

the Coleshill Post



Covering: Coleshill North, Coleshill South, Coleshill Industrial, Water Orton, Curdworth, Maxstoke, Shustoke, Lea Marston, Marston & The Whitacres

June 2023 Issue 112



postgroupmidlands.com

PICK ME UP FREE

EDS

EVANS
DERRY
SOLICITORS

High quality, cost-effective **legal services**

Call us on **01675 464400** or visit www.evansderry.com

5 Church Hill, Coleshill / 30 Station Rd, Marston Green / 133 Long St, Atherstone

OUR SERVICES INCLUDE

FAMILY LAW / PERSONAL INJURY / WILLS AND PROBATE / PROPERTY

WIN TICKETS TO BBC Gardeners' World Live



card readers
Mediumship
Hopi ear
candling
Reiki
Craft stalls
Lots more
👉 Hot food 👉
🍷 Bar open 🍷

EVENING EVENT

Thursday 20th
July

FREE ENTRY

6.30-9.30
Marston Green
Parish Hall
B377BT



SEE PAGE 6

**ADVERTISE YOUR
BUSINESS HERE**

Call 0121 749 7502 / 07805 430191

email: editor.postgroup@outlook.com



Do you suffer from hard skin, cracked heels,
thickened & or discoloured toenails?
Worried your feet won't keep up with the family?
Do you struggle to manage your own feet?



**Make sure your feet
are in safe hands**



tel. **0121 749 6313**
www.walshpodiatry.co.uk

Our highly skilled Podiatry led team can put you at ease and provide specialist treatment to help your feet look and feel wonderful again
329 Chester Road, Castle Bromwich, Birmingham, B36 0JG reception@walshpodiatry.co.uk

Not tried us yet?
£5 OFF
with this Advert
*New Patients Only



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.

We can design professional artwork if needed and offer sound advice based on years of knowledge.

By choosing to advertise with us you are also showing your support for the community and the customers you hope to serve.

Getting in touch

Sales:
editor.postgroup@outlook.com
07805 430191

General inquires:
serena.postgroup@outlook.com
0121 749 7502

WHY CHOOSE HYPER-LOCAL?

People prefer to buy locally and they trust local print media above all else.

Show support for the community where your customers live.

Hyper-local content - every page dedicated to the local area.

Bringing the community together by making all information available in one place.

Affordable and effective advertising packages to help small businesses promote themselves better and cheaper.

Help to increase footfall on the High Street and boost attendance at local events.

Give groups, clubs and organisations space to promote themselves and let local people know exactly what is available on their doorstep.



CIRCULATION

the **ColeshillPost**

Coleshill North
Coleshill South
Coleshill Industrial
Water Orton
Curdworth
Maxstoke
Shustoke

Lea Marston
Marston
The Whitacres
*Also dropped in
Minworth*



the **CastleBromPost**

Castle Bromwich Hall
Park Hall
Parkfields
Green Lane West
Green Lane East
Chester Road West
Chester Road East
Bradford Road

*Also dropped in
Shard End and Marston Green*



All our papers also get put in local Libraries, Pubs, Clubs and Garden Centres.

ALL PLUMBING & HEATING JOBS



- Boilers install & Service
- Bathroom Fitting
- All plumbing heating & Gas jobs

**Boilers
Service
£60**

Contact us for a **FREE** quote



Call Joe on: 07792 470 504
www.jpdeakin-plumbing.co.uk



Your trusted local Electrician

Do you struggle to find someone to carry out small jobs?

- ✓ Extra Lights
- ✓ Free Quote
- ✓ Whole Home WIFI
- ✓ Fully Insured
- ✓ New Fuse board
- ✓ Reliable Service
- ✓ Additional Sockets
- ✓ Fully Qualified
- ✓ Landlord and Homebuyer Reports

Call Tom today
01675 591047

www.finchhattongroup.co.uk



Social business networking event

Jun 19th – 6pm til 8.30pm

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



Price £5 per person

Bar will be open for refreshments
Tea and Coffee available

Contact us

email: networking@biznetlocal.co.uk
call: Serena 07805430191



OLD SALTEIANS RFC
(New Rugby Club)
Coleshill Road Water Orton,
Birmingham B461QE

READ OUR PAPERS ON THE GO

www.postgroupmidlands.com





After 20 years in Business in Coleshill, Rajrani Restaurant are seeking Nation recognition through British Asian curry life Awards.

Using Coleshill post platform:
The management of Rajrani Coleshill asking for your support.

If you enjoy our Food - Please nominate us for British curry Life Award 2023.

Thank you

**PLEASE VOTE US FOR
CURRY LIFE AWARDS**

[http://currylifeawards.com/
customers-nomination/](http://currylifeawards.com/customers-nomination/)




In association with

**CURRYLIFE
A·W·A·R·D·S**

2023

**LONDON MARRIOTT HOTEL
GROSVENOR SQUARE**

Grand Ballroom
Grosvenor Square London W1K 6JP
Sunday, 15th October 2023
5:00PM – 11:00PM

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.

What about you?

NEED EXTRA STORAGE?

Store it from only

£20

per week



www.absoluteselfstorage.co.uk
07704 955750 | 01675 464446 | hires@absoluteselfstorage.co.uk
Jubilee Industrial Estate, Gorsey Lane, Coleshill B46 1JU



FLAIR DOOR CENTRE



ELY 1L FULL £305
FITTED



ELY 1L £305
FITTED



JUNE SPECIAL

ELY £225
FITTED



ELY 5L £305
FITTED

5 Station Rd, Marston Green,
Birmingham B37 7AB

Telephone:
0121 779 2257

All prices include VAT

OPENING TIMES: MONDAYS TO FRIDAY 9AM - 3PM SATURDAY 9AM - 2PM CLOSED SUNDAY

Checkatrade

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.

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.

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 by 31st May.

Ts & Cs: Tickets will be valid for Sunday 18 June, from 9am, RRP £54 per pair.

MORE THAN A PUB

WE'RE NOW OPEN



JOHN & GRACE
WELCOME YOU TO THE

Red Lion

11 COVENTRY ROAD, COLESHILL, BIRMINGHAM. B46 3BB

MONDAY	Race Day FROM 12PM
TUESDAY	Race Day FROM 12PM / Poker NIGHT FROM 7.30PM
WEDNESDAY	Cask ALE CLUB FROM 12PM / Pool LEAGUE FROM 7.30PM
THURSDAY	Cask Ale Club FROM 12PM
FRIDAY	Live Music FROM 8PM
SATURDAY	Sports DAY FROM 12PM / Spin THE WHEEL FROM 8PM
SUNDAY	Sports DAY FROM 12PM / Charity ? QUIZ FROM 6.30PM

CHEERS TO GREAT VALUE



SCAN THE QR CODE FOR A **FREE DRINK***

WHEN YOU SIGN UP TO OUR NEWSLETTER



OPENING TIMES
11am-12am
SUNDAY - THURSDAY
11am-1am
FRIDAY & SATURDAY



DRINK SENSIBLY

www.craftunionpubs.com

Valid Mon-Thurs from 31st May 2023-30th June 2023. Redeemable Monday - Thursday only. Not valid in conjunction with other offers. 1 per customer (Operator authorisation required). 1 time use code only. Selected drinks only. Over 18 only. ID may be required. Copies of this voucher will not be accepted. Only valid for email signs and during dates specified. Only valid on Carling, John Smiths, Strongbow 175ml House wine and Soft drinks Coca Cola/Zero/Diet & Schweppes Lemonade.

NOT MADE YOUR WILL YET? DOES IT WORRY YOU THAT...

Your children may NOT inherit all of your home or your hard earned savings... but the Government and others could!

Care Fees, Inheritance Tax, Huge Legal Fees and more devastate thousands of families, often unnecessarily.

We come to you at a time to suit you for a FREE home visit.

With the **RIGHT WILL** and advice, you can help ensure the **maximum possible** goes to those you love!

It all starts with a Will from **£95.00+VAT***

*standard basic Will

ACCORD
LEGAL SERVICES LTD

 Institute of
Professional
Willwriters
MEMBER

 APPROVED CODE
TRADING STANDARDS UK

Confused? Concerned? Call Paul!
0845 055 9415 | 07980 780709
paul.palmer@accordwills.co.uk

 **COLESHILL**
Windows And Doors Ltd



OVER 20 YEARS EXPERIENCE

At Coleshill Windows & Doors Ltd we believe in doing business the right way, by putting you first. That means no hard sales push, fair prices and only the highest standards of work.

- ✓ Windows & Doors
- ✓ Composite Doors
- ✓ Conservatories
- ✓ Equinox Warm Roofs
- ✓ Roofline & GRP Roofs

Tel: 01675 464 661
Mob: 07789 855655
www.coleshillwindows.uk

*The local, family owned
business you can trust!*

Protect your Home

Is your home your most valuable asset? Have you worked hard your whole life to pay for and maintain it?

➤ For most people, the answer to both of those questions will be a resounding yes. So with that said, why have so many people still not safeguarded their home the RIGHT way?

Imagine this...

You've made a Will, stating that, in the event of your death, you intend for your spouse to inherit everything, including your share of the family home. But what if your spouse needs care in later life? Your spouse may be expected to pay for their care themselves... but care fees are getting more and more expensive every year, costing anywhere between £26,000 and £52,000. How can they afford to pay for their care fees and leave some money as inheritance for your children?

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.



For Couples

If you jointly own your home, we can protect your property with one of our powerful Protection Wills. These will provide your partner/spouse with a right to continue to occupy the property

and buy a replacement property if necessary. The capital share you have in the property will also be protected. The property is also safeguarded from local authority means testing.

The ideal scenario is that half the property is protected from loss, and the other half is disregarded by local authorities. What this means for inheritance is that at least half of the property's shares will be passed down to your children.

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!

Do you have Savings?

While the family home is usually the most valuable asset, we can also help you to protect your savings. Speak to us today to find out the best way to protect your assets.

Protect your Home and your Savings from unnecessary, avoidable losses.

Accord can help ensure your loved ones benefit as much as possible from your estate.

Act today and protect those you love

If you want to be certain that your assets will pass down your loved ones or children you'll need more than a basic Will.

Accord Legal Services Ltd will help you every step of the way.

For more information please contact....

Paul Palmer
0845 055 9415 or email;
paul.palmer@accordwills.co.uk



Sandals THE ANNUAL SALE

SAVE UP TO AN EXTRA
£400 OFF PER BOOKING

BOOK BY 20 JUNE '23



DISCOVER THE CARIBBEAN WITH WATER ORTON TRAVEL AND SANDALS RESORTS



SANDALS ROYAL CURAÇAO

Nestled in the picturesque Southern Caribbean, Curaçao is known for its unique and rich history

Sandals' first
2-Level Infinity Pool

Selection of 11 restaurants,
inc 3 all-new food trucks,
13 unique bars and much more

In-resort transfers included

BIRMINGHAM TO CURAÇAO OFFER
Staying in a Carisia Luxury Room
7 NIGHTS FROM **£2,699PP***

Staying in Carisia
Club Level Oceanview Room
10 NIGHTS FROM **£3,749PP***

Including return flights
from Birmingham airport
via Amsterdam with KLM

*Prices correct at the time of print. Subject to change and availability. Terms & conditions apply.

Scattered across eight idyllic Caribbean islands you'll discover 17 breathtaking, all-inclusive Sandals resorts. For the past 40 years, the award-winning Sandals Resorts have been perfecting the all-inclusive offering, leaving you to sit back, relax and enjoy all that's included.

5-STAR GLOBAL GOURMET™ DINING

Indulge in 5-Star Global Gourmet™ Dining at up to 16 restaurants per resort, all included within your stay. From freshly rolled sushi, to the perfect cuts of Filet Mignon steak, Sandals serves cuisine to please even the toughest foodie.

UNLIMITED WATER AND LAND SPORTS

Jump into every water sport with total abandon: once you're at Sandals resorts, everything is included, from unlimited scuba (free for certified divers) to championship golf courses with complimentary green fees and round-trip transfers in Jamaica, Saint Lucia and the Bahamas. (Mandatory caddies or carts at cost).

BARS & PREMIUM BRAND DRINKS

Enjoy premium brand drinks at up to 13 bars, including cocktails on a hammock for two at Latitudes° over-the-water bar suspended over a calm sea, or indulge in a glass of fizz on a rooftop bar overlooking the Caribbean sunset.

CARIBBEAN'S BEST BEACHES

Located on some of the most pristine beaches in the Caribbean, Sandals resorts are situated on the calm side of the islands, where offshore reefs protect the beaches and create serene, clear waters, perfect for swimming, boating, and water sports.

LUXURIOUS ROOMS & SUITES

Only Sandals Resorts have Love Nest Butler Suites®, the most exotic, most decadently romantic suites in the Caribbean. From Millionaire Bluff-Top suites with 180° ocean views, to Swim-Up Suites that allow you to float up to your private patio.

FIND YOUR PERFECT SANDALS HOLIDAY WITH WATER ORTON TRAVEL: 0121 749 1493



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.



KINGSBURY GARAGE DOORS

YOUR LOCAL GARAGE DOOR SPECIALIST

ALL TYPES OF GARAGE DOORS & FRONT DOORS



We are a family run business that carry out repairs and new installations

Great Choice • Great Quality • Great Service

CALL US ON: 01827 236090

email: info@kingsburygaragedoors.co.uk



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

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



COLESHILL HUB



the heart of your community



FREE Local Services for Local People

FREE WIFI and use of laptops & tablets

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

Sumner Road, Coleshill

Tel. 01675 462517

Opening Hours. Mon to Fri 10:00 to 13:00

www.coleshillhub.co.uk

WARM HUB

Town Hall Tue to Thu 10 to 1 and Community Centre (Tue only). Come in for a chat and activities if you wish.
Free refreshments.

INFORMATION

Help and support for any enquiries or issues such as:-
Blue Badges, Driving Licence, Passport Applications, Online Benefit Forms and much more

Signposting to many groups, partner services and agencies – see some examples in boxes below

GROUPS

Parkinson's Cafe
Memory Cafes (Coleshill/ Water Orton)
Young at Heart
Stitch Club

SIGNPOSTING

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

GROUPS

Walking Tours
Keep Fit & Natter
Walking Sports
Art & Crafts
Knit & Natter

COLESHILL CIVIC SOCIETY

Missing Buildings and Spaces 2

By John Hoyle



The first photo is taken from what was HSBC and is now Sixty Fish. The shop on the corner is Dales general store. The whole corner was eventually taken over by the Birmingham Cooperative Society and developed to become branch number 7.



The store started in, I think, what became the Coop Butchers but spread over the whole corner. The corner shop was the grocery with the accounts department upstairs. A Coop cleaners was opened next door and down the High Street a furniture and outfitters was opened.



The first cinema in Coleshill was near the Coach Inn. The photo was dated 1928 and it was obviously showing a modern film starring Rudolf Valentino.



Eventually this was replaced by a modern building which is now the Cameo Suite of the Coleshill Hotel. It closed in the 1960's. For a short time there was a car dealership on the premises. It then became a gas showrooms, together with electrical items and also a DIY section. The store was named S&T and run by 3 brothers, the older pair being twins.



Down Station Road, before all the factories lined the road could be found Swan's Barns. There were no facilities (gas, water, electricity) but in the early years there was a farmhouse which became in the 40's a farm workers cottage, accessed by a ford over the River Cole.



There were two inns on Birmingham Road. The existing Bell at the top of the hill but lower down, towards the Green Man, just after the Congregational Church was The Fox. Just above the Fox you can see a private house and then the gates to the church.

The house and the Inn were demolished in the 60's presumably to widen Birmingham Road but that seems to have been ignored during the development.

If anyone has any corrections or suggestions about future articles please contact me through the Coleshill Post Editor or Colin Lewis at House and Home on the High Street.

Coffee and Chat

Starts **New!** *10th May*

Coleshill Library
every
Wednesday
10.30-11.30am

**Come along for a free
cuppa and some
friendly conversation**



TREAT
yourself



PUBLIC NOTICE

GOODS VEHICLE OPERATOR'S LICENCE

Davies Turner Logistics

**Of West Midlands Freight Terminal,
Coleshill B46 1DT**

**Applying for a licence to use West Midlands
Freight Terminal, Coleshill B46 1DT**

**As an operating centre for 15 haulage vehicles
and 48 trailers**

Owners or occupiers of land (including buildings) near the operating Centre (s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Hillcrest House, 386 Harehills Lane, Leeds, LS9 6NF, Stating their reasons, within 21 days of this notice.

Representors must at the same time send a copy of their Representations to the applicant at the address given at the top of the notice. A Guide of Making Representations is available from the Traffic Commissioner's Office.

Liz Stokes

An Evening of Clairvoyance and Mediumship

Monday 12th June

Sutton Sports & Social Club

45 South parade, Sutton Coldfield, B72 1QU

Tickets £8 Pre-book or £10 on door

Doors open 7.30pm

07736215231

Facebook - @LizStokesMedium



Pied Piper
Pest & Wildlife Management

All Pest Species Catered For
(except Mother in laws & teenage kids)



A Family run business established in 2006 offering industry accredited pest control & wildlife management at an affordable cost throughout Solihull & North Warwickshire.

0121 246 8879

www.piedpiperpestmanagement.co.uk

info@piedpiperpestmanagement.co.uk

Beyond The Horizons

THE ALTERNATIVE SPIRIT MARKET

**PSYCHICS, AURA READINGS, HANDMADE
CRAFTS, ARTWORK, CRYSTALS,
TREATMENTS & MUCH MORE!**

SUNDAY 25TH JUNE 2023
10.00am - 3.30pm

Coleshill Town Hall, High Street, B46 3BG

FREE ENTRY!

www.beyondthehorizons.co.uk
Facebook - @beyondTheHorizons



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

Thank you. North Warwickshire Borough Council Election Results. HS2 North of Curdworth Water Orton Railway Station. Water Orton Update. Cycle Tour Cancellation.

➤ A huge thank you to everyone who took the trouble to vote on 4th May, the exercise of a free private vote is the fundamental principle of our great democratic nation. Interestingly the requirement to provide proof of identity at the polling stations didn't have too much of an impact on the local vote, so well done and thank you again.

The election result for our community is that the following candidates have been elected to North Warwickshire Borough Council:

- Coleshill North Ward (mostly below the crossroads): Peter Fowler and Jane Farrow.
- Coleshill South Ward (mostly above the crossroads): Colin Hayfield and Caroline Symonds.
- Water Orton Ward (as it says on the tin): Steve Stuart and Dave Reilly
- Curdworth Ward (Curdworth, the Marstons, Wishaw, Middleton, and the Whitacres): Martin Watson and Sandra Smith.
- Fillongley Ward (Shustoke, Maxstoke, Packington, Corley and Fillongley): David Wright and Mark Simpson.

Many congratulations to everyone. Now the work starts for the next four years up to May 2027!!

As you know the Borough Council is a political institution and across North Warwickshire the outcome of the election Politically is:

- Conservatives: 17 seats.
- Labour: 15 seats.
- Independents: 3 seats.

Because the council runs on the democratic principle of majority vote wins this means that the council moved into No Overall Control. This means that none of the three Political bodies has a sufficient number of seats to take overall control but vote alone, however, because the Conservative Party won the highest number of seats, the Conservatives' retained control of the Administration, but no longer have a sufficient number of votes to win any vote outright if the opposition party, Labour, were to all attend and vote on Party lines and the Independent councillors were to vote with Labour. In this case the vote would be Conservatives 17 and Labour and Independents 18, hence the Conservatives would lose the democratic vote.

This therefore means that the three independent votes potentially become influential if all councillors attend to vote and both Political bodies choose to vote on Party lines. For the eight years I have represented Water Orton at NWBC this is the first time I have served on a council that is in 'No Overall Control'. I say 'potentially' because as with any organisation or society where people from different backgrounds and motivations come together, over a four-year period up to 2027 the numbers of councillors in attendance to vote will change through illness, life changes like childbirth or marriage, resignations, by-elections, or even a feeling of malaise of some councillors who may choose not to attend to vote.

We held a first Full Council meeting of this new Administration on Wednesday 17th May and the outcome of the votes cast were that the Conservative

Party are the ruling party and lead the council both through the council's Political leadership and through control of all the Boards on the council.

So, what does this all mean in terms of getting things done across North Warwickshire and in the communities where you live? Well, I don't think anything has changed for any elected councillors. To get things done and delivered for the community you are elected to serve and represent has always required first rate networking, the forging of alliances and friendships, resilience, integrity, respect, a willingness to be held personally to account for what you do and say, and a simple dedication to public service. Being in control of the council doesn't really mean anything; as voters you know that actually making things happen means everything!

HS2 Change of Plan

You may have seen in the national news that the Government have made a significant HS2 statement; that works north of Curdworth will be slowed and reviewed for two years. What does this mean? No one actually knows at the moment, suffice to say that already there are signs that construction works from the area by the Belfry and through Middleton and north as being scaled back and contractors are already, I understand being laid off.

What does 'north of Curdworth' mean? Well, at the moment I take that to mean anything on the other side of the M42 motorway going north from Junction 9 Dunton Hall. So, the huge compound on the A4071 Kingsbury Road at Marston and Lea Marston will continue to operate, and everything from there to Water Orton, Gilson, and Coleshill and through to London will continue to be built. Other than that, I can't offer you any more information at present. My judgment is that this is both an economic and a materials supply issue; not only is HS2 costing a fortune but it is now well understood that in the post Brexit / Ukraine war world we find ourselves in HS2 is consuming huge amounts of building materials like stone, cement, steel and so on that would otherwise be used for house and factory building, road building, and indeed railway construction.

Interestingly, as I understand it the Government hasn't yet signed any contract with suppliers to build a railway. At the moment all the contracts are for what we see happening in front of us, pre-construction and enabling works such as site clearance, earth moving, and the building of access roads and infrastructure sites that will become places when structures are made and erected. I'll update you as I learn more.

Water Orton Railway Station

Because of rule about elections and statements by councillors I couldn't report to you in my last article, but we have made a significant step forward in our fight to prevent Water Orton Railway Station being demolished. The extension of our Water Orton Conservation Area and Judy and my work with the fabulous Water Orton Action Group has resulted in Network Rail committing to move to a position of restoration or rebuilding. Still a long way to go and even now the indicative costs of restoration make me gulp, but we have a commitment that Network Rail will now fully cost and commit to a restoration programme. We will know more after June when Network Rail report back.

Water Orton General Update

I am really pleased to report that my Warwickshire County Council colleague Cllr Martin Watson has been driving forward with really good works. Very briefly the headlines are:

- Vesey Bridge and HGVs. After 7 years of dogged determination, we are assured that works will start in June to prevent HGVs accessing the bridge via Minworth Lane, the road from the train station to the bridge. I understand this will involve changes to the road layout that will enable car and light good traffic to flow but block HGVs. The works have been approved and signed off, so next stage is to build them. This is a bit of a 'tell me when the cheque is cashed and in the bank', but after so long working on this it will be a major achievement. How can something so simple have taken so long!!!
- Parking bays outside the shops. You will remember that because of a bizarre mix up the order that transferred yellow line parking enforcement powers from Warwickshire Police to Warwickshire County Council missed out the Water Orton shop parking bays because the consultant who completed the survey was confused by a rouge no parking sign! Everything has now been rectified and the parking bays will by June be marked up and traffic wardens will enforce the one-hour time limit, double yellows, and double parking. Please do bear in mind that it's still the case that only the Police can prosecute for parking on zigzags. Plans are afoot to hopefully organise a public meeting with police colleagues about their enforcement action in Water Orton and Coleshill.
- Speeding Cars. As part of our campaign to slow vehicles travelling on the Birmingham Road, Marsh Lane, and Watton Lane, Martin has organised that speed surveys will be conducted to secure hard evidence of vehicle speeds on these routes. Like local residents I expect this evidence to show that vehicles are travelling too fast within the 30mph zone of our residential streets. This speed survey work is a must for us to deliver our intentions to make change to the roads that will mean that vehicles physically have to slow down. The recent accidents unequivocally prove that people driving through the village are driving at fatally dangerous speeds.
- Pedestrian Railings. Martin has done some great work having the black railing that run along the front of the Methodist church further extended towards the zebra crossing. They can't be extended all the way to the zebra crossing yet, which will prevent the delivery drivers parking on the zigzags, because of some local access requirements but Martin is now working on these.

Women's Cycle Race

One final update that I'm disappointed to report that the National Women's Cycle Race has been cancelled because of trouble raising sponsorship nationally. You may recall that with Caroline Symonds and Colin Hayfield we had secured agreement that the North Warwickshire Stage would start in Coleshill on Saturday 10th June, this would have been a great spectacle. Oh well, we'll now start working on next year.

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

Funeral Notice



Michelle passed away on 22nd April 2023 aged 50 years. She will be sadly missed by all her family & friends.

Funeral service to take place at St Peter & St Pauls Church, Coleshill on Monday 5th June at 11am followed by cremation at Woodlands Crematorium at 12 noon. Donations welcome to Marie Curie Hospice c/o the family. The Family invite all to join them afterwards at The Coleshill Social Club, Ivy Lodge, Parkfield Road Coleshill B46 3LD.

ADVERTISE YOUR BUSINESS HERE

For more information on how to advertise in any of our titles please call:

0121 749 7502 / 07805 430191 or
email: editor.postgroup@outlook.com

Cllr Peter Fowler

➤ I would like to thank the residents of Coleshill North for electing me as your Borough Councillor and I promise to represent and serve all the residents of Coleshill North over the next four years. I have a great interest in the environment, and I am pleased to be joining the Community & Environment Board. I have been appointed as the Climate Change Champion and Chairman of the Climate Change Member Group on the Borough Council.

HS2

I look forward to working with Cllr David Reilly (Lead Councillor on HS2) and Councillor Martin Watson (County Councillor for Coleshill North and Water Orton) meeting staff from Balfour Beatty to get updates on the development of projects such as the Birmingham Road Viaduct and the bridge that will be built over the A446 at Gorsey Lane and Watton Lane. I will be using social media to pass on this information.

Coleshill

Before I was elected, I contacted the County Council and got them to clean the drains on Station Road and Gorsey Lane. I hope this will help to improve the incidents of flooding along these roads. Recently I requested the County Council to remove a number of metal frames, road signs and sandbags that had been lying around our town and along the A446 for the last few years. I shall continue to request the removal of this kind of equipment as and when necessary.

Following concerns from residents I am in discussions with Cllr Martin Watson trying to find a solution to the parking problems in Norton and other affected roads.

On the 30th of March this year I joined other residents, on Tree Forest Planting Day, to plant trees on Station Road. I look forward to working with the Civic Society in protecting the town's heritage and hope to join them in their plan of planting more trees.

If I can be of any help, please email me at peterfowler@northwarks.gov.uk

WARWICKSHIRE VISION

Do you know anyone who is visually impaired, who lives in or around Coleshill?

Would you like to help us support more visually impaired people?

Warwickshire Vision Support is also known as Warwickshire Association For The Blind. We are a registered charity and were founded in 1911.

We are based in Warwick town centre, but work across the county with over 3,200 people. We offer a variety of community services to support blind and partially sighted people in their everyday lives.

One of our main services is providing weekly and monthly 'Vision Support Centres' across Warwickshire. These are meetings of predominantly older, blind and partially sighted people, where we organise activities, training and demonstrations, and provide important information, advice and guidance.

In Coleshill, we run a monthly 'Vision Support Centre' on the 2nd Thursday of each month, from 2.30pm to 4.30pm. This is held at Coleshill Community Centre, Temple Way, Coleshill, B46 1HH



If you are visually impaired, or know someone who is, feel free to visit the support centre and speak to our staff and volunteers about how we can help.

We are also keen to hear from people who could volunteer some time to help run our Coleshill support centres.

For further information, please call us directly on 01926 411331 or visit our website: <https://www.warwickshire.vision>



EST 1900

GASCOIGNES
of Coleshill

FAMILY FUNERAL DIRECTORS

1900
2022

OUR
FAMILY
HELPING
YOURS



Independent Family Funeral Directors

Offering a complete, dignified and caring service to the community for four generations.

01675 462294

24 hour service | Private Chapels of Rest
coleshill@gascoignesfunerals.com

100 High Street, Coleshill B46 3BL
www.gascoignesfunerals.com

Prepayment Plans Available

Proud member of the
M G Evans Family

Coleshill Ladies Probus Meeting

➤ We met on Tuesday 25th April at the Coleshill Hotel and after lunch, we had a very interesting talk and demonstration of yoga by Lisa, Soul 2 Soul Yoga.

Yoga helps with movement, breathing and meditation. It keeps our mind and body healthy with gentle relaxation and movement. We ended the session with closing our eyes and deep breathing through the nose.



It was a very interesting session, and everyone seem to thoroughly enjoy it. If you would like to join us, we meet on the last Tuesday of every month and we would be very pleased to see you.

Please call either Dorcas
on 01675 464686
or Gill on 01675 462541

Our meeting at the end of May is a trip to Bourton on the Water.

News from Curdworth WI

➤ Well here we are almost halfway through our WI year and as always when you're having fun and enjoying good get-togethers with friends, the time just flies!

At our April Meeting, with the Coronation very much on our minds, we wore our handmade bejewelled crowns and lined up to make a well - practiced curtsy, which was videoed for posterity! And our May Meeting saw us, crowns on once again, toasting King Charles and his Queen Consort, with a lovely glass of 'fizz'! A congratulations card, made by a member, has been sent to the King and Joyce Chilton crocheted a huge, magnificent replica of the Coronation Crown, which has been on display in Curdworth Church.

And now all that excitement is over, we're looking forward to the rest of the year - lots of interesting speakers - already this year, we've learned how to buy and sell at auction, the history of the Birmingham 'Back to Backs', and how women in Lichfield joined the cause to give us, what we now so take for granted, the right for women to vote - and coming up, we'll be hearing about the work of the Drugs Squad and the Troop Aid charity, which gives such wonderful support to our troops, returning home and trying the skill of willow weaving. We also have a summer trip in July to The Memorial Arboretum to look forward to.

But I'm getting ahead too quickly! First of all in June we have the Summer Craft and Produce Show, when members have the chance to show off their skills in baking, flower arranging, and plant care and of course in all the beautiful handmade crafts of knitting, sewing, embroidery and bead work. There will even be opportunities to air one's poetry writing and photography talents. Show Day is a wonderful day and the evening display of skills and talents will be something really special. And on that evening too, we are being visited by an exciting and exhilarating South American music and dance group. Why not pop into Curdworth Village Hall on Thursday evening June 1st just to have a look at the display, enjoy the dancing and share a cup of tea and good company with us?

We love having visitors at our meetings! Why not come along to take a look at us and to see what WI is all about? We've welcomed lots of new members so far this year, who did just that!

Any queries - or want to know more - give us a call.

**Sandra 01675 470079
or Liz 07811 147728**



**BIZNET
LOCAL**
CONNECTING LOCAL BUSINESSES

Social business networking event

Jun 19th - 6pm til 8.30pm

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



Price £5 per person

Bar will be open for refreshments
Tea and Coffee available

Contact us

email: networking@biznetlocal.co.uk
call: Serena 07805430191



OLD SALTLEIANS RFC
(New Rugby Club)
Coleshill Road Water Orton,
Birmingham B461QE



Police News



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



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



Road Traffic Collision in Coleshill

On Saturday 29th April, Officers of the North Warwickshire South team assisted with a Road Traffic Collision on Parkfield Road, Coleshill.

All involved parties were safe, and 2 vehicles were recovered.



Get your catalytic converter marked

Water Orton BMC Garage are now marking catalytic converters.

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

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

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



Dog Found and Returned to owners

On 22nd April, officers from Coleshill received reports of a dog walking around in the Coleshill area.

Officers found the dog and took it to the local vets to see if it had a microchip.

The owners were located and Lucky the dog was returned safe and sound to them!

He enjoyed his drive along with officers for the day.

Thanks to the lodge vets and members of the public that helped!



EVENT at Melbicks

On 21st April, officers from Coleshill SNT, Rural Crime Team and Neighbourhood Watch attended Melbicks Garden centre.

They provided crime prevention advice to members of the public to help them protect their property such as tools, gardening machinery and other household items.

Thank you to Melbicks Garden Centre for letting us use their facilities.

#CommunityPolicing



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.



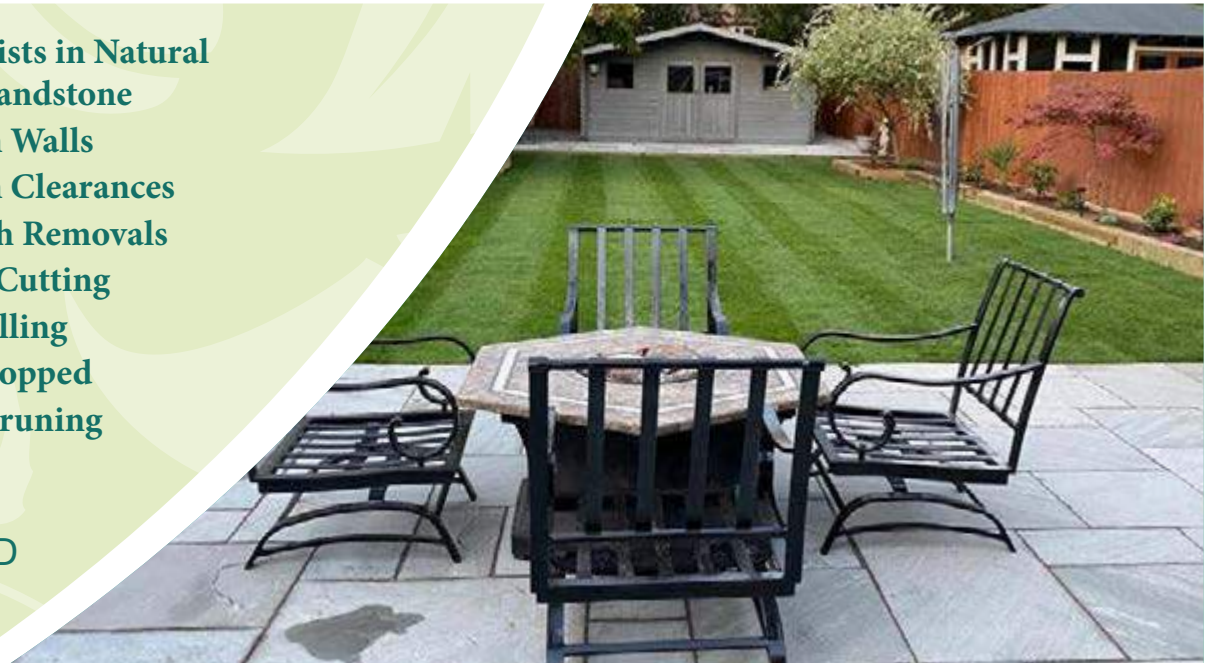
FLOWERS

Landscape Gardening & Block Paving Specialists



- Block Paving
- Porcelain paving
- Resin Bond driveways
- Tarmac
- Slabbing
- Drive Repairs
- Turfing
- Grass Cutting
- Fencing
- In-print concrete driveways
- Specialists in Natural stone/sandstone
- Garden Walls
- Garden Clearances
- Rubbish Removals
- Hedge Cutting
- Tree Felling
- Trees Lopped
- Trees Pruning

ALL WORK IS GUARANTEED & CARRIED OUT BY FULLY INSURED WORKMEN



Call for a FREE no obligation quote

T. 0121 770 0362 M. 07773 503816

flowers-landscaping.co.uk



OPEN 6 DAYS A WEEK

0121 789 6549

FAST, RELIABLE, PROFESSIONAL SERVICE WITH NO HIDDEN EXTRAS

- ⊗ 2000+ TYRES IN STOCK
- ⊗ BRAKES SUPPLY + FIT (CAR & VAN)
- ⊗ HUNTER 4 WHEEL ALIGNMENT
- ⊗ EST OVER 18 YEARS
- ⊗ PUNCTURE REPAIRS

Flaxley Tyres

FOR ALL YOUR TYRE NEEDS



Flaxley Alignment Centre

WE OFFER A FREE CHECK ON THE HUNTER ALIGNMENT SYSTEM



flaxleytyres

www.flaxleytyres.co.uk

Unit 1, Imex Business Park, Flaxley Road, Stechford B33 9AL



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

Facebook: Ward End Cat Rescue Official

www.wardendcatrescue.org



SHARE A STORY

contact:

serena.postgroup@outlook.com

ORCHARD NURSERIES

1973 - 2023

Celebrating 50 years in Water Orton

- Our jumbo Surfinas are now ready, only 1 needed to fill a 12" hanging basket
- Also large selection of hanging basket plants and bedding plants
- Beautiful selection of Alliums in flower/bud
- Lots of bedding plants including selected 50th birthday "specials" only **£2.00 pack**
- Ready made hanging baskets and tubs from **£13.99**
- Lots of Grow your Own, including tomatoes, vegetable seedlings, strawberry plants
- Delbard roses, good disease resistance and highly scented
- New season magnolias and acers
- Melcourt peat free compost, as recommended by gardening 'which'
- While stocks last ' clover' quality compost with peat.



ORCHARD NURSERIES | BIRMINGHAM ROAD
WATER ORTON B46 1TG
0121 749 7266
OPEN 10-5 MON -SAT 10-4.30 SUNDAY

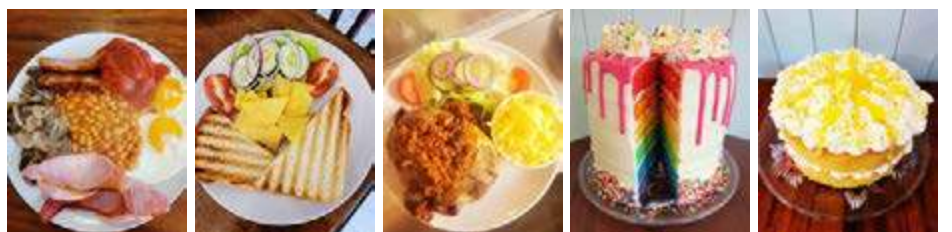


The GARDENERS REST TEAROOM
Tea, Coffee, Cakes, Light Snacks - Eat in or Takeaway

Book now

Our delicious Afternoon Tea for 2 only £35

Come and enjoy our freshly cooked breakfast, Vegan and vegetarian options, hot and cold sandwiches, toasties, jackets, cream teas and of course homemade cakes - takeaway options available
 Afternoon tea, prebooking required for up to 25 people
 Whole cakes by preorder
 Traybakes and brownies also available to order
 Check out our Facebook page for more details
 Booking welcome, message us or call
Open currently Monday/Tuesdays 9.30 - 2pm
Wednesday/Thursday/Friday/Saturday 9.30 - 3pm
Sunday 10.00 - 2pm



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

Interiors & Decorating



PLATINUM
INTERIOR DECORATING

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.



Showroom: 205 Tyburn Road, B24 8NB 01214484290 or Contact julie@julieenglishinteriors.co.uk



Julie English Interiors



Orton Installations

Windows • Doors • Conservatories

Guardian Warm Roof Specialist



Windows (UPVC & Aluminium)

Doors (including Bi-Fold & Composite)

Conservatories

Garage Doors

Roof Lanterns

Domestic & Commercial Work

T 0121 730 1587 / 07732 561 569

E matthew_taylor10@sky.com

32 Birmingham Road, Water Orton, Birmingham B46 1TH

GET THE JOB DONE!

**OPEN TO
TRADE & PUBLIC**



EASYJoint
All Weather Joint
Compound 12.5kg
6 colours available

£27.50
each

£33.00 inc. VAT



Price valid until 29th April 2023 for collected purchases only.

Chester Road
Castle Bromwich, B36 0LB

EH Smith
Builders Merchants



HBFS EQUITY RELEASE LIMITED



'Helping Retirees Enjoy Their Retirement'

HBFS Equity Release Ltd only advise you on lifetime mortgages where you retain 100% ownership and the deeds to your property. All the products meet the standards and principles set out by the Equity Release Council so you have the peace of mind of knowing that you and your family are protected by these customer focused safeguards as well as being regulated under the Financial Conduct Authority.

CALL 01564 711015

WE OFFER AN INDEPENDENT NATIONWIDE SERVICE

www.hbfsonline.co.uk

Email: k.tedstone@hbfsonline.co.uk - k.teague@hbfsonline.co.uk

HBFS Equity Release Limited Authorised and Regulated by the Financial Conduct Authority - Registration Number 304106



Kavanagh's Kitchens and Bathrooms

32 East Meadway, Tile Cross, Birmingham B33 0AP
Tel. No.: 0121 604 6464 Fax No.: 0121 784 8584

www.kavsbathrooms.co.uk



THE COMPLETE DESIGN & INSTALLATION SERVICE
We offer a full installation service with a 3 year warranty

Visit our large kitchen & bathroom showroom
established since 1989

TEL: 0121 604 6464

32 East Meadway, Kitts Green, Birmingham, B33 0AP

www.kavsbathrooms.co.uk



www.facebook.com/kavsbathrooms
www.instagram.com/kavsbathrooms



Hudson Reed



CASSELLIE
ELEGANT BATHROOMS



READ OUR PAPERS ON THE GO

www.postgroupmidlands.com



**POST GROUP
MIDLANDS LTD**


**Making
Christ
First**

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

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

Searching for answers to the big questions of life?

Are you hungry for more of God?

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

All are welcome to join us



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



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

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

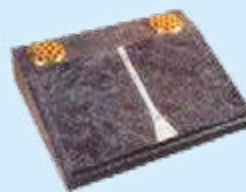
Or join us at **The Filling Station at Knowle Village Hall**, St John's Close Knowle B93 0NH on the first Monday of each month for a joint worship meeting with various church denominations around the area.

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

YARDLEY MEMORIALS

We pride ourselves on personal service and customer care

Yardley memorials offers a personal, sympathetic and professional service when you are faced with the painful and emotional task of choosing a suitable memorial for your loved one.



**200 letters
free on new
headstones**



Call for a free brochure
Tel 0121 706 2473



BRAMM

Email peter@yardleymemorials.co.uk for any other inquiries
453 Stockfield Road, South Yardley, Birmingham, B25 8JH
Open Monday to Friday 10am-4pm,
Saturday 12pm-4pm | By Appointment Only

Yardley Memorials are also based inside Widney Manor Cemetery for new memorials and flowers

LOCAL SERVICES



GODWOOD GLASS & GLAZING
Est 1982

 Broken Glass Replaced
Broken or Misted Double Glazed Units
UPVC & Aluminium Window Repairs
Handles & Hinges Replaced
Window & Door Locks Fitted
All Types of Glass Fitted
No Job Too Small

FOR A FREE QUOTE CALL

Call 07787 804153 and I will call you straight back
Your Local Castle Bromwich Glazier


PLATINUM
INTERIOR DECORATING

Contact Jim or Clare for a free quote on:
0121 747 7202
07814 566657 or 07792 508819

We are a husband and wife painting and decorating team

- Free written quotes
- Friendly, clean and reliable service
- Advice available on colour matching

All aspects of domestic and small commercial projects undertaken

info@platinuminteriordecorating.co.uk
www.platinuminteriordecorating.co.uk

Xtreme Tree Care

- Crown Thinning and Reduction
- Felling and Dismantling
- Pruning and Shaping
- Hedge Trimming and Removal
- Specialist Stump Removal

Fully Insured
All Staff Fully Qualified
20 Years Experience

For a free quotation from your Local Tree Surgeon call
07951 332 401

11 Shawbury Cottages, Pump Lane, Shustoke, Coleshill B46 2RW
xtreemetreecare@aol.co.uk



COLESHILL ROOFING

- UPVC Fascia & Soffits
- Tile, Slate & Flat Roofing
- Hi-Performance Torch on Felts
- Maintenance Free Guttering Repairs
- Full Insured for your peace of mind
- Skilled, Qualified Craftsmen

OVER 40 YEARS EXPERIENCE

CONTACT US FOR A FREE QUOTATION



01675 462 344
07956 890 488 / 07966 409 706
coleshill.roofing@yahoo.co.uk
www.coleshillroofing.co.uk

Dimension Landscape & Driveways Ltd

0121 690 2271 | 01926 940 854
01564 791 228 | 07341 985 164

FREE QUOTATIONS
DISCOUNT PRICES

BLOCK PAVING | TARMACING (RED OR BLACK) PATIOS | GRAVEL | DRIVEWAY MAINTENANCE RESIN DRIVES & PATIOS | CONCRETE RECOLOURED LANDSCAPING | BRICKWORK | SLABBING FENCING | PROPERTY & ROOFING REPAIRS PRESSURE CLEAN & SEAL

QUALITY MATERIALS SUPPLIED BY
 

enquiries@dimensiondrivewaysltd.co.uk
Yew Tree Cottage, Box Trees Road, Hockley Heath, Dorridge. B94 6EB
Visit our website to view recently completed work in your local area.
www.dimensiondrivewaysltd.co.uk

ADVERTISE HERE

For prices, media pack and more information
Call 0121 749 7502 / 07805 430191
or email: serena.postgroup@outlook.com

 **POST GROUP**
MIDLANDS LTD

 **SHARE A STORY**

contact:
serena.postgroup@outlook.com

 **POST GROUP**
MIDLANDS LTD

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.

ADVERTISE YOUR BUSINESS HERE

For more information on how to advertise in any of our titles please call:

0121 749 7502 / 07805 430191 or
 email: editor.postgroup@outlook.com

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)
 25/7/23 (A)				 29/7/23 (A)

READ OUR PAPERS ON THE GO

www.postgroupmidlands.com




Walk On

FLOORING

CARPET AND VINYL SPECIALISTS

OPENING TIMES

Mon - Fri 9:00am - 5:30pm
Saturday 10:00am - 4:00pm
Sunday CLOSED

TEL: 0121 770 9680



**HALF PRICE CARPET
REMNANTS WHILE
STOCKS LAST**



Vinyls
From £8.99 sqm



Carpets
From £6.99 sqm



Laminate
From £11.99 sqm



Rugs
From £30 each

Why choose Walk On Flooring?

- ★ Local fitters with over 25 years trade experience
- ★ Wide range of carpet and vinyl pattern books
- ★ All work is guaranteed and insured

Home Selection Available!

www.walkonflooring.co.uk

Quality room
size remnants
from only
£29.00



Like us on
Facebook

Showroom: Unit 3, Tile Cross Trading Estate, Tile Cross Road, Tile Cross, Birmingham B33 0NW