

# the Castle Brom Post

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May 2023 Issue 71



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# SCHOOLS OUT!

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Go to page 18 for details.



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The Post Newspaper Group is an independent hyper-local tabloid newspaper publisher distributing 2 titles with over 14,000 copies to homes and businesses in Coleshill and Castle Bromwich each month, free of charge.

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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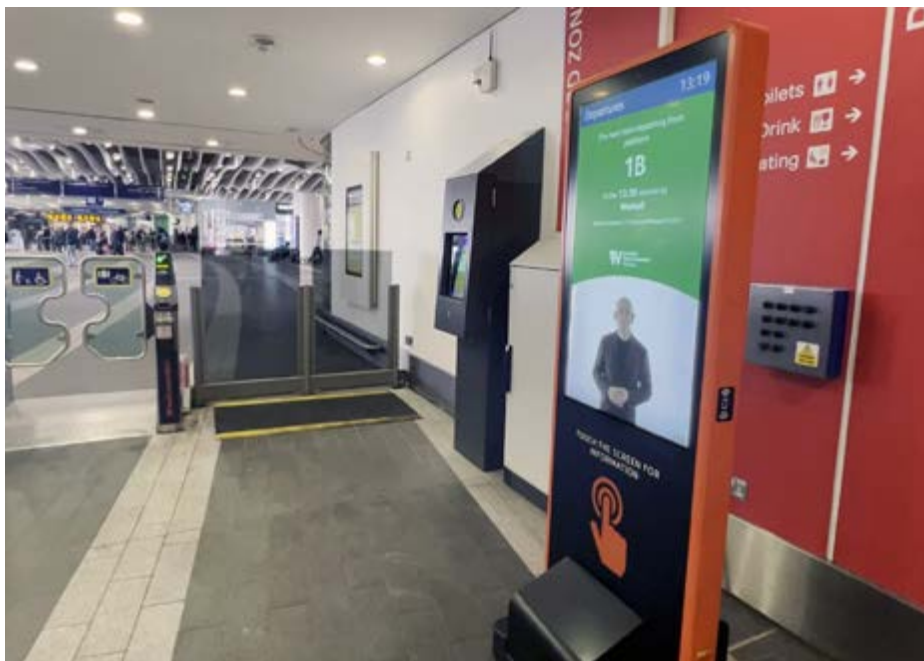
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## British Sign Language travel advice rolled out at major railway stations



Some of the country's busiest railway stations, including Liverpool Lime Street, Manchester Piccadilly and Birmingham New Street, now have British Sign Language travel announcements.

From the start of April, touchscreens have gone live for deaf passengers at eight Network Rail managed stations\* showing signed travel information of the latest advice for travellers.

Euston station was the first to pilot the technology in 2021, and now all four stations in Network Rail's North West and Central region have installed the screens – the first region to achieve the milestone.

The touchscreens have been developed over the last three years with Nottingham-based screen manufacturer LB Foster.

Sign Language interpreters have created a library of standard messaging as part of the screen software which can be seen instantly.

But the main selling point is that a team of interpreters are on standby to make bespoke signed information as situations evolve or during periods of unexpected disruption.

Within an hour messaging can be turned into British Sign Language and the videos uploaded directly to the screens using 4G technology.

**Dave Penney, Network Rail's North West and Central region passenger director, said:**

*"I'm really proud that the pioneering work started by the team at Euston station two years ago has now been rolled out at stations across the country to benefit deaf passengers who rely on British Sign Language."*

*"We know that rail travel can be daunting for anyone with specific needs, and I really hope this makes a difference to give people confidence to travel by rail. We are always developing new ways to improve accessibility so it's great this initiative is being adopted far and wide."*

For more on Network Rail's commitment to making rail accessible you can visit: <https://www.networkrail.co.uk/communities/passengers/assisted-travel/accessible-travel-policy/>

## Time for a new manifesto for public access, call from Open Spaces Society

**'It is time for a new manifesto for public access in town and country,' said Kate Ashbrook, general secretary of the Open Spaces Society.<sup>(1)</sup>**

Kate was giving the keynote speech at the event to mark the 91st anniversary of the mass trespass on Kinder Scout on 24 April 1932. The celebrations were held at Hayfield village hall, Derbyshire, at the foot of Kinder Scout. Kate continued: 'We must not let the memory of the Kinder trespassers fade. Their courage is a lesson to us all that we cannot rest in our fight for greater freedom.'

'Some access has been won since 1932 but it is woefully inadequate. We still can only enjoy about eight per cent of England on foot, and many of our public paths, which are highways in law, are blocked, abused, or unrecorded.'

'Three years ago, and more recently, ministers promised that money paid to farmers and land managers under the new Environmental Land Management Scheme (ELMS) would be for more and better paths and access, but we have yet to see any proposals. Now government has pledged that everyone should live within a 15-minute walk of "green or blue space", but we have no idea how that can be achieved for the 12.5 million people who live further away than that.'

'Ministers must place public access at the

heart of decision-making so that it is never neglected, with legally-binding targets to provide and protect it. We need proper investment in access, recognising the huge savings that being active outdoors makes to the health service.

'We should have greater rights of access to woods and watersides, and on water, bringing these opportunities closer to people's homes. ELMS must provide value for money, rewarding farmers who create access where people want and need it. Our public paths need to be better maintained and fully recorded as required by law, and we need more, better-quality green spaces for people to enjoy close to home.'

'To achieve these things, we need a new impetus for access. We must set out our manifesto. We must lobby the politicians in the run-up to the general election. And immediately we must lobby candidates in next month's local elections for pledges to protect paths and spaces.'

'Today, here at the Kinder Rally—with all its memories of past campaigning—let us see how we can take this forward.'

'It is through such energetic and purposeful action that we shall keep the Kinder trespassers' torch alight,' Kate declared.

<sup>1</sup> The Open Spaces Society was founded in 1865 and is Britain's oldest national conservation body. It campaigns to protect common land, village greens, open spaces and public paths, and people's right to enjoy them.

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# Government outlines action needed in coming years to decarbonise aviation

- Jet Zero Council meets at Farnborough Airport and publishes two-year-plan to support wider target of decarbonising aviation sector by 2050
- Transport Secretary delivers keynote speech at Sustainable Skies World Summit, highlighting ongoing work to produce new technology and cleaner fuels
- Over £1 million government funding for important research into speeding up the development of liquid hydrogen aviation technology
- Comes as Government welcomes report by expert Philip New setting out the conditions for a successful UK SAF industry

Ministers and aviation chiefs have revealed an action plan for the next two years in the race to reach Jet Zero by 2050, as the Government continues with ambitious plans to decarbonise faster than any other G7 country, grow the economy, and support hundreds of thousands of well-paid green jobs.

The Jet Zero Council – made up of industry, academic and government leaders – met today [Monday 17th April] at Farnborough Airport. Through its Two-Year Plan, the Council committed to continue working to speed up the design, manufacture, and rollout of zero emission aircraft and vital infrastructure at UK airports.

The Plan sets out how the Council will help to accelerate the production of Sustainable Aviation Fuels (SAF), by continuing to invest millions of pounds in first-of-a-kind SAF plants, supporting crucial scientific research on a larger scale, and helping to drive down production costs.

Farnborough Airport also played host to the Sustainable Skies World Summit today, which gathers experts and leaders from the worlds of aviation, government, energy, and engineering. UK Transport Secretary Mark Harper delivered the global Summit's keynote speech, where he stressed the importance of the partnership between government, industry and academia in the international challenge to reaching Jet Zero.

The Government has also welcomed the report 'Developing a UK SAF industry' by Philip New, former CEO of the Energy Systems Catapult and BP Alternative Energy. The independent evaluation – commissioned by the Department for Transport – assesses what conditions are necessary to create a successful UK SAF industry.

## Transport Secretary Mark Harper said:

*"This Government is a determined partner to the aviation industry – helping accelerate new technology*

*and fuels, modernise their operations, and work internationally to remove barriers to progress.*

*"Together, we can set aviation up for success, continue harnessing its huge social and economic benefits, and ensure it remains a core part of the UK's sustainable economic future."*

## Emma Gilthorpe, Jet Zero Council CEO, said:

*"It's fantastic for the Jet Zero Council to be meeting today at Sustainable Skies, maintaining the momentum built by government and industry on our vital journey to decarbonising aviation.*

*"The Two-Year Plan published today, building on recent government commitments to secure demand for SAF in the UK, will ensure we continue to accelerate progress and achieve the Jet Zero Council's objectives of delivering 10% SAF in the UK fuel mix by 2030 and zero emission transatlantic flight within a generation."*

The Philip New report sets out a number of recommendations to help stimulate SAF production in the UK.

The Government response to the report details the extensive work that is already underway to meet many of the recommendations, whilst highlighting what additional action could be taken to drive further investment in UK SAF production.

The UK's Sustainable Aviation Fuels programme is one of the most comprehensive in the world. The Jet Zero Strategy sets out how we can achieve net zero emissions from UK aviation by 2050, importantly without directly limiting demand for aviation, and the £165 million Advanced Fuel Fund is also kickstarting production, with five projects already chosen to receive funding.

Turning to potential barriers to investment, the Government recognises that many investors are looking for longer-term revenue certainty that the SAF mandate will not provide.

The Government is therefore committing to work with the aviation industry on the best ways to decarbonise, including options for additional revenue certainty for a UK SAF industry.

## Secretary of State for Energy Security and Net Zero Grant Shapps said:

*"Having launched the Jet Zero Strategy last summer, I am thrilled to now support the launch of today's new two-year action plan to future-proof the aviation industry and accelerate the delivery of new green jobs.*

*"Boosting investment in sustainable aviation fuels is*

*at the heart of these plans today, marking a landmark step in spearheading the technologies that will keep passengers flying guilt-free."*

## Business and Trade Minister

### Nusrat Ghani said:

*"There is no time to waste in creating a sustainable, decarbonised aviation sector fit for the future. By working in partnership with industry, we are determined to accelerate the development of innovative zero emission technology and secure the long-term success of our vital UK manufacturing sector and its global exports."*

Developing new low or zero emission aircraft technology is an important part of the Jet Zero strategy. The Government is co-investing, with industry, in innovative aerospace technology, through the Aerospace Technology Institute (ATI) Programme which has a £685m R&D budget over the Spending Review period (22/23 to 24/25).

Through this Programme, the Department for Business and Trade (DBT) has committed to fund the 'UK Hydrogen Capability Network - Phase 0 Project'.

Led by Aerospace Technology Institute (ATI) this 12-month study will work closely with industry to define the operating model for a group of open access research and development facilities designed to accelerate the development of liquid hydrogen propulsion aircraft technologies, capabilities and skills in the UK. It will also explore options for the supply of green liquid hydrogen.

The study was inspired by the BEIS funded Fly Zero project, which published its conclusion in March 2022.

This study brought together experts from across the UK to explore the design, technical and commercial challenges in realising zero-carbon emission commercial aviation by 2030. It concluded that green liquid hydrogen offers the greatest potential to power a new generation of zero-carbon emission aircraft and recommended further work to explore collaborative R&D facilities.



# SHARE A STORY

contact:

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# You don't have to be an artist to enjoy painting kindness rocks



St Joseph's Care Home residents got creative on Tuesday 4th April painting kindness rocks to support Grace Cares (a not-for-profit, sustainably focussed organisation that collect and sell pre-loved care equipment), get messy with paint and enjoy lots of chatter!

The rocks came in various colours and shapes and the residents and volunteers decorated them in bright colourful designs, with a note on the back asking the person who finds it to post a picture on the Grace Cares Facebook page and then re-hide for others to enjoy. After varnishing the residents and the Grace Cares team will be hiding them in the community to see who finds them. Safe to say it was enjoyed by all who attended. Great fun! This is a lovely way for the residents to join in the with the local community and support a not-for-profit that supports older people and care workers across the UK.

If you'd like to support the residents with activities, please contact Laura Birch from St Joseph's Care Home on 01675 434559.



## St Joseph's Care Home celebrates 'Good' CQC rating

In March St Joseph's was visited by the Care Quality Commission, the independent regulator of health and social care in England. While most visits from a regulatory organisation might be met with dread, it was a visit that St Joseph's staff had been eagerly awaiting. At their last inspection in 2019 they were rated 'requires improvement' overall, as the CQC wanted to see that the improvements in the 'safe' and 'well led' areas were embedded and sustainable over the long term from their 2018 inspection.

When Covid hit in 2020 this caused massive disruption within care homes and delayed CQC inspections, with the CQC focusing on inspecting care homes where they had a high level of concern. In March this year the CQC made an unannounced visit, reviewed the areas of 'safe' and 'well led', resulting in a Good overall rating!

Annie Frost, Deputy Manager and Shelley Perryman, Registered Manager, posted the following comment to the St Joseph's Care Home relatives group on Facebook, 'Every single one of us have given our absolute all to get the recognition we deserve and it's finally happened. Thank you to all who gave feedback to the inspectors.'

Our chef, Dejan, was complimented on his care and consideration for someone with dietary requirements. "Dejan, the best feedback I can give you is that the person you catered for who is a vegan said that she was unwell and feeling rough, you presented her with her that special plate of sandwiches, you set out oat milk so she could have a cup of tea and you provided a vegan cake, her words to me were "the way the chef has prepared for me today has made me feel like he gave me a big hug, please thank him for his attention to detail".

We are particularly proud of feedback from staff and relatives who contributed to the report. In the CQC report a senior staff member commented, 'I would 100% recommend this as a great place to work. I love it here. We have a great bunch of staff. I don't have to think twice and tell them what to do as they are always two steps ahead. They ultimately work hard to improve each resident's day.'

Relatives spoke positively of the leadership at St Joseph's. One relative told us, 'The manager is lovely and caring and very positive. The home appears very well managed.'

We would like to say a huge congratulations to the St Joseph's team on their new CQC rating, it's a wonderful recognition of all your hard work and dedication.



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## Madame Blavatsky lives

Coleshill Drama Group is proud to present "Madame Blavatsky lives", a play in two acts by Joan Greening. The title reference is to Helena Blavatsky, a mystic who was born in Russia in 1831, travelled widely and embraced Theosophy. She died in London in 1891, having succumbed to the flu epidemic which had been a global pandemic during the previous winter.

This modern play, however, is not about the title character, but three great friends, who have looked out for each other since school days. Set in the present day, there are so many themes with which we can all relate. It is cleverly and wittily written, with much comedy arising from the situations faced by Jane, Pam and Lily and their conversational exchanges. The arrival of Maureen, a mystic, throws their lives into intense upheaval.

Directed by Ahmed Ali, the play will be performed at Coleshill Town Hall at 7.30pm on Thursday 11th, Friday 12th and Saturday 13th May. "We are delighted to have Ahmed directing this, his second play with the Group," said Sue Wallace, group chairman and cast member, who together with Alexandra Liggins, Dev Walter and Jenny Maisey constitute the full cast. "Ahmed works in a

most through way, rehearsing each few lines and moves until he is satisfied that it looks good. We are very much enjoying working with him and we are confident that audiences are in for a real treat."

The Group recently performed a short play entitled "The Bench", written by group member, Jon Pegg, in the All England Theatre Festival in Nuneaton in which they were awarded The Nuneaton Arts Council trophy, actors Donna Jardine and Rob Glavey were nominated for best actress and actor respectively, and Jenny Maisey triumphed winning the trophy for "Best Actor in a supporting role". Congratulations to them all.

Tickets for "Madame Blavatsky lives" are available now in Coleshill Library, Gascoignes of Coleshill, Mr.Pinks and Cafe on the Hill in Coleshill, telephone Sue Wallace on 01675 462674, or order online at [coleshilldrama.co.uk](http://coleshilldrama.co.uk). Prices remain unchanged at £10 for full price tickets and £8 for concessions (retired persons or those under full-time education). Car parking is available in Chantry House (donations towards the cost of this facility are much appreciated), and the usual licensed bar will be open from 7.00pm. Come early, take your drinks to your table, sit back and enjoy being entertained.

Coleshill Drama Group Presents...

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By Joan Greening

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11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> May  
 7:30 Coleshill Town Hall

# BBC Gardeners' World Live

## returns with a spectacular Show Garden that's fit for a King and a packed programme of highlights



**BBC Gardeners' World Live returns to the NEC Birmingham this summer (15-18 June) with inspiration, achievable take-home ideas and wonderful plants at every turn. Visitors can look forward to spectacular Show Gardens, bountiful Beautiful Borders, and delightful displays by specialist plant growers and nurseries in the Floral Marquee.**

This year's headline Show Garden is A Garden Fit for a King by multi award-winning garden designer, Paul Stone (Eden Project gardens, three Platinum Awards and Best in Show at BBC Gardeners' World Live). The garden marks the Coronation of HM King Charles III and is inspired by the gardens, wildflower meadow and Arboretum at Highgrove, celebrating His Majesty's passion for gardening and concern for the environment. An atmospheric Bothy cottage made from natural building materials will be a particular highlight. Paul Stone will be hosting a series of talks from the garden, sharing advice with visitors on how to recreate elements of the Coronation garden at home.

Two Show Gardens will shine a spotlight on women's health and wellbeing. The Newson Health Menopause Show Garden will be a tranquil space for visitors to find information and advice on menopause and perimenopause, designed by award-winning garden designer, Ruth Gwynn (co-designer of Frances Tophill's Platinum Award-winning Show Garden at BBC Gardeners' World Live 2022). The Liz Earle Beauty Co.'s Botanical Show Garden, with feature plants to showcase the botanical ingredients of many Liz Earle Beauty Co. products, has been designed by Platinum Award winning garden and landscape designer, Lucy Bravington. James Wong, Liz Earle Beauty Co.'s ethnobotanist, will be sharing daily insights into the power of plants from the garden.

Gardening influencer, homesteader and passionate advocate of growing your own food, Lucy Hutchings (She Grows Veg), will be bringing the issue of food security to the forefront with her edible Show Garden, The Secret Homestead. With a dramatic black and white palette, accented by pops of vivid coral and pink, this less-than-conventional kitchen garden will be the setting for daily talks by Lucy and a line-up of leading GYO experts including Stephanie Hafferty and Cloud Gardener UK.

The Association of Professional Landscapers returns with its annual APL Avenue Show Garden Competition, where four contractor members create inspirational, achievable designs for a typical back garden. With the theme of 'Take Me Home', visitors will be sure to find a host of ideas to try, including 'The Chic Garden Getaway' that is designed to make you feel as if you're away on holiday, and 'The Beauty in Small Spaces' which offers three separate garden styles in a single space.

Other Show Gardens include The Garden Organic Backyard Biodiversity Garden designed by Emma O'Neill to inspire visitors to encourage more wildlife into their gardens, The Fontana Garden by Kim Parish Landscapes of Distinction, a homage to 92-year-old Derek Bishop's 14-acre Cornish garden, and The Restoration Garden by Derby College, celebrating the transformation of Derbyshire's Wingfield station, one of the world's oldest railway stations.

Four Showcase Gardens include three winning gardens from the Wildlife Trust Garden Design Competition, a collaboration between Warwickshire Wildlife Trust and Birmingham and Black Country Wildlife Trust, where the winning gardens will be rebuilt after the Show in a permanent home at a flagship Warwickshire Wildlife Trust location. Where There's a Willow by Cathy Perry will focus on naturalistic planting, rewilding and upcycling.

Over in the Beautiful Borders, twenty designers will be providing inspiration for small gardens and challenging spaces by packing compact 9m<sup>2</sup> with imaginative features and plants. This year's theme is My Garden Escape, and Sue Kent, the award-winning garden designer, TV presenter and RHS disability ambassador, makes her debut with a Border that combines her love of colour, scent and painting. Whether you're a first-time grower or a seasoned sower, you'll find the crème de la crème of gardening experts on-hand to offer advice. At the BBC Gardeners' World Live Theatre, Monty Don, Adam Frost, Carol Klein, Frances Tophill and Alan Titchmarsh will be 'in conversation' with Nicki Chapman and sharing practical tips with the BBC Gardeners' World Magazine editors. Theatre sponsor British Garden Centres will host sessions with Chris Collins (Thursday and Friday) and Mr Plant Geek (Saturday and Sunday).

A day at BBC Gardeners' World Live is only complete with a visit to the spectacular Floral Marquee, one of the biggest of its kind in the country, and outdoor Plant Village. A haven for plant lovers, visitors can browse and buy from carefully selected specialist growers and nurseries.

New for 2023 in the Floral Marquee is Hot Off the Potting Bench, a feature display of new plants and varieties, all contenders for the new Peter Seabrook Award for Best New Plant at BBC Gardeners' World Live, launched earlier this year by the Colegrave Seabrook Foundation.

At the Floral Marquee's Let's Talk Plants Stage, expert David Hurrion will be hosting free drop-in sessions with plant specialists and experts. Stage sponsor, Hillier

Nurseries, will take to the Stage to discuss their latest plant launches. At the heart of the Floral Marquee, visitors will find The Plant Experts where Head Gardeners Saul Walker (Stonelands House, Devon), Lucy Chamberlain (East Donyland Hall, Essex) and Matt Biggs (BBC Radio 4 Gardeners' Question Time) will be on hand to share one-to-one gardening advice, so bring your plant queries to get all the lowdown. Plant Expert sponsor, Regent Seven Seas Cruises, will inspire visitors with a daily talk on Plants and Gardens of the World.

Other highlights include a walk-through garden by award-winning Ashwood Nurseries, a celebration display marking the 40th anniversary of Barnsdale Gardens which was founded by Geoff Hamilton, and Floral Marquee sponsor, Legal & General, who will be hosting a Lounge for their Retirement Customers to relax in.

The House Plant Hub features a new Stage, hosted by Ellen Mary and featuring experts including Joe Bagley, who will be sharing tips on how to create a happy home for healthy house plants. House plant fans should head for the House Plant Market for shopping.

For young gardeners, the ever-popular Health for Life School Wheelbarrow Competition for local schools returns. The competition is a celebration of hands-on gardening, teamwork and fun, and gives young people the opportunity to show off their creative flair to tens of thousands of show visitors. Yeo Valley Organics will have a presence at the Show with a larger-than-life floral feature of a planted-up milk bottle.

Tickets for BBC Gardeners' World Live include entry to the BBC Good Food Show Summer, featuring demonstrations, entertaining interviews and book signings with top celebrity chefs, tastings and workshops, street food, and delicious food and drink to taste and buy. The star-studded line-up includes James Martin, Nadiya Hussain, Michel Roux, Ainsley Harriott and many more. Visitors can dine in style by booking a sit-down meal at the BBC Good Food Restaurant, inspired by the country's leading food website, [bbcgoodfood.com](http://bbcgoodfood.com).

Rachel Poletti-Gadd, Portfolio Director - Gardening Division at Immediate Live, organisers of BBC Gardeners' World Events, said: "BBC Gardeners' World Live offers a truly exceptional day out for gardening fans and beginners alike. Plants are the hero of our flagship show and there is no better place to get ideas and expert advice to apply at home straight away. Gardening and growing is for everyone, and our focus is on offering visitors achievable inspiration, practical advice from well-known experts, and plentiful opportunities to get up close and personal with some wonderful plants. With BBC Good Food Show Summer on site too, there's some pretty tasty food to be had too!"

Tickets for BBC Gardeners' World Live at the NEC Birmingham (15-18 June), including entry to BBC Good Food Show Summer, are on sale now at [www.bbcgardenersworldfair.com](http://www.bbcgardenersworldfair.com).





# Property News

## To rent or not to rent?



**By Colin Lewis,  
House & Home**

Back in the late 80's and early 90's the rental department of any estate agency was a minor affair, usually run part time and not given a lot of thought too. In fact, it interfered with the important business of selling houses and therefore given to Joan from accounts to 'sort out'. It wasn't until the boom of the mid 1990's and the introduction of 'buy to let' mortgages that interest in owning a rental portfolio became a topic over the table at dinner parties where they were classed as an investment and a must have if you were to be considered a savvy property investor.

The rental department of my company now plays a major part in the day to day running of our office. A lot of the first

time buyer properties, built in the 1990's, were bought up by investors and to this day are still let out. This of course compounds the problem of a lack of affordable first time buyer homes, but also provides accommodation that the local councils cannot provide.

When we first started to rent out these properties they were normally to younger people acting as a stop gap before they had enough saved to buy their first house, average tenancies were between 6 and 12 months, now that has completely changed. Tenants now see renting as a more flexible way of living. We have many tenants who start off in one bedroom apartments, then gradually move to a two or three bedroom house as circumstances change. They don't want the commitment of running a property or its repairs and upkeep, let alone the initial costs of finding a deposit!

Gone are the days of it being a stigma if you rented a property. Most private rented properties are modern and well kept or they remain empty. Tenants have high

standards, so a new kitchen or bathroom attracts a good rent and landlords know this. Legislation means that rental properties need to come up to certain standards, yearly gas inspections are required, and electrical inspections are necessary to ensure the safety of the tenants. I'm pleased to report that all of my landlords are concerned about how their properties are maintained. They want to make sure they are kept up to standard and that the tenant is happy to live there. I can't always say that about some of the tenants though, but they have a tendency to move on.

I can't see that the rental market will weaken but I can see that Landlord's will be under greater pressure from the government and this will result in a lot of them deciding that it is just not worth the hassle of being a landlord and will sell their portfolio. Will this help the first time buyer market with more affordable housing becoming available? I don't know if it will as renting a property is still an easier and cheaper option to a lot of people, in fact I'm seeing a lot of older people selling up and renting, looking to spend the kids inheritance I wonder?

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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

How can I protect against care fees depleting my estate?

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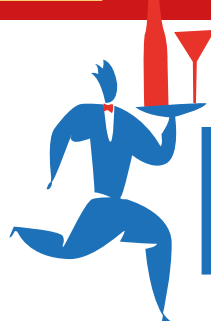
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# Hello from your local Slimming World groups



Easter has been and gone and in our groups we are helping our members to get ready for summer, which officially starts on June 21st, so no time to waste! The old saying comes to mind “summer bodies are made in the winter” and as its already Spring we’re very focused on helping our members with changing old habits to new grooves. Like, how to navigate their way successfully through celebrations ahead like the upcoming bank holidays and the Coronation. With the support members get in group they’ll know how to successfully manage social events without ever having to miss out.....empowered with the tools to slim for life! Don’t worry if you haven’t started yet, there’s still time to join one of our friendly groups and achieve your own summer goals. Either pop along to group or give one of the consultants a call for more information, they’ll all be happy to help.

This month we wanted to share Kerri’s story with you. Not only a fabulous 11 stone weight loss but busting the myth that eating healthily costs more. Read on to see how Kerri managed to save £100 a month after changing her eating habits, and there’s a tasty Slimming World recipe for you to try too.

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

**‘I’ve saved £100 a month on food since joining Slimming World’**



I've In January 2021, weighing 22st, I fell seriously ill with Covid and was hospitalised for several days. Because I felt so confused and my speech was slurred, the doctors ran extensive tests. It turned out I had blood clots in my brain, some of which had haemorrhaged. The consultant told me that being morbidly obese had been a major contributing factor. I was put on lots of medication and, throughout the year, I gradually got better. I didn’t lose any weight, though – quite the opposite. In January 2022, I decided enough was enough and, determined to make a change, I joined my local Slimming World group.

I remember feeling really nervous walking into the group, as I was the heaviest I’d

ever been. Everyone was so welcoming and supportive, though. Best of all, I lost 7lbs in that first week, and I absolutely loved that I could slim down by eating real food. I’d tried diet shakes and packets before, and they just weren’t sustainable.

Although I’m lucky to have a close-knit family of my own, I see my group as my second family. We’re all in it together, and we understand the challenges of trying to lose weight. We talk openly, we never judge and there’s such a warmth between us – we really do see each other through the highs and the lows.

Being a single mum and a teacher, I was worried it might cost more to eat healthily, but I’ve actually saved around £100 a month on my food bills because I’m not buying ready meals and takeaways any more. If I think back to how I ate before, I wasn’t cooking... I was just putting convenience food in the microwave.

Now I’m eating much more fresh food and I genuinely enjoy cooking. I make healthy versions of my favourite meals, like spaghetti bolognese, and because they’re so nutritious and filling, I never feel hungry. I even use up all the vegetables in my fridge these days – they usually went to waste before! At weekends, I make a big batch of soup and cook meals in bulk, to make sure I’m prepped for the week ahead. The recipes on the Slimming World app are gorgeous – my favourite is the chicken chow mein, and I add loads more vegetables to make it go further. I feel in control of what I’m eating for the first time in my life.

Before I lost weight, I felt so lethargic, and

my knees and ankles would hurt after a day of standing up in class. Now I have so much more energy. I live with my teenage son, Nic, in a fourth-floor flat, and when I was at my biggest, I’d dread the lift being out of order. It’s no bother these days and I don’t get out of breath at all going up stairs. I’ve started doing Zumba twice a week, too, after hearing my fellow members talking about activity. In fact, one of the women from my group is the instructor! I love Slimming Worlds activity videos as well, and I walk 10,000 steps a day.

My friends at work say I’ve inspired them to eat more healthily, which is lovely, and some of my students’ parents have told me they thought I was a new teacher! I’m 11st lighter and I’ve dropped five dress sizes, from a 22 to a 12. I’m enjoying eating delicious, proper food and feeling in control. And not only is my plate a lot more colourful lately, my wardrobe is, too, as I no longer want to just blend into the background. I have a brand-new mindset and so much more confidence.

Kerri’s story supports new research showing that 83% of Slimming World members say it’s possible to lose weight on a budget, thanks to all the support and advice they get in group or on Slimming World Online. That’s compared to 51% of the general population, who say that spiralling costs make it harder to eat healthily.

## Spaghetti Bolognese

Lean mince, flavoursome vegetables and filling pasta – it's a Food Optimising feast!

Ready in 40 mins Serves 4 | Syn free



### Ingredients:

- Low-calorie cooking spray
- 2 shallots, finely chopped
- 2 garlic cloves, crushed
- 350g lean beef mince (5% fat or less)
- 225g button mushrooms, thinly sliced
- 1 x 400g can chopped tomatoes
- 280ml hot beef stock
- 1 level tbsp Worcestershire sauce
- 275g dried spaghetti

### Method

1. Spray a non-stick saucepan with low-calorie cooking spray and place over a medium heat. Add the shallots and garlic and cook for 2-3 minutes, or until just softened. Stir in the mince and cook for 2-3 minutes until browned. Drain any fat from the mince.
2. Stir in the mushrooms and cook for 1 minute. Add the tomatoes, stock and Worcestershire sauce. Season lightly and bring to the boil. Reduce the heat and simmer for about 15 minutes, or until reduced and thickened.
3. Meanwhile, cook the spaghetti according to the pack instructions, until just tender. Drain and divide between 4 serving plates. Top with the bolognese sauce. Serve sprinkled with grated fresh Parmesan cheese if you fancy (this adds 1 Syn per level tbsp).



# Slimming World taste the *freedom*

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

## 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

## Thursday

**Castle Vale** - St Cuthberts Church, 5.30pm, Richard 07733820994  
**Chelmsley Wood** - The Fordbridge Centre (by Asda), 5.30pm, Jacquie 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

## 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 Jacqui 07814 675180



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# Fun Craft Event at TRWI

On the 20 March, the Twin Rivers Women's Institute had a fabulous evening at their annual fun crafting event. The main room at Coleshill Town Hall was filled to bursting with willing attendees, keen to learn from four crafting experts.

Allison from The Crafty Cottage Garden demonstrated the art of paper quilling onto card - strips of paper bent and glued into lovely filigree flower displays. Perfect for greeting cards. Dawn, one of the group's own members, helped the ladies make bookmarks out of felt fabric in the shape of a rabbit's head.

Next we had Claire from Amber Jean Flowers who had the ladies cutting, sticking and pinning beautiful flowers into buttonholes, perfect for weddings or corsages. Finally there was Karen from Crafts with Karen who delighted everyone with her macramé demonstration. She had everyone making feather-like key rings

Everyone went away thrilled with having made four items and learned a raft of new skills. One lady remarked as to how welcoming Twin Rivers Women's Institute are, and how helpful the group was to anyone who had eyesight and hand/wrist difficulties; that is what TRWI's ethos is, to provide a non-judgemental and safe place for all ladies to learn, socialise and make new friends.

If any of your readers would like to join Twin Rivers, we hold event's every fourth Tuesday of the month in the Town Hall from 7.30pm to 9.30pm. Free to members, £5 to non-members. For further information, email: [twinriverswimembership@gmail.com](mailto:twinriverswimembership@gmail.com). All ladies welcome.

#### Other upcoming events:

- 23 May - WI Resolutions and Quiz Night!
- 27 June - First Aid Training with Pete
- 20 July - Cake Decorating



# Water Orton Ladies Club

How time flies, when you're enjoying yourself and that's something we definitely do at our afternoon get-togethers in The Pavilion in Openfield Croft in Water Orton every third Thursday of the month! Already this year, we've welcomed some lovely new members and we are always happy to have visitors join us for a cuppa and a piece of cake.

Coming up we have our day trip to Shrewsbury, the county town of Shropshire, on June 15th to look forward to! Shrewsbury is such a lovely town to spend a day - lots of Tudor style black and white buildings and higgledy-piggledy streets with peculiar names and great shops - it is said that Shrewsbury's Wyle Cop has the longest run of uninterrupted shops anywhere in the country! There's an award winning market hall, a medieval red-brick castle, a regimental museum and a riverside to explore. St Chad's Church has a unique circular nave and St Mary's has beautiful elaborate stained glass windows. Yes Shrewsbury has something for everyone! We'll take you there by coach, for just £13, departing from The Link in Water Orton at 9.30am and leaving Shrewsbury for home at 4.30pm. This trip is open to all, so why not treat yourself to a day out and come and join us!

And why not come and take a look at us on one of our Thursday afternoon meet ups? We start at 2pm and after entertaining you with an interesting speaker and tea and cake we send you off home about 4pm. Our forthcoming meetings are May 18th, August 17th and September 21st and then we'll be off on another trip in October!

If you would like further information or you'd like to join us on the Shrewsbury Trip in June, please give us a call. Liz - 07811 147728 or Sue 0121 747 4366



## 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.

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**Cllr Martin McCarthy,  
Castle Bromwich Ward (Solihull MBC)**

## May Update

This month we look forward to celebrating the Coronation of our new King, this is our time to come together in our communities, celebrate and look forward to his long and successful reign.

### **Birmingham Airport Community Trust Fund.**

I recently attended a meeting of the Birmingham Airport Community Trust Fund, this is a Charitable fund that makes awards to community organisations within Castle Bromwich and other local places.

This Trust makes awards of up to £5000, with applications from qualifying organisations considered every two years.

Applications are now invited for the next round of grants to be made in October 2023.

Further information is available on the Birmingham Airport web site.

Please contact me if you would like any further background on applying for an award for your organisation.

Castle Bromwich Hall Gardens have been successful in being awarded a grant from the Birmingham Airport Community Trust Fund, this is for a new Propagation and Growing area for our Volunteers and community partners to use.

### **Green Lane Road works**

The Green Lane roadworks, that have plagued us should be over by the time that you read this, SMBC assure us that all verges and open areas will be returned to their original condition, these are inspected under the Street permit scheme, some reinstatements are temporary and will be replaced with permanent work in the near future.

### **Solihull MBC Local elections will be held 4th May 2023.**

Local elections are important deciding who represents you on Solihull MBC and gets promptly back to you when you need to discuss a local issue.

As you are no doubt aware this year's local elections will be held on Thursday 4th May

Please remember that you will need a valid photo identification to vote at the polling station.

Any remaining postal votes that have not posted back to the council may be taken to the polling station, these must be in their completed and sealed postal ballot Pack.

Leslie Kaye is our Candidate for this council election, Leslie is a Chartered Accountant and is keen to work alongside myself and Alan Feeney to deliver for you in Castle Bromwich.

**My regular surgery is set for 14:00 on Tuesday 2nd May at the Library, no appointment is required.**

For anything more urgent please email me at [martin.mccarthy@solihull.gov.uk](mailto:martin.mccarthy@solihull.gov.uk) or call.



**Coffee Morning**

Starts  
4th May  
2023

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On: Every Thursday

Between: 09:30am - 11:30am

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Hall Gardens

# A Merry Month of May in the Gardens

With any luck the mix of sunshine and showers will morph into fine and mild weather for May. Our Apple and Pear blossoms will slowly be turning into fruit, the lilac will begin to show and the glorious smell of dew dropped lily of the valley, will waft under our noses.

This month in the Gardens is largely about getting active... with plenty of relaxation in between of course.

For quite a few years now, we have been on the lookout for a traditional maypole - we're keen to get us all hopping and skipping around it and making those wonderfully intricate patterns of ribbon... but all the ones we know of, are a bit busy at this time of year, no surprise there.

Never mind, there's plenty to do this May.

For the first of three Bank Holidays this month it's our blossom picnic celebrations Family picnics under the blossoms in our heritage orchards. Our

two heritage apple and pear orchards are our pride and joy, and like so many cultures across the world we wait with eagerness to see the delicate white and pink blossoms slowly unfurl.

We love the Japanese tradition of Hanami... when the frothy pink plum blossoms appear you will find families all over Japan reuniting and sharing picnics under the blossom. This custom really suits the Gardens 'vibe', for the last few years we've had our own 'English Hanami'

We are so pleased this year to be able to welcome back our good friend Yumi, the chef from Mount Fuji restaurant in the centre of Birmingham.

She will be cooking up her marvellous varieties of Sushi, Japanese curries and Beef Donburi for us to add to our picnics.

As everything is made fresh and to order - all food bookings must be made in advance ... again please see our website.

What a way to celebrate May Day!.. Join us - with or without Japanese food for picnics on Sunday April 30 and Monday May 1st.



## Coronation weekend: The After Party.

Monday 8th May we're having a Right Royal Fun Day: Meet a Monarch:

### Make the most of the extra bank holiday this year.

We have not just one but four Kings and Queens from our long history in the Gardens for you to meet. Take a wander through the beautiful spring garden and you could come across Elizabeth 1- what mood is she in? Or maybe it'll be Charles 2nd in all his lacy glory..

What would you want to say to Henry VIII? Are you going to ask Queen Victoria if she's amused? They're more than happy to talk to you about themselves - Careful now, don't get drawn into any plots. There'll be music, entertainment, activities and 'Selfie thrones' to sit on.

**Who doesn't love to play Kings and Queens; so get your frocks and breeches out. We want to see how many Monarchs we can welcome ...**

Prizes for costumes.... lets have a parade! 11-4pm Normal Entry Fees apply No need to book.



As the evenings lengthen its time for **The Melon Ground Sessions season to start again.** For two years now we've been having early evening music sessions in the Gardens, and we're just can't stop, this year the sessions are fortnightly on the Thursday evening, starting on May 18th. Resident guitarist Vo Fletcher is joined each time by a new guest to explore musical collaborations to delight and relax.

There are few better places to spend a Thursday evening listening to relaxing music from acoustic jazz, world and folk. Bar open from 7pm, music from 7.45pm Look on our webpages and social media for details.







### Schools Out! Free after school activity sessions for local primary children.

We know that however much our kids may love school, by the end of the day there's a whole heap of energy pent up inside.

It all needs space and permission to emerge and dissipate.

This May and June we are opening up the Gardens after school exclusively for local infant and primary aged children, so they can let off steam, go for a wander, get some air and find their equilibrium... before it's time for quiet time and sleep.

From **May 3rd, on Wednesdays, Thursdays and Fridays from 3.30 to 6pm**, every week during term time, we will be open for children (usually 3- 9 years) and their grown ups.

Entry to the Gardens will be free and we will have activities - some led by our team and some free ranging.

On Wednesdays, the activities will be broadly: '**Woodland Adventures**' - playing and exploring amongst the trees, each week will be a different woodland adventure: den building, fire lighting, slacklining to name a few... Get moving in Nature!

Thursdays its '**Wild Games**' - high energy nature based games and challenges.

Fridays will be lawn games and quieter activities for whoever wishes it.

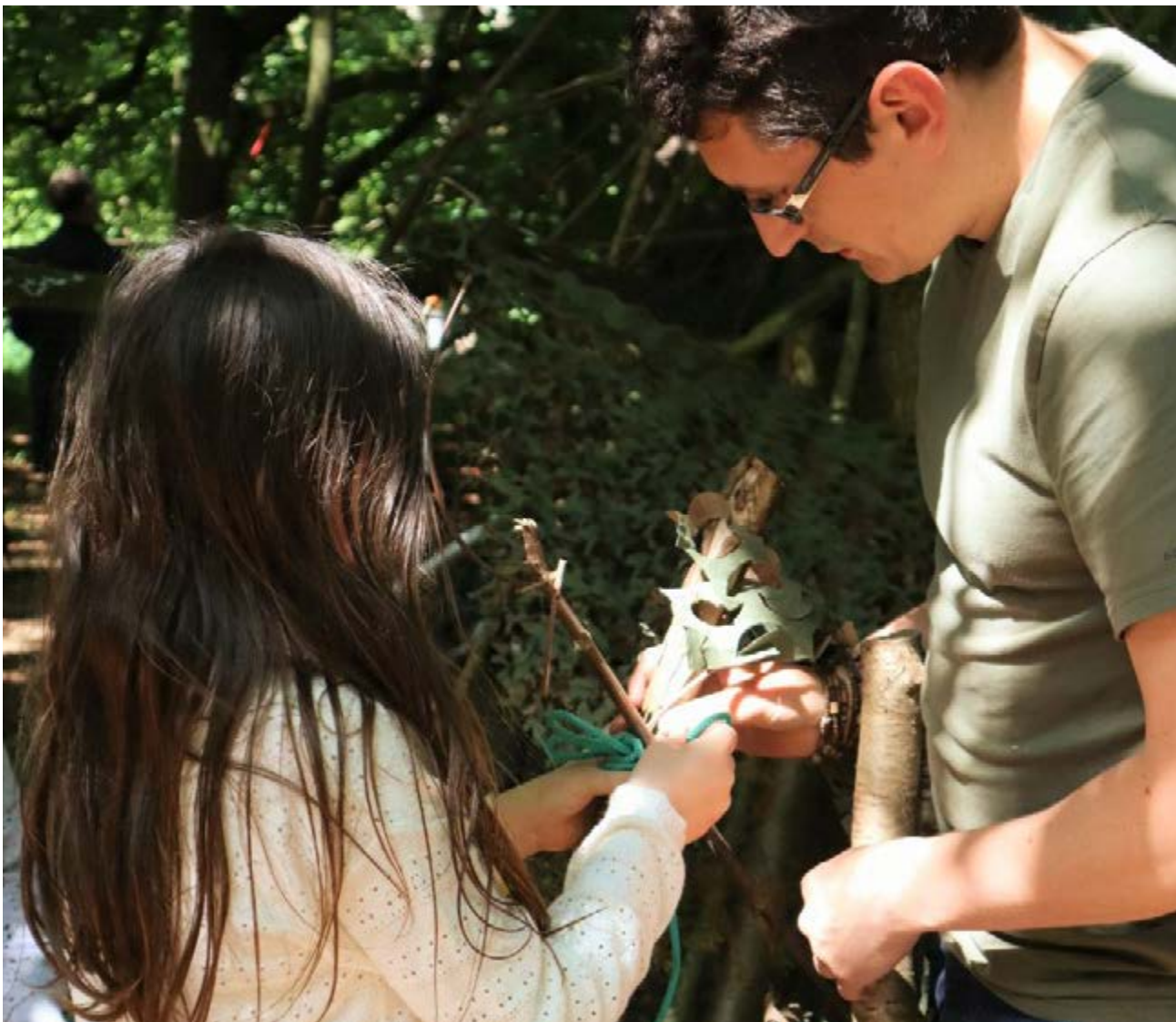
The cafe will be open and there will be at least one 'mini meal' offered at a 'pay as you can' rate.

Children must be accompanied by their adult carers, (max 4 children per adult) and we encourage grownups to join in the activities.

There is no need to book, just turn up.

You don't have to be part of the activities, but there is a limit on how many people can join in the led activities - so there will be a booking system each week (see our website for info)

We can offer this to our neighbours thanks to funding from the Leamington based ThinkActive charity who, like us, believe passionately in the power and impact of the outdoors and physical activity to transform lives and keep people living well.



## Gardener's Tips for May

**It is now time to give your borders some attention. All the sunshine means the garden should now be at its vibrant best. Remove any faded spring bedding at the end of the month, it's served you well but it's time for a change and old bedding can be put in the compost bin to go back on the garden next year as mulch. Once the risk of frost has passed, plant out summer bedding and ensure it is kept well watered so it can establish. Ensure any perennial weeds are swiftly removed and hoe off any annual weeds, ensure they don't get the chance to flower and seed as this will greatly increase your workload. Tie in any shoots of climbing plants in your border plants like clematis are easier to manage when offshoots are short and young, if you allow them to get too long it's almost impossible to prise them away from other plants they get tangled up in without snapping.**

If you want hanging baskets plant them up now and allow them to establish for a few weeks in a frost free space make sure that when you put them out you keep them well watered, pick off the dead flowers and give them a liquid fertiliser feed every few weeks this should keep your hanging baskets flowering throughout the summer.

### Rhubarb and potatoes

You can start to harvest rhubarb this month, twist the stem at the base of the plant but ensure you leave a few stems on each crown. Don't strip it bare as the plant needs to be able to feed its own crown. Continuing with this theme on the vegetable plot, if you have asparagus ensure that you stop cutting to leave some spears to grow at the end of the month. They produce a lovely ferny foliage which is needed by the asparagus crown to capture sunlight to replenish its crown for next year. Potatoes that were planted in April can now be earthed up, by drawing up mounds of soil up around the plant this will help the potatoes create more tubers from the buried stems and increase your crop.

You may have been mowing for a few months now but it's time to establish a regular routine. Mowing weekly will ensure you get a denser turf. A denser turf means a better looking lawn and less opportunity for weeds to establish.

# Schools Out! Free After School Outdoor Activities start 3rd May



We are delighted to report that the Gardens have received funding to run regular after school activities for local infant and primary aged children (4- 9ish).

We know that getting outdoors, surrounded by nature and being able to 'let off steam' is really important.

However much our young people enjoy their school experience, they often need time to unwind and to 'process' all that has happened during the day.

The Gardens can offer a safe and nurturing space for that.

So from Wednesday May 3rd and every Wednesday, Thursday and Friday during Term Time the Gardens will be open FREE and exclusively for children (with their grown ups!).

**3.30 - 6pm**

There will be activities – some led by our team and some free ranging. Families will be free to roam and use the existing trails and space for relaxation, or join in the led activities (limited spaces).

Children must be accompanied by their adult carers (max 4 children per adult) and we encourage grownups to join in the activities!

**There is no need to book, just turn up.**

**Come any time between 3.30 – 5.30pm - we close at 6pm**

- Wednesdays, the activities will be broadly: 'Woodland Adventures' -playing and exploring amongst the trees, each week will be a different woodland adventure : den building, fire lighting, slacklining

- to name a few... Get moving in Nature!
- Thursdays its 'Wild Games'
- – high energy nature based games and challenges.
- Fridays will be lawn games and quieter activities for whoever wishes it.

(please note some of the led activities may not be available all of the time, but the site and self led activities will be available).

**The cafe will be open.**

**There will be at least one 'mini meal' offered at a 'pay as you can' rate.**

We can offer this service to our neighbours thanks to funding from Leamington based

ThinkActive charity who, like us, believe passionately in the power and impact of the outdoors and physical activity to transform lives and keep people living well.

Ideal for Children between 4 and 9 years.



Castle Bromwich  
Hall Gardens



## Scott Bevan History Column Castle Vale (part 2)

When I was a child growing up on Castle Vale, there were many pubs on the estate. Of course, times change and almost all of them are now gone. But one pub in particular, which used to be located on the corner of Innsworth Drive & Manby Road, was named 'The Trees'. I've no idea if this was merely coincidence, or if the people who planned and designed Castle Vale named the pub so, as a subtle hint towards the estates history as a largely wooded area.

Picking up from where I left off in last months article, if you remember, the land that Castle Vale now sits on had just been sold to Sir Thomas Arden. Sir Thomas originally used the land as a source for timber and also for low level tenant farming. However, it wasn't long before the land was once again confiscated by the crown and this time handed over to another gentleman by the name of Edward Darcy. The confiscation was said to have been a scandal. Edward Arden who had owned the land prior to its confiscation, Edward Arden being a descendant of Sir Thomas, allegedly made an enemy out of the Earl of Leicester by refusing to wear the Earls livery and also by making suggestive remarks about the Earls behaviour with some high ranking ladies of the day. The Earl had Edward Arden arrested on some relatively minor charges, but then brought forward a priest

who was paid to give false evidence that was so serious, Edward Arden was hanged for Treason in 1585. Edward Arden's son however, was not a man to take this miscarriage of justice lightly. He began to study law and started a series of court cases to try and have his family's land in Berwood returned. His efforts were partly successful. At the time, Berwood consisted of the land that we now know as Castle Vale, along with much of Pype Hayes, Minworth & Curdworth. The courts ruled that the Arden family should have half of the land returned to them, whilst Edward Darcy would keep the other half. The Arden family were awarded the area consisting of Castle Vale and Pype Hayes whilst Edward Darcy would hold on to the land consisting of Minworth and Curdworth. Upon hearing of the courts decision to effectively halve his newly acquired land, Edward Darcy had all of the trees chopped down in the area of Castle Vale and Pype Hayes and then dragged the felled timber on to the land that he was going to keep. This left a barren & boggy area where Castle Vale and Pype Hayes now stands. This division of the land between the Arden's and Edward Darcy also created the fourth and final boundary that defines the Castle Vale estate. This boundary was reinforced during the nineteenth century when gypsies arrived in the area to help with crop picking. They were also employed to build a road. Later a railway line was built that followed the same route as the road



and the boundary became more distinct, separating the area that became Castle Vale from its neighbours.

Finally for this particular article, what was Castle Vale's use immediately prior to it becoming the Castle Bromwich aerodrome. In the nineteenth century, the land on which Castle Vale now lies, was sold to the Birmingham, Tame and Rea Drainage Board for the purpose of using it as a sewage farm. The land as I've already explained, was at this time flat and barren. The wooded area that it once was merely a distant memory. However, before the land could be used to spread sewage, any existing field hedges needed to be removed. Old maps show some of the field names within those ancient field boundaries as being called Orchard Meadow, Brook Piece, Round Moor, Rough Coppice and Long Close which are now all names of roads on the estate.

As Birmingham's population grew, so did the amount of land needed to spread sewage. The sewage farm was no longer a viable option and a new method of treating

sewage had to be found and of course, it was. However, a small amount of sewage farming continued on Castle Vale at Home Farm. If you look on an old OS map you can see Home Farm and it's orchard adjacent to the Chester Road and across from the Tyburn House. Funnily enough, that was where I used to live. There used to be a pear tree just outside my house which was likely a remnant of this particular orchard. The area we now call Castle Vale remained fairly empty after its days as a sewage farm with the exception of Home Farm and Berwood Hall Farm, built around the old medieval grange, moat and farmstead. That was until the First World War, when an airfield was established upon the ground which was used to train pilots and test aeroplanes. And of course, we all know how things progressed from there. It's what the Estate's most famous for. But the land has so much more history than it's use as an airfield and as a 1960's overspill housing estate. The history of Castle Vale goes back a lot, lot further than that.

# News from St Clement of Alexandria Green Lane, Castle Bromwich (known locally as St Clements Church)



## 4th Castle Bromwich Brownie Pack

Spring has finally arrived and our Brownies have been very busy. One of our talented Brownies gave a piano recital for us, in order to gain her Entertainer's Badge. We made Valentine Cards with chocolate hearts inside to take home to our families, and we also made paper daffodils. Prior to Shrove Tuesday we made pancakes.

Our Leader, Brown Owl, did an amazing job in cooking about twenty pancakes in less than an hour, which we enjoyed with various toppings. Everyone left that night with a copy of the recipe so that they could make them at home actually on Shrove Tuesday.

Half term followed, and on our return we made very pretty Mother's Day cards and we wrapped up posies of chocolates to give to Moms on their special day. One of our Brownies made a fabulous multi coloured layer cake and brought it into Brownies as part of her Baker's badge.

We all had a slice and agreed she had passed with "flying colours"! It was truly delicious! On Mothering Sunday we paraded our flag inside St. Clements Church.

We were pleased to be invited to take part in the service with our poems and prayers about our Moms, and at the end of the service we handed out flowers to the members of the Congregation as they left the Church.

As we headed into April our minds were now fixed on our Pack Holiday at the end of the month. As you can imagine there is a lot of planning and administration involved in taking eighteen girls away for a long weekend. We have been blessed with donations from the Dame Mary Bridgeman Trust and Castle Bromwich Lions in order that we can subsidise the cost of the weekend and transport by coach. We are so grateful that there are local Charities in our district who are able to help Organisations such as ours to be able to undertake

activities involving Pack holidays which in turn give our girls the opportunity to take part in new adventures they have not previously experienced.

If you are interested in your daughter {who should be aged between seven and nine} joining us, then please go to the Girlguiding UK website under the Parents Registration page, and select 4th Castle Bromwich Brownie Pack to fill in your daughter's details. We will then get an email from Girlguiding UK and we will be happy to contact you directly.

Oasis Cafe update: All building work has now been completed and what a transformation. Did we think it would look so good, never if our wildest dreams. We have chairs, but now need to get tables and hopefully a coffee machine, together with other items, replacing some and using others we already have, so that we can re-open as planned at the end of June. Oh yes, we will still have to clean and make sure all is tidy, but our new café area really is the "icing on the cake". Will we be serving breakfasts? Unfortunately not, and what the future holds we will have to wait and see, but one thing you can be sure of, is a warm welcome from the Oasis Team.

How will St Clements be celebrating the Coronation and what is planned. There will be a Bring and Share lunch after the Sunday Service on the 7th May and on Saturday 20th May a Coronation Quiz with fish and chip supper.

A date for your diary - Saturday 17th June will be our Summer Fayre.

If you feel you would like any further information about any of our up and coming **Services or Groups then please do get in touch, which is easier than you think.**

**Phone: 0121 748 5550**

**Church Website:**

**stclementschurchcb.co.uk**

**Facebook: [www.facebook.com/stclementschurchcastlebromwich](http://www.facebook.com/stclementschurchcastlebromwich)**

**Email: [office@stclementschurchcb.co.uk](mailto:office@stclementschurchcb.co.uk)**

St Clements certainly knows a thing or two about how to enjoy themselves and on Saturday 1st April they came together for their Easter Tea and Easter Bonnet Parade. What a magnificent sight and as our picture shows such imagination. Well done everyone. Is this going to be an annual event? because it certainly should be!!

On Easter Sunday flowers were once again back in Church and serve the purpose of reminding us of God's creation and the beauty of his handiwork and are meant to express joy. This is the reason their use is restricted during the penitential seasons of Advent and Lent.

So we have just celebrated Easter, what happens next? Eastertide ends on the 50th day after Easter, which is known as Pentecost Sunday. In Eastern Orthodox branches of Christianity, Easter Sunday serves as the start of the season of Pascha (Greek for "passover"), which ends 40 days later with the holiday known as the Feast of the Ascension.



18th May is Ascension Day this year, which is officially celebrated on a Thursday and is the 40th day of Easter (or 39 days after Easter Sunday). In some countries it is celebrated as a public holiday.



Pentecost, also known as Whitsunday, will be celebrated on May 28th this year. The word has its roots in the Greek word 'pentecoste,' which means '50th day'. Pentecost is a major festival in the Christian church and is celebrated by believers on the Sunday that falls on the 50th day of Easter.

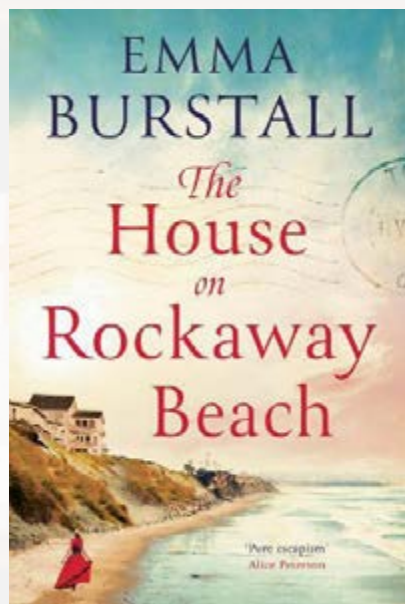
# Castle Bromwich Library Book Club

## The House on Rockaway Beach by Emma Burstall

When their grandmother leaves them her house in her will, sisters Sophie and Celia return to Rockaway, but they cannot agree on anything. It seems they will never see eye to eye, until Sophie makes a chance discovery which will make her question everything.

*A story of family secrets, sibling rivalry and summer romance with a plot which I thoroughly enjoyed. It was a nice warm, cosy, easy read which I would recommend.*

Review by Castle Bromwich Library member



## The summer job by Lizzy Dent

Have you ever imagined running away from your life? Well Birdy Finch didn't just imagine it. She did it. Which might've been an error. And the life she's run into? Her best friend, Heather's. The only problem is, she hasn't told Heather. Actually there are a few other problems. Can Birdy carry off a summer at a luxury Scottish hotel pretending to be her best friend (who incidentally is a world-class wine expert)? And can she stop herself from falling for the first man she's ever actually liked (but who thinks she's someone else)? If you're looking to replace that Fleabag or Bridesmaids sized hole in your life, look no further: Birdy Finch is here.

*The book is full of funny moments and endearing characters. It is a really entertaining and uplifting story which leaves you smiling. Highly recommended.*

Review by Castle Bromwich Library member



## The Green Gardening Handbook by Nancy Birtwhistle

Going green in the garden has never been easier with Nancy Birtwhistle's sustainable, eco-friendly tips that will help you make the most of your space, and what it can grow. Whether you have a sprawling garden, a modest patch of grass or just a spare windowsill, 'The Green Gardening Handbook' has over 100 tips will help you embrace the joy of growing and eating from your own garden. It is packed with advice on everything from composting, clothing and basic equipment to seasonal recipes and guides to freezing, storing and preserving that will help you save money and reduce waste.

*This is a little gem of a book with gardening hints and tips which are not just for the beginner. The book shows that you don't need a huge garden to be able to grow your own vegetables. I love the way it is split into seasonal chapters which makes it really easy to follow. Highly recommended.*

Review by Castle Bromwich Library member

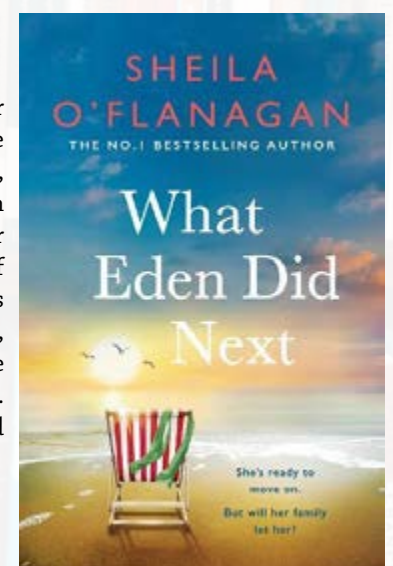


## What Eden Did Next by Sheila O'Flanagan

Five years after the death of her firefighter husband, Eden knows better than anyone that life can change in an instant. Now, instead of the future she had planned with Andy, she has Lila - the daughter he never got the chance to meet. And instead of Andy, she has his family. Then Eden meets someone. Someone she knew before Andy, before Lila, before the tragedy. Someone who reminds her of how she used to be. But Andy's mother has other plans. And Eden is facing an impossible choice.

*A moving, absorbing, charming tale that has an abundance of irresistible characters. It's a story about loss, grief, moving forwards, family and a touch of romance. I can recommend this to those of you who are looking for a feel good book with a happy ending.*

Review by Castle Bromwich Library member



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## Pirate's Pantry

### Recipe of the month

# Duck breast on wild mushroom orzo

Having tried orzo for the first time recently, I decided to try something special with it. I've always found that duck makes any dish feel special so I've paired the two up to give this amazingly tasty little dish.

I've made this a few times and my advice is to use a good home made chicken stock, as the shop bought ones do have the potential to give a little bit of a roast dinner flavour to the orzo which doesn't quite sit right with the overall dish. Water works very well, you just miss a small amount of richness in the finished dish.

#### Serves 2

##### Seared Duck

2 skin-on duck breasts, scored deeply on both diagonals

##### Mushroom-Parmesan Orzo

1 teaspoon sunflower oil

3 tablespoons butter

4 cloves garlic, peeled and minced

100g mixed/wild mushrooms, quartered

125g dry orzo

500ml chicken stock/water

8-10 chives, finely chopped

100g freshly grated parmesan cheese

#### Method:

Start cooking the Orzo:

In a wide pot, heat the oil over medium heat. Add the garlic and stir. As the garlic starts to brown add the butter. Once the butter has started to bubble, add the mushrooms and stir, ensuring the mushrooms are completely coated

in the butter and garlic.

Stir occasionally for about 8-10 minutes until the mushrooms are golden.

Add the orzo and stir well to coat with any of the butter in the pot.

Add the water or stock and bring to a boil before reducing the heat to a gentle simmer, stirring occasionally to ensure that orzo doesn't stick to the pan.

Simmer like this for approximately 10-12 minutes over a low heat.

Sear the duck:

Having scored the duck skin, place skin down in a medium hot pan. Press down hard for a good few seconds to ensure that all of the skin maintains contact with the pan. Leave the duck alone for about 7-8 minutes before checking the skin to see if it has become crisp.

Check that the fat has rendered down across the whole breast too. Undercooked duck fat is decidedly unpleasant and will ruin the finished dish.

Once the skin is crisp, turn the duck and turn the heat up slightly. It should only take another 5-6 minutes to cook the duck so it remains beautifully pink inside. Allow to rest for a few minutes.

Once the orzo is al dente stir in the cheese and the chives. Have a quick taste and add seasoning. Turn off the heat.

Place the orzo on a plate, place the duck breast skin side up, garnish and serve immediately.

**As always please send all comments to piratespantry@gmail.com**



# Crafters Corner.

## Storage Pocket

As if you haven't had football overload with the Euros, I thought I'd bring you a football themed Crafters Corner this month!

Although I have used a football shirt and given this a sports twist, you can use any patterned top and create a little storage pocket. You can even use a loved ones top and make it as a little memento of them.

This is a really simple project that anyone can do (with or without a sewing machine). In the 70's almost every washing line sported a peg bag made from upcycled fabric- this is a modern uptake on that. Repurposing is huge at the moment and these handy pockets can be used for lots of different purposes.

So here's how to do it-

1. All you will need is an old t-shirt/top or similar, a clothes hanger, a needle and thread.
2. Take your top and fold the bottom section up towards the armpits (kids shirts work great to avoid having to cut the size down).
3. Simply pin the sides together as shown and stitch. You can then add one or two vertical seams to split the full width pocket into smaller ones (which will also give more support).
4. The top I used had a ribbon trim to the sides. I unpicked this and used it down the sides to cover my seams. You can do the same or add a piece of ribbon if you have some and want to cover the seam. Alternatively you can fold the bottom edge up the back of the top (again to armpits) sew the side seam and then turn the section inside out so the seams are on the inside. Then sew your other vertical seams to create the 2 pockets. Remember if you do this version don't sew the dividing seams until after you have turned the pocket through to the front.

Once this is done simply slip the hanger in to the top and your 'organiser' is ready to use!

There are so many versions you could do such as- ...using baby clothes as a memory holder (you can just sew the bottom and use the entire body as a single pocket using the neck as the opening),

...using any sports top and hold equipment for that sport.

...using a heavy checked shirt and create one for garden tools etc.

They are so easy children can do them for their rooms (with a little help with the sewing part).

Happy creating and have a great summer!

Linsy x

TheCraftRoomB46



# Castle Bromwich District Lions



## By Terry Higgs

In early June Castle Bromwich Lions will be holding the annual celebration of the granting of our Charter. This is the official recognition that we are a fully fledged member of the International Association of Lions Clubs. In our case the Charter was granted in August 1989 and believe it or not we still have two founder members namely Phil White and David Powis. Phil is our Secretary and she is the power house behind the club coordinating and arranging most of our charity work. David although now living in Basingstoke for a number of years still regularly gets involved in our functions.

Prior to our Charter we have our annual old folks night at Kingshurst Labour Club. This should be over by the time you get to this report but plans are well ahead and we all look forward to a great night out. Our thanks again to Kingshurst Labour Club and particularly to the Seeds of Hope Kingshurst who do our catering for us at cost.

Our Quiz which was held on the last day of March, again at the Family Tree Club at Chelmsley was once more a huge success. Well done to Lion Steve Else who does all the work and organising for us. Thanks again to our excellent quiz masters Ken and Rhoda.

We continue to support St Basils at Kingshurst by passing on donations that we receive. They are always in need of clothes for young children and things like cots and baby baths etc. No toys at the moment thank you.

Similarly, 'Around Again' the social supermarket in Chapel House Lane help those who struggle to provide for their families. All donations are most welcome, particularly non perishable food items.

For those of you that don't know we are always looking for new members. If you would simply like to learn more give me a ring on 0121 7470615. Alternatively you may like to attend one of our meetings. They are held at Castle Bromwich Hall Hotel on the 1st Thursday of the month. You can also follow us on Facebook.

**Thanks for reading and thanks to the Post for giving us this platform.**



## SHARE A STORY

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# 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](http://www.precisionmicro.com/apprenticeships).**



Precision Micro

## APPRENTICES WANTED

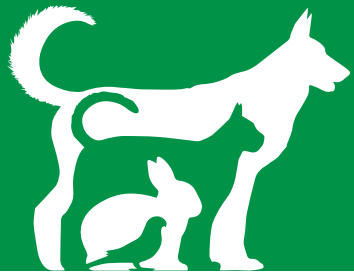
Career opportunities for 16-21-year-olds at world-leading, Castle Bromwich-based specialist engineering company.

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](mailto:hr@precisionmicro.com) for details





# Pet Page

## Ward End Cat Rescue

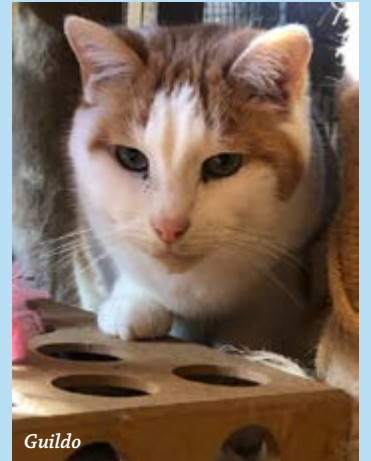
Ward End Cat Rescue are fundraising at the PARTY IN THE PARK at Arden Hall in Castle Bromwich on the 7th May, see more details on the poster. We will be running a fabulous tombola and will have various exciting goodies to sell too, including our famous handmade WECR catnip Super Mice.

Please come and support us and help us raise much needed funds - look for our orange gazebo, you won't miss it!

Here are just two of our resident semi feral cats that live at the rescue, beautiful (but very anti social) Billie and handsome Guildo.



Billie



Guildo

**Email: wardendcatrescueofficial@outlook.com Facebook: Ward End Cat Rescue Official**  
**www.wardendcatrescue.org**

Ward End Cat Rescue  
Present by Royal appointment  
Our Amazing Tombola  
At the  
"Party in the Park"  
@  
Arden Hall  
Water Orton Road, B36 9PB  
Sunday May 7th 12 p.m – 5 p.m.



## It's all about positivity

This month I am talking about positive reinforcement/reward, what it is and how it works.

Using positive reinforcement to train our dogs is a method of training where the desirable behaviours are rewarded to increase the likelihood that the behaviour will be repeated. The best reward is something that your dog finds valuable, such as a treat, toy, or verbal praise, and is given immediately after the desired behaviour occurs. This type of training is very effective and can be used to train your dog a variety of things, from basic cues like "down" to more complex behaviours like retrieving. By rewarding your dog for good behaviour, they learn what is expected of them and become more motivated to repeat those behaviours in the future.

Positive reinforcement increases the human-canine bond that you have with your dog, building a happy and trusting long-lasting relationship and helps your dog become more confident with you. Using positive reinforcement is also linked to better success at teaching a new behaviour, as your dog will want to please you and is relaxed about being with you.

For most, food is the best reward. Consider different types of food, as food can have a variety of values for your dog. However, you could also use your dog's favourite toy that you keep, especially for training. Used correctly, verbal praise and fuss can also be very rewarding. It's a fabulous way to build a great relationship and great results.



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1973 - 2023

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- While stocks last 'clover' quality compost with peat.



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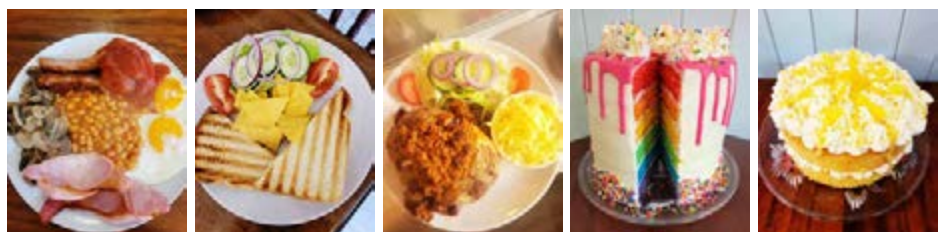
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# Interiors & Decorating



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## Decorating tips

**This month we'll have a look at wallpaper and give you some tips and tricks on hanging it to hopefully make the process easier and enable you to achieve a better standard.**

Initially the most important thing is making sure all rolls are the same batch number when purchasing the paper. Different batches can sometimes be slightly out in the pattern match or have discrepancies in the colour or shade. Also worth noting is whether the paper is paste the wall or paste the paper. Paste the paper needs pasting on a table and soaking for a specified period of time whereas with paste the wall you simply apply paste directly to the wall then apply the paper. Paste the wall is much easier and quicker to use and means that you don't need a paste table as you can hang it straight from the roll.

Once you've picked your paper you'll need to buy paste. Traditional flake paste is the cheapest option. This is the stuff you get in packets that you add to a bucket of water and gradually mix in. It is however worth looking at ready mixed pastes. The majority of professionals now use these, not because it's easier but due to them having added PVA and other additives they create a stronger more reliable bond. They come in a tub and are available in different strengths depending on the type of paper you're hanging and will usually need a certain amount of water adding to get them to the desired thickness for the job. There will be instructions for this process on the back of the tub.

Prior to starting the job you need to make sure you've got all the tools and equipment you're going to need. The essentials are a paste table, a good quality snap off knife that enables you to always have a sharp edge, papering shears or very good quality scissors, a paste brush or roller, plastic smoothing tool, or wallpaper brush depending upon the paper, lint free cloths or a sponge, a couple of pencils, bucket of clean water and either a spirit level or laser level although a laser is an expensive option if you're only using it once in a while.

As always before doing anything else we need to look at prep. this is as important with papering as it is with painting. Don't fall into the trap of thinking that wallpaper will cover and hide the imperfections in a wall. This is never the case unless it is a very textured paper with a busy pattern and even then it's not good practice to skip prep. Holes and cracks need to be filled and the whole walls sanded to make it as smooth as possible. The next consideration is lining paper. The age old debate is whether or not a wall in good condition requires lining prior to papering but this assumes that lining is purely about the condition of the wall. One of the main benefits of lining is that it evens out the porosity across the wall. This in turn will even out the drying time across the finish paper which will reduce the likelihood of seams opening up during the drying process. It's also worth checking the instructions on the label, many manufacturers will recommend lining. If you hang the paper without lining and there's any problems they often won't honour any refund agreements if you haven't lined the wall.

Another important thing to remember is to 'size' the wall before papering. This is a very important part of the process that many amateurs overlook. 'Size' is the name given to a more watered down, thinner coat of wallpaper paste that is applied to the wall- usually with a roller- prior to hanging the paper. Once dry this will slow down the drying time of the paste and create a more slippery surface making it much easier to position the paper and line up the pattern once it's on the wall.

The next thing to do is look at how to best set out the pattern. If you're papering the whole room with a patterned paper there will always be one corner where the pattern won't match up. The trick is to make this the least noticeable corner. The most common way to do it is to start at the corner where the door opens as this is usually not noticed when walking into a room. There are various other ways, it's just a case of spending a bit of time looking at the room and considering where the least obvious point will be.

Another thing to be aware of with patterns is where it sits on the wall. It can be tempting to just start at one end and work that way but it's always more aesthetically pleasing to centralise the pattern on a focal point such as a chimney breast or fireplace. Also consider where furniture will be. If there's a bed against the wall it usually looks better to centralise the pattern over the bed even if that point isn't central on the wall.

Finally before you start have a look at the paper, if it's a dark colour check the ends of the roll- if they are still very light it's worth colour them in with a pencil crayon that closely matches the paper colour. This will reduce the chance of noticeable seams between each drop on the wall. Many high end manufactures will recommend doing this on the hanging instructions.

Make sure all of your tools are laid out and available to hand, while hanging it's best to have a pouch with everything you need in it to save awkwardly reaching for tools while holding up paper. Use some kind of a straight edge such as a caulking blade to push the paper into corners and the ceiling line and run your sharp knife across it to cut the paper. This will ensure neat straight cuts. Again it's difficult to overstate the importance of a sharp knife, this will reduce the chance of the paper snagging while cutting- especially with heavily soaked papers.

It's difficult to describe techniques for things like working through internal corners and around external corners and window reveals etc. without visual demonstrations so if you're uncertain about any of that we'd recommend having a look at some You Tube demonstrations.

It's impossible for us to cover everything related to papering in one article but hopefully some of these tips will make the job easier for you. Following that it really is just a case of practice makes perfect. The most important thing is to take your time and not rush. Also read the instructions on the back of the label carefully, different papers will have different processes and if you don't follow them it can make the job more difficult than necessary.



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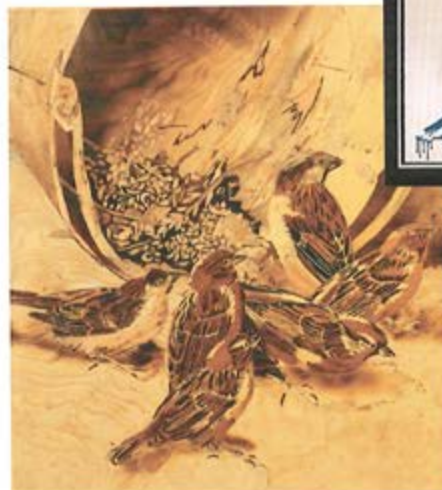
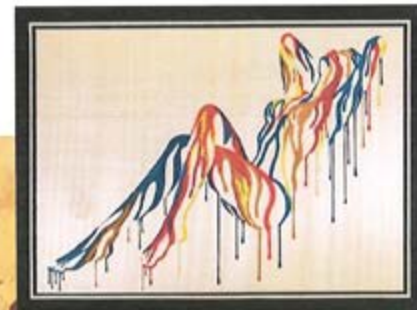
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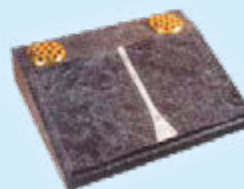


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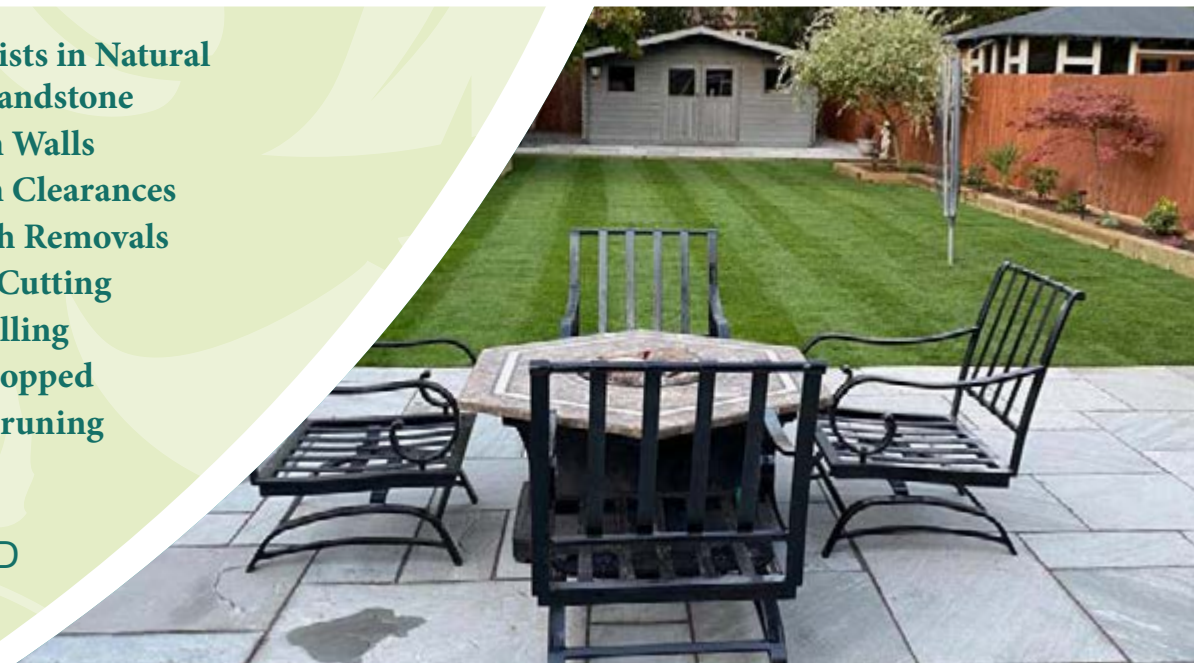
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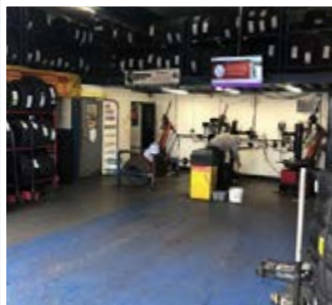
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**Members £3.50**

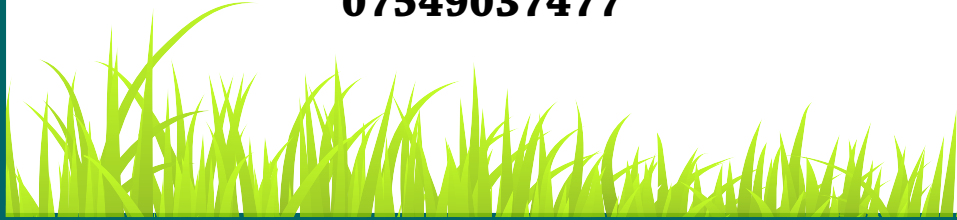
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## The Coleshill Knitting Group

The Coleshill Knitting Group created a right Royal Knit up for our lovely Coronation post box in Coleshill Library. Drop by to see Charles and Camilla, the soldier, beefeater, George the horse and the Golden Carriage.



## Happy Fungal Infection Awareness Month!

You may not be aware but May marks Fungal Infection Awareness Month! Fungal infections can affect the skin and the nails and are extremely common.



A fungal infection of the skin is called "Athlete's Foot". It is most associated with itchiness (particularly in between the 4th and 5th toes), white rubbery skin (particularly in between the 4th and 5th toes), redness around the borders of the foot. You may even get small pustules appear. Athletes foot is very common. We have fungi living on our skin every day, but our skins natural pH (chemical balance) is what stops us having repeated infection.

When this delicate balance is altered, we can get a fungal infection. Lots of things can cause this disruption in the chemical balance including high sugar levels, temperature, stress, and medication. Inside our footwear it is dark, warm, and sweaty and this provides the perfect environment for fungi to thrive. There are lots of different treatment options available for athletes' foot but it's important that you treat your shoes and socks too. We recommend washing your socks on 60 degrees and making use of our Klenz machine for your shoes. Our Klenz machine will kill off any fungi or bacteria that may be in your shoes and can help prevent re-infection.



As mentioned, fungi live on our skin all the time. When our nail becomes damaged from trauma, incorrect nail cutting, poorly fitting shoes or socks etc, the fungi living on our skin can invade the nail causing it to become discoloured, crumbly, or thickened. A fungal nail infection can be stubborn but there are many treatment options available. As well as treating your nails we also recommend treating your skin for athletes' foot as the infection can easily transfer from skin to nail.

If you think you may have a fungal infection and want to know what treatment is more suited to you, then you can give us a call on 0121 749 6313 and book in to see one of our HCPC registered Podiatrists.



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## Paddy Doyle - 755th Career Feat Shropshire Hills Challenge Walk Festival 2023



The Shropshire hills definitely tested in one of the hardest short course cross country challenge walks Paddy Doyle took on, in the yearly Shropshire Way Festival walks, over 150 hard core endurance walkers and trail runners completed various distances from 10km to 80 km's. From the start Doyle had to self navigate to check points through deep muddy footpaths over arduous high peaks, through ancient woodlands, hill forts and river valleys, over 2,000 meters of elevation through muddy ankle high and deep waterlogged footpaths carrying 62.1 lb back pack finishing in 2 hrs. 55 min, completing the tough walk 1 hr and 5 mins well within the event cut off time of 4hrs.

"From the start I came up against thick muddy rain soaked fields and paths which was the same to the finish line, the hills were tough wading through thick mud, the rules were

we had to self navigate on one occasion I and many of the other seasoned walkers missed a footpath and for about ten minutes we walked on the wrong path, so I had to check my map and run / walk to make up for time falling many times on the downhill paths."

Over two weeks later Doyle attempted two more cross country run / walks carrying 60 lb back pack on the footpaths of Over Whitacre, completing 5 mile in 1 hr. 17 min. 03 sec, he then went onto complete 7 mile in 1 hr. 46 min. 11 sec. The footpaths had many hilly inclines which slowed down the pace but Doyle made up for time on the downhill paths. "my legs felt very strong which helped me to maintain a good pace."



The same week two more mountain bike course challenges were set at Rowington Village South Warwickshire , the former Paratrooper and ex RAF Reservist cycled carrying a back pack of 35lb of mountain bike leader kit with extra

added weight through 5 - 6 inches of muddy paths , inclines plus facing short bursts of heavy rain over a low technical route 15.5km in 1 hr. 38 min. 46 sec, and 16 km's in 1 hr. 43 min. 41 sec.

"It has been a very hard month the weather did not do me any favours but I react well to harsh conditions and just get on with it, the support team members were magnificent making sure check points were reached plus action photos and film evidence was taken."

The physical fitness challenges and World Records this year will be part of the RAF 100km chinook challenge and operation endurance 120km virtual challenges completing distances in multiple stages combining cross country hill feats, kayaking and mountain biking carrying expedition kit, entry fees going towards armed forces charity's.

Doyle's career physical fitness challenges and World Records currently stand at 755 documented feats covering 9 different sporting categories.



# Local Sports



## Old Saltleians RFC

### New Era of Rugby in Coleshill



Old Saltleians Rugby Football Club have begun a new era of rugby this season. Our historic rugby club moved to a new home in Coleshill for the third time in its 84-year history after its old site was bought by HS2.

It has been a difficult time for Old Salts but, with the club opening for its first home match in December 2022 we can now look forward to a more secure future and an opportunity for the club to set down permanent roots and ensure its presence in the local community provides real value.

Club chairman Mick Lee added: "Old Salts has always been a community rugby club, providing a strong, vibrant identity in the local area for youth and adult players and spectators."

As a fully inclusive club we are proud to offer rugby for all ages, from 2 to 92! We have a fantastic purpose built clubhouse with bar and kitchen facilities – as well as being home to 1st XV, 2nd XV a VETS team.

We offer Walking Rugby on Thursday evenings 6-7pm which is suitable for all ages, genders and abilities, aimed at boosting physical, social and mental wellbeing through non contact simplified rugby.

Old Salts are also incredibly pleased to announce the start of their Women and Girls Section 'Salts Sabres' – with over 20 players joining as touch and contact players in the first few weeks alone. We are all ready for the 2023/2024 season ahead and joining the Allianz Inner Warrior League. The Women train every Wednesday night 7 – 8:30pm and always on the look out for new players, no experience necessary.

As Women and Girls Head Coach I am so excited to be involved in the clubs journey, not only to support the clubs growth, but also rugby can empower young girls to develop their inner confidence. The girls inspire each other to help them leave their comfort zone. I love seeing the passion that youngsters have and what they can achieve.

As part of our busy social calendar, come and join us in celebrating King Charles III Coronation on Sunday 7th May, 11am – 5pm. We will be hosting all kinds of fun family games and activities, as well as, celebrating our Mini and Youth Sections 'End of Season Awards'.

We have many children's Summer camps and taster sessions to also take part in, before the start of the new season in September.

Rugby is a fun – packed way to get outside, get muddy and experience the dynamic, exhilarating sport for the first time, and if nothing else meet new people. With plenty of help on hand, we will introduce you to the basics of rugby – passing, kicking and tackling, coupled with enjoyable fitness routines – helping you step out of your comfort zone – whatever your age!

**To find out more follow 'Old Saltleians RFC' on Twitter, Facebook and Instagram or [www.oldsaltleians.com](http://www.oldsaltleians.com)**





# Coleshill Town F.C.

## Coleshill Town FC match reports

### All Northern Premier League Midland Division games

#### Monday 27th March

##### Coleshill Town 2-4 Harborough Town

Six games to go and Coleshill still pushing for a play off place. Coleshill got off to a great start and were 2-0 up after just 15 minutes with two crackers from Alex Tomkinson. Harborough scored a goal just before half time that gave them hope and they went on to play the best 45 minutes seen at Pack Meadow this season and fully deserved their 3-2 win.

#### Saturday 1st April

##### Halesowen Town 2-0 Coleshill Town

I think Coleshill were still shell shocked after the Harborough game as they weren't at their best and in a five minute spell just after half time Halesowen scored twice to take the points. Is that the Play Offs out of sight now!

#### Saturday 8th April

##### Spalding United 0-1 Coleshill Town

Two defeats in a row and any hope of the play offs were fading. Coleshill needed to regroup, dig deep, defend well and that's exactly what they did against Spalding. Not a great game to watch but Coleshill got the job done and had a bit of luck as Josh Willis scored the only goal.

#### Monday 10th April

##### Coleshill Town 1-0 Bedworth United

Again, not a classic but a very hard working performance against our North Warwickshire neighbours Bedworth United. A very windy day that spoiled the entertainment but the only goal was a cracker. Kai Tonge took a free kick

just outside the box, he bent the ball round the wall, wind assisted, and the ball went in off the post.

#### Saturday 15th April

##### Coleshill Town 2-0 Boldmere St Michaels

Another crunch game. The Mikes currently occupied the last play off place but the Colemen were just One point behind. The first game at Boldmere finished level as there is little between these sides and this game was the same. The turning points came when keeper Paul Hathaway made a match winning save then Fraser Doyle went up the other end and scored a cracker, his first and only goal for Coleshill, so far! Amarvir Sandhu came on for a cameo 15 minutes but in that time scored Coleshill's second.

#### Saturday 22nd April

##### Shepshed Dynamo 0-2 Coleshill Town

So Last Game Of The League Season and with Three straight wins, no goals against, Coleshill were in the last Play Off place but six teams were waiting to pounce on any slip up. Another tough game as Shepshed pushed Coleshill all the way. All was even but when Ewan Williams went down in the box just before half time Kai Tonge scored from the spot for his 35th goal of the season. Two minutes into the second half it was 36 as he scored his and Coleshill's second. Keeper Paul Hathaway made two quality saves in the dying minutes to keep another clean sheet.

**Coleshill finished the season in 5th place with 69 points, the highest position, and the most points, in the highest league the club has ever played in, in their 138 year history.**

In the Play Offs, 2nd plays at Home to 5th, and 3rd plays at Home to 4th. The highest placed winner plays at Home to the other winner to gain promotion to the Northern/Southern Premier League.

#### Halesowen Town v Coleshill Town

#### Spalding United v Sporting Khalsa

### Pitching in Northern Premier League Midland Division Season 2022/2023

#### CTFC Fixture List

#### Tuesday 25th April

##### Halesowen Town v Coleshill Town

A ONE OFF GAME, played to a finish on the night, penalties if necessary.

#### Saturday 29th April

Winners of Halesowen Town v Coleshill Town will play the winners of Spalding United v Sporting Khalsa.

Winners of this game get promoted to the Northern/Southern Premier League, Level 3 in the Non League Pyramid.

*All Fixtures are League and 3pm kick off unless stated.*



## Water Orton & District Tennis Club



**Water Orton & District Tennis Club are so pleased to continue our work with The Woodlands School in Coleshill, as we prepare to start, what will be our 8th year working with them.**

The LTA and The Dan Maskell Tennis Trust have recognised the voluntary work we do with the school, and as a community club we are really pleased to be able to help these youngsters when they visit our club. The LTA have donated a tennis equipment bag which we recently handed over to the school, so now the younger children can play tennis in the school hall. We would like to thank the Midlands Disability Lead, Matt Elkington who organised the equipment donation in recognition of our work, and the school were so pleased to receive this award. The Dan Maskell Tennis Trust have awarded our club some funding, which will enable us to replace our junior coaching equipment, to allow us to take this valued project to the next level.

The Woodlands School is for children with profound learning difficulties and disabilities. Unfortunately, space outside the school is limited and sadly they do not have the means to accommodate all of the activities they want to do within the school. As a result, they are so thankful to visit a recognised community club and enjoy the facilities and the fresh air.

The School Head of P.E. Phil Sower said " Finding venues and qualified coaches who can offer what our pupils need is not an easy task and we cannot express our gratitude enough to Paul and everyone at Water Orton Tennis Club for their support for us at The Woodlands"

They visit our club twice every school term week from mid-April until the October Half Term and it is a pleasure to have them visit us. Our club also work closely with several other local schools and have done so for several years.

We also have Adult Beginners Classes on a Monday evening, Cardio Fitness Tennis on Friday evenings, Ladies Night each Thursday and Men's Night every Wednesday.

In addition, we have junior coaching groups every Saturday mornings and Youth Coaching on a Monday evening. All of our coaches are qualified and registered with the LTA and we would be pleased to welcome any new members.

If anyone would like more information on our Membership or Coaching Programme, then please contact our Club Secretary Paul Messenger on 07538 601246 or please e-mail paul.messenger82@hotmail.co.uk.

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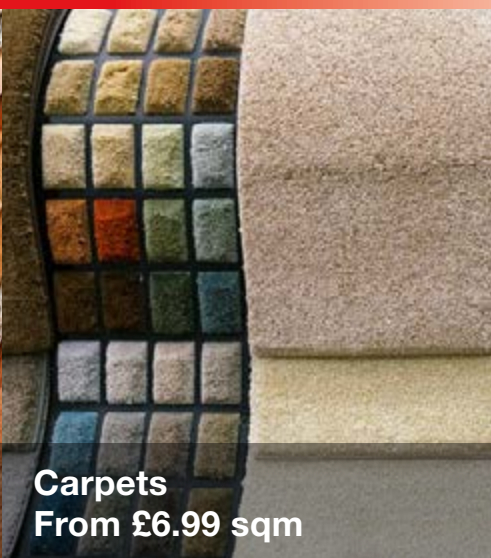
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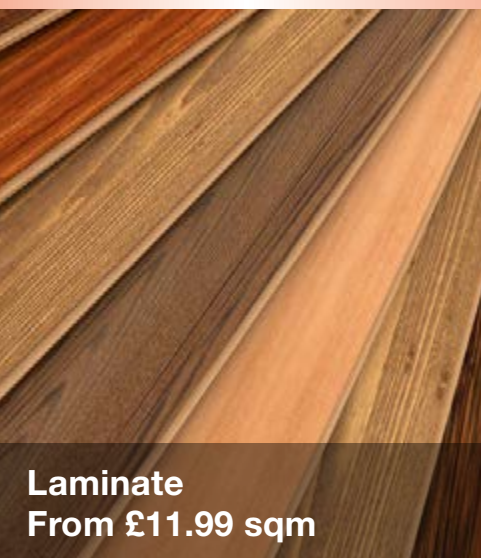
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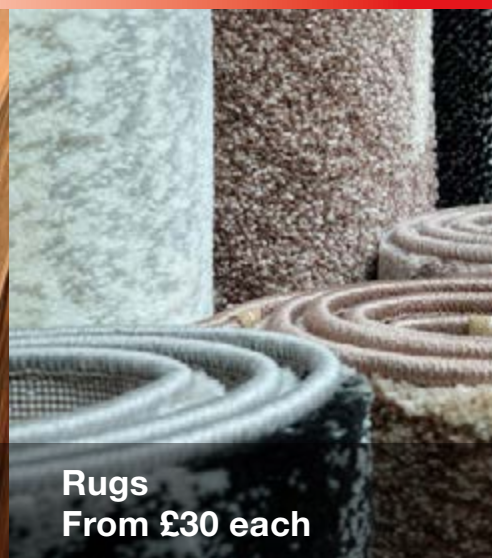
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