

the Castle Brom Post

ADVERTISE YOUR BUSINESS HERE

0121 749 7502

07805 430191

email: editor.postgroup@outlook.com

July 2023 Issue 73



postgroupmidlands.com

PICK ME UP FREE

NEWS FROM CASTLE BROMWICH HISTORIC GARDENS



As the weather gets more predictable - we hope - the Gardens ratchet up the outdoor day time and evening activities in the Gardens.

See page 16 to see all that's happening

There's usually something special on at weekends – Music, Theatre, Floristry workshops and Falconry experiences - and during the week our under fives creative sessions and free after school 'run rounds' continue ('after school' sessions finish on July 14th).



Castle Bromwich Hall Gardens



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

Finance NOW available through Kanda from **0% APR**



- 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

July 17th – 6pm til 8.30pm

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



Price £5 per person

Bar will be open for refreshments
Tea and Coffee available

Contact us

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

Water Orton Cricket Club
Coleshill Road, Water Orton B46 1QX



Our Ticket winners

- Tim Bull
- Jenny Wells
- Sara Prosser
- Feli Freeman
- Mark Polster
- Trisha Roberts
- Stephen Bottrill
- Joan Macmillan
- Robert Bryson
- Julie Gough

All winners received a pair of tickets to the show.


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

Double Film Premiere from Coleshill Drama Group

► The past twelve months have been particularly busy for members of Coleshill Drama Group. Two major productions on Coleshill Town Hall stage, an exceptionally well received and enjoyed “Italian Evening”, an entry into this year’s All England Theatre Festival and not one, but two short films, have given members a real opportunity to explore their talents and try roles which they had never dreamt of.

Group member, Jon Pegg, wrote a play with the stage in mind, but decided instead to make the script into a short film. He has over twelve years’ experience in directing films and has achieved many awards. He asked members of the Drama Group if they were interested in acting in a film, something none of the members had ever done. The result has astounded the members, who have reaped huge benefits from diversifying into another medium.

The short film “The Bench” was made in collaboration with Sutton Coldfield Movie Makers and has already accrued twelve awards in film festivals all over the world. The great news now is that Coleshill audiences can watch this film AND a second one, entitled “Bad Day for Contemplation”, also written and directed by Jon and featuring actors from Coleshill Drama Group, in Coleshill Town Hall on Sunday 9th July at 2.30pm. The screenings are FREE OF CHARGE and will be followed by a question and answer session with the writer director, actors and cinematographers. Refreshments will be available from the Bar.

Do not miss this free opportunity to see what your local Drama Group has achieved and now offers this entertainment to anyone who would like to come along. Perhaps making a film is something you have often wished you could do. Maybe you would love to “have a go on stage”. This is your chance to find out all about Coleshill Drama Group, which has been entertaining the community for 90 years, to learn of new avenues its members are exploring and to become part of a busy group in one of several different ways. Not only is The Group always looking to welcome new members as actors and directors, but also, for those who do not wish to “tread the boards”, there are many skills to be learnt in set and stage design, costume design and making, properties for the stage, and sound and lighting design and operation. If you just feel that you would like to be part of The Group, then extra hands are always needed to construct and dismantle stage sets, make the tea, help front of house during productions and many other jobs. In short, there is something for everyone.

Coleshill Drama Group’s members love what they do and need the plentiful support of audiences to make all their efforts worthwhile. Please come along on Sunday afternoon July 9th, meet the Group and enjoy two films made by the very people you know and see in Coleshill.

GET THE JOB DONE!

**OPEN TO
TRADE & PUBLIC**

 Blue Slate
 20mm Decorative
 Aggregate 20kg

£4.50
 per bag

£5.40 inc. VAT

 Growtivation
 Weedtex Weed
 Control Mini Roll
 1.0 x 15m

£6.95
 each

£8.34 inc. VAT



Terms apply. Prices valid until 31st July 2023 for collected purchases only.


EH Smith
 Builders Merchants


Chester Road
 Castle Bromwich, B36 0LB

Coleshill Drama Group showcases a Double Film Premiere!

 Screening:
“The Bench”
 and
“Bad Day for Contemplation”

 Two short films, written, directed by and starring members
 of your local drama group, followed by Q and A.

Sunday 9th July @ Coleshill Town Hall
Doors open 2:30 First film starts 3:00

Limited refreshments available at the bar.

Meet your local filmstars!

FREE ENTRY

Absolute 10 Years



➤ Back in 2013 two guys set out on a journey to start their own business. Working together previously for over 15 years in the midlands for a roofing contractor it was time to move on. Vic Pepperell and Ant McManus both coming from a roofing background with Vic having a career in sales and Ant in contracting. It was a combination that was destined to succeed.



"Where it began", small office at the rear Chester Road, Castle Bromwich.

Following the launch of Absolute Roofing Solutions Limited from here they went on to securing contracts that would take them to new premises within the year.

Still wanting to be in Central England with all routes to the UK from the motorway network Absolute moved to Coleshill to join Absolute Scaffolding Limited in larger premises.



Jubilee Works, Coleshill.

The combination of having a Scaffolding Company meant that our clients would receive a better service. Ant being from contracts knew from previous experiences that having to subcontract work to scaffolding companies can sometimes go wrong as there is no control. So, the partnership with Absolute Scaffolding works well for all and for our clients.

Not wanting to stop there the ambition for both was to be one of the largest Roofing contractors in the Midlands. In the first year they secured over 90 contracts and today with over 270

contracts and maintaining the quantity over the past 4 years is a significant growth.

However, there was still more they could offer to the clients so in 2014 Absolute Solar (now Absolute Electrical & renewables Limited) was formed and in 2017 with the knowledge they had gained from the construction industry they established Absolute Building & Maintenance, Absolute Roof Tiling, Waterproofing and Absolute Self Storage. Absolute Group have a portfolio that are established and recognisable names in the Construction Industry throughout the Midlands and UK.

Throughout the years success comes with rewards and during the time we have enjoyed great days with our clients.



Cheltenham Gold Cup, with familiar faces from the Group and our clients.

Absolute have always supported staff with ambitious careers from promotions to accommodating their staff needs on working hours for younger families. Here at Absolute, there is a good balance of experience and ambition throughout the staff. Currently with over 100 people working for Absolute Roofing they have provided stability for their staff during the uncertainty of the past few years and difficulties faced within the Construction Industry. The motto of Absolute has always been "look after your staff and they will look after you".

Working throughout the UK Absolute have maintained working relationships since the beginning. Year on year we look to encourage further growth by offering a complete package for our clients. We don't intend to stop there and will always look to improve and manage our client's expectations and requirements.

As we enter our 10th Year it is not without recognising the support of our suppliers, and the dedication and hard work from all our staff.

NEED EXTRA STORAGE?

Store it from only

£20

per week



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





Summer Feet

During the Summer we find ourselves wearing more open shoes such as sandals or sliders. Although these can help to keep your feet cool, they expose our skin to the hot weather which can make them drier. An open-backed shoe will also allow for more movement around your heels when you are walking which can in turn make the skin around your heels hard.

Our skin is elastic and needs to be able to stretch to allow us to walk comfortably. When the skin is dry and hard it becomes less stretchy and so is prone to splits and cracks. If these occur, they can be very painful and if left untreated may lead to an infection.

The way to treat and prevent these cracks is to essentially give your skin its stretchiness back! The best way to do this is for us to work together. We recommend regular routine treatments with one of our HCPC registered Podiatrists who can keep the hard skin reduced and regular cream application by yourselves daily. Our own Help4feet foot cream is a great cream for helping to keep the hard skin soft as well as hydrating your skin. Please ask for more details at the practice.

Another issue affecting many over the summer is aches and pains in the feet caused by wearing flat sandals with little or no support for the foot. We recommend for longer walks wearing supportive trainers however we do sell our own help4feet Sandals which are fashionable and supportive. These are an excellent alternative to standard flat sandals and help the foot function better when walking. Please contact the practice for more details.

If you think you may benefit from seeing a Podiatrist, you can give us a call on 0121 749 6313 and book in to see one of our HCPC registered Podiatrists.

The Heart of England Singers Summer Concert

Basking in the triumph of the Vivacious Vivaldi concert in May held jointly together with the Chandos choir, the Heart of England Singers now move swiftly on to their annual summer concert which will be a scorcher this year.

The concert will be held at St. Philip's Church Dorridge and the choir will be led by the renowned soprano Susan Bates ably stepping into the boots of our late lamented Musical Director, her husband Martin Bates, as choir conductor.

The choir will be augmented once again by the ever popular Songsquad from St. Alphege CE Junior School led by Allison Taylor as guest performers.

This year the theme will be songs from popular musicals which will include Mamma Mia the Musical, extracts from Les Miserables and Phantom of the Opera

and stirring James Bond theme tunes. There will be something for everyone and a good sing-a-long to some well-known tracks.

Tickets will be just £12 (£6 for under 16's) and will include refreshments either in advance or on the door. (ticketmanager@gmail.com or www.ticketsource.co.uk/the-heart-of-England-singers).




Heart of England Singers
Conductor Susan Bates

Summer Concert
featuring
Songs from popular Musicals

With guest Performers
St Alphege CE Junior School Songsquad
Conductor Allison Taylor

7.30pm 8th July 2023
St Philip's Church,
Manor Road,
Dorridge
B93 8DX

Tickets £12 (£6 for under 16's) including refreshments
from ticketmanager@gmail.com
and available through Ticket Source
www.ticketsource.co.uk/the-heart-of-England-singers
from choir members and on the door —



WALSH
PODIATRY

hpcp registered
www.hcpc-uk.org

Make sure your feet are in safe hands
Always use a HCPC Registered Podiatrist

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



Award
Winning Pizza,
American Snacks
And drinks instore!

Take Away & Delivery Menu

OPEN MON - TUES 4PM - 10.30PM,
WED TO SAT 1PM - 11.00PM, SUNDAY 1PM - 10PM

DESSERTS	
New York Style Cheesecake, Slice.....	£3.50
Cheesecake slice.....	£3.50
Chocolate Fudge Cake, Slice.....	£3.50
Toffee Pie, Slice.....	£3.50
Oven Baked Warm Cookies, (4): milk chocolate, white chocolate.....	£3.99
Haagen-Dazs Ice Cream.....	£5.99

Large: strawberry cheesecake, cookies & cream, vanilla or chocolate

FAMILY SAVER MEAL DEAL

Any 2 x pizzas, 2 sides & 1 Large Bottle

9"	12"	15"
£20.99	£25.99	£30.99

CHICKEN STRIPS MEAL

5pcs Strips
Fries &
Can of Drink

£8.99

COLLECTION SAVER MENU ONE

(Limited Time only)
Any small (9") pizza,
fries and small drink

£9.99

MEAL FOR ONE

(Limited Time only)
Small (9") pizza, 1 side
and small drink

£12.99

COLLECTION SAVER MENU TWO

(Limited Time only)
Any Med (12")
pizza

£9.99

BUY ONE GET SECOND HALF PRICE

ANY SIZE PIZZA WHEN
U COLLECT

Collection Only. Not Valid with any other offer. Prices based on Regular menu price. Free Pizza will be equal or lesser value than the first subject to availability

BURGER & WRAP MEAL

Any Burger or Wrap meal
(Burger/Wrap, Fries &
Can of Drink)

£6.99

CHICKEN NUGGETS MEAL

(Limited Time only)
Chicken Nuggets (5),
fries & small drink

£6.99

DOUBLE SAVER MENU

(Limited Time only)

2 x 9" Pizzas for £17.99
2 x 12" Pizzas for £21.99
2 x 15" Pizzas for £26.99

TRIPLE SAVER MENU

(Limited Time only)

3 x 9" Pizzas for £22.99
3 x 12" Pizzas for £28.99
3 x 15" Pizzas for £35.99

Delivery charge £2 within 3 mile radius, £10 minimum order. £1 Surcharge per additional mile. Please allow an average of 45 Minutes for delivery.

All Major credit cards accepted excluding American Express. Cheques not accepted.

Terms & Conditions: Offers and specials cannot be used in conjunction with any other offer or reduction. Please mention any special offer when ordering. Slice of America reserves the right to withdraw offers or products without prior notice. Prices may be subject to change without prior notice. All items are subject to availability. Some of our meat toppings, desserts and ice cream may contain traces of nuts. stated pizza sizes are approximate prior to cooking. Any Errors or omissions in the wording of an offer will not change the actual intended offer and cannot be redeemed. All prices include VAT at the standard applicable rate.

7 BIRMINGHAM ROAD, WATER ORTON B46 1SP • TEL: 0121 748 1648

Quick & easy ordering online - only at www.waterortonpizza.com

Find Us on Facebook: Waterortonpizza • Food Standards Agency 5 STAR Hygiene Rating

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

The Shabby Attic

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

We are interested in any of the following:

- Broken jewellery
- old watches
- Silver Flatware
- Pocket Watches
- Old Coins
- Silver Cutlery
- Dental Gold

Whether you have one item or a bundle, unsure what you have? No problem, we will take a look, free of charge.

Competitive prices paid, cash paid instantly or bank transfer.

Home visits Available

Have anything unusual or unique? bring it to us, we may buy it from you. We work closely with Dealers and collectors to get you the best price!!

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

82 High Street, Coleshill B46 3AH Tel.07528964681

COLESHILL CARNIVAL



PROCESSION STARTS 11AM STATION RD

COLESHILL CARNIVAL 2023

GATES OPEN MEMORIAL PARK 11.15



SUNDAY JULY 16TH 2023



**PROUDLY SPONSOR
COLESHILL
CARNIVAL**

**FUNFAIR
CHARITY ALLEY
LOCAL TRADING MARKET
ENTERTAINMENT
FLOATS/PROCESSION
ROYAL COURT**

**COMING TO B46
"DANGERZONE"
WE DARE YOU!!**





Hello from your local Slimming World groups



☛ Summer really has started and isn't it lovely to see the sunshine! In our groups we've been sharing ideas and tips ready for summer, from days out to barbecues and of course thinking about upcoming holidays. We've also been celebrating our men recently with our 'Man of the Year' competitions. Nominated and voted for by their fellow slimmers it's so inspirational to hear about life changing stories and see the photos brought in by these guys of their transformations. Slimming World is definitely 'not just for girls', we have many men in groups these days and they do incredibly well. Man of the year is always a celebration that all the consultants love. There've been so many fabulous success stories, but we've picked Andy's story to share with you this month. Have a read, about not only his weight loss but his Diabetes reversal too. We hope it inspires others to believe in what can be achieved.

There's a deliciously sweet summer recipe for you to try too.

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

6 Stone down and diabetes reversed – I'm a new man!



My journey began over 10 years ago, I'd been diabetic for many years, was over 18 and a half stone with a 44-inch waist, I did very little activity and was constantly working away from home.

I decided I needed to lose some weight and I initially lost around 3 stone which did take me a couple of years but then found I could not progress any further. My diabetes seemed to be getting worse and I knew that I really needed to do something. I looked around and almost by accident was introduced to Slimming World by my daughter Kate who joined at the same time as me and was a constant buddy in losing weight.

I had some initial success and loved the process of food optimisation, managing

syns and focusing on free food which is the food that needs no weighing, measuring or counting. Things like fruit and veg but also lean meat, pasta, rice, potatoes and much more. I never had to go hungry and amazingly I started to lose weight regularly and steadily. I regularly attended the Slimming World sessions and even continued throughout the Covid lockdown period. It was so enjoyable and I loved achieving milestone awards... Half a Stone, 1 Stone, 1.5 Stone, 2 Stone !!! It was a life changing period for me, and I reached my target weight.

Most of all, what I loved was that attending and staying to group was fun!

I began to notice that my diabetes was changing. My diabetes levels began to improve dramatically. So much so that I vividly remember the morning I attended my diabetic clinic and was told I no longer need to test my blood sugars levels every day. That moment of joy will stay with me for ever! My medication was also dramatically reduced.

Post Covid and for several months I'd stopped going to group, slipping back into old habits. I started to regain weight so I returned to Slimming World and re-joined Jayne's group in Chelmsley Wood. It was like coming home and with the support of the group I very quickly got back in the groove to achieve my target within three short months. This time I also decided to engage in Body Magic which is Slimming World's activity programme. I was introduced to the 'activity pathway' and starting small and at my own pace I built in

routines and adopted a regime of running on my treadmill building up to twice a day for 15 minutes each session. I measured the distance I ran and also monitored my blood sugar levels during this time. The results were amazing! In group every small step was recognised and celebrated, and I soon achieved my bronze and silver body magic awards, encouraging me to continue.

Significantly, from the moment that I started back at Slimming world and started Body Magic I had a clear graph that showed my blood sugar levels reduced to even lower levels and my Doctor advised me that I had now reached a stage where I was now pre-diabetic! I continued to run twice a day and it became business as usual.

Looking at my journey, things have changed so much for me... I had previously reached 18.8 stone and I now weigh 12.8 stone. My waist size was 44-inches and is now 32-inches. I was XXL in most clothes and I now buy mostly medium. I no longer test daily for diabetes and my blood sugar levels are down to pre-diabetic levels. I look in the mirror every morning and tell myself 'Believe'!

My most recent achievement is being voted Man of the Year in group by my fellow slimmers. Knowing that I inspire and motivate others on their weight loss journeys is a fantastic feeling. That's what Slimming World is all about, ideas, tips and lots of support that'll help you take the steps to change your life. So I'd say if you're thinking of joining, look up your local group, walk in and never look back except to see how far you've come.

Raspberry & lemon ice-cream squares

Crunchy, creamy and cool, these fruity squares are the perfect sweet treat for summer

Ready in 30 mins (plus 5 hrs freezing) Makes 16 | 3 Syns each



Ingredients:

- Grated zest of ½ unwaxed lemon and juice of 1 lemon
- 1 level tbsps sweetener granules
- 400g low-fat custard, canned/carton
- 300g fat-free natural fromage fraise
- 2 egg whites*
- Low-calorie cooking spray
- 12 ginger nut biscuits
- 25g low-fat spread
- 250g raspberries, halved

*Pregnant women, the elderly, babies and toddlers are advised to eat eggs showing the British Lion stamp if eating raw or partially cooked eggs.

Method

1. First, make the lemon ice cream. Put the lemon juice and 2 level tsp sweetener in a small pan over a low heat and heat gently until dissolved. Stir in the lemon zest and cook for 1 minute or until reduced by half and slightly syrupy. Set aside to cool.
 2. Put the custard and fromage fraise in a bowl and stir well to combine, then stir in the lemon syrup.
 3. Whip the egg whites in a clean bowl until they're frothy and holding their shape. Whisk in the remaining sweetener, then fold the mixture into the custard. Transfer to a shallow freezer-proof container and freeze for 4 hours or until just firm but soft enough to spread, stirring every 30 minutes to stop crystals forming. (If you have
- an ice-cream maker, you can use this instead.) Take care it doesn't freeze solid.
4. Meanwhile, spray a shallow 20cm x 20cm tin with low-calorie cooking spray and line it with greaseproof paper. Put the biscuits in a freezer bag, seal well and bash them with a rolling pin to make fine crumbs. Melt the low-fat spread in a small pan over a low heat (or in the microwave), then stir in the biscuit crumbs and mix well. Spill the crumbs into the lined tin and spread out evenly.
 5. Spoon the ice cream on top of the biscuit layer and level with the back of a spoon. Press the raspberries in lightly.
 6. Freeze for 1 hour, then cut into 16 equal squares to serve. (If made in advance, soften in the fridge for 15 minutes)

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

The TRWI Craft Group Strike Again!

☛ You may remember the cheerful post box topper that was attached to the top of the red landmark at the bottom of Coleshill High Street by the garage (to commemorate the coronation of new King Charles III)? Well, the crafty ladies at Twin Rivers Women's Institute had so much fun that they have done it again.

This time they decided to commemorate the theme of 'World Oceans Day'. On the 8 June every year, World

Oceans Day is held to highlight the value of the seas and how the world should work together to ensure our ocean's health and wellbeing.

As you can see in the photo(s) the ladies did a fantastic job. They've included all sorts of animals: an octopus, star fish, turtles, polar bears, penguins, whales and fish – even seaweed! It has been causing quite the stir with people parking up in order to go and take photographs. If you have not had a look yet, do not miss the chance to

go and see it.

The ladies have hit upon something that has taken off in a special way. This will not be last topper they do and are already considering what the next theme will be.

So keep your eyes open for the next one.

If you would like to come along to a Twin Rivers meeting to see what we are all about: we meet on every second Tuesday of the month at Coleshill Town Hall. Come along and join in the full. All ladies welcome.



Coleshill Manor Snake

☛ Pied Piper Pest & Wildlife Management are used to being called out to deal with weird and wonderful native wildlife but on this occasion the wildlife encountered was definitely weird but not so native.

The Pied Piper office received a call from Coleshill Manor asking for one of our technicians to attend site immediately as there had been reports of a large snake slithering around in the under growth and the report was that the snake had tried to bite the landscape gardener who was trimming back the bushes around the security gatehouse.

Once on site the snake was quickly tracked down and to our surprise it was not one of the native species, we were expecting to find but in fact a fairly decent

sized corn snake sunning itself in the early morning sunshine on top of one of the well-manicured bushes.



Corn snakes are native to North America so this was obviously an escapee, or it had been intentionally dumped.

The corn snake was quickly boxed up and placed in a secure area of the gatehouse while awaiting collection by a local RSPCA officer.

Please Note if you do have an exotic pet and for whatever reason you can't keep it, please don't just dump it out in the British countryside, it's illegal

to intentionally release a non-native species into the wild in the UK and you may be thinking that your giving your pet a life of freedom and no harm will be caused by its release but that's so far from the truth the impact that your exotic pet can have on our native wildlife is massive and the effects from there release can be long lasting.

Sadly, many exotics are not equipped to survive long in the British countryside so they in turn suffer a miserable existence with many perishing soon after their release.

Don't just dump your exotic pets, it's not fair on them and its definitely not fair on our native wildlife species, instead contact a local rescue centre to see if they can take your exotic pet off your hands and rehome them.

Pied Piper Pest & Wildlife Management



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



Major Trent Valley line railway upgrades over nine days in July

Rail passengers are being advised of changes to journeys over nine days in July while engineers invest millions of pounds improving future journeys on the West Coast main line through Staffordshire.

Network Rail is carrying out a programme of upgrades on the Trent Valley line between Saturday 15 and Sunday 23 July. This involves an £8.5m investment into the railway at Colwich Junction which will see engineers:

- Install 2km of new track
- Replace 3,300 railway sleepers
- Lay 2,500 tonnes of new track foundation stone, called ballast

At the same time work will continue on a major scheme to renew the railway signalling system in the Trent Valley area*.

During the closure, engineers will also use the time when no passenger trains are running to safely remove Cross City line platform 3 at Lichfield Trent Valley station.

Long-distance trains will use alternative routes, and rail replacement buses will keep passengers on the move between stations on the Trent Valley line itself.**

With the work coinciding with some school summer holidays, people are being encouraged to plan ahead by using www.nationalrail.co.uk.

Passengers are being advised that journeys will take longer, could involve rail replacement bus services and that timetables will be different.

Dave Penney, Network Rail North West and Central region passenger director, said: "These major track and signalling improvements on the Trent Valley line will mean better, smoother and more reliable journeys for passengers and freight in future. However, complex upgrades like these mean we have no choice but to close sections of railway for old sections of track to be ripped up and replaced with new, and for new signalling equipment to be installed and tested. "Given this work is over the summer holidays I'd urge anyone planning to travel between 15-23 July to please check National Rail Enquiries to plan their journeys. I'd also like to thank passengers in advance for their patience."

Barry Milsom, executive director of operations and safety at Avanti West Coast, said: "While Network Rail carry out these major works, we'll be operating an amended timetable and journeys to and from London Euston will take longer. We strongly advise customers making journeys between

15 and 30 July to plan ahead and check the Avanti West Coast website before travelling."

Jonny Wiseman, customer experience director at West Midlands Railway, said: "Investing in new track and the upkeep of our railways will support a better travel experience, providing passengers with more efficient journeys on our services in the future.

"As a result of these works, I urge passengers to check their journeys between 15-23 July as the major upgrades will result in either longer journey times, bus replacements or alterations to services along the Trent Valley line."

At the same time, HS2 is planning to move a huge new bridge structure into place while no trains are running on this busy section of the West Coast main line.

Scores of workers have been building the 6,500-tonne concrete bridge beside the railway over the last six months.

It will be slowly driven into place on the back of a huge transporter vehicle to become a 56m long and 19m wide bridge to carry the existing railway southeast of Lichfield Trent Valley station.

In the space created underneath, HS2 lines will then be built in the coming years and allow Britain's new high-speed railway to pass beneath the West Coast main line in future.

When complete, HS2 which will transform journeys between London, the Midlands and the North, providing zero-carbon journeys from day one and also making space on the existing railway network for more freight and local services.

Meanwhile, Saturday 15 July also marks the start of a six-month closure of the interchange with the Cross City line at Lichfield Trent Valley station for platform three to be demolished then entirely rebuilt.

Passengers can plan their journeys in advance by visiting www.nationalrail.co.uk, or visit www.networkrail.co.uk/wcml for more information on this specific project.

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



“Not in doing what you like, but in liking what you do is the secret of happiness”

J M Barrie

We owe the garden of memory which sits at the front of the Church alongside the path and which leads to the front door to Beryl Ticquet who was the wife of the first Vicar of St Clements and who had a love of gardening. You can just see two bright red roses that grow up through the hedge and which we believe may have been part of the original planting. At the end of 2021 we planted a red rose for Remembrance and in 2022 a yellow rose in memory of Andrew Clowes. Also a yellow rose which is now more pink-to-red in memory of Dorothy Cotterill. On the opposite wall, there is a red rose which was put in by a resident who lived close to the Church in memory of her husband. We have decided to leave the “stinging nettles” in the beds and some buttercups for the wildlife and have had Forget me Nots for the first time this year.

The hardy geraniums are just what their name suggests and whatever the weather they certainly seem to keep coming back, well they do in the Church garden, they are certainly tough and very vigorous. Whatever your favourite colour or flower they can brighten the duller days, reminding us all that having flowers in your garden or home can show us how important it is to appreciate life to the fullest and to remain positive.

4th Castle Bromwich Brownie Pack

Brownies have for many years been based at St Clements but did you know that Brownies were originally called Rosebuds, and were first organised by Lord Baden-Powell in 1914, to complete the range of age groups for girls in Scouting.

Together with his wife Olivia the Girlguiding movement was founded. Girlguiding is the UK’s largest youth organisation dedicated completely to girls. Girls can do anything. The organisation helps them know that, whether they’re 4 or 18 or in between, all girls have a home at Girlguiding - whoever they are, and wherever they are. They have amazing pack holidays as you will see from the following write-up - please read on

We had an amazing Pack Holiday over the May Day weekend at PGL Activity Centre at Boreatton Park in Shropshire, however it is safe to say the weather was not entirely kind to us! Although we did not have a theme on this particular holiday as it was an activity weekend, we might have chosen “Mud, Mud, Glorious Mud” because there was plenty of it! Despite this, we all had a fabulous weekend. Our Brownies took part in a giant swing, aeroball, sensory trail, climbing, abseiling, raft building and a pamper night. On this occasion we couldn’t have a camp fire because the ground was too soggy! Our girls were amazing as they enjoyed all these activities. The site provided fabulous buffet style meals and we ate very well indeed. Our Brownies settled well and enjoyed what we Leaders call “The Brownies Greatest Adventure” which it certainly was.

Our girls gained skills and new confidence as the weekend went on, and on our return we were very happy with the great feedback we had from parents as the excitement and enthusiasm from the girls was undeniable.

The weekend ended all too quickly and I am sure that there were a great many of us who would have liked to stay for longer, but as the saying goes “All good things must come to an end!” Our Leaders are all volunteers but we were happy to give up our weekend to give our girls such a fun-packed time!

If you are interested in your daughter {who should be aged between seven and nine} joining us, then please go to the Girlguiding UK website under the Parents Registration page, and select 4th Castle Bromwich Brownie Pack to fill in your daughter’s details.

We will then get an email from Girlguiding UK and we will be happy to contact you directly’.



Events Coming Up

So what is St Clements up to in the coming months, well on Saturday 15th July from 11am to 2 pm is our Summer Fayre. It would be good if the weather was kind to us. We have been told that much of the planning has been done, but what we do know for certain is there will be cake stalls, a tombola and plenty more to tempt you to spend your money for a good cause. Oh yes, if you fancy a sit down there will be refreshments being served.

Saturday 9th September is our annual Garden Party. In previous years we were able to have this in the Vicarage Garden, but that will have to wait for next year when our new Vicar arrives.

AND THENOur Annual Sponsored Walk in October, but first let's enjoy the summer months ahead with bright mornings and light nights and what is on our doorstep from Castle Bromwich Gardens to Babbs Mill or just to sit and appreciate our own gardens and listen to the birdsong or see the friendly Robin come to visit.

If you want to know more about our Services or Groups you can get in touch here:

Phone: 0121 748 5550

Church Website: www.stclementschurchcb.co.uk

Facebook: www.facebook.com/stclementschurchcastlebromwich

Email: office@stclementschurchcb.co.uk



Cllr Martin McCarthy, Castle Bromwich Ward (Solihull MBC)

July Update

➤ As I write this, the Barbeque season is well under way and our gardens and many of our open spaces are filled with colour.

We continue to monitor SMBC contractor grass cutting performance such as the condition of the islands in Farnworth Grove and across our open areas, also pushing for replacement of dead trees in several places across the area, as there is significant lead time on trees ahead of the winter planting season, please do get in touch if you see one that we may have missed.

As the National Grid infrastructure rolling road works continue, we have noted the unacceptably poor condition that the junction area at the top of Parkfield Drive and Water Orton Road has been left in and we have confirmed with officers that appropriate action will be taken if the contractors do not return the road nameplate and surrounding area to an acceptable condition.

The Water Orton Road safety improvements continue to progress, these include the new pedestrian crossing and speed cushions at Arden Hall and the Solihull walking project road safety enhancements in the Chester road and Croft road area, these long-awaited improvements combined should do much to improve safety for pedestrians and help reduce excessive vehicle speeds. I will report start dates for these as soon as they are available.

My recent visit to Lanchester Park has resulted in the identification of the serious damage that has occurred to the young children's play surface and a Basketball hoop that has gone AWOL from the Basketball court, these have been reported to SMBC officers for repair and replacement.

My next monthly surgery is scheduled for Monday the 10th of July, this takes place at the Library at 14:00, no appointment is required, please email, or call me if anything urgent comes up in the meantime,

Our emails are
martin.mccarthy@solihull.gov.uk
alan.feeney@solihull.gov.uk
 and leslie.kaye@solihull.gov.uk

The Only Family Owned Funeral Directors in Castle Bromwich

Hickton Family Funeral Directors



Trevor E.W. Hickton Ltd



About Us

Established in the Black Country in 1909, the Hickton family have been serving the community through four generations.

The business currently in its 3rd and 4th generation of ownership, identified the need for a new modern independent funeral director to serve the Birmingham and Solihull areas.

Many of the long established funeral homes in the local area have been sold to much larger corporations over the past 15 years and have no family members left involved in the business. W.H. Painter, for example, are owned by Funeral Partners, a large nationwide corporate company.

We are the only family owned funeral director in the area now.

With our family ownership we feel in a position to give a much more caring service when called upon, compared to large corporate companies. We also feel we can be much more cost effective in comparison to the corporate funeral homes.

- 24 Hour Service in all areas
- Home Visits & Arrangements
- Payment Plans
- DWP Social Help
- Simple Low Cost Funeral Options
- Private Chapels of Rest
- Modern & Classic Vehicles
- Professionally Trained Staff
- Horse Drawn & Alternative Hearses
- Pre-Paid Funeral Plans



The Basic Funeral Package £1400.00*

Including - Professional services, transfer from place of death, care of loved one, hearse, simple coffin, funeral director, bearers.

The Traditional Clent Funeral Package £2350.00*

Including - Professional services, transfer of your loved one from place of death, preparation and viewing of loved one in a traditional coffin, care of loved one, hearse, one limousine, funeral director & bearers. 4ft floral coffin spray, 40 order of service booklets, ashes scatter tube, donations box and 6 bereavement support sessions.

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

320 Bradford Road, Castle Bromwich B36 9AD

Opposite Toby Carvery (The Bradford Arms) 24 Hour: 0121 747 7900

www.TEWHickton.co.uk

Coffee Morning Spencer Lounge

Rear of Arden Hall

Enjoy a coffee,
 cake and a chat
Every Thursday

09:30am - 11:30am





Castle Bromwich
Hall Gardens

News from Castle Bromwich Historic Gardens

➤ As the weather gets more predictable - we hope - the Gardens ratchet up the outdoor day time and evening activities in the Gardens.

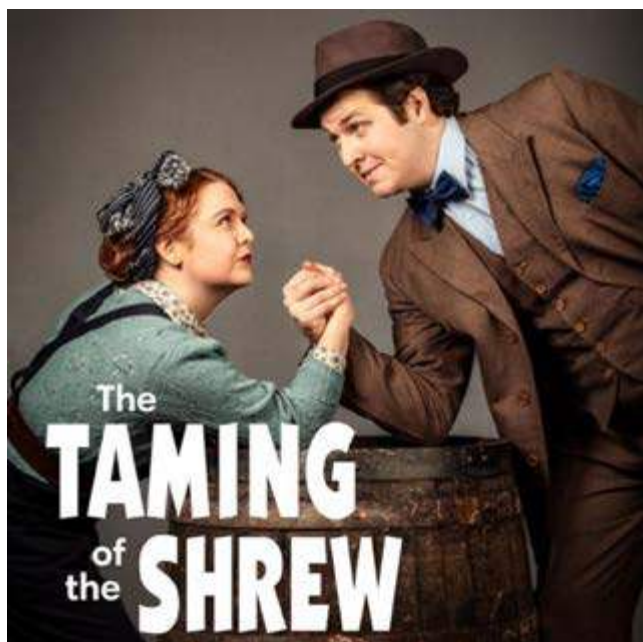
There's usually something special on at weekends – Music, Theatre, Floristry workshops and Falconry experiences - and during the week our under fives creative sessions and free after school 'run rounds' continue ('after school' sessions finish on July 14th).

Music has been played in the Gardens for over 300 years, so we're happy to keep that tradition going.

The **Melon Ground Sessions** (fortnightly on Thursday evenings) welcomes guests players Sam Slater and Jobe Baker-Sullivan. Our 'mini music festival' **events Saturday Sounds in the ClaireVoie** include Soul Sessions Brum and a celebration of the 50th anniversary of Dark Side of the Moon. A welcome return of the Notorious Choir on Sunday 2nd brings us a convivial afternoon of songs about drinking.



'Local Boy made Good', William Shakespeare is also celebrated over the first weekend. We join with Solihull's Folio 36 project with Roaming Bards around the Gardens on the Saturday, a fairy potions workshop for the littluns and an energetic production of Taming of the Shrew from the Crescent Theatre on Sunday 2nd July.



The bees have been busy during June and we hope to have our beekeeper Malcolm's, honey on sale in the shop throughout July.

We may be on the edge of the City, but there's plenty of country based skills and activities for you at the Gardens.

Including floristry sessions with sustainable materials, wooden spoon carving and willow weaving workshops and maybe you fancy a try at flying a bird of prey. There are 2 falconry sessions in July, one for keen photographers and one for people to learn about and get close up to some magnificent birds. A gift for a special day... or maybe yourself.



As always, we value providing a safe and beautiful green space for families and young people. The Gardens are great for the under-fives to explore any time, and during July there'll be a new Percy the ParkKeeper trail to explore, more singing in the Orchard with B'Opera and another Nature Makers session.



Free stuff.. where we are able to get funding for specific events we love to make access to the beauty of Gardens as easy possible. We've really enjoyed providing Free After School Activities to help kids wind down and process the school day and to have access to a 'pay as you can' mini meal. In June we had our first Arts, Crafts and Repair Café session and will have another in July and August – an opportunity to bring along some craft and sit and natter. The Repair Café will start with textile mending sharing skills between friends and strangers.. The Gardens are by nature, re-cyclers and make-do'ers and we'd love to expand the skills in the Repair Café... get in touch if you like to help out.

As many local people will know, Membership of the Gardens is a really cost effective way to enjoy the benefits of strolls and relaxing moments in the Gardens. Members also benefit from Members Only events; this month, as part of the Trust and Company's Annual General Meeting we're inviting Members to explore a bit more than they may be used to exploring... with spotlight tours, photo exhibitions, woodland crafts and eating around the fire circle. Current Members will be able to enjoy this early evening for free on 6th July before the more formal business of the AGM the same evening... If you are not a member already... there's still time to join up.

DfT response to RMT calling more strikes



Department
for Transport

➤ In response to RMT's latest statement calling more strikes on 20, 22 and 29 July, please find the Department's statement below.

A DfT spokesperson said:

"The RMT leadership's decision to call strikes targeting two iconic international sporting events, as children and families begin their summer holidays, will disrupt people's plans across the country. After a year of industrial action, passengers and rail workers alike are growing tired of union bosses playing politics with their lives. It's high time the union leaders realised that strikes no longer have the impact they once did and are simply driving people away from the railway."

"This Government has played its part by facilitating fair and reasonable pay offers that would see generous increases for rail workers. Union leaders should do the right thing and give their members a chance to vote on these pay offers."

Background

Since taking office, Transport Secretary Mark Harper and Rail Minister Huw Merriman have managed to completely resolve the dispute on Network Rail by meeting union leaders and facilitating fair and reasonable offers on pay and reform that were overwhelmingly accepted by union members. Union leaders refuse to give members at train operating companies (ToCs) a vote on similar offers, which is why the dispute remains ongoing at ToCs.

An RMT member on £31,000 who has taken part in strike action throughout this campaign could have lost over £1,000 in take home pay (noting that a typical worker would not have been scheduled to work on each strike day), this rises to around £1,800 for those workers that had been scheduled to work on all strike dates. Some workers may have lost even more as a result of missing out on overtime payments over the Christmas period. This is an illustrative estimate which reflects standard income tax, National Insurance Contributions and pension rates and losses in take home pay will differ according to individual circumstances. TSSA, Unite and RMT members working for Network Rail have all had the opportunity to vote on their future with some overwhelmingly voting to end the dispute.

On 20th March RMT members voted to accept the Network Rail revised offer, 76% of whom voted to accept and 24% voted to reject.

In line with the existing mandate, the RDG offer on the table to the RMT guaranteed competitive pay rises of 5% + 4% pay increase over two years, with larger increases for the lower paid and no compulsory redundancies, whilst ensuring we can take forward much-needed reform to secure the future of our railways.

Any pay offer must balance the need to ensure pay restraint while costs subsidised by the taxpayer and look to deliver savings through much-needed modernisation reforms.

**READ OUR PAPERS
ON THE GO**

www.postgroupmidlands.com



**SHARE A
STORY**

contact:

serena.postgroup@outlook.com



Saqib Bhatti MBE, MP for Meriden

July Update

➤ **As your Member of Parliament I have always been clear that my constituents deserve access to the best healthcare possible. Obviously, after the COVID-19 pandemic, the strain on health services has been acute. So I have been of continuously fighting for more resources and greater accessibility for local residents.**

Since May 2020, Solihull Hospital has been without a Minor Injuries Unit (MIU), with the facilities being maintained as a COVID-free space during the pandemic. Throughout this time I have been clear that these services should be reinstated as soon as possible, to ensure that my constituents have access to the healthcare facilities that they need.

Over 11,000 people signed the petition to reinstate the services at Solihull Hospital, so I know just how important local healthcare facilities are to the local community. This is why I am pleased to say that the MIU will reopen to patients from 8am on Wednesday 28th June.

Local healthcare plays a vital role in our communities, which is why I am pleased that a new community diagnostic centre has also been confirmed in the north of the borough. The Centre will deliver an extra 116,000 tests, checks, and scans a year. This additional facility will alleviate the healthcare load on both local GP services and Solihull Hospital.

While these announcements are positive and welcome, there is always more to do. I will continue to campaign for better health coverage across my constituency, including better services at Solihull Hospital.

I have also been continuing to highlight the importance of water safety and its role in our curriculum. We all remember the tragedy that struck in December last year, at Babbs Mill Lake, where we lost four young boys. I want to take this opportunity to, once again, commend both public bystanders and emergency service personnel who selflessly risked their own safety by plunging into the freezing water in an attempt to rescue the boys. They continue to stand as a testament to the community's courage.

I recently met with the Schools Minister, Nick Gibb, to highlight the tragedy and discuss how better we can safeguard and educate our children on the importance of water safety, particularly on cold-water shock.

With the Department of Education launching a review into Relationships, Health and Sex Education (RHSE) curriculum guidelines, I am calling for water safety to be incorporated into curriculum guidelines. By teaching this vital, life-saving knowledge in our schools, we can ensure that our children have the best information to make safe decisions and protect themselves.

The tragedy compels us all to reflect on how better we can safeguard and educate our children on the importance of water safety. This is an issue I will continue to highlight, both in Parliament and in our community.

As ever, my office remains open as usual and we are conducting surgery appointments, so do not hesitate to book a slot. My contact details are below:

saqib.bhatti@parliament.uk

0121 711 7029



Scott Bevan History Column: Time Capsule

➤ **History doesn't have to be ancient for it to be poignant. With that being said, in this months column I'd like to tell you all about something that happened to me last summer whilst I was helping my eldest sister renovate her new home.**

She had just moved into a new property on Castle Vale and had asked me to remove the brick fireplace from her living room. As I removed the column from one side of the fireplace, I discovered a small cavity behind the bricks that at first looked to me like it was full of debris. As I began to claw the pieces away, I noticed a long plastic wrapper inside the hole. After removing it, I realised that something had been wrapped in a plastic bag and tied with an elastic band. Inside was a small black and white photo of a lady in uniform and an Evening Mail newspaper dated Tuesday the 1st of April 1969. I gave it to my sister and said that I'd take a better look after I'd finished. As I continued to dismantle the fireplace and I got to the same section on the other side, the same thing happened. A long item covered with a plastic bag within the deep cavity on that column too. Only this time when we opened it, it contained an Evening Mail dated Tuesday the 23rd of August 1988 and an envelope addressed to 'whom it may concern'. I gave the envelope to my sister to open. Inside was a card which read...

"To the newcomers in _____"

We wish you lots of happiness and good luck in your new home. We came here end of May 1967 it was then newly built and we have found contentment and security in these few walls. We hope you enjoy the house and garden as we have. The original fire place was built 1969 and this one in August 1988, but I suppose when you arrive you will want to make major alterations so presumably you will find this note. Good luck to you.

Regards

Ethel and Harold Wright

Sons Paul and Martin and their respective wives and sweethearts Jenny and Beverley xxxxxx

Fireplace built by Patrick Williams

Decorations by Harold and Paul Wright'



So it appears that the first bag that I found containing the black and white photo (presumably of Ethel) and the newspaper dated 1969 was originally hidden in the first fireplace that Harold and Ethel had built in 1969. Then in 1988, the fireplace that I removed today was built & they reburied the original time capsule & concealed a new one too, which contained the newspaper from 1988 & the envelope. I'd spent much of my life living on Castle Vale but unfortunately I never had the pleasure of meeting Ethel and Harold. But, I really wish that I had. I think it was a really wonderful gesture by the couple to hide these time capsules for the next owner to discover, most probably

knowing it would be when they had both passed away and the house was in the possession of a new family. And the fact that they both had a pretty good idea that the fireplace would be one of the first things to go, meant that I didn't feel so bad about removing something that they'd enjoyed for such a long time. A lovely reminder of the life and love of a happy couple and the hope that they'd given my sister, that her life in that very house might be as happy and as peaceful as the one that they had obviously enjoyed together with their children

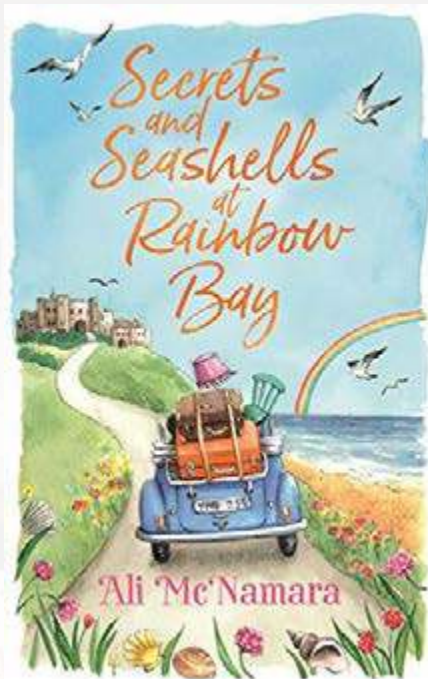
Castle Bromwich Library Book Club

Secrets and Seashells at Rainbow Bay by Ali McNamara

Amelia is a single mother, doing her very best to look after her young son, Charlie - but money is tight and times are tough. When she first hears that she is the last descendent of the Chesterford family and that she has inherited a Real-Life Castle by the sea, Amelia can't quite believe her ears. But it's true! She soon finds that owning a castle isn't quite the ticket to sorting out her money problems that she'd first hoped: she can't sell, because the terms of the ancient bequest state that any Chesterford who inherits the castle, must live there and work towards the upkeep and maintenance of the family home. So ever-practical Amelia decides to uproot her little family and move to this magnificent castle by the sea. Living in a castle on the beautiful Northumberland coast is fun at first, but organising the day-to-day running is a lot more complicated than Amelia first imagined..

This book was a joy to read from start to finish. It is wonderfully captivating and is a perfect book to lose yourself in. If you are looking for an easy, lovely read I can highly recommend this.

Review by Castle Bromwich Library member



The summer job by Lizzy Dent

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

This book has everything – a sprinkling of romance, some mishaps, drama and some laugh out loud moments. A very enjoyable and entertaining summer read.

Review by Castle Bromwich Library member

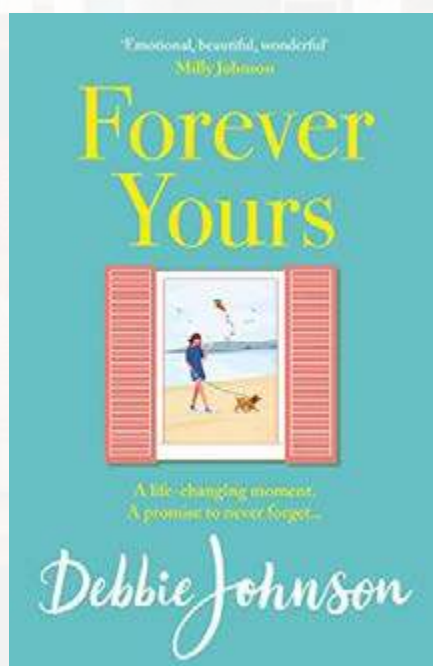


Forever yours by Debbie Johnson

Gemma knows perfectly well how one moment can change your life forever. That's why, for two decades, she's lived life by the rulebook. But this year, everything is different. The beloved daughter she gave up for adoption all those years ago is about to turn eighteen - and that means, there's a chance of being found. For the first time in her life, Gemma can no longer run from her secrets. And she begins to realise that when everything is falling apart, love can be found in the unlikely of places.

A rollercoaster journey from the first to the last page. This is such an emotional story about love, friendship, trauma, heartbreak, and family. I really enjoyed it.

Review by Castle Bromwich Library member



The island home by Libby Page

Lorna's world is small but safe. She loves her daughter, and the two of them are all that matters. But after nearly 20 years, she and Ella are suddenly leaving London for the Isle of Kip, the tiny remote Scottish island where Lorna grew up. Alice's world is tiny but full. She loves the community on Kip, her yoga classes drawing women across the tiny island together. Now Lorna's arrival might help their family finally mend itself - even if forgiveness means returning to the past. So with two decades, hundreds of miles and a lifetime's worth of secrets between Lorna and the island, can coming home mean starting again?

A beautifully written and heart-warming story which really tugs at your heart strings. It will bring a smile to your face and a tear to your eye. A beautiful read.

Review by Castle Bromwich Library member





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



Lakes
Bathrooms
SUPERIOR AS STANDARD

eco
bathrooms

Hudson Reed

simpsons

CASSELLIE
ELEGANT BATHROOMS

DANSANI

hbfs

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

Eventmasters donates £10,000 to Chamber's charity of the year



● A donation of £10,000 has been made to charity PANS PANDAS UK following a successful fundraising drive at Greater Birmingham Chambers of Commerce's annual dinner and awards.

Birmingham-based sports hospitality agency Eventmasters made the donation through its charitable foundation after hosting a silent auction at the annual dinner and awards, which took place at the ICC in March.

PANS PANDAS UK is the GBCC's charity of the year, as chosen by president Deb Leary.

The charity was established by a group of parents with children who are affected by two specific conditions – PANS and PANDAS.

They are a set of conditions which result in an inflammation of the brain, causing a variety of neuro-psychiatric conditions such as OCD, tics and eating restrictions.

These conditions are often misdiagnosed or blamed simply on bad behaviour and poor parenting.

The charity was registered in 2018 in a bid to make a difference to the way these conditions are understood by the medical profession and the general public.

Deb Leary said: "When there are so many charities for people to choose from, I am eternally grateful to the Chamber membership and all those who attended the Chamber awards dinner for giving so generously to my chosen charity.

"The total is so amazing and will make such a difference."

Vicky Burford, chair of PANS PANDAS UK, said: "As a small charity facing a rapidly growing demand for support, all the team at PANS PANDAS UK are delighted to have received this incredible donation from Eventmasters.

"It will make a huge difference to how many families and children we can help. Continuing our work raising awareness, improving health services and supporting families living with these devastating conditions will be made possible through the generosity and backing of brilliant companies like Eventmasters."

Based in St Paul's Square, Eventmasters is a leading sports hospitality firm and an 1813 Club member of the GBCC.

Managing director Denise Sheasby said: "Eventmasters, through our charitable foundation and silent auction fund raising efforts during the awards evening are delighted to present a cheque for £10,000 to PANS PANDAS UK.

"Thank you to all of the GBCC members who placed bids during the auction, it certainly was a terrific event.

"Having spoken with Vicky, it is clear that young people who sadly suffer with this condition, and their families, are in vital need of the support that this charity provides."

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

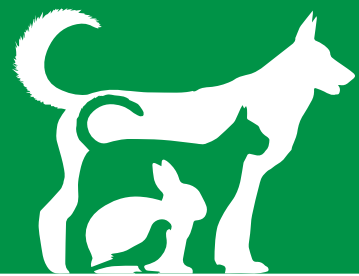
WE OFFER A FREE CHECK ON THE HUNTER ALIGNMENT SYSTEM



flaxleytyres

www.flaxleytyres.co.uk

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



Pet Page

Birmingham Dogs Home - Forever home for Monty



Monty Breed: Crossbreed Gender: Male (N)

A little about me

Hello, My name is Monty. I am such a handsome boy and I just love attention, my canine carers say I need to work on my manners but sometimes I just cannot contain my excitement and need to make sure everyone knows I'm here!

Canine Carer Notes

Monty is a gorgeous lad who has so much to offer his new family, he is such a clever boy and loves our agility equipment. Monty is ideal for someone who has had boisterous dogs before as this is Monty's 3rd time being returned to the centre.

During Monty's stay at the centre he has been very boisterous with us and does push boundaries at times, he will need an active home where he can use up his energy so he can settle down for snuggles at home.

Monty does also have slight food aggression and would need someone who understands this and will leave him as he eats.

We are looking for an adult only home with no other pets so Monty can have all the attention for himself.

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

If you are interested in adopting Monty, 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

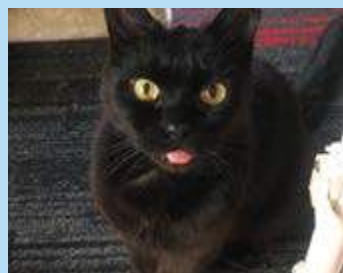
For enquiries please ring our Birmingham Centre on 0121 643 5211.

Ward End Cat Rescue

We are a small, home based rescue, run solely by volunteers.

Here are a few of our cats who ready for adoption, please feel free to email us for more details, sending us a contact number, address and who lives in your household.

Marley is a totally adorable elderly cat who needs his retirement home. He was adopted out from us 16 years ago and now his owner has gone into supported housing he has returned to us. We are happy to pay for his Vet treatments even when he is in his new home.



Tilda is a pretty young cat who was living on the streets left to have repeated litters of kittens, she is now safe and neutered and ready for her new home.

Matty is a handsome, young, lively cat who was living on the streets. He isn't keen on other cats so needs a pet free home.



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



Founds for Hounds
are proud to present a Fun Dog Show on

Sunday, 16th July 2023 from 11 to 3pm
at
Court Lane Allotments, Court Lane, Erdington, B23 5RN

Dog show entry fee £1.00 per class

1. Prettiest girl	7. Best veteran (7+)
2. Most handsome boy	8. Friendliest dog
3. Best Rescue dog	9. Most appealing eyes
4. Waggiest tail	10. Best family of dogs (2 or more)
5. Best ears	11. Child handler
6. Best Cross-breed	12. Best in Show

PLUS!

- * Tombola
- * Teddy tombola
- * Hook a duck
- * Hot and cold refreshments
- * Lots of lovely stalls

And more!

Find us on Facebook - [Founds for Hounds Fundraising Group](https://www.facebook.com/foundsforhounds)

ORCHARD NURSERIES

1973 - 2023

Celebrating 50 years in Water Orton

- Salvia 'hot lips' only **£6.00**, easy to grow and long flowering every summer.
- Clematis, Honeysuckle and Jasmine, good size plants only **£10**.
- Heather's 2l size only **£5.00**, great evergreen ground cover.
- Beautiful large Acers.
- Hostas -perennials with a variety of attractive leaf colours.
- Clover compost (with peat) available while stocks last.
- Melcourt peat free compost - highly rated on gardening which.
- Bird baths, bird tables, wild bird food.
- Ceramic and terracotta pots - some half price.



ORCHARD NURSERIES | BIRMINGHAM ROAD
WATER ORTON B46 1TG
0121 749 7266

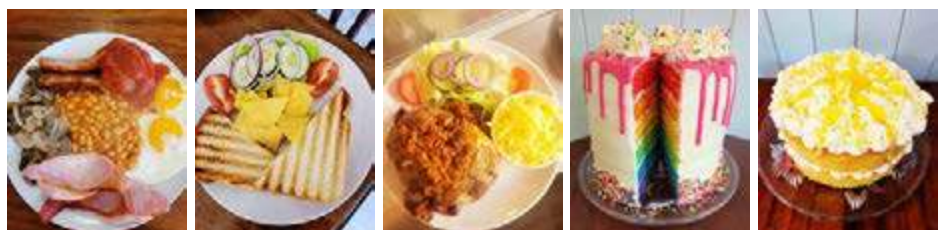
OPEN 10-5 MON -SAT 10-4.30 SUNDAY

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

► **Painting and decorating can seem like a big job but sometimes it's the little things that make all the difference. It can be easy to overlook the little details when you're focussed on getting the work finished but as professionals we find that it's usually these things that make the difference between an average job and an excellent job.**

So knowing that the devil is in the detail let's have a look at some techniques and ideas that can make all the difference. Most of these will occur during the preparation process which highlights how important the prep is for achieving a high quality finish.

Firstly filling and caulking. It's usually easy to spot the main areas on walls and woodwork that require filling but it helps to turn on the torch app on your phone and view the surfaces from different heights. This usually shows up things that weren't as noticeable previously. If holes appear to be very small, such as little nail holes in skirting board, don't fall into the trap of thinking the paint will fill them. This is very rarely the case and they will be noticeable on your newly painted white woodwork. Similarly make sure you invest in a tube of caulk and be certain that it is caulk rather than silicone which we'll discuss shortly. You'll often see cracks where woodwork meets the walls such as along the tops of skirting boards and down the sides of architraves. Run a bead of caulk along these and smooth it off for a professional looking and tidy finish. Although you're unlikely to be painting the uPVC window frames it's also worth checking those and caulking them too if necessary. Now back to the silicone issue- If you notice the paint not adhering properly and almost breaking up when you try to cut in along window frames and kitchen units etc. it's because the window fitters or whoever else has used silicone to seal them. There's a special word for this practice that professional painters can be heard muttering under their breath all over the UK. Unfortunately no type of paint will adhere to silicone, window fitters and kitchen fitters should be using paintable sealant but often neglect to do so. The paint

just dissipates from the sealant making it impossible to cut in a neat line. There are solvent based primers that sometimes seem like they work over it but they will fail and start flaking off sooner rather than later. The only way to achieve a lasting decent finish is to remove the silicone and reseal with caulk.

Now for priming. If you've got any bare woodwork that needs priming prior to painting then check it for knots first. These will need to be sealed with either knotting solution or a product called Zinsser BIN which is a primer that contains shellac- the substance that blocks the knots effectively. Failure to do this will result in the knots eventually bleeding through the paintwork leaving the brown spots that can often be seen on white woodwork. Another thing to be mindful of with bare wood is the issue of it 'furring up'. This happens when the primer or paint soaks into the fibres in the wood making them expand and stand up leaving a rough almost spiky feeling surface. The same goes for MDF which is notorious for it. To overcome this you need to sand it smooth between a couple of coats of primer until it stops happening. On the subject of MDF, the end of panels can often also feel very rough where it's been cut. This can be to the extent of sanding after priming not being enough. In this case it helps to smooth it over with a thin layer of filler which you can then sand smooth.

Now that we're on the subject of sanding we can look at a few areas where this makes all the difference. We all know that it is necessary to sand previously painted woodwork to achieve a 'key' for the new paint to adhere to, and also that it is good practice to sand out runs and lumps etc. But it is also usually beneficial to sand walls and ceilings prior to painting to try to reduce the effect of roller and brush marks. If you paint over them then they will still be there and just look like you've caused them. They can never be avoided completely but starting with as smooth a surface as possible reduces the severity of them. On that subject, it can be tempting to use a very thick roller sleeve that holds more paint for speed. Unfortunately this makes it very difficult to achieve a smooth enough finish so make sure you use a roller sleeve with a shorter pile or 'nap'.

When it comes to painting your ceiling have a look at the light coming into the room. You might have noticed what look like uneven roller marks on ceilings making them appear patchy even after several coats. This is known as 'flashing' and is a particular issue when there is a strong light source at one end of the room such as patio doors. There are techniques that mitigate this such as working quickly and away from the light source, maintaining a 'wet edge' but in severe cases it really comes down to the paint. It needs to be as flat a matt finish as possible and most manufacturers make products specifically for this issue. Dulux Trade call it 'Ultra Matt', Johnstone's Trade go with 'Perfect Matt' and Benjamin Moore keep things simple with 'Ceiling Paint'. They all do a good job if you're struggling with the above issue.

We'll finish with a quick look at wallpapering. We could talk all day about wallpapering tips so we'll just mention a few things relating to patterns that will make all the difference. Firstly, if you're papering a whole room then unless you're extremely lucky one of the corners isn't going to match. The best thing to do in this scenario is pick the most inconspicuous corner and start there. That way when you eventually get back round to that corner and finish that's where the mismatch will be. The most common method is to start at the corner where the door is. That way it isn't noticed when someone walks into the room and sometimes if the door frame goes right into the corner then it's only a small amount that mismatches above the frame. The other thing to be aware of with patterns is placement or centralising. Rather than automatically starting at a corner check for features such as fireplaces or furniture placement. If the paper has a bold pattern it will usually look better if that is centred above a fireplace or above a headboard in a bedroom. Similarly take into consideration the horizontal pattern. If it is a significant horizontal design that repeats then try not to cut through it. So for example make sure that the ceiling line runs in between the pattern rather than half way through it.

There are more tips and tricks than we could ever fit into one article but hopefully some of these simple ideas will help you to achieve a better finish.



SHARE A STORY

contact:

serena.postgroup@outlook.com



**POST
 GROUP**
 MIDLANDS LTD



Julie
ENGLISH
Interiors

WETROOMS · BATHROOMS · KITCHENS · BEDROOMS
Create Your Perfect Space
One to One Professional Advice & Guidance Every Step of The Way To Ensure Perfection
Supply Only or Supply & Installation Service

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



PRODUCTS

ENSUITE

Julie English Interiors

Father Hudson's Summer Fair

On Saturday 22nd July Father Hudson's will be holding a Summer Fair and you're invited! We will have food and drinks in St Joseph's Care Home garden with a singer providing entertainment, stalls in front of St Catherine's Bungalows to browse and a dog show held in the field opposite St Joseph's. Stalls are £7 for external organisations, please contact 01675 434000 or email enquiries@fatherhudsons.org.uk if you would like to book. Please join us from 11am, with the dog show starting from 12pm.

Taking place at
Father Hudson's Care,
Gerard's Way, Coleshill
B46 3FG

FATHER HUDSON FAMILY DOG SHOW

SATURDAY 22nd JULY

CLASSES REGISTRATION AT GAZEBO FROM 11.00

12pm Noon – Prettiest Girl (open to all female dogs over 12 months)
12.20pm – Handsome Boy (open to all male dogs over 12 months)
12.40pm – My Best Friend and Me
1pm – Break
1.30pm – Cutest Puppy (12 months and younger)
1.50pm – Golden Oldie (open to all dogs 7 years +)
2.30pm - Best in Show (for dogs that been placed 1st/2nd in previous classes)

Rosettes and Prizes to 3rd Place
£2.50 per dog per class

For more information please contact-

✉ Kevinhateley@fatherhudsons.org.uk

☎ 01675434000

All Proceeds to Father Hudson Care Registered Charity 512992

SUMMER FAIR

FATHER HUDSON'S CARE, COLESHILL

Stalls

Food and drinks

Family fun dog show

Saturday
22nd July
11-3!

St George's House
Gerards Way, Coleshill,
Birmingham, B46 3FG
☎ 01675 434 000
✉ enquiries@fatherhudsons.org.uk



The Coleshill School



OPEN EVENING 6.00-8.00 pm Thursday 12th October 2023



Ofsted March 2020: *'Staff have high expectations of pupils at this school. They expect pupils to behave appropriately, work hard and achieve well. The school places as much emphasis on pupils' personal development as on their academic success'.*

We would like to welcome families to our Open Evening on Thursday 12th October 2023. Come along and meet our fabulous staff, have a tour of the school with our amazing students and enjoy a range of action-packed activities to help you make this important choice for your child.

Our motto of **'Work Hard, Be Kind and Take Responsibility'** reflects everything we do. We are a welcoming school with high expectations of all members of our school community. We believe that every child can achieve beyond their potential and look to nurture their talents and abilities within a culture of success.



The Coleshill School—an 11-19 Business & Enterprise Academy
Coventry Road, Coleshill, B46 3EX
For more information call 01675 462435;
email: enquiries@thecoleshillschool.org.uk
or visit www.thecoleshillschool.org



A school where your child can have an excellent education from 11-19

The Sixth Form at The Coleshill School offers a bespoke suite of qualifications for the students it serves. We have predominantly small class sizes and expert teaching, providing an exceptional level of education. Students go on to a wide range of further education and high quality apprenticeships. We also have a highly successful Football Academy. Ofsted recognised our Sixth Form is characterised as having *'Good quality teaching, high expectations of students' achievement' and 'ambitious leadership and management'.*



Ofsted graded our school GOOD in ALL AREAS (March 2020)

The ambition of The Coleshill School is to provide a high quality education that transforms the life chances of our students through a 'knowledge engaged' curriculum. Our framework of cognitive education enables children to think independently and contribute positively to society and the wider world.

Our students *'enjoy school'* and thrive in a culture of success where *'pupils' learning is effective and organised well'.* *'Promoting pupils' wider development is a strength of the school.'*

Our students achieve consistently good outcomes at GCSE and Post 16. We offer a broad curriculum that enables our students to make strong and sustained progress.

'Across all key stages, including in the Sixth Form, pupils make good progress from their starting points.'



For further information, to arrange a student-guided tour and meet with staff please contact:

enquiries@thecoleshillschool.org.uk

A school that is a member of the Arthur Terry Learning Partnership

We are proud to be a member of the Arthur Terry Learning Partnership www.atlp.org.uk. The ATLP is a growing multi academy trust of thirteen primary schools, six secondary schools and one teaching school, based in Birmingham, North Warwickshire and Staffordshire, with more than 10,000 students and over 1,000 members of staff. All academies are quite distinctive and separate schools, serving different communities and phases: but all either are, or have the capacity to become good and outstanding.

Our partnership with the highly regarded Arthur Terry National Teaching School enables us to recruit the very best teachers and leaders for your child.





Shustoke Primary School



King Charles III Coronation Celebrations at Shustoke C of E Primary School

● The children at Shustoke C of E Primary School have taken part in a host of special events to mark the Coronation of King Charles III. On Friday 5th May, they wore red, white and blue clothes, had a special celebration lunch and had a souvenir

picture taken. Each child was given a Coronation medal, a special pencil and a commemorative disc.

On Friday, the whole school took part in our Coronation Themed Book Tasting and Buddy Reading session. The children partnered up with their reading buddy to share

their learning about King Charles and the Coronation, before sharing a range of books relating to the Royal event. Everyone was lucky enough to enjoy some biscuits whilst reading!

Throughout this week, the children are all taking part in design technology projects, which have a royal theme.



Curriculum Enrichment Opportunities at Shustoke C of E Primary School

● Throughout each academic year, we always strive to provide opportunities for the children to experience new things. Recently, we were very lucky to secure a visit from the Explorer Dome. The children were 'transported into space' and had the opportunity to see real images of the planets and our solar system. It was very exciting for everyone, and they had a wonderful time.



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

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

All aspects of domestic and small commercial projects undertaken

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

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
xtremetreecare@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



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

The Girl on the Bus (Short story)

By Indira Mahun

Without thinking, I reach out to pull my gloves on. The bitter air rushes in and the wipers are on full speed as darkness shrouds the city. I sit huddled in my cab as the passengers wait in line to board.

I see her as she stands and waits, hands stuffed into her pockets and face partially covered by the pink fur surrounding her hood. Every day, without fail, she is here at the same stop. Where, I wonder, does she go? She steps onto the bus, almost drenched to the skin. What is she - thirteen at the most? She slides her pass through the window of the cab. Her skin, almost pallid and bloodless, is a sharp contrast to mine.

Imagination on overdrive, I shiver as the cold wind bursts through the open door. The panic passes, and with no time to ponder, I turn my attention to the next passenger. They all pile on forcing me to focus on their bus passes and tickets.

'Come on mate, hurry up. It's freezing out here', a voice calls out. I ignore him. You get used to seeing the same faces each day. There might be the odd one or two unfamiliar ones and this character is one of those.

He climbs aboard, shows me his pass and mutters, 'might be able to hear if you didn't have that stupid hat on'. My grip on the steering wheel tightens and a blast of heat races through my entire body. My turban, my pride, my destiny and way of life. It is not a hat. It is what defines me. It is who I am.

There are no seats left and continuing to mumble under his breath, he finds somewhere to stand. A puddle forms by his feet and he scowls at the other passengers. I lower my gaze so as not to glare at him. He had already pushed my buttons and the heat is still rising. I can take any kind of abuse, but a racial slur is the tipping point. With the welfare of the other passengers in mind, I take deep breaths to gain some control over my emotions.

'Watcha looking at?' he hisses at an unsuspecting elderly victim. She shuffles a few inches away from him and turns her head to look out of the window.

I pull away from the stop. It's fairly quiet on the road but still, I carry on at a slower pace than normal using all my strength to keep from pushing down on the gas pedal. He doesn't know any better, I tell myself. His ignorance and lack of knowledge is somewhat encouraging in helping me to calm down. Even then, my nerves are on edge. I need this job and Daljit would never forgive me if I went home unemployed again. I reach into the side of the cab, pop a sweet into my mouth and manoeuvre the bus to the next stop.

A few get off and more get on. The bus is full, and the next stop is the final

destination for the girl. I glance into my rear-view mirror. She has pulled the hood down and sits with her head bowed, and eyes glued to her phone. I wonder what she is looking at. I feel a rush of emotion wash over me. My protective side threatens to take control and I need to know where she is going, who she is going to meet and why she is out at this time of night. The seat next to her becomes vacant and the unpleasant passenger slides into it. She slides further towards the window to avoid contact. Her face is now staring into the darkness as she slips her phone into her coat pocket. My heart wrestles with my mind and I know I cannot intervene; that would be way above the call of duty.

Anjali's cute face gazes at me from the picture I keep in the cab. She is only four. She could be that girl boarding a bus on her own in a few years' time. The thought terrifies me. For sure I'll be that annoying dad who drops her off to school every day in the car. Better safe than sorry. Let her moan and complain. She is my life.

Icy cold fingers stroke the back of my neck and I turn sharply. There is no-one there. The bus is heated. I shiver again. The bell rings and I slow down at the next stop. They both stand up ready to leave and I want to tell her to wait until the next stop. The rain had receded to a point where it was bearable. She alights and disappears, hood up and hands in pockets. The darkness slowly wraps its arms around her and holds her in its embrace. The 'hat-man' follows a few steps behind and there is nothing I can do. 'Stop making presumptions,' I tell myself and I am angry at being such a hypocrite. Isn't it me who is always telling other people not to judge a book by its cover? I fail to convince myself especially as the cover of this particular book was not in any way inviting or appealing.

Will I see her again tomorrow? I desperately hope so unless she is snuggled up in her own bed safe and sound. With just a couple more hours to go, I blow an imaginary kiss towards my little girl as she looks at me from her picture.

Night shift over, I stop for a coffee and do a quick round of the bus. People leave some strange things lying around and I had made it a habit to carry out a final check before heading back to the depot. I momentarily smile as I remember my horror at finding a set of false teeth grinning at me from a seat. Unless it had been a prank, I could think of no valid reason for someone forgetting their teeth. The image of the girl invades my mind; so delicate, almost fragile. I pray that she is safe and has a warm home to go to. Finishing my round and cup of coffee I make my way to the driver's seat but wait - what is that? Someone has left their bus pass behind. It must be her; she had been sitting on that seat. I reach over to pick it up and sure enough; the haunting, and somehow

elusive, features stare back at me. It must have fallen out of her coat pocket.

I stuff the pass into my own pocket, reminding myself to hand it back to her tomorrow night. Hoping she hadn't panicked too much at finding it missing, I settle into my seat. It's an unforgiving night as the rain continues to battle against the brutality of the wind. Not a night for a young girl to be wandering around on her own.

The journey back to the depot is a long one and not my favourite time of night. Days are a much easier ride and, I'd go as far as saying, pretty enjoyable too. People go about their daily routine and London certainly isn't short of weird and wonderful characters to brighten my mood. The loneliness of the night drive however.....as I said, I would avoid if I could. But the money is good, and I can't knock it back. Night shifts are heavily in demand and I know it would be foolish to turn them down.

I wander into my daughter's bedroom. She is fast asleep, and the mass of golden brown curls gently frame her face. What a character she is, I think to myself, gazing tenderly at her deceptively angelic face. I know she has me wrapped round that little finger of hers, but I don't care. I am the luckiest man in the world and vow never to take anything for granted. Instinctively, I bend down to give her a gentle kiss on her cheek and leave, closing the door behind me.

'Hey, can I get you a drink or something?' Daljit, busy working on her thesis, asks absent-mindedly. It's coming up to five in the morning and I have often walked in to find her fast asleep at her desk. Working part-time suits her for now and she will make her way to the office around mid-day. We are also lucky to have mum with us who drops Anjali off to school every morning leaving Daljit to get some rest.

'No, I'm ok. I'm going up. Been a long night. You need to sleep, it's so late,' I reply. 'Be up in minute'.

I went out like a light.

Back at the depot and daylight has just started to fade. As per habit, I walk around my bus for a quick check before starting my shift. I feel the weight of the bus pass in my pocket. I take it out and place it in the cab where I can see it. My sleep had been restless, and I still feel a bit doopey. I knock back the strong coffee and I'm seated, ready to leave. It's a better night than last night. At least it's dry but the temperature has dropped even further. The weather app on my phone predicts frost tonight which, in turn, means hazardous driving conditions.

I set off, my mind racing ahead of the bus itself. At each stop, I pick up my usual and, not so usual, passengers. They're a good bunch round here except for the odd one or two. Friendly enough, they smile or nod or do neither, showing me their pass and moving on up the bus. I was relieved to find that I had been put on the same route for night shift for the next month. It just made the job that little bit easier.

I reach 'that' stop and there are more people waiting than usual. I quickly let them on without even checking their passes properly. The last passenger steps onto the bus and I wait. I can't leave. My limbs refuse to act and still I wait. Had she got on without me realising? No, I had seen every person and she had NOT got on to the bus tonight. Through my rear-view mirror I can see clearly to the back of the bus. Although it was full, there was no doubt about her absence.

'You alright mate?'

I nod and force my body back into action. Should I have waited a bit longer? Maybe she was running late, and I had left without her. No matter how much I tell myself that she is not my responsibility, my heart beats faster than I would like. I catch a snippet of a conversation between two women standing a couple of feet from my cab. 'Girl.....yes.....on her own.....such a shame..... so sad.....'

After that, I don't know who gets on or off the bus. I reach the last stop, and the bus is empty once more. Desperately needing a hot drink, I get off and grab one from my usual late-night café. My head is full of stupid thoughts; I need them gone but they persist.

Get a grip, I tell myself, she is not your concern.

I do my usual round of the bus and then settle back into the driver's seat. The lights dimly light the darkness of streets that are starved of life. The bitter wind howls as it travels through the trees and buildings. My nerves are still on edge. What was it with me trying to be the knight in shining armour all the time? She is, of course, fine. The bus is moving now, and I manoeuvre it skilfully round a particularly sharp bend where I narrowly miss that unforgiving lamppost.

My eyes are drawn to my rear-view mirror. My grip tightens on the steering wheel as my foot instinctively bears down on the brakes.

And there she sits; at the back of the bus, smiling at me!

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

782 Career Physical Fitness Challenges & World Records

Armed Forces Day Sports Challenges 24 June 2023.

► Barston Village footpaths was the latest venue for Paddy Doyle achieving another documented 4.40 mile cross country speed march challenge carrying 45lb backpack finishing in a time of 53 min. 51: 48 sec, four days later as part of the UK Armed Forces Day events, Doyle set four outdoor multi terrain duathlons and a cross country speed march challenges carrying 35 lb backpack of expedition kit, along the River Leam and Centenary Shakespeare way footpaths Royal Leamington Spa. The results are as follows:

1.5 mile cross country run / walk, 3 mile kayaking (fibre glass), 2 mile cross country run/walk: 1hr. 13 min. 00sec

2.5 mile cross country run/walk, 3.5 mile kayaking, 3 mile cross country run/walk: 1hr. 45 min. 24 sec.

3.5 miles cross country run/walk , 4 mile kayaking, 4 mile cross country walk/run: 2 hrs. 17 min. 58 sec

4.5 miles cross country run/walk, 4.5 mile kayaking, 5 miles cross country walk/run: 2hrs. 52 min. 56 sec.

5.5 miles cross country run/walk carrying 35lb backpack: 1 hr. 08 min. 18 sec.

" It was a hot morning but I had to dig in every step of the way, the multi terrain duathlons stretched and challenged me as I had to change over from the kayak to the footpaths as quick as possible, it was great being part of the UK Armed Forces Day Sporting Challenges, from start to finish walkers and kayakers cheered me on, once again the support team made sure I got to every checkpoint, they took photographic evidence and film footage to verify my times."

Doyles career physical fitness challenges and World Records is now 782 documented sporting feats covering 9 different sporting categories.



Picture credits David Hastings (Warwickshire UK)

Local Sports



Water Orton & District Tennis Club



➤ What a great start to our new season. Our men's team were promoted in the Warwickshire Spring League after some really good results. Now a decent start to our men and ladies' teams in the Warwickshire Summer League.

All of our Junior and Youth coaching groups are currently full and we are looking at the possibility of setting up some extra group sessions in the school summer holidays.

Our adult sessions are rapidly filling so we are looking forward to a good summer season.

There are a few spaces left on our ladies' group and our Beginners Adults and Cardio Fitness

sessions are now both full. Our work with the local schools is increasing, with The Woodlands School in Coleshill visiting our club twice each school term week.

We have now started working closely with Water Orton Primary School as quite a few of our junior members come from there. We want them to have a weekly visit to our club to benefit from using our club facilities and junior equipment.

Thanks to our sponsorship from MKM Building Supplies in Minworth we now have our outdoor Bar-B-Q area. This has enabled us to run our family and in-club tournaments and then have a Bar-B-Q to finish off the evening.

We would like to say a big thank you to all of our members who support our social activities with us. Also, our junior/youth members, as we have some really talented youngsters coming through.

Our coaching team are doing a great job. Thanks everyone, now lets keep it going.

Castle Bromwich Cricket and Sports Club



➤ The 4th of June at Castle Bromwich was a historic day for Warwickshire Super 9s Disability Cricket Team as they hosted Staffordshire at Castle Bromwich Cricket Club. A good size crowd turned out to watch the game that was always transmitted live over the internet. Warwickshire has played Stafford a number of times over four years but had not won

until this match. You guessed it Warwickshire played a fine match and managed a victory that was celebrated long into the night.

Team Names

From back left to right Muhammed Furqan, Damien Halford, Louis Blair, Daniel Lamb, Yasir Ghalib, Aqeel Hudda, Dean Wattison, Sohail Munir and Mohammed Abbas

Front players Hannah Pettigrew, Kearan Gibbs and Roman Pugh

Castle Bromwich's first and second teams have made quite different starts to the season with the first team sitting nearer the lower part of division three however the second team is now in second place so congrats to them.

Junior nets are running Friday at Castle Bromwich rear of arden hall. Age groups 7-8 from 5-30pm to 6-30pm and 9-13 year olds 6-30pm to 7-30pm



Coleshill Town F.C.

BECOME PART OF A TEAM Coleshill Town Football Club Needs You!

➤ Coleshill Town FC are looking for more volunteers to come and join us at Pack Meadow.

Manager Cameron Stuart and his team have made the town proud of their achievements, last season just missing out on promotion after making it to the Play Offs, which recorded the highest finish ever in the club's 138 year history.

This wouldn't have happened without people working hard behind the scenes to ensure Match Day runs as smoothly as possible.

We are on the look out for more committed volunteers who can help us build on the club's recent success and provide necessary help in several areas behind the scenes and become part of the Coleshill Town Home Match Day experience.

Coleshill Town FC are in need of, match day entrance

attendants, ground staff and merchandise sellers to help the club grow further and make visiting Pack Meadow an enjoyable experience.

All these offer opportunities not just on Match Days but during the week as well for people who are interested in volunteering at their local non league football club.

We are also looking to hear from people who have other roles in mind that they are particularly good or passionate about that might benefit the club in the short or long term.

If you are interested in getting involved in whatever capacity or would like more information, please feel free to contact:

Paul Hathaway

Phone: 07838993303

Email: Paul-hathaway@outlook.co.uk

Pre Season Fixtures

Saturday 1st July

HOME to Bolehall Swifts - 2pm kick off

Saturday 8th July

HOME to Chasetown- 3pm kick off

Saturday 15th July

AWAY to Sutton United - 3.30pm kick off

Tuesday 18th July

HOME to Hinckley- 7.45pm kick off

Saturday 22nd July

HOME to Racing Club Warwick - 3pm kick off

Tuesday 25th July

AWAY to Lichfield City - 7.45pm kick off

Saturday 29th July

AWAY to Mossley (Manchester) - 3pm kick off

Season starts Saturday 12th August, no fixtures yet.

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



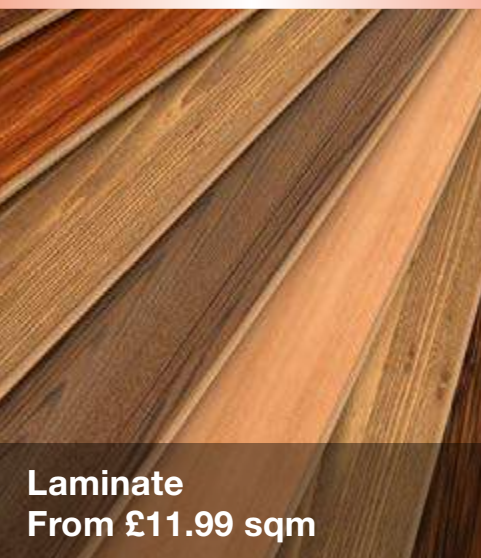
**HALF PRICE CARPET
REMNANTS WHILE
STOCKS LAST**



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