authentic portrayal of the journey through recordings and interviews with Richard and the team. You can listen to it now on BBC Sounds

The team at the Eternal Wall have given us a quick update on progress regarding the project:

'We are pleased to share with you that we are preparing the land for construction on the site. Work on the road was completed at the end of last month, and in June we will be holding a private event to gather



Christian leaders from across the UK to pray and bless the land. The Eternal Wall of Answered Prayer is expected to open in 2026.'

If you are able to access the website or facebook for the Eternal Wall, you will find some of the stories about situations where people have prayed. The team have been collecting stories across the nation, from individuals and communities. Many of us are interested in other people's stories; although we may not agree with their conclusions. Do you have a story of an answered prayer? The team would love to hear from you!

However, I want to close with, 'The Greatest Story ever Told'. You may recognise it as a 1965 classic film, but God became a Jewish baby boy, in an occupied land. About the age of 30, he began to preach that people should get their lives right with God. He demonstrated power and authority to drive out demons, to heal the sick, perform miracles and forgive sins. But his mission was ultimately not to be a preacher or healer, but to give his life as a ransom- a ransom for those who would want to be free. The gospel narratives focus on the story of his final days in Jerusalem, his arrest and trial then crucifixion and resurrection. This is the story retold by many around the world, especially at Easter. Perhaps Easter is a good time to read it afresh and consider his story and your story.



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Care Fees... who pays?

If you need long term care in the future, your assets will be assessed to determine whether or not you will be entitled to funded care.

If it is decided you are not eligible, you will have to fund your care- either in part or in full- yourself.

You are deemed to be able to meet the cost of care if you hold over £22,000 (in Wales) or over £23,250 (in England). If you own a property this may or may not be included in the assessment depending on individual circumstances; if you are a sole owner occupier, your property will be taken into consideration.

What if I have placed my assets into Trust?

If you have already transferred assets into a life time trust, such as our Family Home Protection Trust or the Estate Protection Trust, then the value of those assets should not be included in your financial assessment.

With the cost of residential care rising to an average of £45,000 per year (in some parts of the country exceeding £60,000 per year), and with around half of Britain's 440,000 care home residents funding their own care home fees, it is now more important than ever to plan ahead for the future.

Paying for care fees

The are 3 options for funding:

1. Continuing care from the NHS dependant on physical or mental health need
2. You fund your own care
3. Local Authority funds your care
If your health needs are not assessed as at a level to require NHS funding, then you will be means tested to determine your ability to pay. The local authority will consider both the capital you own and the income you receive to determine if they should fund your care.

What types of capital are means tested?

Examples of the types of capital that can be included are as follows:

- The family home
- Cash in the bank
- Stocks and shares
- Land

Some capital may be disregarded permanently or temporarily. Such as:

- Investment bonds which are linked to life assurance
- Capital held in certain types of trust
- Personal possessions

If the financial assessment determines that you have capital over the sum of £23,250 (England) or £22,000 (Wales) then you will be required to meet the full costs of your fees. Once your assets are depleted to this level, the Local Authority will contribute to the costs of your fees.

What income will be considered?

As well as your assets, the local authority will also look at any income you receive, such as:

- Most benefits
- Trust income
- Private/Occupational pension

You'll be expected to fund £1 of income for each £250 of capital that you hold between £14,250 and £23,250 (England only)

Some income is disregarded temporarily or permanently:

- 50% of an occupational pension if the resident is paying that to their spouse/ civil partner
- £10 per week of a war widow's, war widower's or war disablement pension
- War widow's special payments

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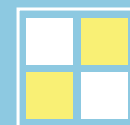
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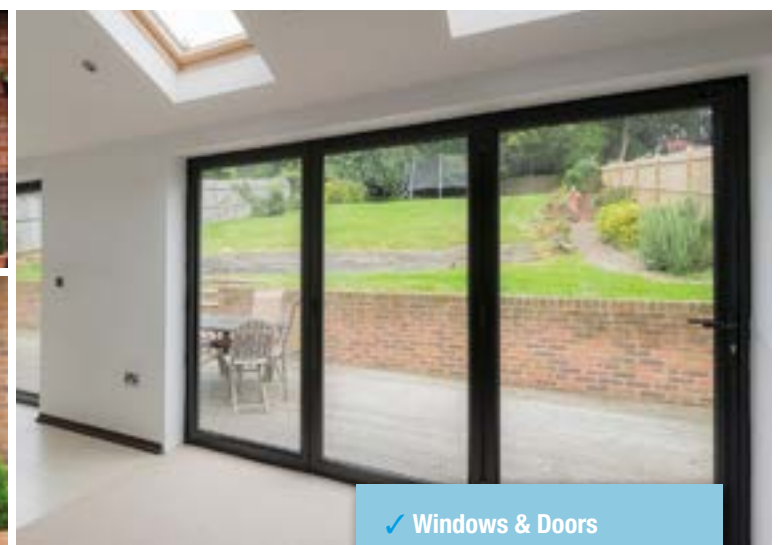
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Local Conservatives announce Coleshill candidates for upcoming elections

The local Conservative Party has announced that local residents Peter Fowler and Colin Lewis will be standing for the Coleshill North seats in the upcoming North Warwickshire Borough Council elections on the 4th of May.

Peter Fowler has been a resident of Coleshill for over 40 years. He has a wealth of local government experience having previously served the community for 30 years including on the Town, Borough and County Councils. He was the founder of Coleshill in Bloom and helped to create the Young at Hearts Senior Citizens Club.

Peter said: "I want to return to local politics as I'm saddened to see that over the last four years parts of the town have become unkempt and neglected. As a former Town Mayor I want to make sure residents are proud of Coleshill and that their voices are represented on the Borough Council. There's lots of work to be done to improve our green spaces, the upkeep of our roads and the High Street economy and I will work tirelessly to make a difference."

Colin Lewis is a well-known local businessman having owned the House and Home estate agency on Coleshill High Street for the past 30 years. Colin is determined to support local businesses and tidy up the High Street, including a push for long overdue road resurfacing.

Colin said: "The demise of the High Street is of great concern for me and the family-owned businesses that are under great stress to keep going. I have a real passion for the history of our town and as a member of the Coleshill Civic Society I will strive to keep the history of our town alive and in the hearts of the people who live here. We need to make our town a place to visit, live and shop. I will work hard to make that a reality."

Current Councillors Caroline Symonds and Colin Hayfield will be standing for re-election in Coleshill South.

Voters are being reminded of the need to bring photo ID to the Polling Station to be able to vote in person in local elections on the 4th of May, after new legislation was introduced by the government.

If you have any issues that you think Peter or Colin could help you with, please contact them as below.



Peter - 07710 317782 or peterfowler@btopenworld.com

Colin - 07870 594723 or Colin.lewis53@yahoo.co.uk

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North Solihull Food Bank

Kingfisher Food Bank becomes North Solihull Food Bank as it gains Charitable Incorporated Organisation.

This Trussell Trust franchised food bank has been supporting the communities of North Solihull and East Birmingham since 2012, helping people out of food poverty.

It is hoped this new status will further consolidate the presence of this important charity which continues to be run only by volunteers.

The food bank has seen an unprecedented rise in the number of clients over the last year and continues to rely on donations alone. Sadly, it is becoming an increasing struggle to meet demand and the food bank is having to purchase food in order to supply essential items to those in need.

The food bank is experiencing other difficulties at this time as it outgrows the premises used

to offer the service. Attempts to secure suitable venues with good access for clients and sufficient storage for food parcels have been unsuccessful but searching continues.

If anyone can advise of any available premises in or around the North Solihull / East Birmingham, wishes to volunteer or most important, donate food, it would be great to be contacted on 07902 030134



Pirate's Pantry **Recipe of the month** **Korean Duck Rice**

Back to Korea this month for a dish that is ridiculously easy and very tasty.

Despite duck being a rich choice of meat, this one is a light and bright tasting meal. Squeezing the lime over the final dish brings it to life and really makes it 'zing'!

즐기세요/ jeulgiseyo (Please Enjoy)

Ingredients:

Serves 4

- Two duck legs

Glaze

- 5 tablespoons dark soy sauce
- juice of one lime
- 3 tablespoons brown sugar
- 2 tablespoons rice wine
- 2 tablespoons garlic paste
- 1 teaspoon puréed ginger
- pinch black pepper

Method

Score the duck legs through the skin so the flesh is visible, turn the duck through 60° and repeat. This process allows for the fat to evenly drain from the skin resulting in tender, juicy duck that is not greasy in any way.

Place both legs in a roasting dish and into a preheated oven 180°/160° fan/ Gas mark 4. Return to the duck in an hour.

Glaze

Combine all the ingredients thoroughly, ensuring the sugar is fully dissolved.

Dipping sauce

Combine all the ingredients thoroughly. Taste to ensure you have the right level of heat for your palate. Place in fridge ready for service.

After an hour, remove the duck from the oven. Coat the duck in the glaze and return to the oven for 15 minutes.

Boil the rice until just tender, drain and set to one side to allow it to let off steam.

Dipping Sauce

- 3 tablespoons of the glaze
- 2 tablespoons soy sauce
- Juice of one lime
- Generous dash of Tabasco Sauce
- Rice
- 1 teaspoon sesame oil
- 300g short grain rice
- 4 sliced spring onions
- 1/2 chopped red chilli
- 1/2 chopped green chilli

Take the duck out of the oven again and apply a second coat of glaze. Return to the oven for another 15 minutes.

Remove the duck from the oven for a final time, place it on a plate to rest for 10 minutes.

Place a tablespoon of sesame oil in a pan, place over a high heat. Add the chillies and spring onions and stir for 15 seconds before adding your rice. Stir thoroughly until the onions and chillies are evenly distributed. Take off the heat ready to plate up.

Here's the good part. Either with a pair of forks or a sharp knife remove the duck meat from the bones. Shred or chop into small pieces.

To bring the dish together all you need do is place the rice in a bowl, sprinkle the chopped duck over the top, garnish and serve with the dipping sauce and a wedge of lime.

As always, please send any feedback to piratespantry@gmail.com



Cllr Caroline Symonds – Mayor of Coleshill

The Coronation is fast approaching, look out for posters, adverts and some fun things around Coleshill. Cake design competitions, decorations, shop windows, bunting and celebrations are being planned.

After the Coronation, Saturday 6th May, we are planning an event on the Croft to bring us all together to celebrate as a community.

On Sunday 7th May, The Coleshill Carnival Committee are organising a Children's event in the Town Hall with food, fun activities, entertainment and face painting and as part of the Coronation programme.

As we know, Coleshill is an amazing community, and it will be lovely to see neighbours coming together to share food and fun together in a nationwide act of celebration and friendship; anything from a cup of tea to a street party. The Coronation Big Lunch brings the celebrations to our neighbourhoods, so let us know if you are celebrating with a street party.

Monday 8th May - The Big Help Out will highlight the positive impact volunteering has on communities across the nation. In tribute to His Majesty The King's public service, The Big Help Out will encourage people to try volunteering for themselves and join the work being undertaken to support their local areas. The aim of The Big Help Out is to use volunteering to bring communities together and create a lasting volunteering legacy from the Coronation Weekend.

We will be celebrating volunteers in Coleshill, if you would like to nominate a Coleshill resident for special recognition. Please get in touch. Mayor@coleshilltowncouncil.gov.uk



CORONATION ON THE CROFT

Saturday 6th May 2023

4pm – 10pm

Join us to celebrate the

Coronation of KING CHARLES III

FAB D J

FUSION OF DANCE

COLESHILL TOWN

LIVE MUSIC:

ACHILLIES

SIMON DAVIES

THE SRB

HOT HEADS

ENTERTAINERS

FACE PAINTING



Ending the evening with

Fireworks

Want to find out more? Email : Mayor@coleshilltowncouncil.gov.uk

AN EVENING OF ENTERTAINMENT, BRING YOUR FRIENDS AND A PICNIC AND SIT BACK AND ENJOY

FREE EVENT




The Coleshill Partnership, Coleshill Carnival Committee, Coleshill Town Council, Twin Rivers WI and local Community Groups coming together to bring the celebration to Coleshill.

Gardening tips

By Kenneth Cole, Orchard Nurseries

Plant of the month

Dicentra spectabilis – Commonly called 'Bleeding Heart'

This attractive hardy Perennial is easy to grow, and has arching branches with pendulous pink and white heart shaped flowers. It is one of the first perennials to flower every year, often as early as March.

There is a white flowered form too, called *Dicentra Alba*, which is not quite as vigorous as *spectabilis*.

It can be left undisturbed in the flower border and will form an attractive clump. Both forms are readily available in most good garden centres and nurseries (we have plenty!), they would tolerate light shade but prefer a moist soil.

A good size plant in a 4l pot for example, should cost less than £10, and last in the border for 10 years. Excellent value for money!

Now's the time to prune your Bush roses, nothing could be easier!

- using a sharp pair of secateurs or loppers, first cut the branches down to 6-9" (15-22.5cm) of the ground.
- next cut out any dead wood, any very thin branches or any that are crossing
- finally open up the centre of your Bush leaving a cup shape frame work.

All cuts should be made just above an outward facing new shoot. After removing any weeds give the Bush a good handful of rose fertiliser around each Bush.



To keep your roses healthy during the growing season, they should be sprayed with a combined insecticide/ fungicide every month.

We have a range of 'Delbard roses' this year, grown for their amazing scent and disease resistance.

A second feed should be applied once the first flush of flowers have faded and been dead headed.

Hola, Barcelona!

Coleshill's world-beating Nouveau Theatre School gave the church an opportunity to try some of the benefits of its reordering.

Moving previously static pews for a free show gave the school a big space to dance in ahead of a return visit to Barcelona this month for the world dance championships. They were overall winners of The Worlds

Best Dance School at the Barcelona Dance Awards 2018 and 2017.

Pews face forward for services, but can be moved to any configuration for events like the show and exhibitions.

Judging by whoops and applause everyone enjoyed themselves. A raffle raised £111 for the school. Donations for tea, cake and squash served from the modern kitchen facilities raised £100 for the church.



ORCHARD NURSERIES

1973 - 2023

Celebrating 50 years in Water Orton

It may only be early spring but we have a lot to offer!!

- Wide selection of spring flowering bulbs **£1.99** a pot or 3 for **£5.00**
- Polyanthus and bellis, for spring colour in pots and baskets.
- Beautiful selection of potted Alliums, including pink purple and white, most **£5.99**
- New season roses, including Delbard roses - highly scented and disease resistant, **£9.99/£12.50**
- New season fruit and ornamental trees
- Gorgeous Camellias and Rhododendrons in bud
- New season Acers and Magnolias
- Seed potatoes, onion sets and vegetable seedlings
- Colourful selection of summer flowering bulbs **£3.99**
- New range of quality Melcourt peat free compost.



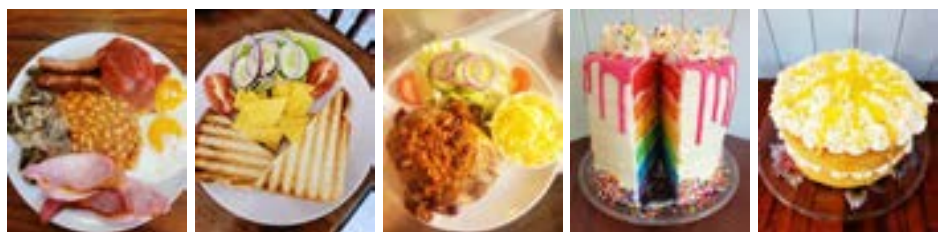
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Book now
for our **Easter Afternoon Tea available 4-10 April**
£35 for 2 people

Come and enjoy our freshly cooked breakfast, Vegan and vegetarian options, hot and cold sandwiches, toasties, jackets, cream teas and of course homemade cakes - takeaway options available
Afternoon tea, prebooking required for up to 25 people
Whole cakes by preorder
Traybakes and brownies also available to order
Check out our Facebook page for more details
Booking welcome, message us or call
Open currently Tuesdays 9.30 - 2pm
Wednesday/Thursday/Friday/Saturday 9.30 - 3pm



Orchard Nurseries, Birmingham Road, Water Orton B46 1TG
Tel: 0121 749 7266 / 07450102855
Julie_heenan@yahoo.co.uk

Heart of England Singers join with Chandos Choir to form a 'Super' choir to perform Vivacious Vivaldi

SOLIHULL
**CHANDOS
CHOIR**



**Heart of
England
Singers**

Vivacious VIVALDI

Saturday 13th May, 7.30pm
Shirley Methodist Church

Heart of England Singers
and Chandos Choir
join forces to perform
great choral works by
Antonio Vivaldi and
his Czech contemporary
Jan Dismas Zelenka

Beauchamp Sinfonietta

Darren Hogg (Organ)

**Conducted by
Leon James**

Tickets £15 (includes programme) under 18s free

Reserve online at solihullchandoschoir.org or call:
01564 779 962 (Chandos) or 07853 841 619 (Heart of England)

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Leon James

In a unique cooperation between two renowned Midland Choirs, the Heart of England Singers and Chandos Choir join forces to perform great choral works by Antonio Vivaldi and his Czech contemporary, Jan Dismas Zelenka, to be staged at Shirley Methodist Church, 257 Stratford Road, Shirley, B90 3AL on Saturday 13th. May from 7.30pm.

The choirs will be conducted by their joint musical director Leon James along with Beauchamp Sinfonia, Darren Hogg on organ and guest soloists. Pieces to be performed include Vivaldi's much loved Magnificat followed by Beatus Vir (based on Psalm 111 - The Fear of the Lord is the Beginning of Wisdom) and the haunting Domine ad Adiuvandum me Festina where the two choirs will sing in antiphony.

For those less familiar with Zelenka, the choir is performing his work Misere ZWV 57. Jan Dismas Zelenka (16 October 1679 – 23 December 1745), was a Czech composer and musician of the Baroque period. His music is admired for its harmonic inventiveness and mastery of counterpoint.

Zelenka was raised in Central Bohemia, educated in Prague and Vienna, and spent his professional life in Dresden. The greatest success during his career was the performance of the extensive composition 'Sub olea pacis et palma virtutis' in the presence of the Emperor Charles VI, shortly after his coronation as king of Bohemia in 1723.

This will be an uplifting and stirring celebration of another King Charles, our own King shortly after his coronation.

There is adequate free parking to the rear of Shirley Methodist Church and across the road behind the Shirley station car park.

Under 18's will be free and adults will be charged at £15 per ticket.

Tickets can be ordered from Stephen Record stephentrecord@gmail.com or message 07853841619 with your details. You can private message us on our Facebook page or they can be purchased on the door, where we offer a cashless facility.



The Shabby Attic

The shabby Attic is now buying precious metal, we will take a look at anything you bring in and give you a fair and honest opinion and hopefully a cash offer on the spot!

If you have any unwanted High End Watches like Rolex etc. Gold/silver or pieces of jewellery then why not see if you can turn them into cash.

- We will also buy your broken or damaged Jewellery too -

You could be sitting on a fortune - you never know?

80 High Street, Coleshill B46 3AH Tel.07528964681

Precision Micro opens Apprenticeship Scheme to new applicants

Fort Dunlop-based engineering firm, Precision Micro, is launching its apprenticeship drive for 2023. The firm plans to welcome a brand-new cohort of 16-21-year-olds into its Apprenticeship Scheme this year, kickstarting careers in the engineering industry.

During the four-year placement, apprentices will have the opportunity to experience every department within Precision Micro, learning the key skills required to produce precision-etched metal components. Successful applicants will begin their apprenticeships in September, while working towards a Level 3 in Engineering with Birmingham Metropolitan College - James Watt Campus.

A proud Birmingham business, Precision Micro is management-owned and produces millions of high-quality precision etched components every year for the automotive, aerospace, medical and energy sectors. The company also has a long history of investing in its people, with its Director and Co-owner, Mick Taylor, himself starting out as an apprentice three decades ago.

Mick Taylor, Director at Precision Micro, said: "We've been investing heavily in our business in recent years, with millions of pounds put into expanding and upgrading our facility and equipment, so it's a really exciting time to be joining Precision Micro. Last year, four apprentices joined us and they're all flourishing within their roles, learning lots about our business and the industries which we support, as well as contributing to the high levels of quality we pride ourselves on."

Since 2019, Precision Micro has invested more than £5million in upgrading its facility, significantly increasing capacity and underpinning its growth strategy, with plans to invest a further £1.4million in 2023. This year, the company is targeting 20% growth and believes investing in apprentices will be key to achieving its ambitions and sustaining performance for years to come.

During National Careers Week (6th – 11th March), Mason Thompson – a first-year apprentice at Precision Micro – paid a visit to his former secondary school, sharing his experience and advice with youngsters.

Sarah Dullea, Careers Advisor at Plantsbrook School in Sutton Coldfield, said: "It was lovely to have Mason and his colleagues pay us a visit for National Careers Week and take part in our Careers Fair. As our students approach the end of their time at school, it's fantastic for them to hear from somebody who has been in their position so recently and made a really positive step into the world of engineering through an apprenticeship with a well established local firm."

Precision Micro's Apprenticeship Scheme is open to 16-21-year-olds and applicants are encouraged to register their interest at www.precisionmicro.com/apprenticeships.



APPRENTICES WANTED

Career opportunities for 16-21-year-olds at world-leading, Castle Bromwich-based specialist engineering company.

At Precision Micro, we produce precision-etched components used in life-saving surgery, military jets, F1 cars, surveillance drones and more. Our grassroots apprenticeship program has played a significant role in our success. As we continue to expand, we are looking for 10 talented individuals to join our Fort Dunlop-based team this September.

Scan to apply!

Scan the QR code to apply or email hr@precisionmicro.com for details





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PODIATRY**

Do you suffer from hard skin, cracked heels, thickened & or discoloured toenails?
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Do you struggle to manage your own feet?

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329 Chester Road, Castle Bromwich, Birmingham, B36 0JG reception@walshpodiatry.co.uk

Injection Therapy

Steroid Injections



Did you know that Podiatrists in the UK can administer steroid injections? With the relevant training, Podiatrists can indeed administer steroid injections and at Walsh Podiatry this is part of our injection therapy techniques.

A steroid injection is given to reduce inflammation in the specific area that is affected e.g. in a joint or in soft tissue. Our podiatrists can inject the steroid directly into the area, in the foot, ankle or knee. Sometimes a local anaesthetic is injected at the same time to reduce with pain.

Most people notice an improvement within 1-2 days, but this can vary and it can last anywhere from a few weeks to several months. Also, if you have had a steroid injection in the past that has been unsuccessful, it doesn't necessarily mean a second injection won't be successful.

If you have diabetes, high blood pressure, liver, kidney, or heart failure, are on warfarin, are breastfeeding or could be pregnant, then you

may not be suitable. You should speak to one of our podiatrists who will discuss this with you.

What types of conditions is a steroid injection useful for?

- Heel Pain
- Neuroma
- Toe Joint pain (1st toe Joint)
- Ankle Pain
- Knee Pain

Why not book in for a consultation to discuss this or a biomechanical assessment to see if any of the pains are associated with the way you walk first and then discuss the possibility of a steroid injection at the same time.

Ostenil Injections (Hyaluronic acid)



Another similar treatment we provide here at Walsh Podiatry is "Ostenil" which is predominantly used to treat osteoarthritis. Osteoarthritis is caused by wear and tear in our synovial joints (knees, hips, ankles, big toe joints). The most important component of synovial fluid is hyaluronic acid, which is constantly broken down and reproduced in our lifetime. However, with osteoarthritis, this balance is disturbed, and the breakdown occurs more quickly than it is produced. This causes the synovial fluid to become watery, so

it stops working properly, thus wear and tear occurs on the cartilage.



Ostenil is a solution containing hyaluronic acid. It is injected directly into the space in the joint that contains the synovial fluid and works by restoring the normal balance between the breakdown and production of hyaluronic acid.

This can help with Knee osteo Arthritis, ankle joint and big toe arthritis.

Again it is often best to have a Biomechanical assessment first to determine if any of the pains are associated with your gait however you could simply book for a consultation to see if you are suitable for this injection.

Please call us for more information or go online at www.walshpodiatry.co.uk

Walsh Podiatry

0121 749 6313

329 Chester Road, Castle Bromwich, Birmingham B36 0JG



COLESHILL & DISTRICT GARDENING CLUB

Monday 16th April

**Our Guest Speaker will be
DEWI JONES**

**who will be discussing all things to
do with grass cutting and lawn care.**

**At Coleshill United Church,
opposite the Red Lion**

7.30pm

Members - £3.50

Non Members - £5

Refreshments Included

All visitors will be made welcome.

**For more information contact Meda on
07549037477**



MCF - LIFE CHURCH Making Christ First

To GOD be the GLORY for ever and ever. AMEN.

We are an Assemblies of God (AOG) Pentecostal Church who meet every Sunday for praise and worship, and to spend a time of intimacy with God.

Searching for answers to the big questions of life?

Are you hungry for more of God?

Or simply curious to know how we "do church"?

All are welcome to join us



**Sunday 10.30am
Victory Hall
76 Chester Rd
Castle Bromwich
B36 9BU**



**Sunday 6.00 pm
Coleshill Town Hall
High Street
Coleshill B46 3BG**

We have various Bible study and prayer groups during the week as well as a Craft Club at Victory Hall.

Or join us at **The Filling Station at Knowle Village Hall**, St John's Close Knowle B93 0NH on the first Monday of each month for a joint worship meeting with various church denominations around the area.

For more details see our website on: www.mclifechurch.com

INFORMATION

Help and support for any enquiries such as:-

NEW ELECTION VOTER

ID DOCUMENT,

Blue Badges, Driving Licence, Passport Applications, Online Benefit Forms

WARM HUB

Town Hall Tues to Thu 10 to 1 and Community Centre (Tues only). Come for a chat or join in activities if you wish and free refreshments

Signposting to many partner services, groups & agencies for specific help, see below for some examples

COLESHILL HUB



the heart of your community



Free Local Services for Local People

FREE WIFI and use of laptops & tablets

All welcome, come and see us for a chat and how the Hub could help you.

Sumner Road, Coleshill
Tel. 01675 462517

Opening Hours. Mon to Fri 10:00 to 13:00
www.coleshillhub.co.uk

Walking Tours
Keep Fit & Natter
Walking Sports
Yoga
Art & Craft Groups

Parkinson's Cafe
Memory Cafes (Coleshill and Water Orton)
Young at Heart (Community Centre)
Knit & Natter

SUPPORT (Signposting)
Carers Trust
CAB (Citizens Advice Bureau)
MIND
Vision Support
Wellbeing



**COUNTRY
MARKETS**
COOK • CRAFT • GROW

Coleshill Country Market

**Every Friday
8am to 12pm**

**Fresh Produce, Eggs, Cakes, Cookies, Savouries & Preserves
Seasonal Vegetables, Cards, Crafts, Plants & Bird Food
Orders Taken**

Home Made - Home Grown - Hand Crafted



By Janet Reilly

I would just like to remind all you lovely people about our country market which is open on a Friday morning at 8-12.

We sell a wide range of homemade products such as cakes, biscuits, jams, and a wide range of Asian food.

As a promotion on Friday the 14th April I will be cooking fresh samosas and pakoras.....according to the weather staying dry. I'll be cooking it in the garden, so please come along and try our wide range of food.

Oh! not forgetting we do sell plants, knitwear, handbags, silver jewellery all hand made, just such a wide variety of everything.

Trust me, once you come and see everything you will be amazed.

See you there so don't forget the Market is at the Parish Rooms, 132 High St, Coleshill, every morning, Friday 8-12.

And the people who are there are pretty amazing too..... just like me !!

News from Curdworth WI

We ended our 2022 WI year on a high – a new President, Sandra and a new Committee too – all bursting with enthusiasm and ideas and planning a wonderful year ahead for us members Our last event of 2022 was our Christmas party evening at the beginning of December – lots of wine, good food, silly games and some carol singing to get us in the mood for the festive season.

Some events are just 'special' and that can certainly describe our first WI event of the year, our wonderful New Year Lunch at Grounds Farm. What a fantastic start to our new WI year! Good food, great company and a relaxing 'catch up' with friends! I think our New Year resolution is to continue the year in the same spirit!

At our first meet up on February 2nd, we shall learn about buying and selling at auction, which, for most of us is something we only know from programs on TV, so this promises be really informative and interesting and might prompt us to scour our lofts for hidden treasures and take a step into that unknown auction world.

We have a Skittles Evening coming up on March 10th at The Village Hall in Curdworth - such a great fun night for all the family – an evening which has proved so popular in the past, that we bring it back on demand each year. Tickets are £12, which includes a fish and chips supper, but BYO drinks & glasses. Tickets can be booked with Sandra on 01675 470079

And looking ahead, we have a packed program of events, throughout the year – some great speakers, a Summer Craft and Cookery Show, a great evening with Latin American dancing and in August an afternoon outing and cream tea!

Curdworth WI – meets up at Curdworth Village Hall B76 9HH on the first Thursday of the month at 7.45pm. We're a lovely group of friendly ladies – some of us have been members for ever, and others for not so long and some are very new members who have just joined us. Why not just come along for a visit? Come and enjoy an evening with us. We'll make you very welcome.

For further info, call Sandra 01675 470079 or call me Liz 07811 147728

Coleshill Ladies Probus Meeting

We met at the Coleshill hotel on Tuesday 28th February and after the meal we had a very interesting talk from Sue Wallace about the history of Gasgcoignes.

The history of Gasgcoignes goes back to 1900 and Sue's dad Bruce took over and set up in Coleshill in 1929.

Sue and her brother Barry joined the company in 1980.

Now Sue and Barry have retired but not before they found an independent company, so similar to their own to carry on the business.

We meet on the last Tuesday of each month at the Coleshill Hotel and if you would like to join us, we will be pleased to see you.

Please call Dorcas on 01675 464686 or Gill on 01675 462541

COLESHILL CIVIC SOCIETY

Heath End to Stonebridge Island

By John Hoyle



This building was on the area of grass which is at the junction of Coventry Road and Packington Lane or Heath End. It was known as Pinfold Cottage. The feature of the area is now a large oak tree originally known as the Pinfold Oak. No doubt due to there once being a pound in that area.



Looking back up Coventry Road the oak tree is clearly visible with the house in the foreground being Skeltons Cottage. Access from Packington Lane led to a café. Skeltons

Café was essentially used by walkers who would be going down Hawkeswell Lane to walk by the Blythe or down to Packington Ford, a well known feature of the school cross country run. There used to be a picnic area by the ford, very popular on a hot summers day. The two photos of the cottage were taken in 1964 and shortly after it was demolished and the houses on east side of Coventry Road and those on the west side of Packington Lane were built.



The house 216 is interesting in that Eric Miller stated that the cottage, dated back to 1740 and was once the Plough Inn. I have

been unable to verify this from any of the trade directories but I have heard that a large quantity of empty beer bottles have been found in the garden.



The notable feature on Coventry Road is the Coleshill School, it opened in 1956 with Mr T W S Wilson as headteacher. Planning for the new school, as a Grammar School, started before the school admitted pupils with his secretary Mrs B Wells. They sat at tables in the hall which was the first part of the building completed. Work on the rest of the building continued around them. The school became comprehensive in 1971.



The last two photos are of the Stonebridge Hotel. Some may remember the Hotel which was on the site of the roundabout before the A45 went over it all.

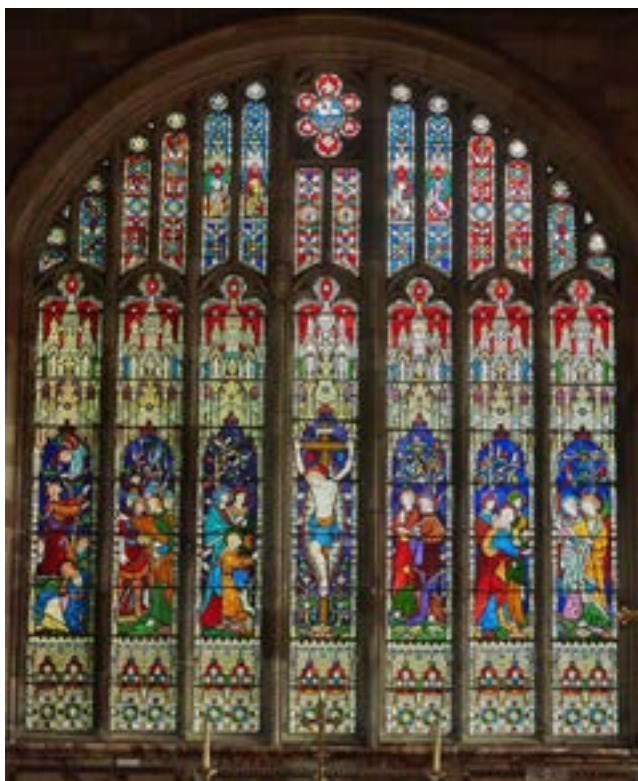
Initially it was a modest establishment but rebuild with forecourt with petrol pumps.

Any corrections or additions would be very welcome.

Please send to me via House and Home on Coleshill High Street or via the editor of the Coleshill Post.

Finally a very successful AGM was held in March. Andrew Watkins stood down as chair and David Reilly was elected as replacement. The meeting ended with a fish and chip supper and a slide show by Colin and John.

Easter story comes alive in Crimson Lake and Hooker's Green



Coleshill church's windows were the last things to be replaced at the 1959 reordering, according to *The Builder* magazine of 23 July 1859.

It reported that restoration of the church was "so far completed that the edifice has been formally opened.

"The east window is of stained glass the subject being the Crucifixion. One window on the north side contains a number of the prophets. and one on the south John the Baptist and several of the disciples. The artists were Messrs. Clayton and Bell, of London.

"The whole of the stained glass and chromatic illustrations are not yet completed."

It was worth the wait. Clayton and Bell were great storytellers in glass who drew on medieval designs and the art of the Pre-Raphaelite Brotherhood to create scenes that come alive. The huge east window pictured here with details of Christ's betrayal and crucifixion still has the luminosity, rich colouring and great detail which characterise their designs.

John Clayton was from London. He became an illustrator and friends of several Pre-Raphaelite artists, most notably Dante Gabriel Rossetti. Alfred Bell was born in Devon, the son of a farm worker.

This couple owed their partnership to the eminent Victorian architect Sir George Gilbert Scott

Scott saw some of Bell's drawings in the 1840s and was so impressed that he hired him, and trained him in the then-popular Gothic Revival style.

Clayton and Bell were firm friends and according to tradition were only known to have argued once - when each man wanted the other's name to be first in the company name. Bell must have won the argument, for the new company became 'Clayton and Bell'.

Most start-ups struggle, and the church's windows must have been a big step up. Scott gave them several commissions, and they never looked back.

Their timing was perfect: the mid-Victorian period saw a revitalisation of the Church of England. After centuries of decay, many medieval churches were restored and rebuilt (as was ours), and there was a growing market for high-quality stained glass windows.

Clayton and Bell initially shared premises with Heaton & Butler. They produced the designs but Heaton & Butler actually manufactured the glass.

The partners must have learned a lot about making glass, for in 1861 they moved into spacious new premises on Regent Street, where they began to produce their own glass to their own designs.

The company's growth was staggering; by the time they moved into their Regent Street premises Clayton and Bell were employing 300 workmen.

Within a few years, the firm had become the largest and most prolific manufacturers and designers of stained glass windows in England.

Police News



All your latest news and information from the Warwickshire Police Local Policing Team for North Warwickshire South (Coleshill) and West (Water Orton/Curdworth)



Follow us on Facebook, search for: Atherstone & Coleshill Safer Neighbourhood Team or scan the QR code here.



Coleshill Town

On Tuesday 7th March, PC Breeze visited a group at Coleshill Town Hall.

PC Breeze had a great time meeting local residents and discussing issues at the Warm Room at Coleshill Town Hall. He also met with the team at Coleshill Hub. Both fantastic initiatives centred around an impeccable community spirit.



On Sunday 5th March a male was arrested in Coleshill.

A male was arrested and was in police custody after an incident at a public house in Coleshill town centre.

It is alleged the male had assaulted others and was in possession of a weapon.

The male was also aggressive to officers. He was left to sober up in Custody and later interviewed.

Incident number 331 - 5/3/23 relates.

Get your catalytic converter marked

Water Orton BMC Garage are now marking catalytic converters.

Following recent incidents of vehicle crime in the North Warwickshire area, Warwickshire Police are pleased to advise that there are a limited number of kits at BMC Garage in Water Orton where you can take your vehicle and have the catalytic converter marked for free.

Residents must be from North Warwickshire Borough. To arrange please contact the BMC garage and arrange an appointment to take your vehicle in.

**BMC Garage
Marsh Lane
Water Orton
B46 1NW
01217479966**



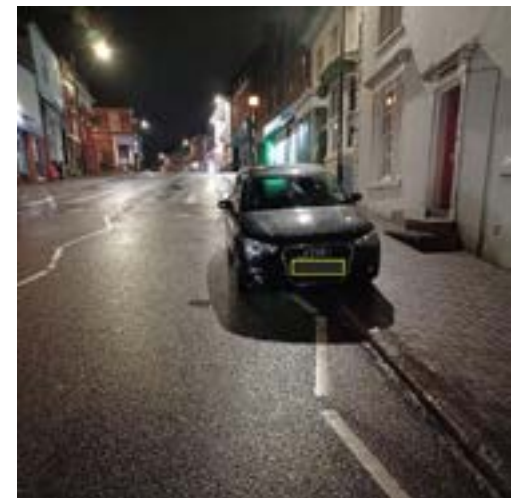
Parking patrols continue

Parking patrols continue...

Just a polite reminder to drivers that a pedestrian crossing limit is not a parking space.

If you are caught parking on white zig zag lines, you will be issued a £100 fine and 3 points on your licence.

Please Park sensibly and safely!



Our National Flag

By Roger Hateley

The most noticeable visual symbol of any nation is or should be its national flag it is a powerful and significant show of identity and belonging to the country it represents. One of the most recognisable of the worlds flags is the red, white and blue Union Flag of Britain.

Our Union Flag is unique in as much that it has been and still is a feature of many other nation's flags, this indicates the history and the legacy left by the pride in and importance of the old British Empire. Canada, Hong Kong and South Africa are some of the nations that have dispensed with the emblem of their former colonial rulers it is however displayed on some of Canada's state flags. The likes of Australia and New Zealand have chosen, though sometimes controversially, to retain the symbol of their association with our country within their flag. Our flag is still found within that of Fiji, despite its independence. Strangely there is a state flag within the U.S.A. that displays the Union Flag in its design, that being the state of Hawaii. The city flag of Baton Rouge, Louisiana also has the Union Flag incorporated in it along with symbols of other old colonial powers, France and Spain. Taunton, Massachusetts also has it in its city flag,.....I could go on,..... but I will not. Suffice to say that many countries, states and cities throughout the world are proud to fly the flag of Britain in conjunction with their own flag.

How did our flag come about? Briefly it happened like this, in 1606 James VI of Scotland ascended to the throne of England bringing together the two countries in a new realm he styled "the Kingdom of Great Britain". This flag incorporated the red cross of St. George and the White cross of St. Andrew. Wales was not represented on the flag and still isn't, as it was annexed by King Edward I in 1282 and was included into England. Likewise, Ireland had existed as a personal union with England since 1542, Henry VIII was created King of Ireland, and was not represented on the original flag. Following the Act of Union in 1801, which merged the Kingdom of Ireland with the Kingdom of Great Britain, to make "the United Kingdom of Great Britain and Ireland" the red cross of St. Patrick was added to the flag. This saint's cross is separated with a white surround of varying thickness this signifies the order of the unions and as you will read later is very important.

That then is a very brief history of the Union Flag, or is it a Union Jack? It can be either, Yes it can. Most people will insist it is Flag, I indeed used to, some say a Jack is a small Union Flag attached to a jack staff on board a ship and not the same as a Flag being hoisted by rope up a pole. Some Buckingham Palace historians will tell you that it is a Jack, in reference to James VI who in 1606 established the flag by Royal decree. The Flag Institute, probably the highest authority to be found in the flag world has a chief vexillologist, (vexillology – the scientific study of the history, symbolism and usage of flags), who states that we can call our national flag the Union Flag or the Union Jack. In 2008 Andrew Rosindell MP sponsored a 10-minute rule bill in parliament, the Union Flag Bill, this was to affirm the make-up, the use and the name of our national flag, this bill endorses the use of the two names, flag or jack, choose either.

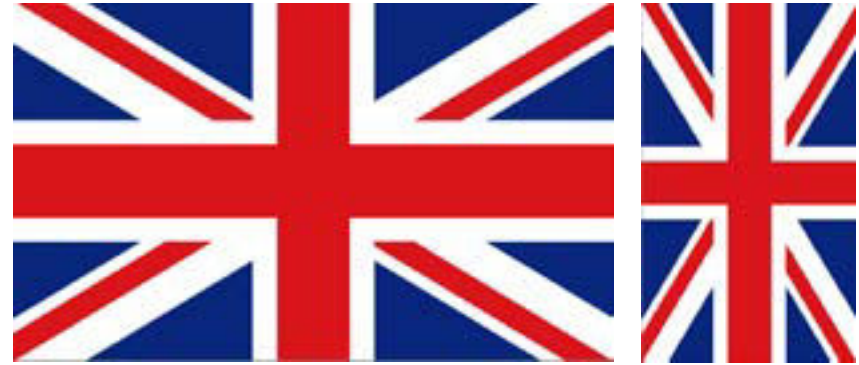
That then is our national flag, loved and displayed proudly by many throughout the world. Held high by winning athletes, draped over railings by adoring crowds, flown from buildings and in gardens at national events, worn on clothing, stuck on our cars, carried on marches and seen adorning house and shop windows. It is great to see this show of patriotism, or is it? Probably more than 50% of the general public don't have a clue which way up the national flag should be, most of them achieve it purely by chance, this is a national disgrace.

Remember the white surrounds of the red diagonal cross having various thickness, this is all you need to know, my apologies to those readers that do know. When the flag is flown horizontally from a flagpole it should have the broad diagonal white stripe upper most and nearest to the pole. When the flag is displayed without a pole it should have the broad white diagonal stripe upper most on the left-hand side, the same as on a pole. If the flag is to be displayed vertically, with or without a pole, it is simply turned clockwise through 90 degrees, the broad white stripe will then be on the right-hand side of the upper most red diagonal. Obviously if it's on a pole or hung and seen from the other side it is reversed.



These two depictions of the flag are correct. Deliberately flying the flag upside down is considered "lese Majeste," (i.e. insult the monarchy) and in theory only, it is considered a crime in the UK and the Commonwealth by some people. However, like many others I do find it very annoying.

The two depictions below are displayed upside down. The difference in the thickness of the white diagonal stripe and its correct position can be clearly seen. It has been flown and displayed upside down by many, the B.N.P. of all people, The BBC, some national newspapers and in front of Nigel Farage on his desk in the EU parliament. I did email Farage's public relations department on this one and in their reply they apologised and fobbed the error off onto some obscure foreign EU minion, a pathetic excuse.



Flying the flag upside down is also considered to be a sign of distress for the persons in its immediate vicinity or in a building or vessel displaying it so. If you should see it flown upside down please do not go all guns blazing to perform a gallant rescue, you will only see the misinformed enjoying themselves in complete ignorance of the fact that they are insulting their country.

We are going to see many displays of patriotism this year with the coronation of King Charles III. It will be a happy and welcoming sight to see our National Flag proudly displayed all around the country, but if you, or your family and friends are flying flags please make sure that they are doing it correctly.

So now you know and I truly hope that if you see your national flag the Union Jack/Flag flown upside down that you politely point out the error to those responsible. To those of you who know how to display our flag correctly I apologise. I have found everyone I've pointed out this error to, to be extremely thankful and apologetic.

One other thing, why is the colour of our flag changed by some people? We see it in an all-over blue hue, pink and I've seen it in shades of green. It is red, white, and blue, leave it alone. As for writing on it..... don't get me started on that one !

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Interiors & Decorating

Decorating tips



PLATINUM
INTERIOR DECORATING

Having had a bit of a break we're back in time for Spring whenever it eventually arrives. As is tradition at this time of year a lot of people will be thinking about a refresh in their homes so we thought we'd look at the various paint manufacturers colours of the year.

We'll start with Dulux who have gone with 'Wild Wonder' which they describe as having been inspired by the natural world. It is essentially a very earthy green with a gold undertone which has a very calming influence on a room. It is also worth noting that it is what's known as a 'metameric colour' This means that different types of lighting can fundamentally change the appearance of the shade giving you subtle changes as the light changes throughout the day. This is a great way to add more interest by using one colour but on a practical level make sure that if you get a sample you view it at different times of the day and on different walls to make sure you can see the effect of different types of light on it. The best way to do this is to paint the sample on a piece of lining paper and place it in different parts of the room.

Benjamin Moore are one of our favourite brands and they have opted for an altogether more vibrant colour called 'Raspberry Blush'. This is a vibrant shade of coral that evokes sunsets and a sense of optimism. It's a very warm colour that will make a home feel cosy. We'd advise maybe allowing an extra coat or using a base coat of light grey with this kind of colour to achieve the full depth. Sometimes the extra pigments required for these vibrant shades mean that the paint doesn't cover as effectively.

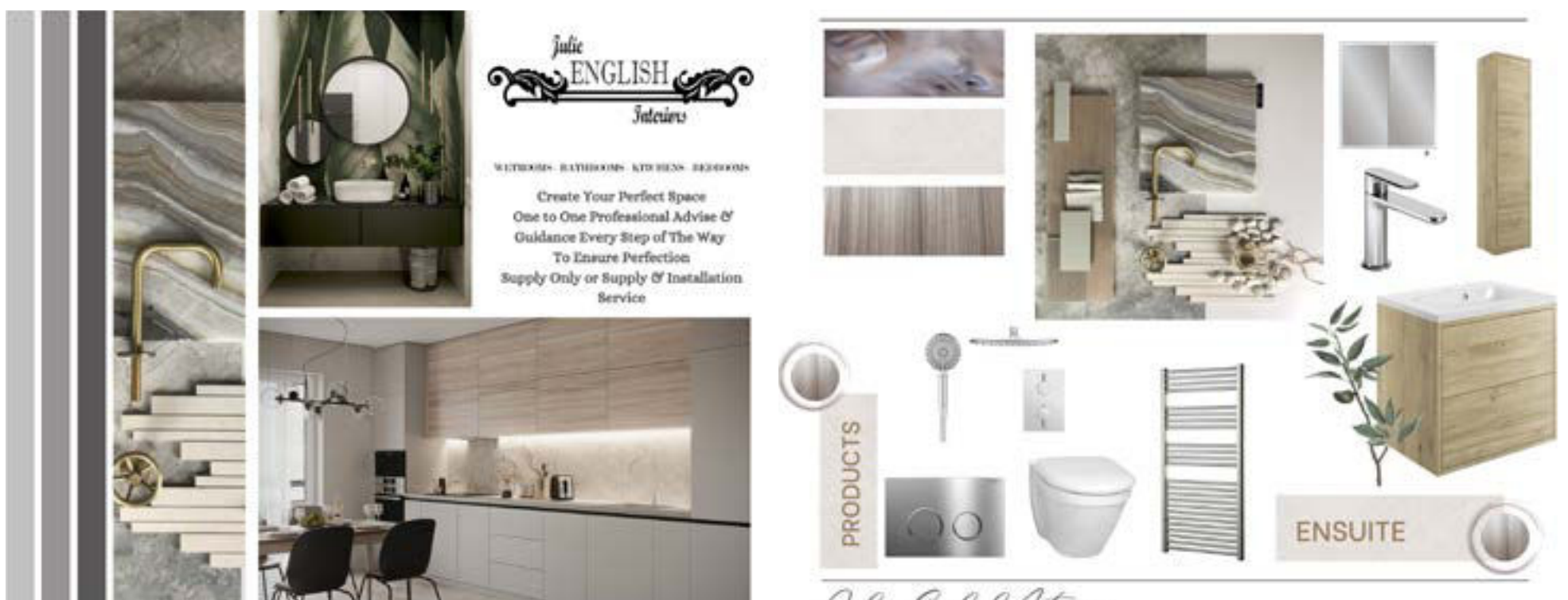
Rather than pick a colour of the year Crown have opted to offer a range of colour 'insights' called 'Joy', 'Abstract Simplicity', and 'Breathe'. 'Joy' is a mix of bold and uplifting shades. 'Abstract Simplicity' is all about tranquility consisting of more muted tones of green, stone and creams. 'Breathe' is inspired by architectural materials that use the effect of light to provide interest.

Pantone's colour of the year is 'Viva Magenta'. Pantone colour number 18-1750 is a powerful and animated red which much like Benjamin Moore's 'Raspberry Blush' provides a real sense of optimism. It is inspired by the red of cochineal, a precious natural dye described as one of the strongest and brightest the world has known.

In contrast Colourtrend have focussed on soft powder blue shades reminiscent of the sky. These types of blue can create a warm feeling in a room when paired with sunny whites or light golds or can cool a room down with neutral whites and darker blues. Colourtrend also predict earthy pinky-browns as being a trend for this year. These shades will add a flair of colour to a room without being overwhelming.

Farrow and Ball haven't named a colour of the year but have added 11 new colours to their collection. It's the first time in four years that they've added to their colour card opting for shades inspired by moments of joy, comfort and refreshment. These colours appear to reflect the mood across the various manufacturers we've already looked at ranging from subtle neutral shades to a very vibrant red. Fans of Farrow and Ball won't be disappointed with names such as 'Bamboozle', 'Whirlybird' and 'Beverly' providing no obvious clue as to what the colour actually is. Another thing you can be sure of with F&B is the consistency of the match of the colour to the colour card. Having been for a tour of their factory we can attest to their quality assurance processes in terms of ensuring the exact colour is what leaves the factory. If you are using Farrow and Ball make sure you seek advice from the supplier regarding their primers, some other colours really benefit from using the appropriate primer beforehand.

All of the above colours and palettes can be viewed on the various companies websites along with ideas and examples of how to use them and what colours to pair them with. These are often a useful tool if you are struggling for inspiration or ideas, even just as a starting point. Hopefully this will help you to get started on your own decorating projects in time for the Spring.



Julie
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Property News

The past and the future



**By Colin Lewis,
House & Home**

Back in 1984 when I first moved to Coleshill me and my fiancé, later to be my wife, bought a three bedroom terraced house for the princely sum of £24,000. It was a fairly straight forward procedure, we saved a deposit of £1200, and borrowed the rest from the Halifax Building Society. In those days I was earning £10,000 a year, working for a magazine, and the building society would allow you to borrow 3 times your salary, so I was pretty much in the ball park regarding my borrowing ability.

Fast forward 39 years and things are a little different. According to the ONS the average UK salary is £31,447 per annum. I understand dear reader that a lot of people are earning far less than this! But taking these figures, that means you can borrow £94,341 to buy the same property. But we have a problem, that three bedroom terraced house I bought in 1984 is now worth £275,000. So in reality you need to be earning £87,000 per annum, and that's after you have found the deposit of £13,750. You are now having to borrow 8 and a half times your salary to buy the same house!

Many people my age will remember the crippling interest rate rises of the late 1980's when rates rose to 17%. I was bringing home £500 a month and my mortgage payment was £700 per month! Hard times indeed. So imagine if that happened again? Interest rates have for a long time been historically low but we are now seeing a change to all that and rates are beginning to rise on a monthly basis.

I have been selling properties in Coleshill for 35 years and have seen a few 'boom and bust' periods which have resulted in devastation for a lot of property owners. In the worse periods we have had house keys pushed through our door followed by a call from a building society asking us to sell it. These were hard times but I'm afraid it works on a repeating cycle, and we are long over due another episode.

When I was a young Estate Agent my boss always used to say "Young Colin, houses are for nesting in and not investing in". He was a wise chap but his words, in a capitalist world, are far outdated. Not his fault of course as our generation saw that there was money to be made from investing in property, why wouldn't you want to invest for the future, something to hand over to your children perhaps? But there lies the problem, we are now selling over priced properties to our children and saddling them with mortgage payments they can't afford. Who are the winners, the lenders of course, the more you borrow the more money they make!

So what about the future? House prices will, undoubtedly, increase with, albeit, a few hiccups on the way but how we borrow money to fund them will need to change. You may find that in the end you will never own the property you live in but will be granted a life time mortgage which will never be paid off but transferred to the next person when you come to sell. In a way it will be like renting your property, although in a different name? If you thought that the three bedroom semi opposite you was never worth £350,000 then hold on to your hat, you may be in for a surprise!



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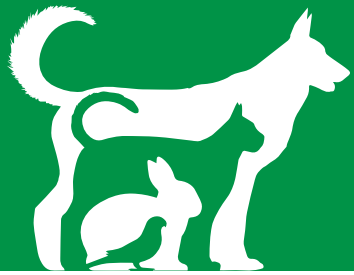
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Pet Page



Spring is starting to spring

Spring is on its way finally – the sun is out a little more and the days are getting warmer. Longer days so dark walks will be behind us soon, just that thought makes you feel better. With the warmer weather it's exciting to start getting out and about to places, visiting old favourites and exploring new ones. As the weather gets warmer your packing list for trips out changes, you now need to be thinking about taking the following useful items with you;

- Travel bed for if you stop in a café for refreshments.
- Water bottle
- Treats
- Poo bags
- Towel

Insight Hounds top recommendations for places to visit with your dogs are;

Castle Bromwich Hall Gardens, we are a big fan - £5 entry - cafe, dogs on leads, historic garden. A great day out for all.

<https://www.castlebromwichhallgardens.org.uk>

Whitacre Hall Tea Room and Country Walk - £1 per adult, great cakes and longer field and woodland walks

<https://whitacrehall.co.uk>

There are lots of organised breed walks that start back up too, Greyhound Walks, Sighthound Walks, check out breed groups on Facebook to stay update on what's happening.

A number of Springtime flowers can be toxic to dogs, and you will need to be careful if you have a nibbler or a digger as both the flowers themselves and often the bulbs too can cause an upset stomach (or worse) for your dog. Lilies, daffodils, tulips and buttercups are just a few of the beautiful blooms that you need to be mindful of.



Ward End Cat Rescue A Small Rescue with a Big Heart

Ward End Cat Rescue is a small, independent, home based cat rescue based in the Ward End area of Birmingham. We take in unwanted, neglected or abused cats and give them the care they need to bring them back to health and help them learn to trust people again, offering a safe place to recuperate while we try and find suitable loving forever homes. We specialise in older, more hard-to-home cats and have many cats that are resident at the rescue due to the fact that they are not appropriate for re-homing either because they are semi feral or their health is so poor and their vet treatment is too expensive to expect someone to take that on. There are always exceptions to this when very special homes come along that are willing to take this challenge on.

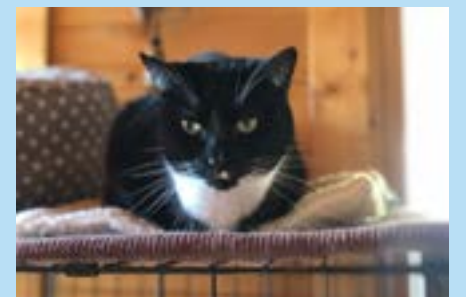
Throughout the year we attempt to funds in various ways: doing raffles, selling items, attending fêtes with our fabulous tombolas and much more. Our famous hand-made catnip WE CR Super mice (which are immensely popular with our furry friends) are always available to purchase and can also be posted if needed. If you can offer us a space at a fayre or can help with fundraising in any way at all please email us at wardendcatrescueofficial@outlook.com or contact Suzy Wootton Wearing and you can join our small but brilliant team of fundraisers.

Ward End Cat Rescue is run voluntarily by Tony (with a few helpers), he is completely dedicated and works tirelessly to ensure that every cat that comes into his care is given the love and attention they need to thrive. We believe that every cat deserves a second chance, no matter how old or how

difficult to home they may be.

If you're looking to adopt a cat, or if you'd like to support the work of Ward End Cat Rescue, please visit our facebook page WARD END CAT RESCUE OFFICIAL or email us on wardendcatrescueofficial@outlook.com. Thank you

These beauties are resident at the rescue, meet Dorothy, Lola and the fabulous Charlie



Email: wardendcatrescueofficial@outlook.com

Facebook: Ward End Cat Rescue Official

www.wardendcatrescue.org

CRUFTS TICKET WINNERS

- Matthew Emson
- Diana Riley
- Rita Carter
- Jackie Beebee
- Steve Gough
- All won a pair of tickets.



Happydograw is in Castle Bromwich!



When you choose to feed your dog raw pet food, you're providing them with a biologically-appropriate diet. A raw diet is the natural choice for all dogs, no matter what size they are! Miniature Poodles? Yes! American Bully? Definitely! All dogs benefit from a diet that's rich in quality protein and low in carbohydrates and sugars. Highly processed pet foods cannot provide the same nutrition a raw meat diet can for your pet. HappyDog supply a great selection of Raw dog foods and Natural treats.


As carnivores, dogs' bodies are built to absorb energy and nutrition from eating a combination of meat-based protein and fat. Feeding your dogs, a safely handled, quality-controlled raw food allows you to feel confident that your pet is getting the nutrition they need to thrive.


Feeding your dog raw pet food can go beyond the dog bowl. Happydog also offers a selection of Raw Meaty Bones, raw fish etc for your dog to enjoy. Knuckle Bones for example are great for cleaning your dog's teeth and providing mental stimulation, while chicken necks or other meaty bones can be given as meal substitutions and treats.

Happydog provides a huge selection of Natural Dog treats, including Hairy Rabbit feet the perfect natural wormer, pigs and cows ears, chicken feet, pizzle sticks, boars legs, hooves and a whole lot more! Natural treats contribute towards stronger immunity, better digestion, healthier skin and coats, fewer allergies, dental and oral support, the perfect addition to your raw food. There are many benefits to feeding your dog a raw food diet, from naturally cleaner teeth to less poop to scoop. Pets can also experience a reduction or elimination of various health issues, such as food allergies or food sensitivities. Some of the benefits can be seen within days of transitioning while others require a bit more time to take effect.

Happydog is conveniently placed on Timberley Lane Castle Bromwich opposite Iceland, and is open 7 days a week for your convenience. We are also on Facebook and Instagram, FB Happydog, IG happydograwuk. Come and look and make Happydog your Raw Food and Natural treat choice!


Meet Tiana





130 YEARS OF CARING

Scan me



Breed: Cane Corso Gender: Female (F)

I'm available

- Age: 2 years 0 months
- Child suitability: 16 years+
- Can live with other dogs: No
- Can live with cats: No

A Little About Me:
Hello, I am Tiana, I am a big loveable girl, who enjoys following my nose and checking out new areas.

My Carers Notes:
Tiana is a beautiful, big girl who just needs a little time and patience. Although she's shy at first, if you give her space you'll soon see her affectionate side come out. She loves pottering around our paddocks and following her nose. It seems that Tiana does not know what toys are currently, but would love an understanding family who can give her the time and patience she needs, and hopefully they will see a very rewarding side of Tiana. Tiana isn't the most confident with other dogs so will be looking to be the only dog in the home, we do feel she would strongly benefit from socialisation on walks.

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Hello from your local Slimming World groups



I see so many success stories in group and hear so many from the consultants in my team that they share with pride. We all feel privileged to be part of our members journeys. Being a Slimming World Consultant is such a special role. Seeing a member have the courage to walk through our door ready to make changes is amazing. For us knowing that what we're going to introduce them to inside our new member pack, can not only give them the answers they've been looking for but can also literally change their lives forever. On the front of our Slimming World pack it says 'Something wonderful is about to happen' Inside that pack one of the books contains our Food Optimising plan, guaranteed weight loss! That information along with the group where our unique Image Therapy support takes place, where were able to bring that pack to life and empower our members to make the changes to achieve weight loss goals.

This month we want to share with you Simon's story and how he found Slimming World initially through his work for the NHS, getting started with a free 12 week slimming referral and knowing that at last he'd finally found what he'd been looking for. Hope you enjoy it.

Wishing you a happy and healthy month ahead... Toni x (07971 686 698)

Simon's Story



I've been overweight most of my adult life, not that it affected my health or work but enough to have mostly always been on some kind of 'diet' trying all of the usual methods like calorie counting as well as other weight loss organisations and the 'quick fixes' out there like shakes etc. Always the same old cycle moving from one 'diet' to another, losing weight then putting it straight back on again. I've always been a positive person so I was lucky that I didn't have the mental health problems I know can really affect people, although I did have feelings of guilt that I should lose weight.

I was active, in fact I've always been active, my job as an ambulance driver meant I maintained a certain level of fitness. I enjoyed running as a hobby too. My weight didn't affect my work, health wise I was ok although I did have raised cholesterol, signs were there and I knew that I needed to make changes and the changes needed to be to my food choices for me to lose weight. You can't outrun a bad diet.

The final straw for me came when I was getting ready for work one day. Putting on my uniform belt I found that it would no longer reach to tuck into the belt loop. I knew then that it was time to make changes. Looking into options I found out that Slimming World work together with the NHS so through work I was able to get a free 12 week referral to a group to get the support I needed. I'm not sure how many people are aware that health professionals are able to 'prescribe' a 12 week referral for patients? Weight loss, even just 10%, of starting weight has so many health benefits, lowering cholesterol, reducing blood pressure and many more.

Going along to my local group I must admit that I felt very nervous. Especially as a man entering a largely female group, but I needn't have worried because right from day one I have found the group to be fantastic and very supportive.

Slimming World's food optimising plan means I can eat so many of the foods I like and although no food is banned, it's all about moderation and I've learned to replace some of the 'bad' things with more of the 'good' things. Still enjoying my

favourite meals I've just found healthier ways to shop, cook and eat. I love food and have always said that my favourite meal is what's on my plate. The difference is that what I eat now are just healthier versions of old favourites. Normal meals like steak and chips, spaghetti bolognese, currys, roast dinners, and lasagne to name just a few are all possible with just small healthy changes which you learn how to do in group. No hunger too as many many foods are unlimited! I still go out for meals occasionally too as Slimming World gives you that freedom but mainly I like to enjoy healthy food at home.

Both my daughters are Slimming World members so we've mutually inspired each other along the way. It's a real family affair. My girls always buy me clothes for my birthday and this year it really hit home when I was gifted trousers with a 32" waist and tops in a size small (previously a large) and they fitted perfectly. I suddenly realised that the last time I was that size was about 40 years ago! From my starting weight of 14stone 11lb I've now lost a total of 2 stone 5lb to reach my new healthy weight of 11st 10lb.

Although my work colleagues were sceptical at first when they knew I'd joined Slimming World, my success has inspired others to join which is great news. That's why I'm sharing my story, to let others who are not happy with their weight know that help is out there. If I can do it you can too. You just have to have the courage to walk through the door. Not only happier and healthier, I'm definitely fitter now too. Although I've always enjoyed my running I'm now able to go further and faster since losing weight and I'm proud to be achieving my fastest ever times. That's what's inspired my new goal, to run the great north run in under 2 hours. I can honestly say I feel FANTASTIC, it's not just the weight loss, I'm so happy that I've broken that old cycle by changing my eating habits and I do feel very confident that I will be able to maintain this new weight. Like Slimming World's maintenance plan says....

Slim for Life . Food Optimising is very different to anything else I've ever tried because it's a lifestyle change, It addresses both the food and the psychology of change and I know I've got the support of my group, my consultant Diane and Slimming World to keep going. For anyone thinking of making a change I'd say do it!, don't put it off. Look on the Slimming World website for local groups, or give one of the consultants a call or even enquire about a referral to see if you're eligible.



Social business networking event

April 17th – 6pm til 8.30pm

- We meet up on the 3rd Monday of every month
- Relaxed informal business networking
- No Commitment
- Raise your business profile
- Meet like minded people
- Business card and leaflet table available (bring your literature)
- If you would like to sign up for future presentations (ask a member of the team)



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Slimming World taste the *freedom*

Contact your local Slimming World Consultant
and join a warm and friendly group today!

New Consultant: Richard at Castle Vale on Thursdays

Monday

Castle Brom - The Baptist Church, 5.30 & 7.00pm Claire - 07917867577
Tile Cross - St Peters Church, 4.00 & 5.30pm Nataley 07939 949136
Yardley - St Edburghas Church Hall, 9.00am, 3.30 & 5.30pm Julie 07530 552653

Tuesday

Coleshill - The Catholic Church (sacred Heart & St Teresa)
 3.30pm, 5.00pm & 6.30pm Toni 07971686698
Kingshurst - Seeds Of Hope, St Barnabas CH, 5.00 & 6.30pm from 28th March
 Diane 07432 123206
Kitts Green - Evangelical Church, 5.30pm Becki 07864 872816
Shard End - Aylesford Hall, 9.00am & 10.30am Donna 07516 726534
Hay Mills - Hay Mills CC, 9.30am Amy 07904 242379

Wednesday

Castle Brom - Arden Hall, 9.30am Diane 07432 123206
Castle Brom - St Clements Church, 3.00, 4.30 & 6.00pm Nataley 07939 949136
Marston Green - The Parish Hall, 3.30, 5.30 & 7.00pm Jacqui 07814 675180
Water Orton - The Link, 5.30 & 7.00pm Paul 07505708121 **New Consultant**

Thursday

Castle Vale - St Cuthberts Church, 5.30pm, Richard 07733820994
Chelmsley Wood - The Fordbridge Centre (by Asda), 5.30pm, Jacque 07957133435
Sheldon - St Thomas More, 4.00, 5.30, 7.00pm, Jayne 07453 348184
Smiths Wood - SJB Centre, 5.00 & 6.30pm Nataley 07939 949136

New
Consultants

Friday

Chelmsley Wood - The Family Tree, 9.00am Jayne 07453 348184
Sheldon - St Thomas More Church, 9.00am Jacqui 07814 675180

Saturday

Chelmsley Wood - Three Trees Community Centre, 9.00am Michael 07957 510533
Chelmsley Wood - The Family Tree, 8.30 & 10.00am Jayne 07453 348184
Castle Brom - The Baptist Church, 8.00 & 9.30am to Donna 07516726534
Bordesley Green - St Pauls Church, 9.00am Maria 07974 805252
Sheldon - St Thomas More, 7.30 & 9.00am Theresa 07583092260

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Hunters Chicken Lasagne

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If you love a cheesy, tangy plate of Hunter's chicken, you have to try this pasta version – it's amazing!

Ready in 1 hr 30 mins Serves 6 | 2 Syns per serving

Ingredients:

- Low-calorie cooking spray
- 1 onion, finely sliced
- 2 red peppers, deseeded and finely sliced
- 1kg skinless and boneless chicken thighs, visible fat removed, roughly chopped
- 6 smoked back bacon rashers, visible fat removed, roughly chopped
- 4 garlic cloves, crushed
- ½ tsp smoked paprika
- 690g jar passata
- 1 chicken stock cube
- Half small pack fresh chives, finely snipped, reserving some to serve
- 200g plain quark
- 9-12 dried lasagne sheets
- 6 level tbsp barbecue sauce
- 75g reduced-fat mozzarella, cut into small pieces
- Mixed salad leaves dressed with balsamic vinegar, to serve

Method

1. Preheat your oven to 200°C/fan 180°C/gas 6.
2. Spray a large, deep, non-stick frying pan with low-calorie cooking spray and place over a medium heat. Fry the onion and peppers for 5 minutes or until softened, stirring frequently. Add the chicken and bacon, increase the heat to medium-high and stir-fry for 2-3 minutes or until the chicken has browned a little. Add the garlic and smoked paprika with a splash of water, and cook until fragrant.
3. Add the passata and half a jarful of water, and stir well. Crumble in the stock cube, bring everything to a gentle simmer and cook for 20 minutes, or until the sauce has reduced by about a third. Season to taste and stir through the chives.
4. Spread one-third of the chicken and sauce mixture over the base of a large baking dish. Add a few spoonfuls of quark and top with a layer of lasagne sheets, breaking them up if necessary to cover all of the sauce. Repeat twice, leaving some sauce to cover the final layer of lasagne sheets. Spread the remaining sauce over the top, then evenly dollop over the barbecue sauce and scatter with the mozzarella.



5. Cover the lasagne with foil, then bake for 30 minutes. Discard the foil and bake for a further 10-15 minutes, or until the mozzarella is golden. Remove from the oven and leave to stand for 5 minutes. Scatter over the reserved chives, divide the lasagne between 6 plates and serve with the salad.



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Water Orton Speedwatch

By Judith Cleaver

Water Orton Speedwatch was in operation again this month and managed to collect details of 16 speeding motorists along the Birmingham road, by Mytton road.

This is one of the Police risk assessed areas we can do in Water Orton.

If anyone is interested in participating with our group please contact Judith Cleaver 07973 620056. Don't complain about speeders help us do something about it. Thank you.



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Changes for passengers during Birmingham New Street platform work



Passengers are being advised about changes to journeys through Birmingham New Street station while engineers carry out improvements to the concrete roof above the station's 12 platforms.

An investment of £7.5m will upgrade the original 1960s concrete deck which supports the station concourse. The vital maintenance will keep trains running safely and reliably in future.

Network Rail is working closely with train operators to deliver the upgrade so most trains can continue to run as normal during the eight-month project.

Platforms will need to be closed

in pairs for four weeks at a time, starting with platforms 5 and 6 from Sunday 2 April to Sunday 30 April.

This will mean some changes to train times and services arriving and departing from different platforms than usual.

Passengers are being given advanced notice of the alterations - particularly those travelling on CrossCountry services between the East and West Midlands.

People are advised to plan their journeys in advance by visiting www.nationalrail.co.uk.

Denise Wetton, Network Rail's Central route director, said:

"Our major work to renew the roof above Birmingham New Street's platforms is a vital part of a wider programme to keep the iconic station running reliably and looking its best for passengers."

"The temporary platform closures will mean changes to train services and we're asking passengers to plan ahead and check with their train operator to

see how their journey will be affected. I'd like to thank station users in advance for their patience while this work takes place."

Lucy Wootton, head of the Grand Railway Collaboration*, said:

"Train operators are looking forward to welcoming even more passengers back to the rail network this year, though there will be some changes to timetables while this vital work takes place."

"This investment is key for the long-term future of Birmingham New Street station. In the short-term, the most important thing for passengers is to double-check their journeys to ensure smooth journeys."

In addition to changes to platforms and train departure timings at Birmingham New Street, there will also be changes to weekday CrossCountry services between Nottingham and Birmingham New Street.

John Robson, regional director for East Midlands and East Anglia at CrossCountry, said:

"There will be significant changes to train services between Nottingham and Birmingham via Derby, Burton-on-Trent and Tamworth while this important upgrade work takes place. We urge our customers to check www.crosscountrytrains.co.uk/travel-updates-information for full details before they travel and thank them for their patience while these important improvements take place."

Upgrades to the platforms are part of a wider package of upgrades at Birmingham New Street over the next two years which will help to improve journeys for passengers.

Passengers are advised to plan ahead, visit www.nationalrail.co.uk and check station departure boards before they travel.

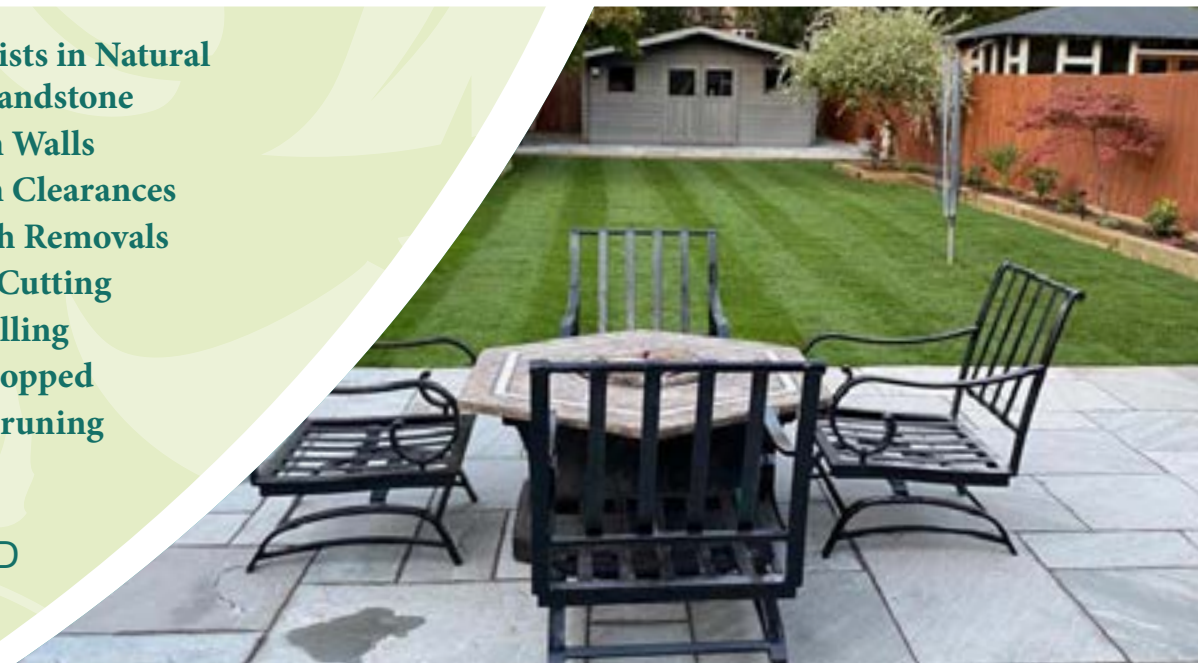
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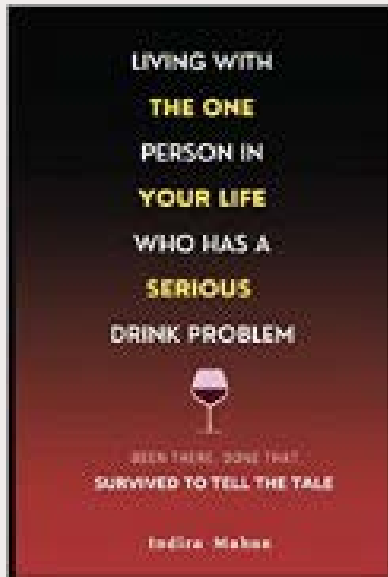
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Living with the one person in your life who has a serious drink problem



By Indira Mahun

I had to write this book. It's been a constant struggle trying to keep my thoughts encased in my head all these years. I have written this book so that I can share my own personal experience with others who are going through the same pain and anguish.

Living with someone who has an addiction is something that can only be understood by the person who is living that life or by others who are in the same place. Let me tell you that it takes over your whole life and you cease to think about anything else.

My husband was an alcoholic and I lived with this battle for most of my married life. In the process, I lost sight of everything that mattered. I didn't have the guidance I needed to help me. I know I don't have all the answers but I have the experience. I know what it is like.

Do you know what to do?

Do you know how to behave?

Do you know that you matter?

When was the last time you put yourself first?

Do you want to be in control or be controlled?

This was me - never knowing what to do or how to turn the situation round to put myself in control. I learnt the hard way. I can tell you how and why. Take it from me - been there, done that, and survived to tell the tale.

This book gives you an insight into my life and provides advice on how to deal with the situations that arise from living with an alcoholic. If you want to purchase a copy, you can find it on Amazon by following this link <https://amzn.eu/d/4FjJaD3>.

Thank you for all your support.

Homeward Bound

By Indira Mahun

I am back from my incredible and unforgettable time in India. The purpose of my trip was to take my son there (not under duress I must stress) so that he was able to get married. He did and he is back – minus his wife. This is another part of the journey that the couple must take so that they can finally reunite. For those who are puzzled by our decision to travel all the way to India for a wedding, let me enlighten you.

Indians get married just the same as everyone else in other cultures and societies. However, there is one subtle difference. It used to be a major difference but things have changed somewhat over the years. The difference is that other parties have often, though not in all cases, arranged the marriage. Yes, arranged marriages do still exist though they are not as common as they once were. This has been made easier by the many online dating sites that have sprung up. Not only this but many people have also set up agencies to register the details of boys and girls so that parents can find a suitable match.

Traditionally, the first time that the bride and groom would have exchanged words would have been on their wedding day. Nowadays, an arranged marriage works rather differently. The couple will be introduced to each other and have the opportunity to talk and get to know one another. They also have the option to walk away if things don't work out.

For me, it wasn't really a choice I could have made on my own. My own marriage was one hundred percent an arranged arrangement. I married someone I didn't know at all. Not once had I met him before I sat next to him in the registry office. Back then this was pretty much accepted as the norm. It turned out, luckily, that we were compatible and fell in love after we were wed. These days, and rightly so, the couple are allowed to go out and fall in love before they marry. 'Allowed' may sound like a strange word to use in this context but that is how it is. Even now there are some Asian parents who will not allow their daughters (sons tend to have more freedom) to date before marriage. It's rare though and things have moved on.

My son and his wife had total freedom. An introduction had been made by a family member and the rest is history. Even though she was in India, they texted, chatted online, facetedimed, and finally met. The conversations had been going on for about 6 months when it was decided that the wedding should take place. This is not to say that there were no nerves involved. There were. They were both extremely anxious before their first meet. The saving grace was that they had got to know each other beforehand.

The wedding was like a dream in more ways than one. It all happened so quickly that I wondered if it had happened at all. From shopping to engagement ceremony to wedding – we literally felt like we were in a movie scene looking at ourselves going through the motions. It wasn't anything like a big fat Indian wedding. All my family and relatives are in the UK so we had to gather up the few we could find in Delhi. Everyone joked that we could include the band members as our numbered guests. Even though we missed our family, it was still so amazing and perfect. The colours, the smells, the weather, the food, the ambience, and the sincerity of the people, touched me. My son, who had not been to India since he was about eighteen, was overwhelmed by it all.

Now we are back home. Home from home. Worlds apart in so many ways. I feel that I have left a part of me behind as I struggle to come to terms with my life here. I love India. It's where some of my heart is. The rest remains solidly lodged in the UK. Coming back to snow and rain and freezing cold has had a huge impact on my overall state of being. I absolutely revelled in the sunshine whilst enjoying fabulous and mouth-watering home cooked food. We were waited on and treated like we were so important and I have never before been made to feel so loved by people that I had only just met. Now, I stand here in my kitchen. I don't want a ham sandwich or a bowl of pasta. I want those bursting with flavour Indian delights and delicacies. I long for the sunshine as I stare out of the rain splattered window. I curse the weather as the snow has captured my freedom and rendered me helpless to get my car moving. I want to be unrestricted and not tied to the day-in and day-out commitment to work. I want to hear the laughter of people who are content with very little and see the joy on the faces of those that smile because I want to take a photo with them.

Want. Want. Want. This isn't me. I am never so discontented. I am always grateful for what I have. Don't get me wrong, I am still grateful. God has been kind and has always listened to me. It's a phase that will pass. Once I settle back into my job and the day-to-day routine of daily life, I am sure it will all be fine. Come to think of it, isn't it the same with most people when they get back from a holiday filled with sunshine, food, and happiness? This feeling is real and has earned the name of post-vacation blues.

Let's hope the sun makes an appearance soon and the weather is kinder to us all. It has not been an easy winter what with the massive increase in fuel and energy bills. A bit of warmth and sunshine can't come quick enough to chase away those blues.

Local Sports



Water Orton & District Tennis Club

With the new season almost ready to begin the excitement, especially with our younger members, is starting to build up now.

Our Youth coaching groups start back on Monday 17th April along with our Adult Beginners later that night. Our Saturday Junior groups begin back on 22nd April. All parents will be notified very soon as to the group times and we are really looking forward to having you all back with us.

We still have a few spaces for our Ladies Night on a Thursday evening, in what is a very friendly and helpful group, very welcoming with all newcomers. Ladies' night starts at 6.00pm and runs through until about 8.30pm so just come and go at a time that suits you. We also have a few spaces in our Adult Improvers Section on a Tuesday evening from 5.30pm until around 8.30pm. So, if you can play a bit and enjoy meeting new people, come along on either evening you will be very welcome. Both these adult tennis nights will start back up once the clocks change in March.

If you would like any further information, please contact our club Secretary Paul, on the numbers listed below. You will not be disappointed with what we have to offer, for a very reasonable Annual Membership fee. The first three visits just use them as "taster" sessions to see what you think then make a decision from there.

We look forward to hopefully seeing you soon.

Endurance Athlete Doyle Achieves his Career 751 Sporting Feat

Paddy Doyle has been re-charging by doing plenty of winter training which paid off, Doyle completed a 10.5 mile cross country speed march carrying 60lb back pack over the Grand Union Canal, Shrewley and Hatton villages South Warwickshire. Finishing in 2 hr. 19 min. 59 sec.

This increases his career documented physical fitness challenges and World Records to 751 achievements covering nine different sporting disciplines.

Doyle commented "Although the footpaths were muddy and ankle high in some parts I was determined to maintain my pace, getting to the support team who were waiting at various check points to film and take action photos which is needed for evidence for the World Record Holders Associations."

If all goes well the former Paratrooper and ex RAF Reservist is aiming to achieve another fitness endurance challenge / course record in April.



Castle Bromwich Youth Section presents Youth Team Training 2023



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CASTLE BROMWICH CRICKET & SPORTS CLUB – 2023 UPDATE

As Castle Bromwich prepare for the 70th cricket season in April they can look back at some outstanding achievements in 2022. For the first time in the club's history they achieved 1st XI promotion & league cup double that was achieved against the odds by a real team effort. Obviously the standout performances were those of the Cornwall captain Paul Smith with over 1400 runs, 44 wickets & 37 catches but there was great support from all the other home-grown players.

Especially pleasing was the potential shown by the teenagers, Connor Pettitt, Liam Sedgley, Evan Waugh & Amaan Mahmood. They all benefitted by receiving one to one coaching over the summer in a WCB funding programme, this dramatically aided their cricket development so that they played key roles in 1st XI games. The 2nd XI was assisted by some club veterans turning out whenever possible and it is the club's firm intention to re-establish a 3rd XI as soon as possible.

Sunday cricket is played within the Local League set-up with very competitive games which at times has meant ex Test & County players being seen at CBCC. The Club continue to host the Warwickshire Disability County team on 3 Sundays in the summer when they play other Counties – this is awe inspiring and if anyone has the chance to watch they will be amazed at the quality on display.

The Junior section is very well organised by Lee Brookes and offers excellent cricket coaching from 8-18 with a wide pathway towards competitive junior & adult cricket. Details opposite regarding 2023 Spring/Summer coaching sessions.

The off field social element continues to be very popular and a new Pool section has been formed within a competitive Midlands league.

The Club are very grateful for all the dedicated volunteers who enable the members to enjoy good sport within a supportive community environment. Also very supportive is the Castle Bromwich Parish Council which in 1953 first formed the Cricket Club for the benefit of CB residents and the wider community.



Coleshill Town F.C.

Coleshill Town Football Club Juniors

CTFC are looking at starting new teams to grow their developing Junior Section.

For the 22/23 season we had Six teams but we have capacity for more for the 23/24 season. The age group we are particularly interested in is the youngest that the FA allow and that's under 7's. That's current school Year One going into Year Two in September, under 7 years old on 31st August this year. We also need a parent or volunteer to be coach/manager, assistance will be given to gain the necessary qualifications.

If you have a child interested in joining a club looking into the future then please contact the number below.

Alan Beckett
 07791740976

Coleshill Town FC match reports

All Northern Premier League Midland Division games

Saturday 25th February

Coleshill Town 2 v 1 Hinckley LRFC
 Coleshill had their worst 45 minutes of the season at Hinckley. Leading 1-0 at half time they were thrashed 4-1. But in this game Town got to the half way mark at 2-0 thanks to Amarvir Sandhu and Chris Lait. The second half was more even but Coleshill kept their composure to record another three points.

Saturday 4th March

Coleshill Town 1 v 1 Chasetown
 Every game against Chasetown is tough, tough, tough but then add giving them a gift of a goal after only 5 minutes and it gets tougher. Chasetown wasted some good chances but Coleshill slowly got into the game and deservedly got an equaliser as a Kai Tonge effort just crossed the line. A hard fought but deserved point.

Saturday 18th March

Daventry Town 0 v 4 Coleshill Town
 Daventry were still in shock as the Manager and all the players walked out after a cut in the playing budget. Coleshill were too good for the scratch side that the home team put out. Daventry's goalkeeper had a great game as he single handedly kept Coleshill at bay including saving a penalty but the Coleman still cruised to victory with goals from Amarvir Sandu, Alex Tomkinson and a Kai Tonge double.

Saturday 25th March

Coleshill Town 2 v 0 Yaxley (Peterborough)
 Not the best performance of the season against bottom of the table Yaxley, but a wins a win and it takes Coleshill closer to a play off place. Coleshill's job was made easier as Yaxley had a player sent off on 21 minutes. Kai Tonge scored from a penalty in the first half after Alex Tomkinson went down in the box, and Tomkinson scored the second himself 15 minutes from the end.

Pitching in Northern Premier League Midland Division Season 2022/2023 CTFC Fixture List

Saturday 1st April

Away to Halesowen Town

Saturday 8th April

Away to Spalding United

Monday 10th April

Home to Bedworth United

Saturday 15th April

Home to Boldmere St Michaels

Saturday 22nd April

Away to Shepshed Dynamo.

LAST GAME OF THE SEASON!

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Lee Brookes Winners
Nether Whitacre Cricket Club



1887
Nether Whitacre Cricket Club

Looking for a local sports club for you and your family to join?

Look no further than Nether Whitacre Cricket Club for an all inclusive community to develop and maximise your sporting potential. With over 100 current active members, male & female, young and old of all abilities and welcoming to many more. Coaching is available in partnership with Lee Brookes Winners throughout Winter and Summer via Dynamo's and All Stars schemes, with pathway opportunities into district and county setups.

For further information, please get in touch with the club via the details below or see locations and dates below and come down...kettle is always on!!

Tel: Steve Rawlings 07714 675592 / Lee Brookes 07702 167862
 Facebook: Nether-Whitacre Cricket-Club
 Twitter: NWhitacreCC
 Instagram: netherwhitacrecc

Winter Training every Thursday
 @ Kingsbury Leisure Centre B78 2LF
 17:00-17:45 Juniors 17:45-19:00 Seniors
 Until end of March

Summer Training @ Nether Whitacre Cricket Club B46 2HL
 Dates and times TBC

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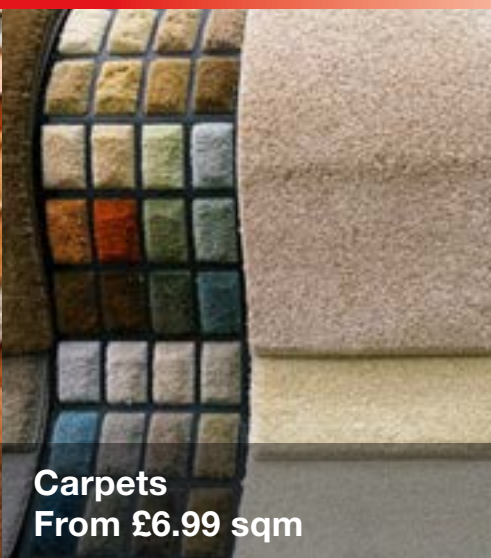
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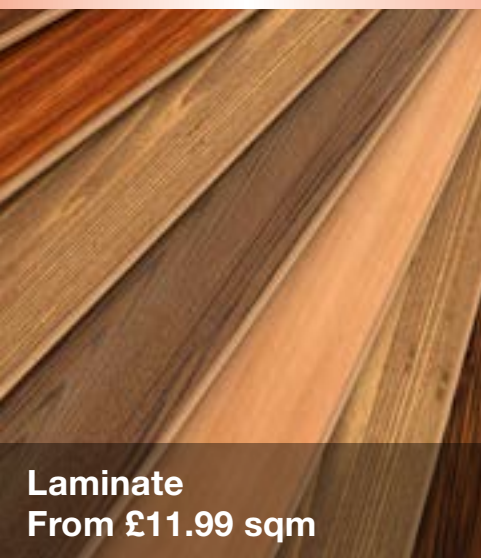
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