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June 2023 Issue 72



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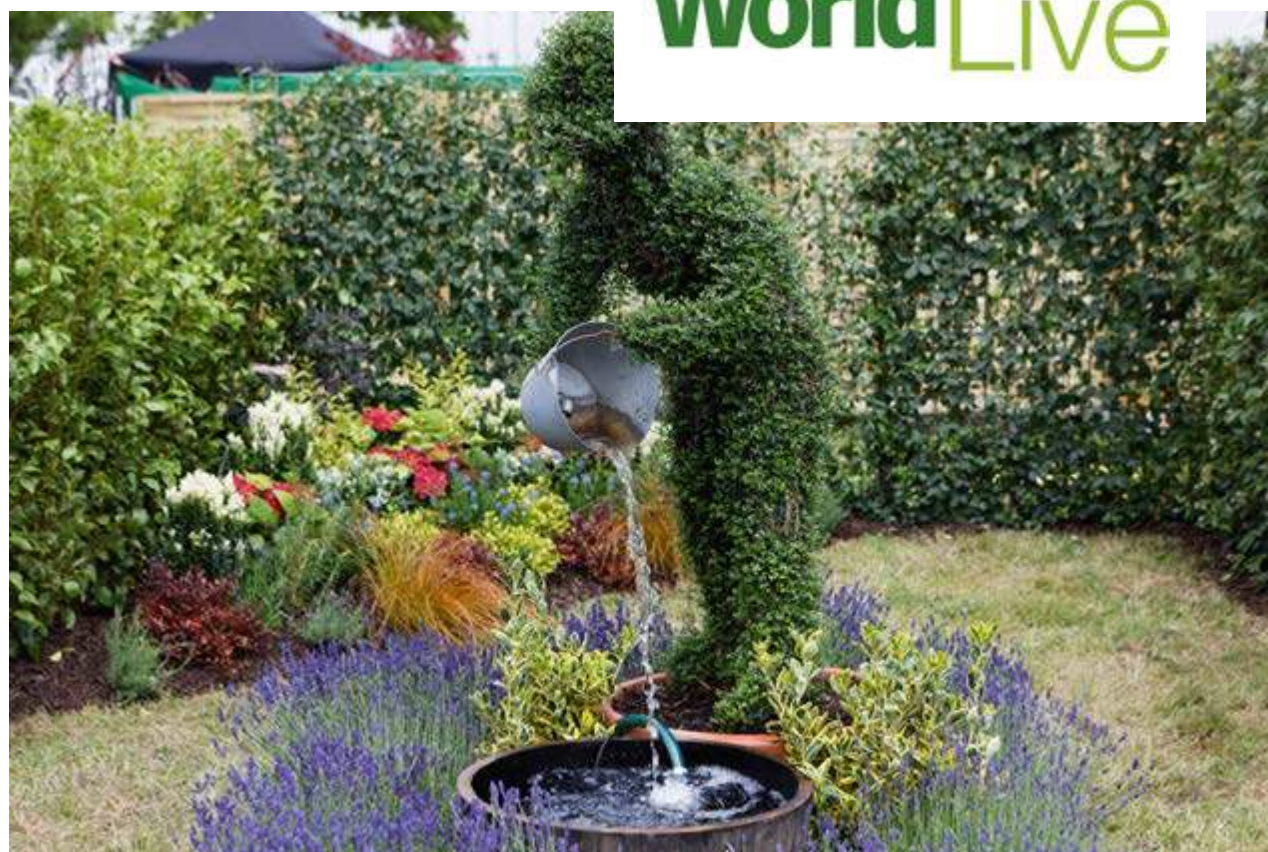
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SEE PAGE 6

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*the* **ColeshillPost**

*the* **CastleBromPost**

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.

## Advertising in our publications

**In order to deliver The Post free to our readers we rely on advertising revenue from local companies.**

We work with you to create the most appropriate package for your business, after all it's in our interest to make each advert work and keep everybody happy.

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## Getting in touch

Sales:  
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General inquires:  
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## WHY CHOOSE HYPER-LOCAL?

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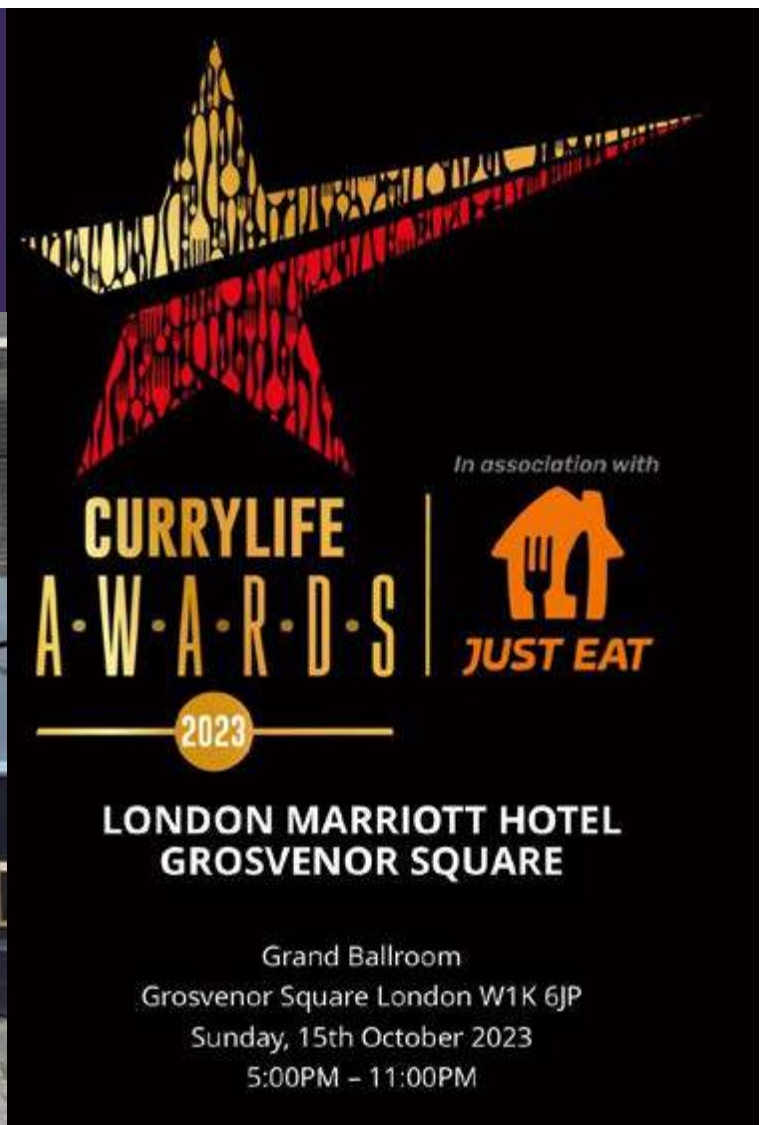
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# What a Wonderful World

**By Indira Mahun**



**Are you living your life the way you want to? Are you making the most of every moment? Or has life taken you by the horns so that you're being dragged through it? After all, it is only this life that matters.**

No-one really thinks about dying but death is inevitable. Apologies for bringing up this rather gloomy subject but this is one thing that we don't ever talk about. We tend to avoid the topic because we don't want to think about it. And rightly so. But as we get older, thoughts about death may start to creep up on us. What will happen when I'm gone? Who will look after my belongings? How will people pay for my funeral? What can I do to make it easier for my children? Will they carry out my wishes or will that be too much trouble for them? Does any of this even matter? I won't know any different will I?

I have heard it so many times. You only have one life – do what makes you happy. That's all very easy to say but it is not always possible. I know what I would like to do that would make me happy, but I also know that I cannot. Getting up each morning knowing that I must drag myself into work when I would rather be

at home spending time with my children and grandchildren or planning a trip somewhere or even getting stuck into a good book is not an option just yet. I still need to earn a living. Having worked since the age of eighteen, I am quite frankly tired. A few more years, says my dad. A few more years that bring me nearer to the time of my demise. I think that feeling like this when you get closer to retirement is excusable and understandable. Life wears you out and a well-earned rest is needed. Frankly, I cannot wait.

Of course, when we have passed to the other side nothing on this earth will concern us. All material possessions that we have are just that. Possessions, assets, goods, and things. We will leave everything behind and leave this earth as we entered it, empty handed. We know this yet we still cannot help being pulled in by the lure of advertising claims that convince us of our need to purchase such items.

We spend all our time and energy going through life gathering and collecting things. Things that clutter up our homes and are of no use to anyone else. You can't take it with you, can you? Of course, there are things, or stuff if that's what you want to call it, that you cannot do without. Essential items that make our lives comfortable and safe. On the other hand, there are also, as we would say in Punjabi, faalthoo items. Items that gather dust in our homes bought on a whim. Items that

are unnecessary, but we hang onto them anyway, just in case. I'm a great one for that. Not exactly a hoarder but I don't like to throw things away.

I'm sure that a lot of us will do just that. Hold onto things. Everything is so accessible in this high-tech life that we lead, and purchasing items is a doddle. Phone in hand, scroll, add to basket, and click. Bought something else I don't really need. It's just so easy. There is no deterrent and little willpower. Self-control, for most people, is impossible to exercise and even paying is so easy as all your cards are saved on your phone in your wallet. What's stopping you? Nothing. I have bought a lot of rubbish in my time just because it looks good in the picture. I haven't yet learnt to desist despite several disappointments from opening the package when it arrives. Virtual shopping sucks.

It's not easy to earn a living. We work hard for every penny and often struggle to make ends meet. It makes sense, therefore, that we ought to be more careful with our spending. I know that as I get older, I become increasingly aware of what I want to achieve and do whilst I still have time left. Spending money on doing things rather than having things seems to be more important and makes a lot more sense now more than ever.

I guess the point that I am trying to make is that we should make the most of each

moment that we have. Do the things that make you happy. Get off that phone and the temptation of online shopping. Make time for your children instead of staring at a screen. It's great to have all the nice things but they don't really matter. What matters is who you are and what you do. Don't focus all your energy on trying to accumulate more possessions because it is not 'stuff' that brings true joy. Happiness is essentially achieved through successful relationships and ties. It is achieved through love and trust and knowing that you are wanted and needed.

This, of course, is my own personal view. I don't expect anyone to agree with me and I value your opinions should they differ from mine. I love every second I spend with my granddaughters. They are what give my life true meaning. I have no desire to compete with anyone who has the latest gadgets or other possessions. To me, doing is so much better than having. Each day is precious, and we get to understand and appreciate this better as we get older. I know I shouldn't be counting down the days to my retirement as it feels like I'm wishing away the years. However, I do really want to be able to spend my time doing what pleases me and makes me happy. 'Won't you get bored,' some people ask me. Heck no. I will do what I cannot do now. Only then will I be truly content.

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# BBC Gardeners' World Live

➤ **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 9m2 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).

## Discount code

We can offer you the following discount code:

**GARDENS2023:** 15% off standard adult/concession entry tickets (excl. Saturday 17th June)  
- applies until 2 June

## WIN TICKETS

We have ten pairs of tickets to give away to our lucky readers, to enter the competition answer the following question:

Who has designed the headline Show Garden, A Garden Fit for a King?

Email answers to [editor.postgroup@outlook.com](mailto:editor.postgroup@outlook.com) by 31st May.

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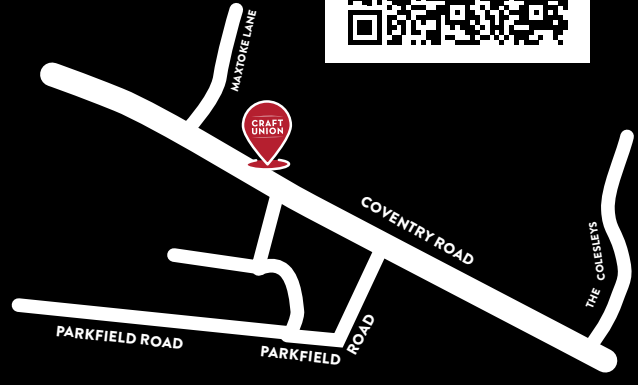
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This is an upsetting scenario... and unfortunately, it could happen to any of us without the right protection.

The sad truth is that around 200,000 family homes are sold every year to pay for care fees. Estates are drastically reduced- sometimes to nothing at all- to pay for care, leaving beneficiaries with little to no inheritance. The lower limit for care fee means testing is currently set at £14,250. However, your loved ones' inheritance could be even less than this simply because the home and other assets were not protected in the right way.

**Don't leave your home open to any risks.**

All of this can be avoided- with careful planning and professional advice, you can protect your home and savings so that your children can benefit as much as possible. Putting yourself in control means you'll prevent government authorities and other parties getting their hands on your assets.



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This plan of action is applicable even if you have a mortgage!

Future stress and heartache for your family and beneficiaries can be avoided, but you must act sooner rather than later. If you fall ill and require permanent care, or if you unfortunately lose mental capacity for any reason, it will be too late to protect your home and assets.

**Act now!**

Sadly, many people put off planning for the future until its too late, leaving children and loved ones devastated to realise that the situation could have been easily avoided. The sooner planning is put into effect, the more effectively we can help you ensure that your assets go to those you love ... not those you don't!

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# Hello from your local Slimming World groups



So proud to share with you our story this month. We've all been busy raising money for Cancer Research UK and what a success it turned out to be! Slimming World members and Consultants coming together as we always do to make a difference and see great results. We hope you enjoy some of the photos from the pick-up day. This is some of the team who gave up their Saturday afternoon to help the lovely drivers of the CRUK vans to pile in 649 bags ready to go off to fill up stock wherever needed in their UK shops. Read on for our total raised and I'll share the total Slimming World fundraising for CRUK as soon as all the 'numbers' are in. (£18 million up to last year!) This is just one event we take part in, we're also involved in Race for Life which is coming up soon so please do ask your local consultant if you'd like to get involved or find out more. Slimming World is all about helping people live a healthier life while still being able to do 'normal' things. Far too generous to be called a diet. With the added psychological support to change habits too.... slim for life.

As the sun is finally starting to shine, I've added a lovely 'summery' recipe for you to try.

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

## Slimming World donations in the bag - 649 Bags and over £16,000 raised for Cancer Research UK

April saw the return of The Big Slimming World Clothes and were so glad to report to you that The Big Slimming World Clothes Throw 2023 was a fabulous success!



All across Slimming World nationwide the event went into overdrive but for our local team of consultants and our members, as always, we were ready to put our heart and soul....and our backs into supporting this event.

As well as being an incredible opportunity to raise money for Cancer Research UK, we know it's also a fantastic way to celebrate the life-changing success of our members as they slim out of their old clothes and commit to making healthy changes for life....and in group there's nothing we like doing more than celebrating life-changing success!

The Big Slimming World Clothes Throw 2023 gave members a chance to celebrate the difference that they've made to their health and the reduced risk of a range of health conditions including some types of cancer, whether they've dropped one dress or waist size, or six. It can be very motivating seeing a piece of clothing in group that a member brings in which no longer fits them, and often quite emotional when the weight loss is accompanied by stories of health improvements too. All of the team were so proud of their groups and what can be achieved when we all come together for such a good cause.

Our event this year took place from 16th - 29th April, with all of our groups taking part. Members were delighted to be on board donating the clothes they've slimmed out of by picking up our special purple bags in group, taking them home to fill with donations and then bringing the filled bags back into group over the 2-week period...and the donations kept coming. Knowing our

members are so keen to make a difference our team always comes together and between them hires a local storage unit where we can take the bags straight after group making it easier to store the bags during the 2 weeks of the clothes throw and it's amazing to see that pile grow!

When our drivers from CRUK collected the bags on the final day, as you can see from the photos there were lots of smiles all round as teamwork kicked in to help fill 2 vans full. Thanks to all of our members and the consultants hard work we were able to donate an incredible 649 bags! This really is a fabulous result and were all so proud of what was achieved. CRUK told us that a single bag on average raises funds for them of between £25-£30 and even more with a completed gift aid tag which we all encourage members to fill in. So, working on the lowest £25 estimate that would mean an amazing £16,225.00!!!! We're so glad to have been a small part of this event knowing that Since 2013, when the Clothes Throw event first started Slimming World members have donated over £18 million worth of pre-loved items to Cancer Research UK thanks to this activity. We cannot wait to hear the final 'tally' for the company this year and I'll let you know when we have it.

We feel honoured to partner with CRUK for this event as facts show that being overweight has been shown to increase the risk of developing some types of cancer and although being overweight doesn't mean that someone will develop cancer. Being overweight can makes it more likely that someone will develop it, than if they are a healthy weight. Although a person's exact risk will depend on lots of factors, including things they can't change such as age and genetics.

Losing weight and maintaining a healthy weight will help our members lead a healthier life and could prevent around 22,800 cases of cancer every year in the UK.

For anyone wanting support with weight loss our doors are always open at all of our warm friendly groups. Contact myself or any of the team or just pop along to see how our groups work.



## Tuna Pasta Salad

Tasty tuna, crunchy carrot and sweetcorn seasoned with herbs and black pepper.  
Ready in 30 mins Serves 4 | Syn free

### Ingredients:

- 200g can sweetcorn, drained
- 200g can tuna in brine, drained
- 1 medium carrot, peeled and coarsely grated
- 1 small red onion, finely chopped
- Salt and freshly ground black pepper

### For the Dressing:

- 1 tsp mustard powder
- 300g fat free natural yogurt
- Juice of 1 lemon
- ¼ tsp turmeric
- 2 tbsp chopped fresh parsley
- 1 heaped tbsp chopped fresh chives

### Method

1. Cook the pasta according to the pack instructions and drain. Cool under cold running water, drain again and tip the pasta into a large bowl.
2. Meanwhile, mix all the dressing ingredients in a bowl.
3. Add the sweetcorn, tuna, carrot and red onion to the pasta. Pour over the dressing, season to taste and mix well.





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# yes you can

with  
**Slimming  
World**

### 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, Jacqui 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

[slimmingworld.co.uk](http://slimmingworld.co.uk)





# Nail Reconstruction

☛ Toenails can easily become damaged by trauma, sports, footwear, lifestyle, fungal infections, and sometimes bad nail care. When they become damaged, they can become discoloured and may grow back thicker and/or uneven. Usually, they are not uncomfortable but instead may look unsightly and becoming self-conscious about this issue is a common reaction. As the warmer months approach many people avoid wearing sandals that show their feet for this reason.

This is where we come in! Nail reconstruction is a way of rebuilding a nail so that it looks and feels like a normal nail. We use a product called Pedisafe® which is a flexible gel that is antifungal, and antimicrobial so helps to protect the nail as well as improve the appearance. It also provides a protective later making it less damaging to the nails than salon gel polish.

It is a very safe treatment and is suitable for anyone with the following: damaged, thickened, uneven nails, discolouration, cracked or lifted nails, fungal and psoriatic nails. Unfortunately, it is not suitable if you are pregnant, have active skin cancers, have neuropathy or poor wound healing, are under 6 or are going into hospital. It is also important to note that we need approximately 10% of your existing nail so that the new nail has something to adhere to.



In your appointment, we use an electric file to thin down your nail as much as possible. This is not painful and may make your nail look more uneven but do not worry, as this is an important step to create a thin foundation to build your new nail. We then apply many layers of gel and use a low-level UV light to cure each layer. The amount of layers needed depends on the extent of the damage to the existing nail.

Nail reconstruction can last anywhere from 4-6 weeks, however if the area gets repeatedly wet or hit, it may not last as long. If you are going abroad, we recommend 20 mins in a pool x2 a day at the most as long as the nail is dried thoroughly. We also ask that you do not have a bath/shower the day of your appointment and do not get the area wet after 10pm the evening before.

As we use a low-level UV light, you will also need to apply a factor 50 sun lotion to your feet 30 minutes before your appointment to protect your skin.



If you feel like you may be interested in nail reconstruction give us a call on 0121 749 6313 and our team can help you improve your confidence and get your feet summer ready!

# A short tale of long tailed tits

☛ Coleshill Town Council allotment holders are used to growing brassica oleracea, solanum tuberosum and lycopersicum, and phaseolus coccineus alongside other fruit and veg.

Now they can add aegithalos caudatus to the list: otherwise known as the long tailed tit. For at one of the allotments, a pair have nested in the metal gate post at the entrance.

Usually they build their nest in a bush or in the fork of a tree, from moss, camouflaged with lichen with interwoven cobwebs and sometimes bits of paper stuck on the outside.

Things are about to get busy down by the gate post. The female incubates a clutch of between 8-12 eggs (though sometimes as many as 15).

After 14-18 days in the nest, the young are ready to make their first flights.

Their des res home has a great location, too, close to the woods and hedgerows they love. And just up the path is the avian version of a corner shop deli: masses of Insects and seeds from the allotments.





## TABLE TOP SALES

FREE ENTRY

3rd June

1st July

2nd September

7th October

4th November

10:00am - 12:30pm  
 Need a table, call 0121 747 7150


 Castle Bromwich  
 Town Council

ARDEN HALL  
 Water Orton Road  
 B36 9PB





# Castle Bromwich Parish Council

## May News



● On Saturday May 6th, Arden Hall was placed under "New Management" BY THE ORDER OF THE PEAKY BLINDERS. The front of Arden Hall was transformed into the Garrison Tavern, with wooden barrels, straw bays and vintage signage leading punters into the murky underworld of the notorious gangster land pub ruled by the Peaky Blinders. The optional dress code of Peaky Blinders attire did not disappoint. The room was filled with flapper dresses, feather boas, three-piece striped suits and the famous flat caps. As the evening got into the swing with the race night, the infamous song of the Peaky Blinders boomed into the hall with the four lookalikes; Tom Shelby, Arthur Shelby, Alfie Solomon and Polly Grey making their entrance.

Shelby shilling notes were handed out to play on the casino tables and place bets on the gee gees at Bromford Bridge. Music and dancing filled Spencer Hall with live music and a DJ. The hall looked amazing after being transformed back to the 1920s. The following day, the Parish Council held a "Party in the Park" in the playing fields.

**Contact us for events or hall hire on:**

**Telephone:** 0121 747 7150

**Email:** ardenhall@castlebromwichpc.gov.uk

Craft stall holders showcased their wares, along with many food stalls and local associations, including the Guides, Sea Cadets, and Castle Bromwich Lions who had prize stalls and information of their associations.

The day was truly fun-packed, with children taking part in the old-style games of egg and spoon, sack race and tug of war. The music was provided by one of our youth councillors, Alfie and his band, the Generations Community Choir from Castle Vale and Reza Farrell, who sang fabulous tunes to the huge audience who came with their picnic chairs and rugs to enjoy the sunshine. The Parish Council would like to thank Liz from the "Ultimate Girls" Vintage Craft Fair organisation, who worked tirelessly with the Parish Council in organising the event along with Lily's pop-up tea parlour.

During the day, staff and volunteers received positive feedback, with many stating that it was a fabulous free event that brought families, friends and neighbours together. To find more information on events at Arden Hall, please check out our large event notice board next to the entrance to Arden Hall, attend our coffee mornings every Thursday between 09:30 and 11:30 and visit our socials, web page and Facebook group.

**Facebook:** <https://www.facebook.com/castlebromwichpc.gov.uk/>

**Webpage:** <https://castlebromwichpc.gov.uk/>

## A Trip down memory lane for Dave and Jill

● Dave and Jill Holman from Castle Bromwich had a return visit to the grand Hotel in Birmingham for their 59th Wedding Anniversary as a present from their children Carol and Paul.

They first visited the hotel for a works night out in 1961.

The Staff at the hotel were amazing and made their stay was wonderful.

A special thanks to 2 members of staff, Sam who took them back to the same ballroom for a photo 62 years later and Sylvia who made sure their photo back in 1961 was in their room with an anniversary cake.

Jill is still active working in a local charity shop and a member of the Lions charity after retiring from Chelmsley Wood Police Station as a clerk.

Dave worked as a toolmaker for Barclay Plastics and worked on the engine pods of Victor Bombers aircraft back in the 50's.

Dave and Jill are still both regulars at the Remembrance club in Castle Bromwich.

They enjoyed the whole experience and made new memories together.

**Thank you Grand Hotel**





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



On the 23rd April, St Clements welcomed The Revd Canon Louise Shaw Area Dean of Coleshill and Polesworth Deanery, who led the worship of Communion during which Ann Kew (Sacristan), Anne Parker and Gus Titre were Licensed to the Altar and who support the Minister in carrying out their duties for Holy Communion. The Eucharist is at the heart of Christian worship, it is celebrated by Christians around the world as a memorial of the death and resurrection of Jesus.



## NEWS FROM THE ALLOTMENT By Jenny Watts

It has been a wet and cold start to the spring so far and as such our growing season has started a little later than usual. We have sown lots of seeds including tomatoes, sweetcorn, courgettes and beans. Some are growing quickly and we have potted them on but others are only just beginning to come through so we are hoping that warmer weather will be here to stay soon to bring them on. We need to wait until all risk of frost has passed to plant out the more tender plants such as tomatoes, beans and sweetcorn.

Our onions are growing strongly and will be ready for harvesting in late June along with the garlic. The potatoes are also growing well and we will continue to "earth them up" which entails using a hoe to pile soil on top of the leaves so that the potatoes that form aren't exposed to light as this can turn them green and inedible.

We finally have some pretty blossoms on the fruit trees so we are hoping for some bumper fruit harvests later in the year. The raspberries, currants and tayberry plants are also bursting into life again after the winter rest. They have plenty of buds on them and we are looking forward to some tasty harvests in a few months, although we are always happy to leave a few on the bush to share with the birds.

Our allotment pond is a hive of activity with tadpoles so we are hoping some will survive to become frogs. The bees are buzzing around the flowers so hopefully everything will be well pollinated. They are such an important insect and do an amazing job for gardeners!



## SPONSORED WALK

Our annual Sponsored Walk will take place in October and to be able to serve Home Made Soup to our walkers and volunteers on their return will be a bonus.

## CHANGE OF DATE FOR YOUR DIARY

St Clements Summer Fayre will now take place on Saturday 15th July from 11am - 2pm and NOT in June as previously stated.

What a weekend. In the setting of Westminster Abbey the Coronation of King Charles 111 and Queen Camilla took place. The Abbey Church has been the setting for every Coronation since 1066, a ceremony dating back 1,000 years and has since witnessed 16 royal weddings and numerous other royal occasions. Those iconic words spoken by the King "I come to serve not to be served" remind us all of what Jesus said "The Son of Man came not to be served but to serve, and give his life a ransom for many."

After what has been a difficult few years it gave us all a chance to get together and celebrate and St Clements certainly did just that. After all, it had been 70 years since that rainy day in June 1953 when Queen Elizabeth 11 was Crowned. So with bunting at the ready the Church had a Bring and Share lunch enjoyed by all and certainly got all in the mood for our Coronation Quiz with fish and chip supper on the 20th May.

No way we were going to celebrate for "Just One Day", two at the very least and after all we did enjoy an extra Bank Holiday, What's not to like.

AND to top it off the Coronation Concert had 20,000 people in Windsor Great Park and as the rest of the world joined in, we were certainly able to celebrate. Whatever the next few years hold for us, there is always that "light at the end of the tunnel". The Coronation on the 6th May 2023 will live in our memories forever. Monday 8th May shone the light on volunteering.

Churches are made up of volunteers, who are the backbone of any Church and without whom a Church could not function. International Volunteer Day (IVD) will be on Tuesday 5th December 2023 and was designated by the United Nations in 1985 as an international observance day to celebrate the power and potential of volunteerism. At all of our services volunteers play an integral and important part in every service and together with all of our groups and socials events such as the Crafternoon, Twenty21, Memory Café (for those with dementia and their carers) and the Oasis Café volunteers are vital to us being able to reach out to the wider community. 4th Castle Bromwich Brownies, part of Girlguiding whose leaders are all volunteers, are also based at St Clements.

**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: [www.stclementschurchcb.co.uk](http://www.stclementschurchcb.co.uk)

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

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





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

## June Update

Following the local elections in May Leslie Kaye has been elected as the new councillor for Castle Bromwich. He would like to thank you all for your support in achieving this, we all look forward to working with you to address all those issues involved in making Castle Bromwich a great place to live, study and work.

We have been in touch with Council officers about the poor finish that the Grass cutting contractors have left in several places around the area, this has been reviewed with the contractors, we now expect to see some improvement, please let us know if there are any further issues.

The road works trenching on Water Orton Road and Green lane will be finished with an interim surface to allow for any settlement, this will be replaced with a new surface across the roadway when this has had time to occur.

As the planned traffic management works on Water Orton Road progress we would like to avoid the dangerous rat running to avoid the temporary traffic lights that residents have seen on the service roads. How do Water Orton Road residents feel about temporarily blocking these for the duration of the works to stop this awful practice?

Many residents are concerned about unsightly building work taking place at

the front of a property in the upper part of Chester Road, A Planning application has been made and has been rejected for this, an SMBC enforcement notice has been served requiring removal of the unapproved structure.

We continue to pursue work to renovate the section of the Green Man Way footpath which runs between Park Hall Academy and Lanchester park, some initial work should be undertaken by SMBC soon with funding being sought for an all-weather surface in the future.

I have reviewed Parish Council plans for a new play area in Arden Park, I hope that you will agree that these will deliver an excellent play facility for our local children.

Want to be part of the future of our area? If yes there are several councillor vacancies on the parish council and their various committees? please contact myself or the parish clerk for more information.

My monthly Surgery will be at the Library at 14:00 on the 5th June, no appointment is required, please come along to discuss any issues that you may have or just if you would like a general chat about things CB, for any more urgent issues please email me on martin.mccarthy@solihull.gov.uk or call.

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\*cost excludes cremation, burial, doctors or minister's fees. All costs are correct up until April 2021

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# Coffee Morning Spencer Lounge

Rear of Arden Hall

Enjoy a coffee,  
cake and a chat  
Every Thursday

09:30am - 11:30am







Castle Bromwich  
Hall Gardens

## News from Castle Bromwich Historic Gardens

► “On the fairest time of June,  
You may go, with sun or moon” so  
said the poet John Keats over two  
hundred years ago. Did he have a  
secret view on the future we wonder  
as yes, in June this year, there are  
opportunities to go to the Gardens  
with the sun and the moon.

We're very conscious of the changing  
seasons here up on the hill in Castle  
Bromwich. Through the trees and under  
the big skies, we have a great view down  
across the Parkland all the way into the  
centre of Birmingham city itself.

### Evenings in June

Early mornings and sunset evenings can  
be really beautiful from our vantage point  
As always we like to share these pleasures  
with our friends and well-wishers.



Early evening music treats start with  
our regular fortnightly Melon Ground  
Sessions. Pop along for our eclectic mix  
of acoustic music on Thursday evenings.  
Wander the Gardens as the sun sets and let  
the sounds of the bees and rustling leaves  
mix with the music in the Melon Ground.  
The evenings are led by veteran and  
versatile guitarist Vo Fletcher who is joined  
each time by a different musical wizard to  
create unique sounds ranging across folk,  
jazz, world and blues music. The bar is  
open, the seats are comfy, the atmosphere  
relaxed. Tickets (£12) on the door.



For a bigger musical experience join us on  
Saturday 1st July for one of our monthly  
Saturday Sounds in the ClaireVoie. The  
ever active 'Soul Sessions Brum' are  
guest curators offering a fine evening of  
soulful music and chilled atmosphere  
in a beautiful outdoors space, good  
vibes are guaranteed for all. The natural  
amphitheatre of the ClaireVoie space in the  
Gardens is the intimate space for the stage  
for this Saturday's outing. Artists include  
Kezia Soul, Collective Sleep, Kzam, Ryan  
Sloan and Livvie Wilkes.

### Celebrating the longest day

For all those people who enjoyed our  
Wassail in January, we're continuing the  
tradition of marking nature's seasonal  
changes with ceremonies and fun activities.  
This year the longest day falls on a Tuesday  
(21st). Even though this is midweek, we  
couldn't let it pass completely by.

Join us for an evening of flower wreath  
making, songs, stories, food, dancing and  
maybe even the midsummer tradition of  
fire leaping!

Families welcome until 9pm and then  
adults only until 10.30.

### Re wilding and self care

If a Tuesday doesn't work for you, there is  
still so much going on in and around the  
Gardens and the Parkland on other days:  
Morning Yoga, Photography Walkshops,  
Spoon Carving and Taste the Wild  
foraging, outdoor cooking sessions.



And for the young ones there's regular  
Forest School, Bushcraft and free after  
school activities. Even babies and the  
under-fives are invited to learn to be 'wild  
and creative' in our urban space with  
regular First Songs in the Orchard and  
NatureMakers sessions. Our area may be  
completely surrounded by heavy industry  
and polluting roads but discovering nature  
and the wild is still possible here.



### Daytimes..

As always the Gardens are open to view  
and wander five days a week. Usually  
weekdays are a good time for quiet walks  
and contemplation, at the weekends,  
there's nearly always something extra.

There's a welcome return of Vegan Market  
on Sunday 25th June. Come get your vegan  
goods and delicious food to take home  
or to picnic on site. Last year's Garden  
Party atmosphere will be reprised with  
free music all afternoon from the Central  
England Concert Band.



There's more musical fun the following  
weekend (2nd July) with Sing and Tonic an  
afternoon full of songs about – or inspired  
by - drinking from Claire Edwards' hugely  
popular Notorious Choir. And yes the bar

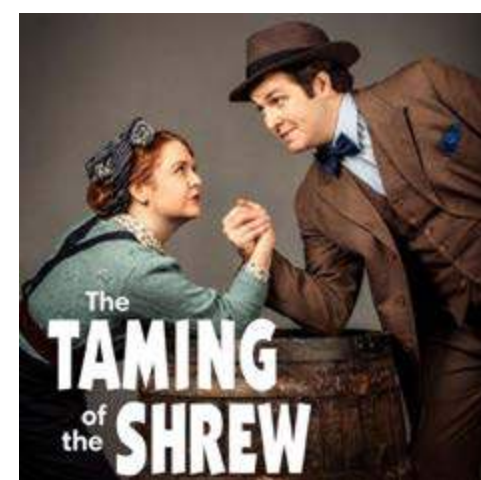
will be open too.

### Will does it again

We started with the poet Keats and end  
here with Shakespeare; the quintessential  
'local boy made good'.

It's 400 years since the publication of  
the 'First Folio' in 1623: a volume of 36  
collected works of Shakespeare's plays.

Published after Shakespeare's death the  
Folio remains the main source and record  
of the plays 'wot he wrote'. Of the 50  
remaining in the UK, four are here in the  
Midlands. The Gardens does not have a  
space to display such a delicate object... but  
we too will be celebrating In Saturday 1st  
July we will have not one, but two, 'Bards'  
loitering in the Gardens being inspired by  
them and inspiring us all with his words.  
They'll be a small exhibition and other  
family activities to enjoy. On Sunday (2nd)  
evening stay for the Crescent Theatre's  
take on one of the fieriest of Shakespeare  
plays .. the Taming of the Shrew (5.30pm  
onwards)



There's so much going on, even our (very  
small) team of staff and volunteers are  
having trouble remembering what's on,  
when. Our new calendar of events on the  
Gardens website is an excellent way to keep  
up to date with happenings, information  
and ticket info.

Don't forget the Gardens Trust who look  
after and keep the Gardens safe for ever  
are a charity, each of your visits helps us  
keep the Gardens open for everyone's  
enjoyment. If you have time to spare... we  
always welcome new volunteers for the  
Gardens, café and visitor welcomes...  
get in touch.



## Gardener's Tips for June 2023

➤ **Tender veg and annual plants you may have been growing indoors can finally go outside, but remember those plants have been living a pampered life indoors - before planting out harden them off first by taking them outside in a sheltered position or bring them in at night. If you have citrus plants the risk of frost should have passed and they will benefit from being outside.**

Remember the sun in June can heat up a greenhouse very quickly - it may have already done this in May - so ensure you have adequate ventilation and shading in place to stop any plants from frying.

Last year's dry weather may have managed to finally kill off quite a proportion of your older and established plants, so hopefully you have been able to nurture some replacements this year. Make sure your watering regime - inside any greenhouses as well as outside - remains regular and moderate, we saw what damage alternate drought and downpour can do last year.

Prune any Spring flowering shrubs to keep them compact, plants such as mock orange and forsythia benefit from having older stems removed. The flowers are formed on older wood, so by removing just the oldest of the woody stems the plant can remain a manageable size but still be able to flower next year.

In the veg garden plant out any tender veg raised indoors, sweetcorn when planted should be done in blocks and not lines as this aids pollination and increases the crop produced and any early salad crops such as lettuce and radish should now be ready to harvest and eat. Don't forget to water in dry weather especially when plants are forming their fruits and feed any beans, tomatoes and courgettes with tomato feed as they take a lot of goodness out of the ground to produce their high yielding crop.

### #NoMowMay

Well done if you followed Plantlife's annual campaign advice to leave your lawns and open spaces uncut for May. don't forget to go slowly with the mower with your first June cuts: that grass and those wildflower seed heads can be tough on your machine blades.

Why NoMow May? We've lost nearly 97% of flower rich meadows since the 1970's and with them gone are vital food needed by pollinators, like bees and butterflies.

A healthy lawn with some long grass and wildflowers benefits wildlife, tackles pollution and can even lock away carbon below ground - and best of all, to reap these benefits all you have to do is not mow your lawn in May!

There are over 20 million gardens in the UK so even the smallest grassy patch adds up to a significant proportion of land which, if managed properly, can deliver enormous gains for nature, communities and the climate.

The Gardens are obliged to maintain the manner and style of the Gardens from over 350 years ago - which was certainly less concerned with conserving the 'natural and the wild than we are.

But we nevertheless embrace #NoMowMay in our wilder areas, but have to cut the main lawn to keep the grass healthy and accessible for you visitors. Even so continue to do as much as we can to naturally attract bees and insects to the Gardens... for the benefit of us all on this planet.



Scott Bevan History Column

## Free Franks, The 2nd Earl of Bradford and Mrs Eliza Case

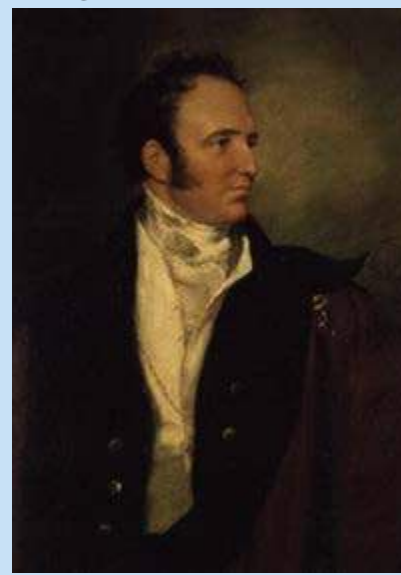
➤ **Before the introduction of the postage stamp in 1840, there existed a method of postage known as a 'free frank'. A free frank was essentially a hand stamped mark made on mail to indicate that the item did not require any sort of paid postage. Free Franking wasn't available to just anybody though. The privilege of free franking was only afforded to four different classes. Those classes were, members of parliament, peers sitting in the House of Lords, office holders who qualified via certain acts of parliament and to archbishops and bishops sitting in the House of Lords. As well as the hand stamped frank, free franks also required the sender to hand sign the cover of whatever was being sent, be that a letter or a parcel. During the first three or four decades of the 1800's, free franks were eagerly sought after by autograph hunters. This was most commonly achieved by the cutting out of the front panel on the envelope which carried the stamp and signature of the sender, which of course were required under the use of the free frank privilege. Contrary to its name however, this service wasn't entirely free. The bill for all of this parliamentary post had to be picked up by the taxpayer, and as such, the service was open to abuse by those who qualified for the free franking service. MP's were known to have sold their frank to businesses and regularly franked letters for friends and relatives. I guess some things never change.**



Which brings me to the reason behind today's article. I'm not a collector of free fronts (the name often used to describe the cut out section of the free frank letter),

but I do keep an eager eye out for items pertaining to the history of Castle Bromwich. Recently I came across this item. It's a free front that was sent from Castle Bromwich by George Bridgeman, the 2nd Earl of Bradford, in the year 1834, to a Mrs Case of Shenstone near Lichfield.

### First a little about George Bridgeman...



George Bridgeman was born on the 23rd of October 1789 and was the eldest son of Orlando Bridgeman, the 1st Earl of Bradford and Lucy Elizabeth Byng. He was educated at Harrow School, London, and Trinity College, Cambridge, where he graduated with a Master of Arts in 1810. When his father died in 1825, George succeeded his father's titles and family seats, which included both Weston Park in Staffordshire and Castle Bromwich Hall and gardens. George married twice during his lifetime. His first marriage was to a lady called Georgina Moncreiffe on the 5th of March 1818 and together they had six children. Two of whom were sisters named Lady Lucy Caroline Bridgeman, born in 1826, and Lady Charlotte Anne Bridgeman, born in 1827. I mention these two ladies specifically, because in the year 1858, when both ladies were in their early 30's, they tragically died after their crinoline dresses were set alight by sparks from the fireplace in the library of the family home at Weston Park. The sisters suffered horrific burns and passed away within a week of one another. George Bridgeman, the 2nd Earl of Bradford, passed away at Weston Park in 1865 aged 75 years. He was succeeded by his eldest son and heir Orlando Bridgeman, the 3rd Earl of Bradford.

The recipient of the letter was a lady named Eliza Case. The Case family lived in Shenstone, Staffordshire in a property once known as 'The Moss'. Eliza's husband, a gentleman named Henry Case, purchased The Moss in the year 1808 and the family were living there by 1809. Henry was born in or around the year 1774 in Huyton, Lancashire and married Eliza Case (nee Ford) on the 27th of September 1808. Right around the time that the family purchased The Moss. Together the couple had eight children. Unfortunately, on the 10th of October 1824 aged 50 years old, Henry passed away. Eliza Case was just 42 years old when she was widowed. However, it seems that she wasn't short of company as it's said that Eliza and her children were often very sought after as dinner party guests and that she frequently entertained people at The Moss. Said to have been a very attractive lady, she probably had a great deal of willing suitors. Eliza and her children continued to live at The Moss until the year 1847 when it appears that it was sold to a gentleman by the name of Thomas Bagnall. Eliza Case passed away in Leamington in the year 1866 aged 78 and her body was returned to Shenstone where she was laid to rest.

I guess we'll never know what was contained within the correspondence sent by George Bridgeman to Eliza Case in 1834. The writing on the reverse of the free front is extremely difficult to decipher and even if I were able to understand it, I'm certain that it would only give us a relatively small peak into what its content would once have been. But both George and Eliza were of a similar age and part of what I can only describe as being the upper echelons of British society. I'm almost certain that they'd have had shared interests and were maybe even close friends during their lifetimes. It's strange to think that this small slip of paper began its journey in Castle Bromwich almost 2 centuries ago, destined for a village in Staffordshire. Most probably sought after by collectors of items like these for the last 188 years, it could actually have travelled the length and breadth of the country. Until now that is. Now it's back where it began all those very many years ago, in Castle Bromwich.



# Stations battle it out to be pride of West Midlands and the region's champion in the World Cup of Stations

- This week the public can vote for their favourite railway station in the World Cup of Stations 2023,
- TV presenter Tim Dunn chose the 48 stations from across Britain and they compete in a series of online public votes and you can take part via #WorldCupofStations or @RailDeliveryGrp on twitter or vote online at raildeliverygroup.com/WorldCupOfStations
- West Midlands is one of four regions to battle it out on Tuesday 23 May in a bid to reach the final on Friday 26 May
- The tournament seeks to showcase community rail and the benefits the railways bring to residents, the environment and the local economy.

Four train stations across West Midlands will battle it out to for a place in the final to be crowned the winner of World Cup of Stations 2023, supported by the Rail Delivery Group and the Community Rail Network.

This year's competition takes place during Community Rail Week (22-26 May) to showcase community rail and the benefits railways bring to residents, the environment and the local economy.

The four stations in the West Midlands that have been nominated are:

- Coventry, West Midlands managed by Avanti West Coast has been nominated The Heart of England @ CommunityRail partnership has supported the station by setting up a public art exhibition at the station.
- Evesham, managed by Great Western Railway has been nominated as the Friends of Evesham have helped transform it with new garden areas springing up across the station.
- Wylde Green, West Midlands managed by West Midlands Trains have been nominated as Wylde Green Station Adopters are transforming the surrounding area of the station from waste land to wildlife habitats, re-establishing an array of plants and creating a pocket pond, helping the local environment flourish for all visitors.
- Leamington Spa, Warwickshire managed by Chiltern has been nominated, as thanks to local volunteers, the station boasts a stunning station garden along with a wonderful display of local artists work in and around the stations, including a stunning mural celebrating the 2022 Commonwealth Games

Over 100 nominations were whittled down to 48 by TV presenter Tim Dunn in the competition that was last held in 2019. They now face each other in a series of mini-battles to be crowned World Cup

of Stations champion 2023.

Each of the nominees are from one of 11 regions, with four bonus stations selected by Tim Dunn. People can vote for their favourite West Midlands station on Tuesday 23 May #WorldCupofStations or @RailDeliveryGrp on twitter or vote online at raildeliverygroup.com/WorldCupOfStations

Jacqueline Starr, chief executive of the Rail Delivery Group, said: "Day in, day out stations up and down the country are proving to be at the very heart of the communities and this year during Community Rail Week, we want to shine a light on the very best stations in England, Scotland and Wales which includes: Coventry, Evesham, Wylde Green and Leamington Spa".

"All of the stations are making a positive impact on their local community, whether that's supporting local businesses, being used for a social space or making the local environment better by being more sustainable, whatever they're doing to make a difference, we want to celebrate."

Tim Dunn, TV presenter and shortlist judge, said: "I had the tricky task of selecting the shortlist of 48 stations - tricky, because it represents the work of 48 groups of chuffing ace volunteers.

"The time, energy and love each group gives is because of a love of our shared railway and their communities too. It might seem bonkers, but this competition showcases the hard work of hundreds countrywide, then amplifies and celebrates all in community rail. Remember: like a football World Cup, the winners each day need more and more support - in every battle, it's the one with the most votes who wins!"

Jools Townsend, chief executive of Community Rail

Network, said: "Community Rail partnerships and thousands of 'station friends' volunteers the length and breadth of Britain are mobilising en masse, engaging local people and partners to raise awareness about sustainable travel by rail, and get people enthused about its many benefits."

Over 1,200 stations across Britain are supported by station adoption groups, made up entirely of volunteers, that help to make stations welcoming and safe, bring people together and add value to their communities. Often the work of these groups extends beyond basic upkeep, incorporating community gardening and food growing, local arts projects, and workshops and visits with children and young people.

We received more than 100 nominations for stations to feature in this year's competition, recognising the efforts of so many across the country in the following categories:

- **Creating social spaces** – stations rejuvenated by local adoption groups who are creating spaces for the local community
- **Supporting local business** – adoption groups using station spaces to host and celebrate local businesses
- **Education stations** – educational spaces and workshops arranged by adoption groups held in their station
- **Tourism stations** – adoption groups using their station to promote local attractions
- **Sustainable stations** – environmental efforts by local community groups to improve their station's green credentials



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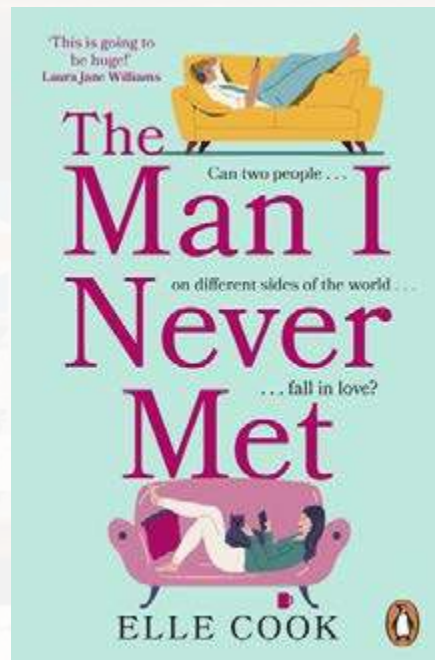
# Castle Bromwich Library Book Club

## The man I never met by Elle Cook

Hannah has a nice life. She has her own flat in London, a job in marketing and a personal trainer that definitely fancies her. It's not a hugely exciting life, but she's happy. Until one evening she gets a call from an unknown number - an American man who has misdialed her when calling for an interview. He introduces himself as Davey. Messaging turns into video calling and it feels like the start of something. Several weeks later, Hannah is waiting for Davey at Gatwick Airport with a banner welcoming him to London. But he never walks into Arrivals. When Hannah finds out why, her world is turned on its head.

*This is a book of romance and chemistry - a real emotional roller coaster. It had me happy, sad, laughing, crying and surprised. A brilliant story*

Review by Castle Bromwich Library member



## The winter dress by Lauren Chater

Jo Baaker, a textiles historian is drawn back to the Dutch island where she was born to investigate the provenance of a valuable seventeenth-century silk dress. Retrieved by local divers from a sunken shipwreck, the dress offers tantalising clues about the way people lived and died during Holland's famous Golden Age. Jo's research leads her to Anna Tesseltje, a poor Amsterdam laundress who served Catharina van Shurman, portrait painter to the Dutch court. The two women were said to be close, so why did Anna abandon Catharina at the height of her misfortune? And how did Anna come to possess such a precious dress? Jo is determined to find out, while battling academic politics and personal demons.

*An engrossing, fascinating story with dual timelines, history and interesting characters. Compelling and beautifully written. This is well worth a read.*

Review by Castle Bromwich Library member

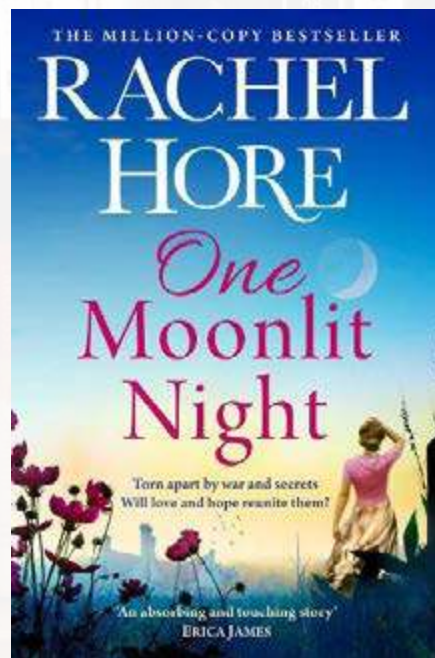


## One moonlit night by Rachel Hore

When the family home in London is bombed in the early 1940s, Maddie and her two young daughters take refuge in Norfolk, in the country house where Maddie's husband Philip spent the summers of his childhood. But Philip is gone, believed to have been killed in action in northern France. Despite overwhelming evidence to the contrary, Maddie refuses to give up hope that she and Philip will some day be reunited. Something happened at Knyghton one summer years before. Something unresolved, that involved Philip, his cousin Lyle and a mysterious young woman named Flora. Maddie's curiosity, which turns to desperation to find out the truth, is shut down at every turn. No one will speak about it, and no one will reassure Maddie that Philip will ever return to Knyghton.

*Rachel Hore never disappoints me. This is a story of betrayals, secrets and enduring love. The story has so many layers, I was completely pulled into it. This is an excellent read and I would highly recommend it.*

Review by Castle Bromwich Library member

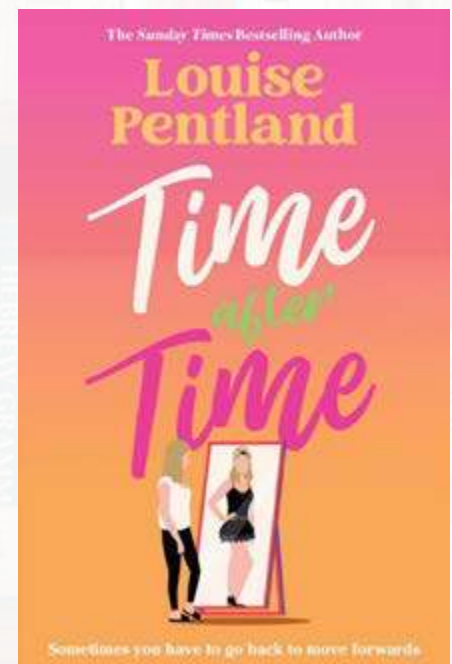


## Time after time by Louise Pentland

Sometimes you have to go back, to move forwards. Tabitha is stuck. She still lives in the small town she grew up in - the town she's barely ever left. So, when her dad drops a bombshell over their weekly Sunday dinner, Tabitha takes a look at her own life. She lives firmly in her comfort zone and doesn't know how to break out. Sometimes she wishes she should go back and start it all again. When she meets Bea, a free spirit like no one else she's ever known with an 'interesting' sense of style, Tabitha quickly befriends her, recognising in Bea the change she's been craving. But soon it becomes clear that more has changed than her new friend. Somehow Tabitha has been transported back to the 1980s. With the chance to reinvent herself in another time, will Tabitha finally manage to move forward?

*A beautiful story of love, self-discovery and hope - I found myself lost in the pages. Pure 80's nostalgia. I loved this book.*

Review by Castle Bromwich Library member





# Shustoke Volunteering Event 8th May



➤ As part of the celebrations for the coronation of King Charles Shustoke took part in The Big Help Out which was a day of volunteering on Bank Holiday Monday 8th May. Shustoke is lucky in having a Field in Trust for the benefit of local residents. Over the last 18 months a group known as the Working Group for the Recreation Ground, set up by Shustoke Parish Council, has been working to develop the field both for recreation, biodiversity and as a place where all ages can meet, socialise and have fun!

Following a survey of the residents a long-term plan for development was drawn up and agreed by the Parish Council. So far we have developed a path around part of the field and an Adult trim Trail funded by a National Lottery Awards for All grant and Councillor funding provided by Councillor David Wright. As part of a Partnership with Warwickshire Wildlife Trust, Picadilly Recreation Ground and Ansley Common Allotments we have planted trees and started a small orchard. As part of that project we sowed two large areas of wildflower meadow and made wildflower seed bombs to take away as part of the activities for the Volunteer Day.

The main aim of the day was to develop a Sensory Garden in a neglected area of the field. In the build up to the day donations of pallets, tyres, roof tiles, wood, sticks/fir cones/bug hotel materials and soil for the tyre planters. Local residents were generous in their donations a growing pile of materials developed over 3 weeks. The organisers, Lisa Dupree and her Mum Elaine and Dad Graham then prepared the activities which included: tyre planters, 3 bug hotels, den building, barefoot path,

recycled art crown made of painted stones and a bottle top flag. A small grant from Warwickshire Borough Council meant that the volunteers on the day could enjoy a much needed BBQ lunch!

The event started at 11am with a small group of people but then as the rain cleared lots more families turned up! In total we had about 50 people. Everyone chose what they wanted to do and many bought their own tools to work with. Everyone worked really hard but had great fun too! There was lots of fun chatting with friends and meeting new ones!

The BBQ was much appreciated and the area looked entirely different by the end of the day! Three bug hotels are now awaiting lots of creepy crawlies. A brilliant den, with a barefoot walk leading up to it will provide local children with lots of fun times. The painted stones were carefully laid to make a spectacular crown. The tyres were positioned to create a barrier between the area and the access road and filled with grass and then a top layer of tyres were filled with soil and a range of red, white and blue plants and some herbs. The area has gone from a neglected and overgrown corner to a place that children and adults can really enjoy! Everyone taking part had a great day and went home tired but very satisfied with what had been achieved in just a few hours. We will be planning more volunteering activities in the future.

A new group called The Friends of Shustoke Queen Elizabeth II Field is now being established which will be specifically aimed at fund raising and sourcing grant funding to enable our plans for the Children's Play area and other amenities to move forward. The main outcome of the survey was to have some children's play area so that will now become a priority for the new group.





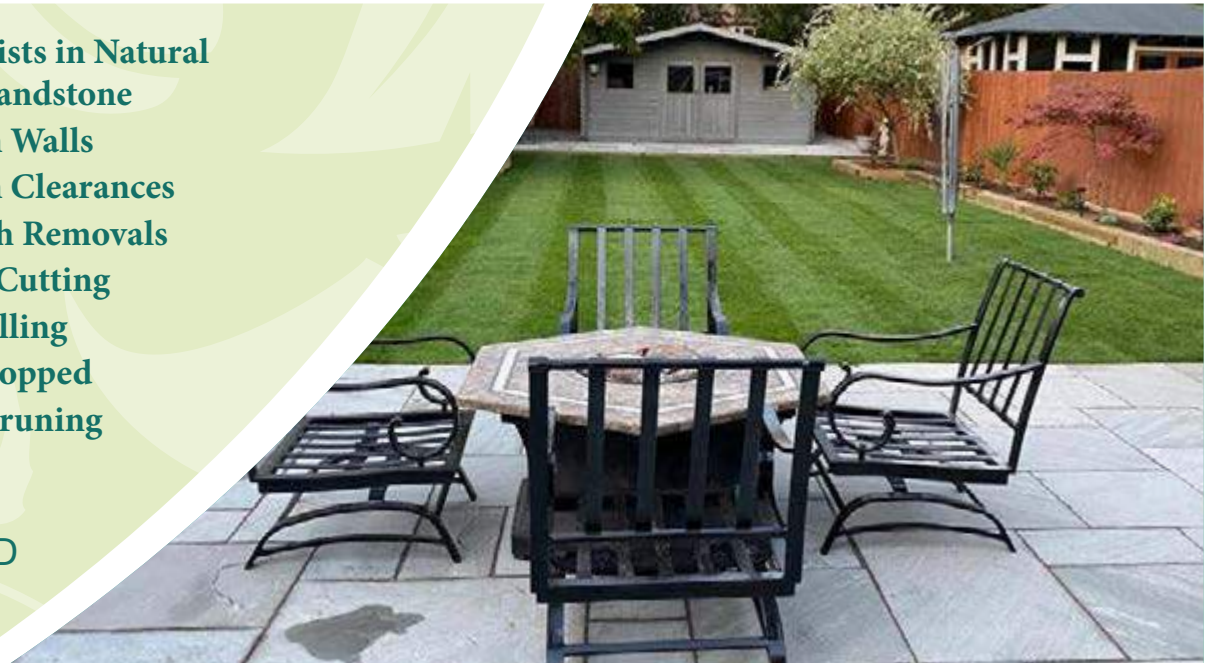
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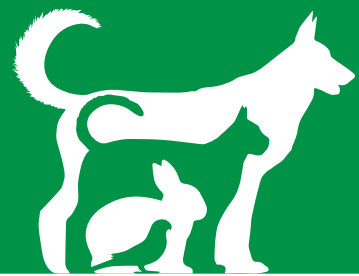


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# Pet Page

## Birmingham Dogs Home - Forever home for Zeus



### My K9 Carer Notes

Zeus is a loveable boy who doesn't yet understand his size. He is a very smart, young dog who loves training and learning! He walks very well on the lead but does sometimes forget he is 60kg! Zeus loves to play with his toys off lead and is very well mannered with them.

Zeus can be unsure of other dogs and doesn't appear to have been well socialised as a puppy. Because of this he needs a home as the only dog as he can be very unsure and guarded with other dogs and has shown signs of being reactive with them.

Zeus is looking for a home where he is the only pet and with owners who have had experience of large, guardian breeds. Because of this he is looking for an adult only home.

If you are interested in adopting Zeus, please fill in an enquiry online or call the below number. You will then receive a questionnaire to complete. If your application is successful, we will then contact you regarding the next steps

**For enquiries please ring our Birmingham Centre on 0121 643 5211.**

**Zeus Breed: Turkish Kangal**

**Gender: Male (N)**

### A little about me

Hi I'm Zeus! I'm a super handsome lad that can sometimes forget that I'm not the size of a chihuahua, but they get to sit on people laps so why can't I! I love going out for nice long walks with my K9 Carers, I even walk nicely on the lead for them!

## Ward End Cat Rescue

Ward End Cat Rescue will be fundraising at the Water Orton Carnival on Saturday 17th June and then on the Friday 23rd June at 3.30pm at Castle Bromwich School Fayre. We will be running our fabulous tombola and will have various goodies to sell too, including our famous handmade WECR catnip Super Mice. We are always looking for events to attend (please let us know of any), volunteers to help out on our stall and also the donations of various tombola prizes please. For more information and regular updates on whats happening please check out our Facebook Page. Please come and support us and help us raise much needed ongoing funds - look for our orange gazebo, you won't miss it!

Here are just two of our resident cats that live at the rescue, handsome Charlie who suffers with various health conditions needing regular vet treatment and gorgeous and very gentle Smudge who is semi feral.



Charlie



Smudge

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

**Email: wardendcatrescueofficial@outlook.com**

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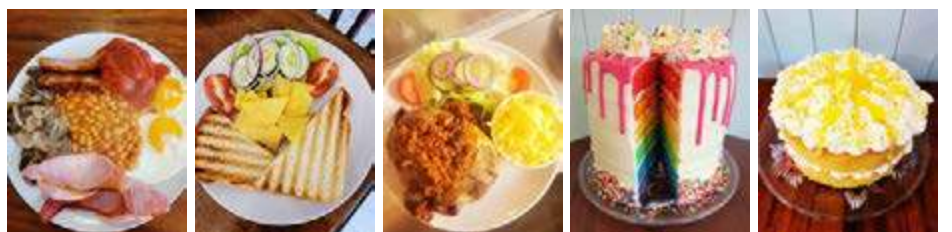


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# Interiors & Decorating



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## Decorating tips

As professional decorators we often find ourselves being called upon by our customers for advice on colours and over the years we have spent a lot of time researching and learning about the different ways that colour can influence the mood or feeling in a room.

It's important to consider the impact that colour will have on a space when considering what you're trying to achieve and how the room will be used. The effect of different colours can range from subtle to dramatic. This in turn will influence your emotions in that room creating everything from feeling motivated and upbeat to more relaxed and restful.

As a starting point there are a few basic principles that tend to remain constant. There can be exceptions but these general rules should make a good starting point when considering colours for your project.

- Pale colours often add an uplifting feeling to a room
- Neutrals feel natural and often make you feel grounded
- Whites are very clean and crisp feeling and provide an excellent blank canvas to express yourself with accessories such as ornaments and artwork
- Deeps give a room a very dramatic feeling and a sense of opulence

If we take these rules and start looking at specific colours we can start to consider how these can be applied in our homes. Pale colours like light pinks and blues and pastel shades are very easy to live with. They tend to encourage a positive mental attitude. They are also similar to whites in that rather than dominate a room they can provide a good backdrop for you to express your creative approach to interior design with things such as soft furnishings and artwork.

Neutrals have always been a popular choice, no more so than the last 6 years or so with the dominance of greys as a colour choice within the home. Looking beyond grey though we can start to consider earthy tones such as ochre and slate. These provide interest and provide a sense of warmth or coolness while continuing to provide the feeling of calmness associated with neutrals. With neutrals- particularly greys- you get the advantage of them appearing different depending on how then light shifts. This provides further interest and can be particularly effective in rooms that are used throughout the day.

Whites are among the most versatile of colours when it comes to providing a backdrop to the rest of the design features within a room. They allow you complete freedom with interior design touches such as cushions and lampshades without ever making you feel restricted or limited to certain colour schemes. If you are using white it's worth considering off-whites such as Farrow and Ball's Wevet as these will make the overall effect feel softer than standard or pure brilliant white. A handy tip when looking at off whites is to make note of where they are placed in the colour chart. They often feature alongside or underneath specific colour groups. This is an indication of what kind of off-white it is. So if it's with the group of pink through to red shades then it will have a touch of that in it. This takes the uncertainty out of choosing an alternative colour for things like feature walls. If you pick one from the same group then it should compliment the off-white. At the same time the hint of colour in the off-white is subtle enough for it not to interfere or clash if you want to use a totally different colour group for other design features in the room.

Finally onto the dramatic deep colours. These are often the most difficult choice as if you pick the wrong one they can be very difficult to live with as they tend to dominate a space. Whereas neutral and light colours are usually easier to adjust to even if you're not sure you've made the right choice. At the moment deep blues are very popular but deep and impactful shades of green and teal are also featuring in a lot of projects. The more tentative approach is to just use them as feature colours on 1 or 2 walls or an chimney breast. This can be very effective at bringing interest to a room but the more bold approach is to flood the room with them creating a sense of creativity and confidence within a space. The common consensus is that darker colours can make rooms feel smaller and while this is sometimes true they can have the opposite effect. Deep colours can dissolve boundaries which creates depth in a room. Another way to use deeper colours is to use a lighter colour on walls then the deep colour on woodwork such as skirting, door frames and doors and picture rails. This is a great way of introducing drama and interest to a room without being overpowering.



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# Local Sports



## Former Paratrooper & RAF Reservist Pushed Hard to Gain 715th and 716th Sporting Feat

► North Warwickshire World Champion Paddy Doyle proved to his arch rivals that he is capable of raising his game by setting a cross country duathlon speed march 5 km cross country run / walk carrying 20lb back pack, and 10km mountain bike challenge over a non - technical course in a combined time of 1hr. 12 min. 30 sec, bringing his documented career fitness endurance feats and World Records to 715.

Rowington Village footpaths, Heart of England Way footpath and Grand Union Canal tow path Warwickshire was the venue for the latest challenge, the course is ideal due to various hilly inclines and open cross country footpaths.

"I will be attempting many more outdoor duathlons and triathlons in the future involving kayaking, mountain biking and cross country weighted back pack speed marches it will be tough but I know I can put in the time to improve my mountain bike and kayak techniques which help me to push myself further ."

Doyle's latest duathlon was setting another new course record time kayaking 8 km on the River Leam and 5 km cross country speed march carrying 20lb back pack over the Millennium Way footpath Leamington Spa in a combined time of 1 hr. 36 min. 05 sec. The first 4 km's

was paddling up river but Doyle's upper body strength paid off keeping him on target from the start line.

"Training for the river kayaking discipline has been hard, I have been doing British Canoe Union kayak skills courses for the last nine months, a big thank you to the Leam BCU coaches who put me through my paces which will also help me in the future to attempt more Kayak combined attempts."

Completing the two latest duathlons now brings the total to 716 physical fitness challenges and World Records covering 8 different sporting categories.



Picture credits David Hastings (Warwickshire UK)



## Water Orton & District Tennis Club

At last, our summer season is starting to get underway. Our league matches have started with some excellent results and it's good to get our regular players and our Club Coaches back in action.

We have a few vacancies on our membership lists as we have increased our social tennis groups and our coaching groups.

Our full programme is listed below and any vacancies we have are shown next to each group.

Saturday morning, we have three junior coaching groups.

**Group 1** 9.30am until 10.30am this group is full.

**Group 2** runs from 10.45am until 11.45am and there are three spaces remaining.

**Group 3** starts at midday until 1.00pm and we have three spaces in this group all beginners ages around 6/7 years.

Sunday is for members social tennis if there are no league matches on and the courts are available.

You just book on line, you have your own key and you just turn up and play.

Monday evening 6.00pm until 7.00pm Youth Group Coaching. This group is now full.

Monday evening 7.15pm until 8.15pm Adult Beginners.

We are currently full up in this section.

Tuesday evening 5.30pm until 8.30pm This is for Adult Improvers Group, mainly for people who have played a bit before but possibly not for a while. We have a few vacancies in this group and you just turn up and leave at a time to suit you. This is a good fun session with a very welcoming group of people.

Wednesday is Men's Night and we have some spaces left in this. It runs from 6.00pm until 9.00pm.

Thursday is Ladies Night and there are a few spaces in this group. This one starts at 6.00pm and will finish anytime up to 9.00pm.

Friday 6.00pm until 7.00pm is Cardio Fitness Tennis. This course runs for a set number of weeks and then a new group can start. This is followed by Adults Mixed Tennis and runs until around 9.00pm.

If you would like to come and see you would be really welcome and you can have some "taster" sessions before deciding if you want to join on an annual membership.

If you would like any further details, please text or e-mail our Club Secretary as listed below:-

**Paul Messenger e-mail paul.messenger82@hotmail.co.uk mobile number 07538 601246.**





# Castle Bromwich Cricket and Sports Club Proud to Launch the Disability HUB and Girls Cricket Supported by Warwickshire Cricket Club and Lord's Taverners

➤ In a sleepy part of north Solihull, there is a sleeping community giant beginning to emerge a band of determined volunteers who are aiming to develop a truly remarkable community resource.

## Embracing Inclusivity: The Power of Disability Cricket



In a world that increasingly values inclusivity and diversity, it is essential to recognise and celebrate the achievements of people with all types of disabilities. One such avenue of prowess is cricket, a sport that offers opportunities for individuals to showcase their skills, determination, and love for the game.



For many young people with a disability, loneliness has been identified as a major issue, and opportunities to take part in regular competitive sports can be extremely limited. We aim to bridge this gap to help improve physical and mental well-being, give a sense of belonging and make new friends plus gain skills for life such as confidence and independence.

A Level Playing Field. Cricket provides an

inclusive platform where individuals with a diverse range of abilities can participate in a sport they love. It levels the playing field, focusing on ability rather than disability, allowing individuals to showcase their talent, teamwork, and dedication while building confidence and self-esteem. By embracing the unique challenges faced by each individual, cricket creates an environment that fosters empowerment, camaraderie, and personal growth.



**Promoting Physical and Mental Well-being:** Engaging in sports has long been acknowledged as beneficial to one's physical and mental well-being. Cricket not only offers the same benefits but also helps individuals with disabilities break barriers and overcome limitations. The physical demands of the sport enhance strength, agility, and coordination, while the mental aspects cultivate resilience, discipline, and strategic thinking.

**Promoting Inclusion and Breaking Stereotypes:** By showcasing the abilities of individuals, disability cricket challenges societal stereotypes and promotes a more inclusive society.

It highlights the immense potential and talents that lie within individuals often overlooked or underestimated. Through media coverage and community involvement, cricket encourages people to question preconceived notions and treat individuals with disabilities as equals, fostering a more empathetic and understanding society.

**Inspiring the Next Generation:** The impact of disability cricket goes beyond the present generation. When people witness individuals with disabilities excelling in the sport, they are inspired to pursue their dreams, regardless of any challenges they may face. Cricket serves as a catalyst for change, sparking conversations about inclusivity, equality, and the limitless potential of every individual.

Cricket is more than just a sport; it is a powerful tool for empowerment, inclusion, and societal change. By celebrating the achievements and talents of individuals, we pave the way for a more inclusive future where barriers are broken and potential is recognised.

Let us embrace disability cricket as a symbol of unity, diversity, and the indomitable human spirit, ensuring that everyone has the opportunity to shine on and off our cricket fields.

## Empowering Girls through Cricket: Breaking Boundaries on the Field



Cricket, often considered a male-dominated sport, has witnessed a remarkable shift in recent years as more girls and young women embrace the game with fervor. The increasing popularity of girls' cricket is breaking traditional boundaries, challenging stereotypes, and creating a platform for empowerment.



Girls' cricket serves as a powerful tool for promoting gender equality and

empowering young girls. By participating in cricket, girls gain confidence, develop leadership qualities, and learn the importance of teamwork. The sport also encourages them to challenge societal norms, overcome barriers, and pursue their dreams without limitations. Girls who engage in cricket are not only becoming proficient in the game but also gaining life skills that transcend the boundaries of the sport.

To further promote girls' cricket, ongoing efforts are needed to tackle existing challenges. These challenges include changing societal attitudes, eliminating gender biases, and fostering a culture that encourages girls to participate in sports. It is essential to invest in comprehensive grassroots programs, encourage more female coaches and mentors, and provide equal opportunities for girls to play at all levels of the sport.

## Every Friday Evening coaching takes place.

1. Disability Hub  
Age 12 to 24-year-olds  
(any disability welcome)
2. Junior cricket including girls  
Aged 4 to 7  
Time 5-30 to 6-30
3. Junior cricket including girls  
Aged 8-11  
Time 6-30 to 7-30



Ladies cricket group

## Address

Rear of Arden Hall Castle Bromwich  
B36 9ES

## Contact telephone number

Contact Lee Brookes on 07702167862





# Coleshill Town F.C.

## Coleshill “just” miss out on promotion push!



Northern Premier League - Midlands ...			
League Table			
	P	+/-	Pts
1 C Stamford	38	+45	87
2 Halesowen Town	38	+40	78
3 Spalding United	38	+40	75
4 Sporting Khalsa	38	+36	70
5 Coleshill Town	38	+29	69

● Coleshill Town FC finished the League season in a play off place! A 5th place meant the highest position in the Non League pyramid system in the club's 138 year history! A fabulous achievement, but could they go one better! The way the play offs worked meant Coleshill had to play 2nd placed Halesowen Town, Away from home! In the two league encounters Coleshill won 3-2 at Home but lost 2-0 Away, so a very evenly matched game was expected. In front of a crowd of 2334, a healthy Coleshill contingent but they were massively outnumbered, the home side were gifted a goal in just three

minutes and then the referee awarded a very dubious penalty and with less than twenty minutes gone they were 2-0 down. Ewan Williams pulled a goal back before half time. It was a much more even second half but Halesowen secured the win with a third goal in the dying minutes.

Town manager Cameron Stuart has worked wonders with his squad for little old Coleshill and was disappointed at the result but immediately signed up for another season and is now planning to go a step further and gain promotion to Step 3 on the Non League ladder, an achievement not even considered just a few years ago.



Cameron Stuart

## Coleshill Town FC 22/23 Season Awards



Special Award - The Percy Hastings Services to the Club Award

**Nigel Peet**

*Pictured with Secretary Dave Brown and Deputy Mayor Tony Battle.*

Supporters Player of the Year

**Alex Tomkinson**

*Pictured with Secretary Dave Brown and Deputy Mayor Tony Battle*



Players Player of the Year

**Taylor Cater-Byrne**

*Pictured with Secretary Dave Brown and Mayor Caroline Symonds.*



Top Goalscorer- 30 Goals, and Directors Player of the Year

**Kai Tonge**

*Pictured with Secretary Dave Brown and Mayor Caroline Symonds.*



Managers Player of the Year

**Alex Tomkinson**

*Pictured with Secretary Dave Brown and Mayor Caroline Symonds.*

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# The teams that will be in Coleshill's league next season

Step 4 – Northern Premier League – Midlands	
1	AFC Rushden & Diamonds
2	Anstey Nomads
3	Bedworth United
4	Boldmere St Michael's
5	Cambridge City
6	Coleshill Town
7	Corby Town
8	Coventry Sphinx
9	Gresley Rovers
10	Harborough Town
11	Hinckley LR
12	Loughborough Dynamo
13	Lye Town
14	Quorn
15	Rugby Town
16	Shepshed Dynamo
17	Spalding United
18	Sporting Khalsa
19	Sutton Coldfield Town
20	Walsall Wood

- Promoted
- Lateral movement
- Relegated

## Coleshill Town FC Juniors

CTFC Juniors is a rapidly growing section of the CTFC Club family. After a few years with no children's teams at all, the club decided it was time to start a Junior Section. For the start of the 2019/20 season we had two teams, one formed from local school kids, managed by Stuart Harris and one from the newly formed CTFC MINI SOCCER SCHOOL managed by Ciaran Barber. Three years later we have Six teams and two more ready to start the new

season in September. Over the last three years our project has been sponsored by local business ENVIROTECH and I'm delighted to say they have agreed to continue their backing this coming season. Their assistance has been invaluable and I can't thank them enough.

The teams had their Presentation Nights, over two nights, on Friday and Saturday 19th - 20th May. They all had great seasons, and the table was full of trophies! Well done all CTFC teams! Now on to season 2023/24! Onward and Upward!



CTFC Under 7's Spitfires. Manager Scott Price.



Under 7's Hurricanes. Manager Mark Griffin.



Under 9's. Manager Ciaran Barber.



CTFC Under 8's. Manager Simon Hinsley.



Under 10's. Manager Alan Brown.



CTFC Under 12's. Manager Stuart Harris.



# PRE-SEASON FIXTURES

## 2023

 1/7/23 (H)	 8/7/23 (H)	 15/7/23 (A)	 18/7/23 (H)	 23/7/23 (H)
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