

the Castle Brom Post



CONNECTING LOCAL BUSINESSES

networking@biznetlocal.co.uk

September 2023 Issue 75



postgroupmidlands.com

PICK ME UP FREE

Historic Gardens welcome grant funding from West Midlands Combined Authority



Castle Bromwich Hall Gardens

Historic Gardens welcome grant funding from West Midlands Combined Authority

A large swathe of historically and environmentally significant Parkland at Castle Bromwich Historic Gardens are being restored and made more accessible

to the public thanks to a Community Green Grant from the West Midlands Combined Authority's (WMCA).

The 40-acre estate is a hidden gem on Solihull's border with Birmingham, featuring a Jacobean Hall and 350-year-old Gardens.

Full story page 16

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



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



www.hpcp-uk.org



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

Sept 18th – 6pm til 8.40pm

- 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)
- Guest Speaker Shane Traynor

Price **£5 per person**

Free tea coffee or bar available

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

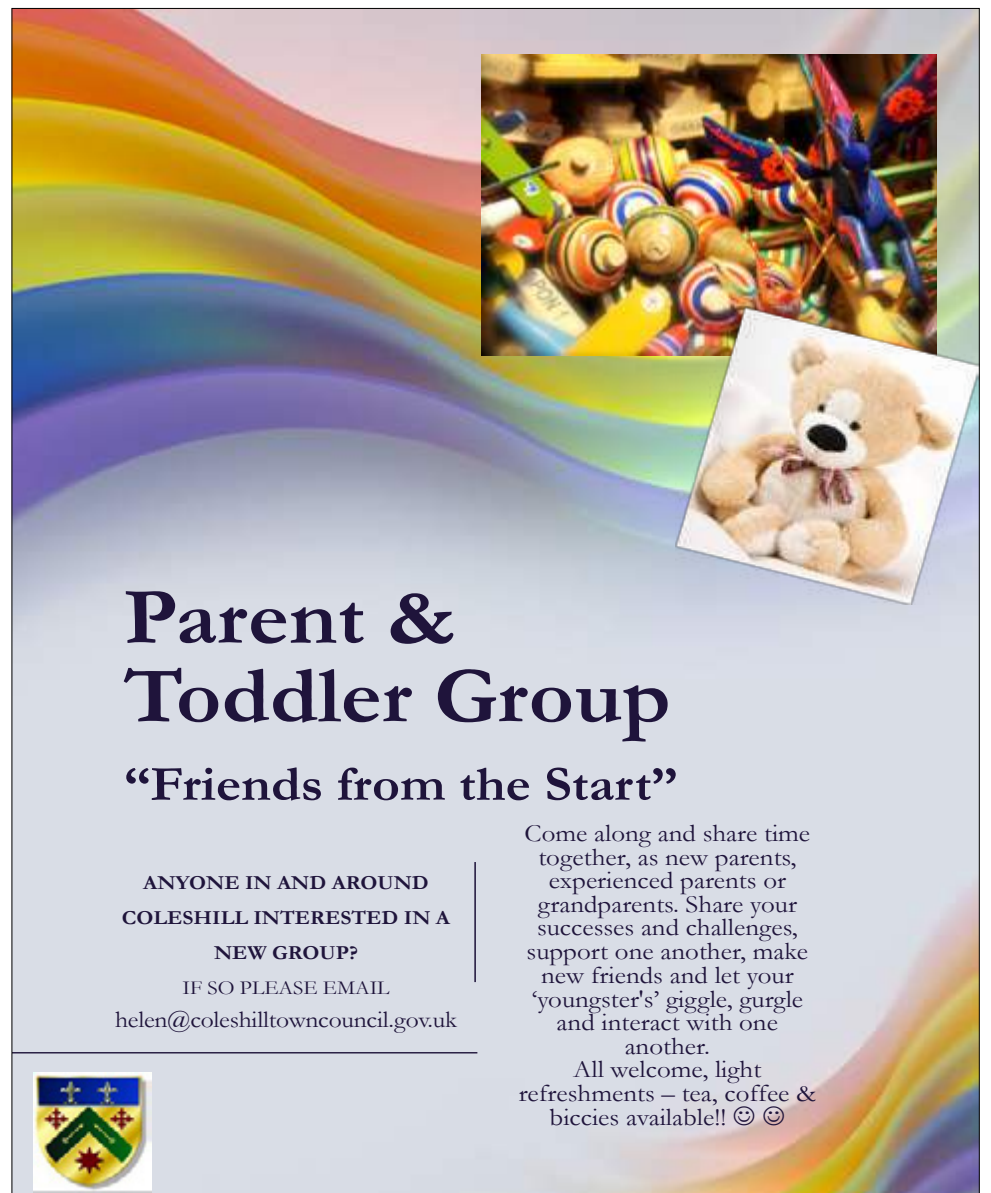


Shane Traynor has a variety of experience in various aspects of the property development industry.

First and foremost Shane is the Client Relationship Manager at Co-Arch, a collaborative design-led architectural practice that creates, designs and plans for spacious extensions to one-off homes. He is also associated with AIB-3D, a high-quality CGI company designed to bring spaces to life through the power of virtual reality.

Shane also hosts The Developers Network Birmingham, a leading educational and networking event for property developers and service providers, attracting 80-100 attendees each month.

The Dog Inn
 Marsh Lane, Water Orton B46 1NW




Parent & Toddler Group

“Friends from the Start”

ANYONE IN AND AROUND COLESHILL INTERESTED IN A NEW GROUP?
 IF SO PLEASE EMAIL
helen@coleshilltowncouncil.gov.uk

Come along and share time together, as new parents, experienced parents or grandparents. Share your successes and challenges, support one another, make new friends and let your ‘youngster’s’ giggle, gurgle and interact with one another.

All welcome, light refreshments – tea, coffee & biccies available!! ☺ ☺




**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

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


**POST GROUP
MIDLANDS LTD**

YOUR LOCAL BUILDERS MERCHANTS FOR 100 YEARS

OPEN TO
TRADE & RETAIL

We've got everything
you need to get
the job done!

- Bricks
- Timber
- Plaster
- Tools
- Landscaping
- Decorating
- Insulation
- Plumbing

...Plus
more!



Visit your local branch

Chester Road
Castle Bromwich, B90 2NG

0121 713 7177

Water Orton Ladies



► Well our year is certainly marching on and we are so much enjoying our monthly meet ups and club events.

In June we went on our outing to the lovely black and white town of Shrewsbury. It was a glorious sunny day – just right for a browse round the town and shops, a lovely leisurely lunch and then a trip down the river to end our visit. {see picture}. *Midlands Today* was filming a report on the concerns of the locals about the river pollution and three of our members appeared on the TV report.

Coming up, we look forward to a talk about the Titanic – a story that will

never fail to arouse interest, and via a slide show a visit to Calke Abbey in Derbyshire and then we'll look back to the once world famous pearl industry of Birmingham.

In October, we are off on another trip, this time to Trentham Gardens – a wonderful day out – shops & eateries galore, beautiful gardens and a lovely lakeside area if you fancy a stroll.

We meet every 3rd Thursday of the month in The Pavilion in Openfield Croft in Water Orton from 2pm till 4pm. Come and join us for an enjoyable afternoon with tea and cake too!

**For further info call Liz
on 07811 147728**

Chamber reaction to labour market statistics



► Emily Stubbs, senior policy and projects manager at Greater Birmingham Chambers of Commerce, said: “Headline indicators suggest that since the start of the year, the labour market in the West Midlands, much like the national labour market, has seen a significant number of previously economically inactive individuals beginning to look for work.

“Unfortunately, while the regional employment rate has increased slightly, the unemployment rate in the West Midlands has risen further, and remains the highest of any region in the UK.

“While increases in pay will be received positively by those in employment, wage inflation, driven by tight labour markets, is further increasing the

unrelenting cost pressures many firms are already facing. This will raise concerns about subsequent impacts on broader inflation and interest rates.

“Establishing the right conditions for businesses to invest in local talent, by reducing upfront business costs, enabling more flexible use of apprenticeship funding and facilitating access to rapid, modular training courses is critical to addressing these challenges.

“Leveraging the legacy benefits of the Birmingham 2022 Commonwealth Games also offers local stakeholders a key opportunity to address skills shortages across the region.

“Where business remain unable to access the talent they need in the UK, national stakeholders must ensure that this is reflected in a comprehensive and up to date Shortage Occupation List.”

High Street & Designer Fashion Show

Sunday 24th Sept
Doors Open 2pm Show starts 2:30pm

1000 GARMENTS TO CHOOSE FROM

Sizes from 6 - 30

Our Labels

| | |
|------------------|-----------------|
| Miss Selfridge | Dorothy Perkins |
| Top Shop, Wallis | White Stuff |
| Urban Outfitters | River Island |
| Warehouse | Next |
| Monsoon | Evans |
| Marks & Spencer | New Look |
| Boden | Hobbs |

Make it an Afternoon Tea Treat

Fashion Show Only Tickets £6.00

Fashion Show Plus Afternoon Tea Tickets £15.00

Served at 12 noon onwards

Tickets available from Arden Hall.
Please call 0121 747 7150.

OR

LILY'S TEA Parlour
Chelsmley Wood Shopping Centre
Opposite Lloyds Bank

ALL NEW GARMENTS 75% Off

NETWORKING WITH Lily's Tea Parlour Chelsmley Wood Community Run Project

NEED EXTRA STORAGE?

Store it from only

£20

per week



absolute
SELF STORAGE LIMITED

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



Greater Birmingham Young Professional of the Year awards shortlist revealed



The Future Faces division of the Greater Birmingham Chambers of Commerce has announced the shortlist for the Greater Birmingham Young Professional of the Year awards.

The winners will be announced at the annual dinner and awards, taking place on Friday 22 September at the Eastside Rooms.

Sophie Poduval-Morrell, Future Faces manager, said: "We have had a record number of applications for the awards this year. It is the most applications we have ever had for the young professionals division of the Chamber."

Over 60 young professionals across Greater Birmingham have been shortlisted for this year's awards, spanning over a wide range of sectors and professions.

The shortlist for this year's 13 categories are as follows:

Greater Birmingham Apprentice of the Year

Eathan Robinson- Jericho

Abbie Veasey- WSP

Brandon Laroija-McCarron- Claritas Tax

Hannah Wright- Digital Innovators

Daniel Evans- Jacobs

Haider Malik- Trowers & Hamlins LLP

GBYPY- Change and Sustainability

Philippa Beard- Jacobs

James Crawley- Jacobs

Kimberley Jassal- Arup

Laura Bate- The Chartered Institute of Payroll Professionals

GBYPY- Creative Arts and Culture

Zaylie-Dawn Wilson- Birmingham Hippodrome

Fahmida Choudhury- Punch Records

Asha Johal- Ambience Arts

Romanah Buchanan- ELOQUENT DANCE / ELOQUENT ARTS CENTRE

GBYPY- Engineering and Manufacturing

Peter Nichols- Hollis

Alex Vickers- Jacobs

Kirsty Cover- FleetMilne

Sian Hopkins- Arup

GBYPY- Finance

Nadia Smith- Quilter Private Client Advisers

Harriet Saunders- The FSE Group

Katrania Lowers- Colmore Partners

Faye Jacklin- Claritas Tax Limited

Adam Keates- Claritas Tax Limited

Hannah Ellis- Lloyds Bank

GBYPY- Legal

Zoe Evans- Shoosmiths

Marissa Jacquet- GROVE TOMPKINS BOSWORTH

Sophie Bolton- Gateley Legal

Janai Parker- Gateley

Alice Kinder- Bexley Beaumont Limited

Lucy Williams- Higgs LLP

GBYPY- People and Wellbeing

David Lett- Shoosmiths LL

Mandeep Kaur Sidhu- Primark

Harpreet Dhaliwal- Deutsche Bank

Iona Wolvers- Mitchells & Butlers

GBYPY- Retail and Hospitality

Lauren Kelly- Mosaic Pub and Dining (Pioneer City Pub Company)

Sigita Pjampite- Unique Venues Birmingham

Georgina Butler- Blackberry Productions

Valentine Rey- Amadeus

GBYPY- Sales, Marketing and Communications

Kate Gooderham- Liquid

Tom Green- mSix&Partners

Claudia Congrave- Shoosmiths

Tom Bower- Woods Hardwick

Graham Allsopp- Ark Media Video Productions

Jasmine Caine- Rewired PR

GBYPY- Start-ups, Enterprise and Entrepreneurship

Wesley Foster- Eleven Views

Frankie Lewns- Bloomwise

Paulina Poziomska- Volt-Age

Aisha Hussain- Aisha Realty

GBYPY- Technology and Innovation

Benjamin Roberts- Medilink Midlands

Andrew Ward- Scorchsoft Ltd

Philip Costin- Correla

Laura Hunt- Intercity Technology Limited

Indu Saini- British Telecommunications

Paris Lalouis- Bloomwise

GBYPY- Third Sector

Lewis Wastell- Culture Recruitment

Pauline Tomlinson- YMCA Heart of England

Camila Pocard- United By 2022 Legacy Charity

Nikhwat Marawat- The Delicate Mind

GBYPY- Training and Education

Mathew Akrigg- Chartered Institute of Payroll Professionals

Myia Khela- Maze Tuition

Harry Paige- Digital Innovators

Ilisha Masaun- Econominds

The overall winner from the sector categories will be crowned the Greater Birmingham Young Professional of the Year 2023 and will be awarded a fully-funded MBA from Aston University.

There is also a bonus category: Future Faces President's Award, chosen by the Future Faces division's President, Kasim Choudhry.

Interviews for the shortlisted individuals will be taking place at Assay Studios across the month of August.



SHARE A STORY

contact:

serena.postgroup@outlook.com

FLAIR

DOOR CENTRE



5 Station Rd, Marston Green,
Birmingham B37 7AB

Telephone: 0121 779 2257

Checktrade

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



6/4 panel doors £90
30inch doors



Vertical 5 line Fitted for £100 including handles
30inch doors



HOT DEAL
OAK UNFINISHED
FREYA

Supply £80
Fitted £145
30 inch doors

Other sizes available - Minimum 3 door order

WE ALSO SUPPLY AND FIT COMPOSITE DOORS - UPVC DOORS - REPLACEMENT GLASS PANELS - REPLACEMENT LOCKS FOR ALL DOORS.

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

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

ORCHARD NURSERIES

1973 - 2023

Celebrating 50 years in Water Orton

JUST ARRIVED, New Season...

- Matrix Winter Flowering pansies now ready, also Violas, Sugar Rush Wallflowers and polyanthus.
- Spring flowering bulbs now in: Tulips, Daffodils, hyacinths and more.
- Heather's
- Dwarf Rhododendrons
- Evergreen Azaleas
- Pieris and more
- Restocked roses, lots of gorgeous colours and scents!! Only **£11.00**
- Sambucus Black Lace, a fast growing shrub with almost black leaves and white/ pink flowers **£7.50**
- Fast growing Clematis only **£10.00**, honeysuckle **£10.00**, also other climbers available.
- Clover compost , with peat, while stocks last.
- Melcourt peat free compost, highly rated on gardening which.

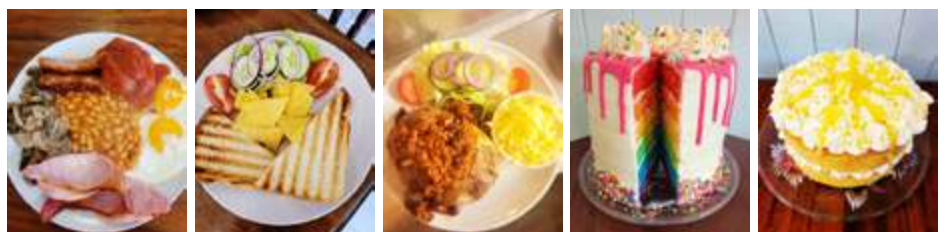


ORCHARD NURSERIES | BIRMINGHAM ROAD
WATER ORTON B46 1TG
0121 749 7266
OPEN 10-5 MON -SAT 10-4.30 SUNDAY

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

Kids eat for £1.50
with any Adult meal over £5.75,
during the school summer holidays. (one child per adult)

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



Hello from your local Slimming World groups



➤ As we head towards September and the end of the summer holiday's we're all gearing up to welcome lots of new members into our friendly, welcoming Slimming World groups. This month we're sharing Helen's story with you. Helen is a local superstar from Coleshill who lots of you will know as the lovely landlady of the Green Man pub on the High Street. In only 24 weeks (which includes a week away on holiday!) Helen has lost 2stone 9lb and this week achieved her weight loss target. Told by Helen in her own words to let anyone know just what's possible. Like Helen says 'If I can do it, so can you'

Our recipe this month includes Helen's favourite air fryer potatoes, give them a try!

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

Helen calls time on unhealthy habits

On Sunday 26th February 2023 I decided enough was enough. The time had come to feel better about myself and feel healthier too.

Everything I did had become such a chore and required so much effort.

I used to dread simple things like dropping something on the floor. It was such an effort to pick it up! Stairs were really hard work too, especially my cellar stairs.

I even found walking my beloved dog Presley a chore, instead of a pleasure. I really had to take control, and something had to change.

So on Tuesday 28th February, my journey began. Even now I can't believe I'm writing this. I felt so chuffed with myself after my first weigh in. I did what I set out to do that day and walked through the door at Slimming World Coleshill. Greeted by the lovely consultant Toni who got me enrolled and ready to go. I left there telling myself, I can do this, I knew it worked, but covid had interrupted my first attempt in 2020.



I swapped the food that I was eating to 'Free Foods'. (There are over 350 free foods listed in the SW pack, all free foods are 'unlimited' meaning you can have as much as you like, so no hunger ever. Free Foods include things like lean meats, eggs, pasta, rice, grains, fish, as well as fruit and veg) You can eat so much delicious food, and still enjoy your favourites too. It's all about making small changes to the way you cook (like using fry light instead of oil).

I used to find healthy eating difficult with my lifestyle, always eating on the go. A sandwich was always the easy option, but I found preparing Slimming World meals easy. As the weeks went on and the pounds came off, I received loads of compliments from family, friends, and customers. It really gave me a good feeling about myself and encouraged me to keep at it. It wasn't only me that looked forward to weigh day.

When I received my 1 stone award, I felt great! walking was becoming a pleasure and I started to walk further.

Planning my food for the week. I'd start off with a breakfast of bacon, eggs and spinach. Including speed foods (weight loss boosting foods like spinach) with every meal became my aim. I also enjoyed, and still do, overnight oats with blueberries. It's a great easy option and very filling. I found snacking in between meals wasn't a problem, and things like light cheese and lean ham kept me going.

Ready-made Slimming World meals were great for convenience and emergencies too. I love the Lasagne and Teriyaki Salmon meals.

My main meal always contained air fryer potatoes. I love them and yes potatoes are a free food which means they are unlimited on Slimming World, I'd add lean meat and plenty of speed foods, to boost my weight loss. You can still enjoy dessert too, my go to is usually jelly or a Slimming World hi-fi bar.

Eating these types of meals meant I could still enjoy a gin and a prosecco or two and of course the odd sausage, bacon and egg bap from Partridges (their omelettes are amazing, and they provide a Slimming World friendly salad dressing) Slimming World really is that flexible, you don't have to miss out.

Once I hit the 2 stone loss my aches and pains started to disappear, and I no longer walked with a waddle.

Then on Tuesday 15th August I achieved my weight loss target. 2stone 9lb off. I was so chuffed and pleased with myself, I couldn't wait to tell the world so when Toni asked me to share my journey to help others see what is achievable, I said yes!

To anyone thinking it's time to start their own Slimming World journey I'd say DO IT. It's amazing. DO IT for yourself, believe in yourself, the benefits are so rewarding and if I can achieve my goal then so can you.

Air Fryer Roast Chicken Dinner

If you feel like chicken tonight, have you considered popping it in your air fryer? This 'winner, winner' of a dinner, complete with crispy spuds, will be ready in no time.

Ready in 30 mins Serves 4 | 4 Syns per serving



Ingredients:

- 300g baby new potatoes, halved
- Low-calorie cooking spray
- 50g broccoli florets
- 30g Red Leicester cheese, grated
- 2 large skinless and boneless chicken breasts
- 2 level tsp gravy granules

Method

1. Preheat your air fryer to 180°C.
2. Put the potatoes in the air fryer basket, spray with low-calorie cooking spray and cook for 10 minutes, shaking the basket halfway.
3. At the same time, blitz the broccoli in a food processor, add the cheese and some seasoning and blitz again until combined.
4. Put the chicken on a board and cut a large pocket into the long side of each breast. Squash the broccoli and cheese mixture into each opening until it's all used up, and season the chicken with freshly ground black pepper.
5. Remove the basket from the air fryer and shake the potatoes. Put the chicken breasts on top, spray with low-calorie cooking spray and cook for 18-20 minutes or until the chicken is cooked through, carefully turning the chicken after 10 minutes.
6. Make up the gravy. Put the chicken on 2 plates and serve with the potatoes, gravy and your favourite Speed vegetables.
7. TO OVEN COOK: Cook in a non-stick roasting tray at 200°C/fan 180°C/gas 6 for 35-40 minutes or until cooked through, adding the chicken after 10 minutes.



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

NEW CONSULTANT

Yardley - St Edburghas Church Hall, 9.00am, 3.30 & 5.30pm Jacqui 07814 675180

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
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

NEW CONSULTANT Water Orton - The Link, 5.30 & 7.00pm Jayne 07453 348184

Thursday

Castle Vale - St Cuthberts Church, 5.30pm, Richard 07733820994

Chelmsley Wood - The Fordbridge Centre (by Asda), 5.30pm, Jacquie 07957133435

Sheldon - St Thomas More, 4.00, 5.30, 7.00pm, Jayne 07453 348184

Smiths Wood - SJB Centre, 5.00 & 6.30pm Nataley 07939 949136 **NEW TIME 9am**

Friday

Chelmsley Wood - The Family Tree, 9.00am Jayne 07453 348184

Sheldon - St Thomas More Church, 9.00am Diane 07432 123206

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

NEW CONSULTANT Sheldon - St Thomas More, 7.30 & 9.00am Jacqui 07814 675180



slimmingworld.co.uk

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



BBC 1XTR star to host Greater BYPY Awards



➤ **The compere for the Greater Birmingham Young Professional of the Year awards 2023 has been announced. Kaylee Golding (pictured) is a DJ and an award-winning presenter, who can currently be heard on BBC 1XTRA weekdays from 1-4pm.**

She was previously on KISS Fresh every weekend and weekdays on HITs Radio Pride.

In 2021 she won E4's talent search and is currently part of the E4 Academy.

Kaylee also has a weekly show every Monday at 1pm - 3 pm on Represent Radio and a bi-weekly show on No Signal Radio from 3pm.

She is originally from Birmingham but is now living in East London. Hence why she follows the slogan "Your favourite Gyal From Brum". As part of the LGBTQ+ community, she felt it was important to represent that side of her so in 2020 she launched her podcast On Your Gaydar. Representing who you are is at the heart of all of Kaylee's work.

Throughout her career, she has interviewed a huge number of artists including Aitch, Pia Mia, Sean Paul, Pa Saileu, Krept & Konan, Lady Leshur, just to name a few. In addition to this Kaylee has won multiple awards for her presenting, including Best Specialist 2018 & 2019, and best interview Gold and Silver 2019 at the Student Radio awards. She has also been nominated for Best Presenter at the UK Entertainment Awards 2021.

As a DJ, Kaylee has done guest mixes on a vast variety of stations including Capital XTRA, BBC 1XTRA and more. She has also played at multiple festivals including Birmingham Pride.

Sophie Poduval-Morrell, manager of Future Faces, said: *"We are so excited that Kaylee is going to be our host for the awards. Kaylee is a true Brummie and has a great passion for wanting to influence and inspire young people and celebrate where they come from. She has supported the city in so many ways, the Commonwealth Games legacy being one of them. We can't wait to see the energy she will bring to the awards."*

Funding secured to support victims of sexual violence in Warwickshire

➤ **Warwickshire Police and Crime Commissioner Philip Seccombe has welcomed news that two county organisations have won a significant share of the Government's Rape and Sexual Abuse Support Fund (RASASF).**

Safeline and RoSA have been awarded a combined total of £925,508 between now and March 2025 from the fund, to help continue their work providing trauma-informed support to victims and survivors impacted by all forms of sexual violence and abuse.

The two Warwickshire bids were among 62 across England and Wales to be supported in the latest round of RASASF awards, which comes as part of a Government pledge to quadruple funding for victims by 2025.

Warwickshire Police and Crime Commissioner Philip Seccombe said: "There can be few crimes more traumatic for victims than sexual violence and abuse, so it is vital that high-quality support is available in Warwickshire to help victims cope and recover, whether or not they report the incident to the police.

"That's why I wrote to the Government at the end of

2022 when the allocations for the RASASF were being considered to urge Ministers to ensure that funding streams for Warwickshire were not only continued but increased, given the vital nature of these services. I know that other partners also raised with ministers the importance of this funding to victims.

"I am therefore delighted to see that these latest awards do in fact represent increases on the previous allocations for Safeline and RoSA. This is a significant investment in the support of victims of rape and sexual abuse in Warwickshire and it will make a real difference to the lives of those who need it most."

Neil Henderson, CEO of Safeline, said: "The Rape and Sexual Abuse Support Fund provides vital funding for Safeline to provide specialist support to victims and survivors throughout Warwickshire. The funding awarded will help us to continue our work providing specialist and trauma-informed support to victims and survivors impacted by all forms of sexual violence and abuse."

Julie Bettelley, CEO of RoSA, said: "This is fantastic news for RoSA. The funding enables us to continue our vital support for survivors of sexual abuse and violence,

regardless of age or gender, across all communities in Warwickshire.

"Taking the step to seek help requires immense bravery and ensuring survivors' access to support whenever they need it stands as our top priority. RoSA's dedication to providing comprehensive and tailored services for survivors remains unwavering. Our community-centred approach allows us to extend our reach, providing children, young people and adults the opportunity to seek support whenever the need arises."

The latest RASASF awards come in addition to other funding made available by the Police and Crime Commissioner to support victims, including the county-wide Sexual Abuse and Violence Support Service commissioned from Safeline and separate funding for the Blue Sky Sexual Assault Referral Centre in Nuneaton.

If you or someone you know has been a victim of sexual abuse and violence, specialist help and advice is available in Warwickshire. For more information, visit Safeline at safeline.org.uk, RoSA at rosasupport.org or the Blue Sky Centre at blueskycentre.org.uk.



SHARE A STORY

contact:

serena.postgroup@outlook.com

Students Urged to Consider NHS Career on Results Day

➤ The NHS today begins a new drive to help school leavers explore the vast range of health careers on offer.

As A-Level, T-Level and BTEC results are announced, students are being encouraged to consider one of the more than 350 roles in the NHS.

School leavers are being urged to search NHS Health Careers today so they can browse the routes and roles available to them.

Using a range of social media campaigns, support and advice from existing staff and students, the NHS will highlight the opportunities available.

From today until 17 October, places are also available through UCAS Clearing, presenting an opportunity for school leavers rethinking their next steps.

A total of 16,740 people have already accepted places on nursing and midwifery courses.

Healthcare students finish university as some of the country's most employable graduates.

The first-ever NHS Long Term Workforce Plan, published in June, set out how record numbers of doctors, nurses and other healthcare staff will be trained over the next 15 years.

The plan, a once in a generation opportunity to put staffing on a sustainable footing and improve patient care, offers new entry routes into the NHS including through apprenticeships.

Professor Sir Stephen Powis, National Medical Director of NHS England said:

"Joining the NHS was one of the best decisions I ever made and it is hugely encouraging to see an increasing number take a similar path, with an increase in students undertaking a medicine or dentistry degree this year compared to before the pandemic."

"While as part of the NHS' Long-Term Workforce Plan we are ensuring the NHS can draw on the widest pool of talent available, with more training places offered through degree apprenticeships so staff can earn while they learn alongside the potential introduction of medical internships."

"So, if you are a school leaver and unsure of your next step, please consider joining the NHS and search NHS Health Careers today."

Duncan Burton, Deputy Chief Nursing Officer for England said:

"I am delighted that thousands of people will be starting their career in the NHS with a nursing or midwifery degree."

"Working in the NHS is one of the most important, versatile and rewarding jobs you could have – I have never regretted choosing nursing."

"So, if you've got your exam results today and are considering your options, please consider one of the various routes to become a nurse, midwife or one of the many other NHS roles on offer."

Dr Navina Evans, Chief Workforce, Training and Education Officer for NHS England, said:

"To everyone receiving their results today, I really hope the outcome is what you were looking for. But if you're still considering your options, please remember there are many avenues to explore in the NHS."

"As well as opportunities through clearing, there are a host of apprenticeships that could be your first step to an NHS career."

"The NHS is an exciting place to work - no two days are the same. I am passionate about the quality of the support and training we offer, meaning that everyone has the space to succeed and thrive."

"The new NHS Long Term Workforce Plan only increases our commitment to high-quality, flexible training and to stable, progressive career development."

Those who choose to study nursing, midwifery or one of the allied health professions could also be eligible for the NHS Learning Support Fund, which guarantees a grant of £5,000 a year plus further payments for those specialising in certain jobs.

This means that everyone, regardless of background, can find a career path which promises huge personal satisfaction and the chance to improve the lives of others significantly. Healthcare support workers and maternity support workers are among those in demand."

Just Go!
Holidays

Reader travel

BRIGHTON & THE SOUTH COAST

Turkey & Tinsel



Departing Mon 6 Nov '23

You're invited to a pre-Christmas party amongst the beautiful scenery of the south coast in the heart of Sussex. With excursions to Eastbourne and a stop at Beachy Head, this is the perfect way to blow away the cobwebs and get in the festive spirit!

Your break includes

- ✓ Return coach travel **from Solihull**
- ✓ 4 nights at the 3-star Royal Albion Hotel, Brighton with dinner & breakfast (includes traditional 'Christmas' dinner)
- ✓ 2 for 1 bar (6pm-9pm) on selected drinks
- ✓ After-dinner tea & coffee
- ✓ Light entertainment every evening
- ✓ Excursions to Eastbourne, Beachy Head, Alfriston & Lewes

Optional excursion to Chichester & Arundel (£11pp)

5 Days by Coach *only* £269

Single Supplement £80

CHRISTMAS IN THE COTSWOLDS & Oxford



Departing Sat 23 Dec '23

The Cotswolds during the festive period is like walking into a Christmas card, with twinkling lights adorning the quaint honey-coloured stone towns and villages.

Your break includes

- ✓ Return coach travel **from Solihull**
- ✓ 4 nights at the 2-star Royal Court Hotel, near Coventry with dinner & full English breakfast. Christmas Day includes breakfast, a traditional Christmas lunch and a light evening buffet
- ✓ Welcome drink
- ✓ After-dinner tea & coffee
- ✓ Light entertainment every evening
- ✓ Excursions to the Cotswolds (Stow-on-the-Wold & Broadway) & Oxford

5 Days by Coach *only* £359

Single Supplement £100

Operated by Just Go Holidays Ltd. Coach package holidays and short breaks are subject to Just Go! Holidays terms and conditions. Your booking is protected by Bonded Coach Holidays (BCH) and the Association of Bonded Travel Organisers Trust Limited (ABTOT); this is a government approved consumer protection scheme. Tours offered subject to availability and government guidelines. Errors and omissions excepted. Prices per person, based on two people sharing a double/twin room. Calls to 033 numbers are free within inclusive minutes packages otherwise standard rates apply. Prices are correct at the time of printing and will be honoured for bookings made on or before 7 days after publication.



For more information, or to book, please call

03332 341 856 Quote PGM

or visit us online at [justgoholidays.com/PGM](https://www.justgoholidays.com/PGM)

033 numbers are free within inclusive minutes packages otherwise standard rates apply.



justgohols



JGTravelGroup

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



Autumn shows us how beautiful it is to let things go

Memories record our life experiences, accomplishments, and relationships, and they help us pass on our stories and values to future generations. Pictures and photos take us back, so when we were clearing the storeroom at the rear of the Church, we were delighted to come across several pictures, three of which are now on the walls in the main Church. There are two however, that it was decided to put in the Ticquet Room (named after the first vicar of St Clements the Revd Cecil Ticquet), one by William Payne and the other by John Hopson no longer hidden away, but there for all to see and enjoy. During our clear-out, we also found a picture of a Cross which had been beautifully "cross-stitched", unfortunately, we have no idea by whom, it is now displayed in the Chapel. Members of St Clements both past and present have many talents, with some on display throughout the Church building reminding us all of how important those memories we have and will make in the future are.

On the 15th of July, St Clements held their Summer Fayre, well that's what it was supposed to be, outside on a lovely summer's day, but what did we get, heavy rain, which meant we needed to bring everything inside. Were we daunted not a bit, it was a really happy and exciting day. Once again everyone "pulled" together for what turned out to be a day to remember. St Clements want to say a huge Thank You for the support we received from Cola's Fish Saloon, Lime Pickle, William H Painters Funeral Directors, and Tesco Express, who provided much-needed tombola and raffle prizes. Also to all those that came, manned tables, ran the café, were cashiers for the day, and who supported and gave up their time to make this an amazing day THANK YOU.

There is one thing for sure, the Christmas Fayre on the 2nd December, we know will be inside so we won't have to dodge either the rain or snow and of course we do have a very special visitor dropping by!!

4th Castle Bromwich Brownies shared with us what they did at their last meeting before they broke up for their summer break. It really is inspiring what they do and how the Leaders keep coming up with amazing things for the girls to get involved with and to be able to use their imaginations.

We have put away our Brownie uniforms for the Summer holidays, and the Leaders are now enjoying a well-deserved break from all our activities. At the end of the academic year, we reflect on all we've done and the fun we've had. We have enjoyed celebrating the Seasons from last September and we have taken our Brownies on two pack holidays. We made sparkly things for Christmas, celebrated Easter, and made gifts for Moms and Dads on their special days. We have said "goodbye" to older Brownies and said "hello" to new ones as they join us having reached the age of seven years.

To celebrate Summer we have made "Castle Bromwich On The Beach" in jam jars with pebbles, driftwood, and sea shells and decorated the outside with fishy stickers; these jars are to be filled with water on the Brownies return home. Our last night was a party with lots of good things to eat. We played games, danced, and had a lot of fun before finishing the night with party bags to go home.

The Leaders have enjoyed seeing the girls flourish and grow over the year, gaining new skills and confidence in everything they do, and they have had the opportunity to speak out and give their opinions on a great many subjects while we sit in a circle, again giving them the confidence to talk within the group. It has been a real pleasure for the Leaders to see the Brownies mature over the year, and we look forward to welcoming everyone back in September as we plan our next program of activities. We thank our parents for their support and St. Clement's Church for the wonderful facilities they provide to us.

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 direct.

So as we move from summer into autumn and winter, when the days are shorter St Clements' Groups are a place to come and meet up with other people, make new friends, and exchange ideas. All of our Groups continue throughout the year; Crafternoon every other Monday, Twenty21 every other Tuesday, and Forget Me Not Café for those with memory loss and their carers on the last Thursday of the month. Please visit our Facebook page or give us a ring if you would like further information.

So what does October hold for St Clements some dates for your diary:

Macmillan Coffee Morning is on Saturday 7th October from 11am to 2pm.

Annual Sponsored Walk takes place on Saturday 21st October (in past years it has been a beautiful autumnal day). If you are interested, those intrepid walkers meet at the Church at 10am all "kitted" out and ready to walk !!

Harvest Festival weekend starts on Saturday 28th October with a Quiz (lots of laughter and much brain searching) with a fish and chip supper (yummy).

Harvest Festival Service is on Sunday 29th October at 10am, when our beautiful knitted Harvest table will be out once again taking pride of place at the front of the Church. Put these dates in your

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

Just Go!
 Holidays

UK BREAKS

By Coach from Solihull & Sutton Coldfield

Reader travel
DELIGHTFUL DEVON

Weekend


Departing Fri 20 Oct '23

Beloved for its mild climate and miles of golden sands, Torquay provides us with the perfect base for our relaxing short break away. From here we explore this picturesque corner of the West Country, including a visit to Exeter, the capital of Devon.

Your break includes

- ✓ Return coach travel **from Solihull & Sutton Coldfield**
- ✓ 3 nights at the Trecarn Hotel, Torquay with dinner & breakfast
- ✓ Excursion to Exeter

Optional excursion to Sidmouth (£10pp)
4 Days by Coach *only* £199

Single Supplement £60

NEWQUAY

House Party


Departing Fri 10 Nov '23

From a happy hour, evening entertainment and afternoon activities at our hotel overlooking the Atlantic Ocean to a trip to Padstow, there's plenty to look forward to!

Your break includes

- ✓ Return coach travel **from Solihull & Sutton Coldfield**
- ✓ 3 nights at the Kilbirnie Hotel, Newquay with dinner & breakfast
- ✓ Happy hour every evening
- ✓ Entertainment every evening
- ✓ Movie afternoon
- ✓ Afternoon tea dance with tea, coffee and cake
- ✓ Excursion to Padstow

Optional excursion to St Ives & Penzance (£12pp)
4 Days by Coach *only* £189

Single Supplement £60

TORQUAY

House Party


Departing Sun 12 Nov '23

With its peaceful ambience and seaside charm, Torquay is one of Devon's most popular holiday destinations. We enjoy all this delightful town has to offer, visit the beautiful city of Exeter and get the party started with entertainment and happy hour!

Your break includes

- ✓ Return coach travel **from Solihull & Sutton Coldfield**
- ✓ 3 nights at the Burlington Hotel, Torquay with dinner & breakfast
- ✓ Happy Hour on selected drinks before dinner each evening
- ✓ Tea, coffee & cake one afternoon
- ✓ Entertainment every evening
- ✓ Excursion to Exeter

Optional excursion to Brixham & Dartmouth (£12pp)
4 Days by Coach *only* £189

Single Supplement £45

For more information, or to book, please call

03332 341 856 Quote PGM

033 numbers are free within inclusive minutes packages otherwise standard rates apply.

or visit us online at

justgoholidays.com/PGM

Operated by Just Go Holidays Ltd. Coach package holidays and short breaks are subject to Just Go! Holidays terms and conditions. Your booking is protected by Bonded Coach Holidays (BCH) and the Association of Bonded Travel Organisers Trust Limited (ABTOT); this is a government approved consumer protection scheme. Tours offered subject to availability and government guidelines. Errors and omissions excepted. Prices per person, based on two people sharing a double/twin room. Calls to 033 numbers are free within inclusive minutes packages otherwise standard rates apply. Prices are correct at the time of printing and will be honoured for bookings made on or before 7 days after publication.


Podiatrist vs Foot Peel kits



Following a nice Summer of hot weather and sandal wearing you may notice that your feet seem drier, particularly around your heels. You may even notice that they have begun to crack. A popular trend for getting smoother feet is the use of "Foot Peel Packs". These packs promise to literally peel away the top layers and leave you with smoother skin underneath. However, as with a lot of these types of products that offer a result quickly, they can be harmful to your skin.



In order to cause the skin to peel away, a lot of foot peel packs use acids to do this. This causes a chemical exfoliation which if used on broken, fragile or skin with eczema or psoriasis can be dangerous. Also, if you are diabetic you may have changes to your sensation or to your circulation which means you may not realise you have a problem until it is too late. The chemicals inside exfoliating foot peels may also be harmful if you are pregnant. Also, as the skin peels away it may snag and pull on the skin that is still attached, potentially causing breaks in the skin. Finally, a lot of the time once the skin on your feet has finished peeling you will most likely still be left with some rough skin.

The safest way to get softer skin is to visit a Podiatrist regularly, use an emery board style file on your feet 3 times a week and to use a foot cream such as our own brand of Help4feet cream every day. Our HCPC registered Podiatrists will also be able to provide you with expert advice on the type of footwear you should be wearing to help prevent rough, cracked skin.



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

If you would like to book an appointment with one of our Podiatrists, you can give us a call on 0121 749 6313



Castle Bromwich
Hall Gardens

News from Castle Bromwich Historic Gardens



Historic Gardens welcome grant funding from West Midlands Combined Authority

A large swathe of historically and environmentally significant Parkland at Castle Bromwich Historic Gardens are being restored and made more accessible to the public thanks to a Community Green Grant from the West Midlands Combined Authority's (WMCA).

The 40-acre estate is a hidden gem on Solihull's border with Birmingham, featuring a Jacobean Hall and 350-year-old Gardens.

The £23,000 grant from the WMCA will help fund the restoration and conservation of an area of protected wetland, dried-up ponds, and rare acid grassland that is receding due to invasive species.

This is the latest locally led nature project across the West Midlands to be supported by the WMCA's Community Green Grants fund.

More than £500,000 now handed out to restore waterways, plant trees, create ponds, wildflower meadows and urban parks, and to grow fruit and vegetables, providing new or improved access to green space for the more than 200,000 residents who live within a 15-minute walk of these sites - one of the key aims of the region's Natural Environment Plan.



Andy Street, Mayor of the West Midlands and WMCA Chair, visited Castle Bromwich Hall Gardens to see work funded by the WMCA get underway.

The Mayor said:

"Time spent time in nature is known to be beneficial to physical and mental wellbeing. That's why it's wonderful to see our Green Grants supporting community-led initiatives like Castle Bromwich Hall Gardens' that are enhancing our natural environment and ensuring local people have equal access to green and blue spaces.

"Working together with communities, we will continue to do all we can to protect and

enhance these wonderful, shared resources that people right across our region are blessed with on their doorsteps."

Castle Bromwich Historic Gardens were originally part of the estate of the Earls of Bradford and are now managed by an independent trust. They sit within the largest conservation area in Solihull.

The formal gardens and the 30-acre parkland are both Grade II* Listed, meaning they are in the top 10 per cent of protected landscapes in the country.

The WMCA grant is supporting the wider restoration and conservation of this important heritage site, which is being carried out by the Trust with further support from Solihull Council, Birmingham City Council, which owns the land, and other funding partners

The long-term aim is to significantly improve access to the Gardens and Parkland for the 80,000 local people who live within a 15-minute walk and support tourism in the region by attracting more regional and national visitors.

Glynis Powell, general manager at Castle Bromwich Hall Gardens, said: "Our tiny independent Trust feels its responsibility to this exceedingly rare combination of buildings, gardens and nature very keenly. The whole area is a really rare survival from the late 17th and early 18th century and has only survived the encroachment of this century's fast roads and industrial development by a combination of passionate individuals, enlightened institutions and public authorities recognising its long-term value.

The entire Conservation Area is of national significance, but its impact is perhaps felt most keenly by the surrounding communities whose access to natural and cultural amenities is severely limited by geographical and financial constraints. Together with our partners - from families to regional authorities including the WMCA - we are really pleased to be properly opening up these hidden areas of nature and green spaces to be enjoyed and shared, by everyone."

Cllr Ian Courts, a member of the WMCA Board and leader of Solihull Council, said: "Castle Bromwich Hall Gardens are an important part of Solihull's history and landscape, and provide a fantastic green haven in what is otherwise a densely built-up area of the borough.

"I'm delighted the trust has been successful in applying for a Community Green Grant to continue its restoration and conservation work. It will offer many opportunities for local people and visitors to enjoy the site's story and beauty, while improving their physical and mental health."

Applications can still be made for grants of between £3,000 and £100,000 with priority given to projects in communities where there is green deprivation.

The WMCA is working in partnership with the Heart of England Community Foundation, which is managing the online portal and supporting the application and appraisal process.

To apply for a grant or see what else the WMCA is doing to protect the environment at www.wmca.org.uk/what-we-do/environment-and-energy/community-green-grants.

Percy the Park Keeper 'in person', Nick Butterworth visits the Gardens.



After a year immersed in Percy the ParkKeeper stories and activity trails around the Gardens, tiny – and not so tiny - fans of the popular childrens' books got to meet the man behind both the stories and the illustrations

This was a really rare outing to this part of the world for Nick Butterworth and families

Gardeners tips: September

were delighted to hear how Percy came about, saw how cleverly and beautifully Nick makes drawing - inviting many willing children up on stage to help out and of course you get their favourite book signed by the man himself.



Audience reactions were resoundingly positive.

“Nick Butterworth delighted children and adults with his wonderful story telling. Thank you for organising such a memorable day...”

“We got to meet our favourite author and he was such a lovely, kind and funny man !!!”

“Thank you for an absolutely lovely afternoon. There were 3 generations of our family listening to Nick and being amazed by his artistry. Really something for all ages to enjoy.”

For those who still want more of Percy (that’s all of us at the Gardens, to be honest!) The current trail ‘A Flying Visit’ will be in the Gardens every day until the Autumn and school and group sessions can be booked by getting in touch.

The shop at the Gardens also has Percy merchandise in stock.

Seasonal change

None of us quite feels we’ve had ‘a summer’ this year, so we hope that September and October, although with shortening days will bring us some drier and sunnier days.

Don’t forget our spectacular 50th anniversary commemoration of Pink Floyds Dark Side of the Moon on Friday September 8th.



The original august date was rained off, but for September 8th we’ll have a double tent up, so as the sun sets and the ‘60s’ lights appear 4OM will be able to continue playing Floyd and the whole of Dark Side of the Moon ... and the audience can stay dry too! Get those tickets sorted from our website.

Two years of upside down weather has continued to play havoc with our heritage orchards and our honey production... so there is hardly a harvest. Watch out for ‘gleaning’ days where will invite the public to find those apples that remain on the trees.

There won’t be enough apples this year to have an apple day, but in keeping with our habit of reviving and celebrating traditional seasonal events we will be celebrating the Harvest Moon in gentle, spiritual fashion with a Full Moon Circle led by the Coven of the Moon and Tide on the evening of September 29th. Please check our website for details

Also in September, look out for Moth and Bat and Autumn Foraging walks, Forest school, Nature Makers, Birmingham Heritage Week events and Canine Café (23rd Sept)

www.castlebromwichhallgardens.org.uk
cbhallgardens@gmail.com

➤ **September in the Gardens is a remarkably busy time (as always) for all Gardeners, including ours. Depending on how the weather has been behaving in the Gardens - who can predict!? - We gardeners have to ‘go with the flow’ as well checking back on those memories of what we did right ... or wrongly - this time, last year.**

It’s a great time for seed collecting from perennials and annuals. Just because a flower or vegetables doesn’t look spectacular anymore, there really is no need to ‘over tidy’ Gardens – even if you aren’t collecting seed to grow again next year, there may be a myriad of birds, insects and even mammals who will thank you for providing them with a much needed food source.

If you are collecting seed they may need drying and cleaning before being put away somewhere cool and dark for next year. Plenty of specific advice about seed collecting can be found on the Garden Organic website www.gardenorganic.org.uk/expert-advice/garden-management/seed-saving and on the RHS site and you can find plenty of book in the local library too.

With so many bushy plants and perennials in our Historic Gardens, September is also a really good time for splitting perennial plants; for us it’s the geraniums and leucanthemum. We look round for any large empty spaces in our ‘Wilderness’ areas and infill using divided plants from the rest of the garden.

The ponds will also be netted, ready for the Autumn. Leaves in the ponds lead to a build up of sludge in the pond bottom over time.

In the vegetable garden, any old potatoes that remain in the ground are removed and harvested. It is the last chance to do so before the risk of blight sets in.



A general clean up of all the vegetables will happen by removing any old crops and getting on top of any weeds that are resident. In this transformative time from Summer to Autumn you may spot the first signs of rich, Autumnal colours entering. Beech tree leaves will start to turn first a rich golden colour and then the liquid amber tree turns a lovely shade of crimson.



Box Caterpillar

The dreaded Box Tree Moth (*Cydalima perspectalis*) has now reached this part of the country and has been spotted in the Gardens. This probably means it will be in local gardens too - so keep a look out if you have any Box (*Taxus*) trees and bushes. The lifecycle of the moth can be repeated up to four times a year so constant vigilance is advised. We wouldn’t advise chemical treatments, but using reputable biological control (nematodes) in combination with keeping your box plants healthy and not too clipped, will hopefully will interrupt the breeding cycle often enough to keep them at manageable levels.

Some biologists and horticulturalists are hoping that our small bird population: blue tits, sparrows and other insect eaters might get a taste for the new caterpillars and help to stop the Box Caterpillar Moth becoming endemic... Another reason to encourage wildlife into your Gardens, and to not use chemical sprays on your plants.



Saqib Bhatti MBE, MP for Meriden

September Update

➤ **The government have taken steps to reduce the financial burden on pubs by introducing the Brexit Pub Guarantee. In the wake of the Covid-19 pandemic, many businesses have struggled, and pubs have been no exception. The guarantee will alleviate the pressure placed on these businesses by cutting taxes for 38,000 pubs and bars by lowering the duty paid on a pint by up to 11p compared to supermarkets. Following the UK's exit from the European Union, the government have had the freedom to introduce policies such as the Brexit Pub Guarantee which will have a positive impact on our communities.**

In July I had the opportunity to visit DHL's Global Forwarding site, which is based at Birmingham Airport. The operation employs 126 people from across the West Midlands and was opened in 2002. I had the chance to talk to some of the employees and to discuss the opportunities provided by DHL for upskilling and continuous learning. As an employer, they are focused on the needs of their workforce, and I believe they are providing wonderful opportunities to the local community.

Whilst at the site I also discussed DHL's future as a sustainable business. They have taken impressive steps in making their operation net-zero, including modernising their air fleet and investing in sustainable aviation fuel. DHL's focus on a more environmentally conscious approach to their operations highlights how business can be a force for good in the community and can lead the way on the most important issues.

I am pleased to say that I recently completed a skydive in aid of the Lily Mae foundation. This involved me and several others jumping from a height of 13,000 ft to raise money for the charity. Thanks to all the support I received I managed to exceed my fundraising goal and donate over £3,500 to the foundation. I have had the pleasure of supporting the Lily Mae foundation for several years and have been able to witness the wonderful work they carry out. The foundation is a local charity providing a network to bereaved parents following the loss of a baby, support and training for healthcare professionals, and further research into what can be done to prevent baby loss. Last they celebrated their 10th anniversary, having offered support to over 1,000 parents. Improving awareness of baby loss and making sure that bereaved parents have access to a support network is of the utmost importance and I am honoured to be able to champion such a worthy cause.

Finally, I want to wish you and your loved ones well. As ever, my office remains open and we are conducting surgery appointments, so do not hesitate to book a slot. My contact details can be found below:

saqib.bhatti@parliament.uk

0121 711 7029



Scott Bevan History Column:

Metal Detecting Finds

➤ **A hobby of mine that I'm extremely passionate about is metal detecting. This month's article is about a rather special find that I made in the November of 2018.**



It's very fragile and to begin with I had no idea what it was.

I could see a tower to the left and a figure to the right, but at the time, I had no idea of its significance. It is in fact what's known as a medieval pilgrim's badge and its origins lie in the 15th century. Pilgrim badges were essentially decorations worn by those who were undertaking a pilgrimage to a holy site. This particular badge is a representation of Saint Barbara and her tower.

Saint Barbara was an early Christian Greek Saint and martyr. Today she is the patron saint of armourers, artillerymen, military engineers, miners, people who work with explosives and also mathematicians. According to legend, Barbara was the daughter of a wealthy pagan gentleman called Dioscorus.

Dioscorus kept Barbara locked inside a tower with the intention of protecting her from the dangers of the outside world. Unbeknownst to Dioscorus, Barbara had secretly converted to Christianity.

When he discovered his daughter's conversion Dioscorus attempted to murder her, but it is said that Barbara's prayers created an opening in the tower



wall and she was miraculously transported to a mountain gorge where there lived two shepherds watching over their flocks.

Dioscorus began hunting for his daughter, but she was protected by the first shepherd. The second shepherd however, betrayed Barbara. For doing so, the second shepherd was turned into stone and his flock were said to have been transformed into locusts. Following her capture, Barbara

was cruelly tortured, but she stayed true to her Christian faith and every morning her wounds were miraculously healed. Eventually Barbara was condemned to beheading and it was none other than her father, Dioscorus, who carried out her sentence.

As punishment for this, during his journey home, Dioscorus was struck by lightning and his body was consumed by



flames. I often wonder about the individual that this badge would once have belonged to and where their pilgrimage took them. But I guess we'll never know who they were or how the badge came to rest in a field in the Midlands. Whoever they were though, I hope that their pilgrimage brought them peace and happiness during what must have been difficult times.

Castle Bromwich Library Book Club

With this kiss by Carrie Hope Fletcher

From the outside, Lorelai is an ordinary young woman with a normal life. She loves reading, she works at the local cinema and she adores living with her best friend. But she carries a painful burden, something she's kept hidden for years; whenever she kisses someone on the lips, she sees how they are going to die. But she's never known if she's seeing what was always meant to be, or if her kiss is the thing that decides their destiny. And so, she hasn't kissed anyone since she was eighteen. Then she meets Grayson. Sweet, clever, funny Grayson. And for the first time in years she yearns for a man's kiss. But she can't - or can she? And, if she does, should she try to intervene and change what she sees?

I thoroughly enjoyed the mix of paranormal and romance in this book. It's a lovely, life affirming read. You won't regret reading it!

Review by Castle Bromwich Library member



In the dark by Claire Allan

My name is Nora Logue. You've probably heard of me - most people have. I am the mother of Daisy Logue. Seven years ago, I took her for a walk in the woods. Only I came out. I have no memory of what happened that day. I have tried to rebuild my life. Met a man, had another child - Luca. But I can't let go of Daisy, or give up hope of seeing her again. And now, I have the chance to find out what happened to her. But what if pursuing the truth about my daughter risks my son's life?

This story quickly pulls you in and you keep wanting to turn the pages to find out what has happened to Daisy. It kept me on the edge of my seat and guessing right up to the end. A fantastic read!

Review by Castle Bromwich Library member



All of us are broken by Fiona Cummins

It's been a long time since the Hardwicke family has been on holiday. But thirteen-year-old Galen has wanted to see the wild dolphins at Scotland's Chanonry Point for as long as she can remember, and her mother Christine - a lone parent since her beloved husband left - is determined she gets her wish. But their serene trip is about to be interrupted. When DC Saul Anguish is called to investigate the shooting of an ex-police officer in Midtown-on-Sea, Essex, he quickly discovers that this is the first in a string of killings by Missy and Fox, a damaged young couple hell-bent on infamy, their love story etched in blood. In pursuit, Saul follows their trail north. The paths of the Hardwicks' and the deadly couple are about to collide. When Saul and his forensic linguist partner, Blue, arrive on the scene, they witness the unthinkable: a mother forced to make an impossible choice.

A gripping, fast paced thriller - dark and brutal. The nail-biting tension in this book will keep you turning the pages. A brilliant book!

Review by Castle Bromwich Library member

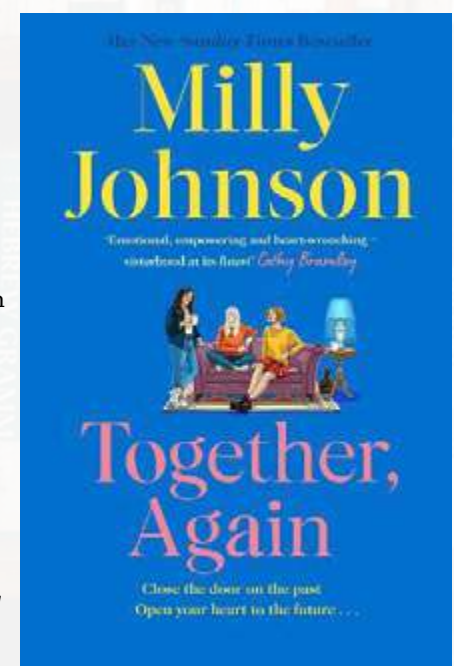


Together Again by Milly Johnson

Three sisters, all seven years apart, who are not close at all, must convene after their mum's death to arrange the funeral and pack everything up. Their mother has left the family home and most of the money to the youngest sister Annis, who she didn't get on with at all. As they pack everything up, the sisters become closer than they have ever been before as they begin to let each other into their lives for the first time.

Emotions between the sisters run high from start to finish in this superb book. There are secrets and mysteries; warmth, tenderness, and joy - all kept me turning the pages.

Review by Castle Bromwich Library member



Castle Bromwich Parish Council



Two Little Ducks - Bingo Revolution

On Saturday, August 5th, Bingo Revolution came to Arden Hall. A unique event that was a fun-packed evening of laughing, dancing, singing, dabbing, and "life-changing" prizes. Their comedian was on number-calling duties, with DJ Jim Slipp supplying plenty of dance music. Two people won an inflatable 8-foot dinosaur and a 6-foot boat with a flag!

Heritage Week

Every September, thousands of volunteers across England organise events to celebrate our fantastic history and culture, all of which are free to explore. Arden Hall will be opening its doors on Sunday September 17th, between 11:00 a.m. and 15:00 p.m. to showcase the local history of the area.

Many volunteers from local organisations will be attending, like Castle Bromwich Hall Gardens, North Arden Local History Society, and the Solihull Core Library history section, with local residents sharing their memories and photographs. Arden Hall will be exhibiting the council's archives and showcasing the building from the first brick to the celebration of the hall being opened in October 1965. Come and join us for a ride back into history and chat over a cuppa and cake.
Sunday 17th September 11:00am – 15:00pm.

Contact us for events or hall hire on:

Telephone: 0121 747 7150

Email: ardenhall@castlebromwichpc.gov.uk

If you have any photographs of the area, please bring them in and we can provide a table to exhibit.

Heritage Open Days 2023 - 8th-17th September and many historic buildings are free to attend. Use the following to search to find events throughout the UK <https://www.heritageopendays.org.uk/>

History of Arden Hall

The Community and Leisure Officer is currently researching the building of Arden Hall. Janine has some photographs of the work taking place and the basic minutes of the parish council from pre-Arden Hall to when it was built and opened in October 1965.

If anyone has any information on why the hall was built, who funded it, and whether residents paid sixpence a month to help raise funds, please **email leisure@castlebromwichpc.gov.uk** or pop in to chat with her on the coffee mornings held every Thursday from 09:30am–11:30am in the Spencer Lounge, rear of Arden Hall.

Let's do Coffee!

Its back! Our Macmillans Coffee Morning is in the main hall on Saturday, **September 23rd, from 10:00 a.m. to 13:00 p.m.** Cancer is not going anywhere, and Macmillan is needed now more than ever. There are around 3 million people living with cancer in the UK today, and more than 360,000 are diagnosed every year.

Every little helps, and the many cakes that will be on offer to be enjoyed with a cuppa tea and ground coffee from our new machine, what is not to like and indulge in?

Macmillan's work is funded by many projects, and Castle Bromwich Parish Council will endeavour to help this charity with our coffee morning and raffle.

Fashion show with an afternoon tea

Our fashion show is back again but with a difference. This year the show starts at 2:30pm in the afternoon with an option to have an afternoon tea before the models strut the catwalk. All garments are new and some are still in season from High Street stores and Designer outfits.

There are two tickets prices, so please see our advertisement and book early.

To find more information on events at Arden Hall, please check out our large event notice board next to the entrance to Arden Hall, attend our coffee mornings every Thursday between 09:30 and 11:30 and visit our socials, web page and Facebook group.

Facebook: www.facebook.com/castlebromwichpc.gov.uk/

Webpage: castlebromwichpc.gov.uk/

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.



Call for a free brochure
Tel 0121 706 2473



BRAMM



200 letters
free on new
headstones



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



Cllr Martin McCarthy, Castle Bromwich Ward (Solihull MBC)

Welcome to the new school year

👉 **This month brings the start of another school year with great opportunities for our children to prepare for an active and rewarding start to adult life.**

Getting them to school safely is the first critical step!

We are all appalled at the bad driving habits of a small minority of drivers using our local roads and their apparent inability to keep their vehicles on the highway.

These drivers are the focus of the new West Midlands law enforcement campaign targeting bad drivers with the police looking at using newer sources of intelligence like helmet and dash cam footage to deal with unacceptable driving behaviour.

I am pushing for Replacement of the missing keep left signs on Water Orton Road and progressing the upcoming Road safety scheme there including speed cushions and the new pedestrian crossing at Arden Hall.

Following nearby resident's complaints SMBC officers have visited the local shopper's car park on Parkfield drive to address blocked drains at the bottom end and promised attention to the overgrown trees.

Wildlife ways our verges and open spaces

The Annual cutting of these should be complete by the end of the month, these areas do need a little 'Gardening' to control undesirable and invasive species such as nettles, brambles and scrub that would in time dominate the planting and spoil the diversity of these public areas.

Lanchester Park update.

The grass on the football field is the best that I have seen there for many years, our wet summer must be good for something!

An outdoor table tennis facility has been installed in the park supported for the aptly named Ping ! Solihull events that provided the free sessions held across Solihull during August.

More info on this and future outdoor events can be found on solihullactive@solihull.gov.uk or call 0121 704 8207.

Regular Councillor Surgery at Castle Bromwich Library.

My next monthly surgery is scheduled for Monday the 11th of September, 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

RADIANT DANCE STUDIO



Starting in September!

- Acrobatic Arts
- First class BA (Hons) Degree in Performing Arts
- First Aid Trained
- Enhanced DBS checked
- 5 years professional dance training

LEARN HOW TO DANCE

BALLET

MODERN

ACRO

MUSIC

LYRICAL



TINY TOTS

18 months - 3 years
Tuesday's 10-10.45am
£4 per class

A parent & toddler dance and music class suitable for children between 18 months - 3 years who love to dance and sing!

MINI MOVERS

3 - 6 years
Thursday's 4-5pm
£4.50 per class

In this class, we will cover elements of different dance styles to introduce your child to the world of performance.

**St Mary's & St Margaret's Church Hall,
Castle Bromwich, B36 9DE**

radiantdancestudio1@gmail.com

The Only Family Owned Funeral Directors in Castle Bromwich

Hickton Family Funeral Directors



Trevor E.W. Hickton Ltd



MEMBER SAIF INDEPENDENT FUNERAL DIRECTORS



- 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

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.

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



Golden Charter

Smart Planning for Later Life



FUNERAL PLANNER OF THE YEAR 2019

320 Bradford Road, Castle Bromwich B36 9AD

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

www.TEWHickton.co.uk

PARK HALL - RESULTS



Many congratulations to all students in Year 13 at Park Hall Academy, who through hard work, ambition and resilience have achieved wonderful results. Not only it is amazing to see so many of the students receiving excellent outcomes, but it is also fantastic to see what amazing young adults they have become, skilled and equipped for the challenges ahead. Students are now deservedly going onto a range of brilliant destinations in higher education, training and employment and we wish them all the very best in their future endeavours.

Our students, staff, parents/carers and governors should be very proud of the determination and perseverance that have made these outcomes possible.

Notable student performances include Ella Forbes (A* A* B), Jayden Berry (Distinction* Distinction* Distinction*), Maisie Condron (Distinction* Distinction* Distinction*), Scarlett Phillips (A A A B), George Tayar (A A B), Harry Robinson (Distinction* Distinction* Distinction) and Jacob Banks (Distinction* Distinction* Distinction). Please note Distinction* is the highest grade awarded for vocational qualifications.



History of Parish Church 55BC to 1066AD

By David L Adams

I ended my first piece about the history of St. Mary & St. Margaret Church. Castle Bromwich with a question 'was it built on the site of an ancient Romano/British shrine' It's unlikely we shall ever know for certain, but there is an interesting case to be made.

Britain was, nominally, part of the great Roman Empire for over four centuries, 55BC – 410AD, but full Roman influence was always patchy. Around the Channel coast and the five or six main cities, it was very strong, but in the countryside, as in our case, it varied widely.

As my history book puts it, 'half of Britain (was) devoid of any Romanizing influence except the sword. Warwickshire was largely empty, 'The Forest of Arden'. But it is a fact that, due to its strategic importance, there was a Roman lookout on our hillside, above the ford in the River Tame, and the Old Chester Road had much traffic. Travellers to the north were probably apprehensive that the river could be in flood or thieves could be in wait. Coming South, having made the crossing, they would have been happy and looking forward to an easier road ahead. How feasible then that some would want to pray for a safe crossing and others give thanks for blessings received, and make offerings-but to which God?


In 313AD, Emperor Constantine the Great had made Christianity the favoured religion of the Empire and slowly conversions were being made. It is likely that at this time the shrine would become Christian as it gave continuity of worship at a holy place. Problems in Rome itself made it necessary for the legions to be withdrawn in 410AD but in many areas the effect was minimal.

The removal of the 'Roman Sword' resulted in the Midlands of England reverting to an area of squabbling petty kingdoms. Christianity continued to make some headway, albeit slowly and in no particular pattern. The Roman withdrawal also led to incursions by other European peoples.

There was a growing influence from Angles, Saxons, Jutes and several varieties of Viking and the Christian mission of St. Augustine, who landed at Thanet in 597AD. This gave an added impetus to the spread of Christianity but the establishment of actual church buildings depended on two main factors, the conversion of the ruler of the Kingdom concerned and the foundation of a monastery or minster from which priests/monks could come to say the Mass.


By the mid sixth century, the area around us had become part of the Kingdom of Mercia and, in 669, during the reign of King Wulfhere, Archbishop Theodore of Canterbury appointed the monk Chad, from Lindisfarne in Northumberland, as the Diocesan Bishop. His diocese was vast, stretching from the East coast to the Welsh border and from the Thames to the Humber. His seat was at Lichfield and although relatively near here, Wody (Woody) Bramewice, as it was then known, was still so sparsely inhabited that it warranted nothing more than the old travellers' shrine. It needed the growth of a settlement and something more. This happened when William, Duke of Normandy, thought he had a claim to the throne of England and in September 1066 our country changed forever.





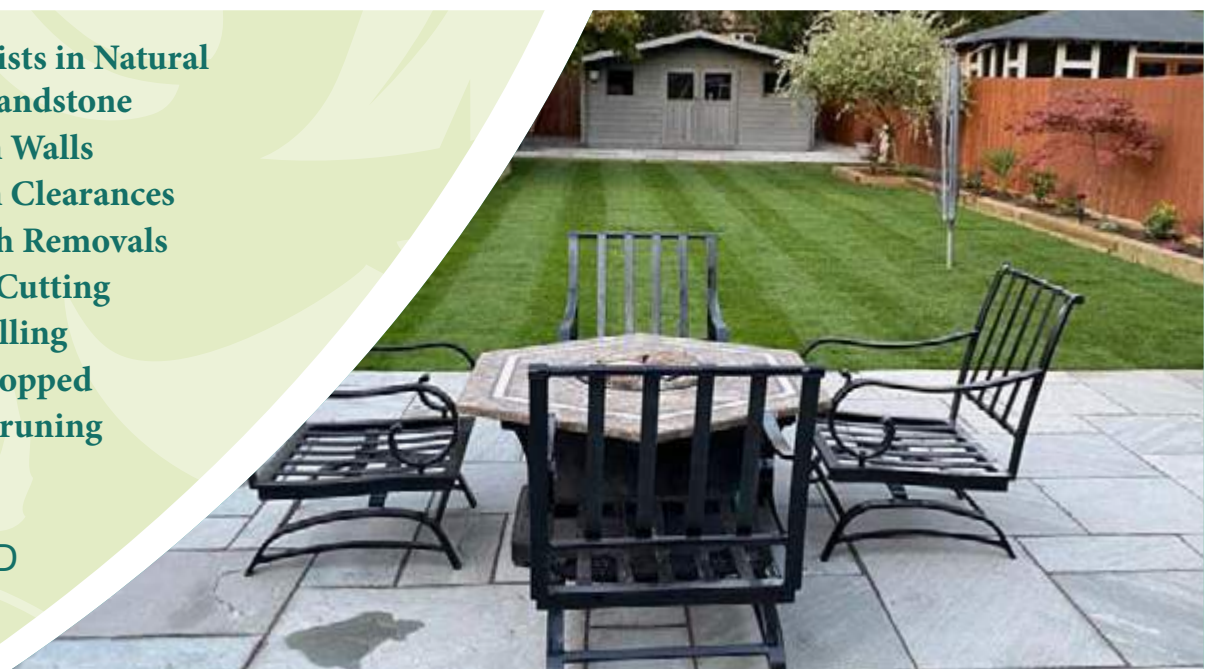
FLOWERS

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

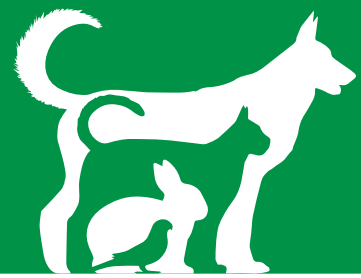
ALL WORK IS GUARANTEED & CARRIED OUT BY FULLY INSURED WORKMEN



Call for a FREE no obligation quote

T. 0121 770 0362 M. 07773 503816

flowers-landscaping.co.uk



Pet Page

WARD END CAT RESCUE
PRESENTS A FANTASTIC BINGO NIGHT ON
SATURDAY 16th SEPTEMBER 2023
A FULL NIGHT'S FUN, ALL FOR £15

BUZZ
Bingo

TICKET PRICE TO INCLUDE; ALL BINGO FROM 7pm 'till 9:05pm
PLUS A MEAL & DRINK AT THE INTERVAL.

SO PLEASE COME & SUPPORT WARD END CAT RESCUE @ BUZZ BINGO
973 Kingsbury Road, Birmingham B24 9QB

Birmingham Dogs Home - Forever homes



become very excitable and boisterous resulting in jumping up and can become mouthy, because of this we are looking for a home that can work with Paddy and help manage this.

Paddy

Breed: Jack Russell Terrier **Gender:** Male (N)

A Little about me

Hello, I'm Paddy. I'm an affectionate boy who loves to give receive plenty of cuddles. I am looking for a terrier experienced home to call my own.

My Carers Notes

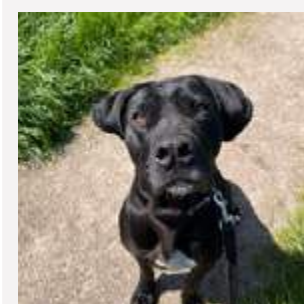
Paddy is a sweet boy once he has built a bond with you, he is a very typical Jack Russell and can be independent at times when out and about.

Paddy loves to explore his surroundings and is extremely loving. Paddy is also known for having occasional bursts of energy where he can

Paddy loves going for walks and following his nose. Paddy would benefit from home based in a quieter area, as has shown to be reactive near traffic and towards other dogs on walks.

Unfortunately Paddy does not seem to understand what toys are currently at the centre, however we do believe this may change in a home environment.

Paddy is looking for a home where he can be the only dog so he can have all of the attention to himself. Paddy was previously left alone for a few hours and was houstrained but may need a refresher course with this in his next home.



Tiana

Breed: Cane Corso **Gender:** Female (N)

A Little About Me

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

My Carers Notes

Tiana is a beautiful, big girl who just needs a little time and patience. Although she's shy at first, with some space you'll soon see her affectionate side come out.

She loves pottering around our paddocks and following her nose. Tiana does like to play with tennis balls but not for long as she is only just learning that toys can be fun to play with. Tiana would love an understanding family who can give her the time and patience she needs, and they will see a very rewarding side of her.

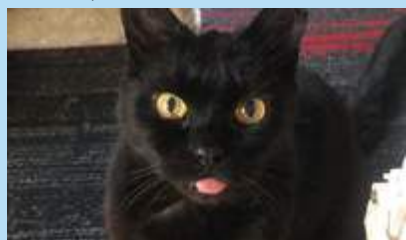
Because of Tiana's size she has been halti trained which makes walks with her very pleasurable and to help benefit new owners.

Tiana isn't the most confident with other dogs, so will be looking to be the only dog in the home. We feel she would strongly benefit from socialisation on walks.

Ward End Cat Rescue

We are a small, homebased 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.



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.



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.

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



Greater Birmingham
Chambers
of Commerce

Get ready to go global....

- High quality and great value language training, translation and interpreting services
- Over 120 language combinations
- Over 40 years' experience in interpreting

Connect. Support. Grow.



Contact us
0121 725 8997



OPEN 6 DAYS A WEEK

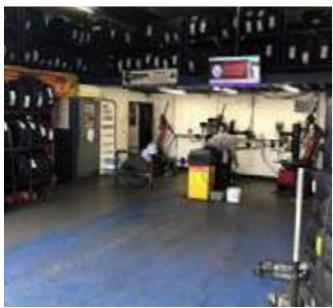
0121 789 6549

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

Interiors & Decorating



PLATINUM
 INTERIOR DECORATING

Decorating tips



These days satin and eggshell finishes are probably more commonly used on woodwork and due to improvements in paint technology are just as durable as gloss. The same can be said of emulsion for walls and ceilings. Eggshell, soft sheen and silk paint are often used in high traffic areas where there is a need to be able to wipe down the surface without damaging the finished paint work. Most manufacturers now produce what are known as durable matt finishes. These are matt emulsions that you are still able to wipe or sometimes scrub without any serious detriment to the finish. This means that you can now have a matt, low sheen finish but still benefit from being able to wipe off scuff marks and keep your walls looking as good as new for longer.

Another reason to have a mid to higher sheen finish is in areas of high humidity such as bathrooms. Most matt paint won't stand up well to moisture in a poorly ventilated bathroom. This can result in the paint flaking or peeling off the wall or ceiling. Paints with a higher sheen contain more vinyl, this makes them more resistant to moisture permeating into the paintwork.

Finally, another often overlooked aspect of different sheen levels is the effect they have on the perceived standard of finish. Due to them reflecting more light, higher sheen levels will exacerbate any imperfections in the painted surface. Walls that aren't perfectly smooth can benefit from being painted with a very matt finish as this can to a certain extent make them appear smoother. The same can be said for things such as window sills, if they haven't been sanded completely smooth then gloss will highlight the imperfections whereas eggshell or satin will make them appear less obvious. Some manufacturers now produce matt paint specifically for ceilings that has an extremely low sheen. This can be of great benefit when faced with a poorly plastered or uneven ceiling as it will go some way to reducing the impact of any imperfections.

Hopefully this will help you decide which type of paint will be most suitable for your own projects, we've included pictures of eggshell, satin and gloss finishes from three of our recent jobs.

Hi everyone, welcome back to our monthly decorating and interior design article.

An area that can sometimes cause confusion is that of varying sheen levels of paint. These days it seems like an endless list so we thought it would be useful to explain the differences and benefits of each of the main ones.

When discussing emulsion what is generally meant is the paint you will be using on your walls and ceilings. This comes in a variety of sheen levels, the main ones being matt, eggshell, soft sheen and silk. In terms of woodwork, or trim paint for things such as skirting boards and doors, the most commonly used sheen levels are eggshell, satin and gloss.

Manufacturers and professional decorators will discuss sheen levels as a percentage. So matt would be anything less than a 10% sheen, eggshell is 10 - 15%, soft sheen is 15 - 25%, satin and silk are 26 - 40%, semi gloss is 41 - 69% and full gloss is 70 - 90%. These levels aren't set in stone and can vary between manufacturers.

What the percentages are describing is how much light is reflected, so matt will reflect almost no light whereas gloss will reflect a lot of light. Think of gloss as being closer to a mirror finish. Sheen levels are also much

affected by the condition of the surface, the smoother or flatter the surface, the more effective the sheen. A useful way to understand this is to imagine a reflection on the surface of a lake- when the water is very still and flat the image is very sharp and clear. Once the water has been disturbed with ripples the image becomes distorted and less focused. This will be the same for your paint work at home. If you're using gloss and achieve a perfectly smooth finish it will appear to have a much higher sheen than if there are lots of brush marks or other imperfections. The door of number 10 Downing Street is a good example of decorators achieving a very high level of sheen, this is helped by it being constructed by bomb proof metal so it is perfectly smooth. It is removed and replaced with a spare then taken off site to paint. The process used includes building up many layers of high gloss paint and buffing in between each coat. Similar to the process used when restoring high gloss, black pianos.

As well as the obvious aesthetic differences in sheen levels, there are also practical reasons for choosing higher or lower sheens. Traditionally, the higher the sheen, the more durable and robust the surface of the paint. Gloss was traditionally used for woodwork due to it being very hardwearing, so things like skirting boards and dado rails that get knocked all the time benefitted from a gloss finish.

ADVERTISE YOUR BUSINESS WITH US

For prices, media pack and more information

Call 0121 749 7502 / 07805 430191

or email: serena.postgroup@outlook.com



POST GROUP
 MIDLANDS LTD



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



'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

Ombudsman stats show stark reality of life in the West Midlands in 2023

The Ombudsman's annual complaints statistics once again back up the harsh realities many people face in key areas of their lives – how their children are educated, how elderly relatives are cared for, and the houses they call home.

Now in its tenth year, the Local Government and Social Care Ombudsman's annual review of complaints offers a unique insight into the health of local government services in England.

Through the lens of escalated complaints, the report details the common issues seen over the past 12 months, with key areas of concern including Special Educational Needs and Disabilities provision for children and young people, Adult Care Services, and Housing.

This year in the West Midlands, the Ombudsman upheld 358 complaints across 28 local authority areas. In terms of complaints the Ombudsman investigated, Birmingham City Council (128 upheld decisions) and Staffordshire County Council (41 upheld decisions) accounted for almost half.

Around 10% of complaints and enquiries were received from this region, slightly below representation as the West Midlands accounts for 11% of the population in England.

The overall uphold rate for the region stood at 77%, above the average of 74% for all regions.

Across the West Midlands:

- As the largest authority in the region, Birmingham dominates Environmental Services (44 of a total of 62 upheld decisions for the region); Highways & Transport (18 of 24 upheld decisions) and Housing (27 of 43 upheld decisions).
- 22% of complaints and enquiries received were about Children and Education, below the average for all regions (24%).
- 17% of complaints and enquiries received were about Housing, above the average for all regions of 15% (and the second highest percentage share after London).
- 12% of complaints and enquiries received were about Environmental Services & Public Protection & Regulation. This was higher than the average for all regions (11%).

Paul Najsarek, Local Government and Social Care Ombudsman, said:

"We all want decent education services

for our children, quality care for our loved ones when they are in need, and the reassurance of a safety net if we fall on hard times but all too often the complaints we receive show this isn't what people experience.

"We know councils face huge challenges, so it is more important than ever for them to focus on the getting the basics right in services for residents and handling complaints effectively. Although local authorities often get things right, we frequently find councils repeating the same mistakes, ploughing ahead and not taking a step back to see the bigger picture.

"Our latest statistics shed light on the harsh realities people across the country face in crucial aspects of their lives. Council leaders now need to focus on learning from common faults and injustices so they can make a significant difference to the people our local authorities serve."

The Ombudsman remedies individual injustice and, by sharing the learning from the complaints it investigates, improves local public, and adult social care, services

Published today, its annual review also shows over the past year, from 15,488 complaints and enquiries it received, the Ombudsman made more recommendations to improve council services than ever before (2,412). These remedies can include improving staff training, revising policies and procedures and reviewing records to identify other people who have also been affected by the problems identified.

It also made 4,907 recommendations to remedy individuals' personal injustice, with remedies including apologies, reimbursement of fees and reassessments for services which should have been provided.

Over the past year, in 99.3% of cases, local authorities have complied with and implemented the Ombudsman's recommendations.

The review report is available from the Ombudsman's website at www.lgo.org.uk/information-centre/reports/annual-review-reports alongside data sheets to compare statistics for each local authority.

A visual representation for each authority is available at the Ombudsman's council performance map www.lgo.org.uk/your-councils-performance

u3a Talk: The early life of fashion icon Mary Quant

● Ruth Lowe took us back in time through the decades to the early life of fashion icon Mary Quant.

She demonstrated her wide collection of Mary Quant designs and showed us a range of accessories to complement her fashion designer clothes.

The talk was interesting and reminiscent of times gone by.

You never know what you will learn about when you join the u3a.

Come and join us on the last Wednesday of the month at Arden Hall, Water Orton. Doors open at 1.30pm.



Castle Bromwich Lions



● On Thursday 28th September Castle Bromwich Lions will be hosting a Barn Dance at Castle Bromwich Hall Hotel. It will be located in the Malthouse Room and is provided to us at no charge by the Hotel Management.

All the proceeds from the event will go to support a local four year old suffering from Cerebral Palsy. Unfortunately he is now at the stage he needs a specially made seat to help him sit up properly when eating. By specially made we understand that the seat has to be moulded to his body shape. These things don't come cheap. This one we believe will cost over £1000.

If you would like to help this good cause come along to our event or donations can be made to Castle Bromwich Lions.



**CASTLE BROMWICH
LIONS**



**CHARITY
BARN DANCE
& SUPPER**



28 September 2023

7 for 7.30pm start

Tickets £12

Include Cheese Ploughman's Supper

**The Malthouse
Castle Bromwich Hall Hotel
Chester Road
B36 9DE**

**Contact Phil 07969 621256
or Steve 07754950290**

**Monies raised will fund a special-
ised chair for a disabled child
Charity No. 1150293**



Pied Piper
Pest & Wildlife Management

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



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

0121 246 8879

www.piedpiperpestmanagement.co.uk

info@piedpiperpestmanagement.co.uk

LOCAL SERVICES



GODWOOD GLASS & GLAZING
 Est 1982

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

FOR A FREE QUOTE CALL

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

PLATINUM
 INTERIOR DECORATING

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

We are a husband and wife painting and decorating team

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

All aspects of domestic and small commercial projects undertaken

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

Xtreme Tree Care

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

Fully Insured
 All Staff Fully Qualified
 20 Years Experience

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

11 Shawbury Cottages, Pump Lane, Shustoke, Coleshill B46 2RW
 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

City & Guilds

Dimension Landscape & Driveways Ltd

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

FREE QUOTATIONS
DISCOUNT PRICES

5 YEARS GUARANTEE OF WORKMANSHIP

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

Local Sports



Coleshill Town F.C.

Coleshill Town FC match reports

All Northern Premier League Midland Division games

Saturday 12th August

Coleshill Town 4-2 Loughborough Dynamo

What a way to start the season, a 4-2 win and Top Of The League! Two goals from Amarvir Sandhu and another two on his debut by Lewis Collins put Coleshill 4-0 up but Dynamo scored two late goals.

Tuesday 15th August

Sporting Khalsa 4-1 Coleshill Town

What a turn around! Coleshill scored first thru Lewis Collins and could have been further ahead, hitting the bar, but Sporting scored on the stroke of half time and went on to dominate the second half.

Friday 18th August

FA CUP Studley 0-1 Coleshill Town

A very hard fought win in the FA Cup against a very young, talented Studley side who are in effect Solihull Moors Academy side. Coleshill defended magnificently and experienced keeper Paul Hathaway made a few crucial saves but the only goal came on the stroke of half time with a header from Josh Willis.

Coleshill Town FC Juniors

CTFC Juniors start the 2023/24 season on Sunday 10th September with Seven teams.

Under 7's Centurians, Under 7's Gladiators, Under 8's Hurricanes, Under 9's, Under 10's, Under 11's and Under 13's.

As the new club enters its 4th year, we are very close to gaining FA Accreditation and are well into a Club Development Plan. The club continues to grow with the backing of local business ENVIROTECH who have been the clubs supporter since the start and long may that continue. Thank you Envirotech.

Our next faze is to grow and improve our Mini Soccer School which has given us new teams every year. Please look out for social media as we finalise our plans for the future.



Pitching in Northern Premier League Midland Division Fixture List

Saturday 26th August

Away to Corby Town

Monday 28th August

Home to Sutton Coldfield Town

Saturday 2nd September

Away to Harborough Town
(This may be changed to an FA Cup game to be confirmed).

Saturday 9th September

Home to Carlton Town. FA Trophy.

Saturday 16th September

Home to Quorn.

Saturday 23rd September.

This is FA Trophy day but might have a rearranged League game.

Saturday 30th September

Away to Shepsged Dynamo.

Saturday 7th October

Home to Rugby Town.

Paddy Doyle - 800th Career Physical Fitness Challenge & World Record

➤ Hard work was the key to Paddy Doyle achieving his documented career 800th fitness endurance feat and World Record at Rowington Village Warwickshire. To reach the historical milestone carrying 40 lbs of backpack expedition kit, Doyle mountain biked over footpaths, Grand Union Canal towpath and Heart of England footpath distances covered 11.5 km in 47 min. 51 sec. 12.5km in 58 min. 03 sec and 11km cross country walk / run in 1 hr. 12 min. 34 sec.

Weather conditions made the cross country routes tougher to attempt due to muddy footpaths and overgrown weeds and bushes which blocked some of the paths.

"The years of hard work are worth it, from getting up in the earlier hours of the morning to train plus having a great support team around me who have stood at the start line and check points including collecting evidence to claim every sporting feat."



Picture credits David Hastings (Warwickshire UK)

Water Orton CC fab 3 raise funds for MNDA...

By Andrew Walker WOCC committee member

👉 Congratulations to John, Luke and Scott for their efforts, raising money for Motor Neurone Disease Association (MNDA). The fund set a limit of £500 but raising efforts continues as £5000 would be a great target for the fab 3 to achieve so we would ask you to take the time to read and support.



Barby Cricket Club is the furthest away

ground for our team (Water Orton CC 2nd XI) this year and we thought it would be a unique challenge to walk there whilst wearing our cricket kit.

30 miles from Warwickshire to Northamptonshire over stiles, up hills, across fields and traversing town centres starting on Friday 18th August and then finishing before the start of the game on Saturday 19th August....and then 45 overs playing in the game.

Wearing cricket pads, thigh guards, maybe a cricket helmet across the bull fields.

Please support us and Motor Neurone Disease Association in this tough challenge.

The MND Association focus on improving access to care, research and campaigning for those people living with or affected by MND in England, Wales and Northern Ireland. By sponsoring us your money will help people affected by Motor Neurone Disease.

<https://www.justgiving.com/page/walktothecricketgame?fbclid=IwAR25RUeP1hiZ6-siR6f7qSqIA-Msyq9buNM0mNpNpSxyEkCR1gffRw8IHU>



Come and support Water Orton CC for the exciting tournament arranged by the club first team capt Shaluka. Bar open and enjoy the excitement of cricket played at a fast tempo.

We are always recruiting young players the club is open Fridays for junior training. Please contact Alan Dabbs at WOCC for further details.

With 3 Saturday snr teams doing well in their respective leagues the season is looking good for the WOCC., new Players are always wanted and encourage to join. For further details join the WOCC Facebook page and leave a message or come down and have a pint / drink on Friday.



RESIDENTS



WE NEED

YOU!

Give us your voice send stories, thoughts and pictures of your local area. Share your experiences with us and help us cover whats important to you.

Contact:

serena.postgroup@outlook.com

Walk On

FLOORING

CARPET AND VINYL SPECIALISTS

OPENING TIMES

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

TEL: 0121 770 9680



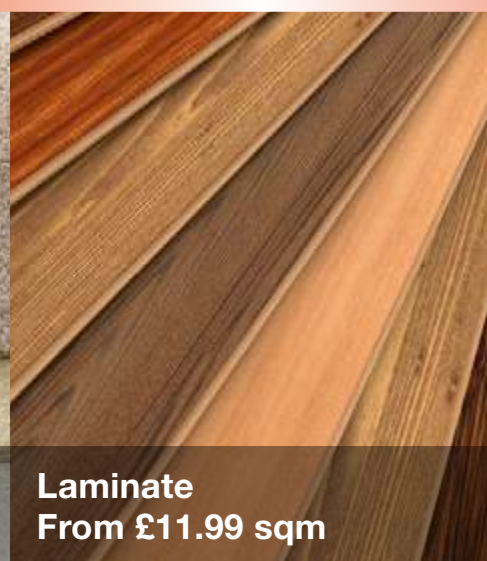
**HALF PRICE CARPET
REMNANTS WHILE
STOCKS LAST**



Vinyls
From £8.99 sqm



Carpets
From £6.99 sqm



Laminate
From £11.99 sqm



Rugs
From £30 each

Why choose Walk On Flooring?

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

Home Selection Available!

www.walkonflooring.co.uk

Quality room
size remnants
from only
£29.00



Like us on
Facebook

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