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September 2023 Issue 115



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CELEBRATE 2023 SCHOOL RESULTS

We welcomed back our Year 13 students to celebrate their achievements as they collect their A Level, Level 3 BTEC and Cambridge Technical qualifications.

Our students have achieved their grades through demonstrating high levels of determination, perseverance, and resilience which has been essential for this cohort of students who have faced multiple challenges throughout their educational journey at the Coleshill School because of the pandemic; being unable to sit their GCSE examinations, learning online from home and disruption related to self-isolation.

Full story page 20



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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:
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General inquires:
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Coleshill Industrial
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Shustoke

Lea Marston
Marston
The Whitacres
*Also dropped in
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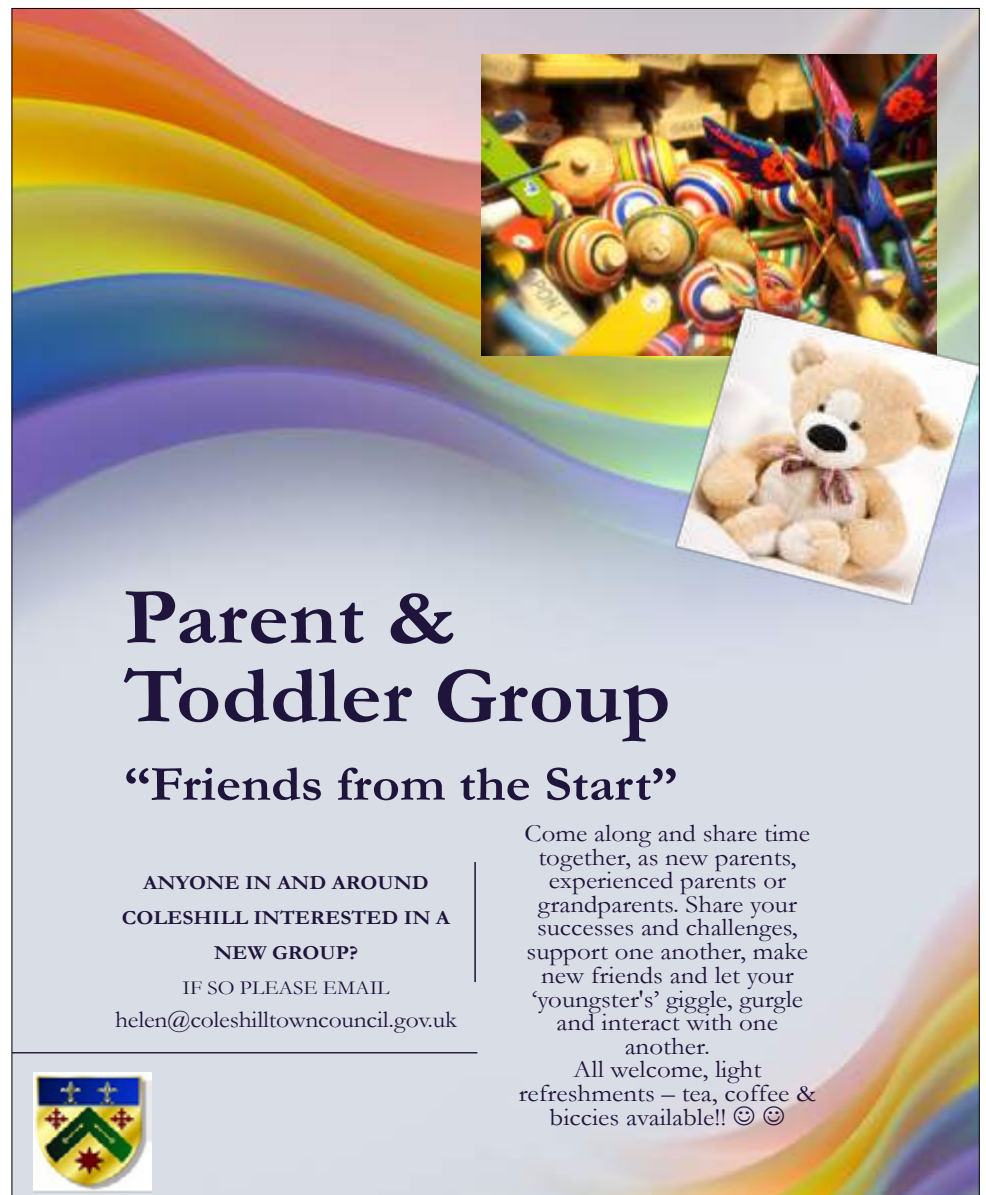


Shane Traynor has a variety of experience in various aspects of the property development industry.

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.

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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."

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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 Larojya-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

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GBYPY- Legal

Zoe Evans- Shoosmiths

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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 Lalousis- 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

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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 wills 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.

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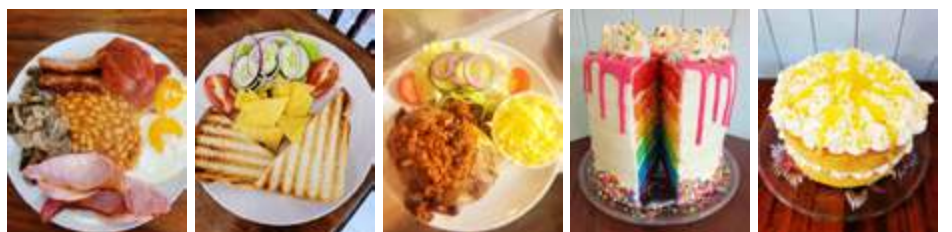


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Hello from your local Slimming World groups



➤ 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
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World**

Monday

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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



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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."

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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 Folkestone



Departing Sat 23 Dec '23

Head to the South Coast this Christmas for a special getaway in Folkestone! There's lots to look forward to, including a festive lunch with all the trimmings, fun-filled entertainment and excursions to the picturesque gems of Canterbury, Sandwich and Whitstable.

Your break includes

- ✓ Return coach travel **from Solihull**
- ✓ 4 nights at the 2-star Grand Burstin Hotel, Folkestone with dinner & 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 Canterbury, Sandwich & Whitstable

5 Days by Coach *only* £319

Single Supplement £100

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Friday 29th Sept 10am to 1pm

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**Next Town Council
Meeting – 11th Oct
7pm at Town Hall**

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13:00**

www.coleshillhub.co.uk

WARM HUB

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

INFORMATION

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

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

GROUPS

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

SIGNPOSTING

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

GROUPS

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

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

Ready to have some fun? Let's get the party started in the Cornish seaside resort of Newquay! 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

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

4 Days by Coach *only* £189

Single Supplement £45

For more information, or to book, please call

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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.



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COLESHILL CIVIC SOCIETY

Missing Buildings and Spaces 5

By John Hoyle



Looking up Blythe Road from the cross roads. On the left may be seen the advertising posters on the wall of James Grocery shop. The large 3 storied house at the top was the Morris' house. The row of cottages before that house were originally staff accommodation and offices for the Workhouse which was located, along with the jail behind the cottages. The workhouse was closed in 1836 and this row of cottages demolished in 1958.



The Cameo Shop, the building still exists as part of the Coleshill Hotel was a favourite sweet and confectionery shop for many years. Behind and to the left of the shop was a yard which is now the hotel car park. On the right, behind the shop was a blacksmiths shop run by Jack Smitton. In the 60's these buildings were used for small auctions. I did hear that during World War II there were workshops producing items for the war effort behind the Cameo Shop and adjacent buildings



This is the 2nd station of Coleshill. Again not terribly convenient from the point of access to the town. It is in fact on the Hampton line a line going from Whitacre to join the main line at Hampton. The station master for many years was Mr Leary. This station had little use. It was too far from Coleshill. Allegedly it was used during the war to store war goods. Also another rumour was that the royal train used the line when Royalty visited Packington Hall.



As you go down Walkers Way towards the fields, take the path diagonally across the field and follow the footpath up the side of the long field. At the top of the field take the path to a gate in the fence, through that gate there are some trees. A group of buildings which disappeared in the 50's and 60's although there was evidence remaining in the 90's. There was a farmhouse on the site at one time but family tragedy meant that The Colesley's farm was demolished, the barns eventually fell down and the only memory is a group of houses built off Coventry Road. There were a group of Damson trees which was a relic of the farm garden

All the articles I have written for the Post have been taken from the Civic Society archives. The items in the Archives are currently catalogued and held in an Access database. However since covid little work has taken place and they need a good 'spring-clean'. If anyone out there would like to become involved with this work please contact me. A note through the letter box of the Old Market Hall on Church Hill would be great.

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

Coleshill Ladies Probus Meeting



► We held our meeting on Tuesday 25th July at the Coleshill Hotel. After lunch, the speaker this month was Rachel from The Mary Ann Hospice

Rachel explained a bit about her career background and how she ended up working at Mary Ann Hospice. She advised that she loves her role and enjoys going to work each day.

Rachel was a delightful representative for the hospice and was highly informative.

The Hospice costs £2.2 million a year to function, and only 30% of this amount is funded by the NHS.

So, the remaining balance is funded from gift aid/donations/fund raising/tombola's donations/shops etc.

There are numerous Mary Ann Evans Hospices shops and there are many volunteers who work there, with an employed Manager.

The hospice is extremely valuable to help patients who are terminally ill and provides support and respite to help relatives and carers.

The hospices work with GPs, community nurses, local hospitals, hospices, and other professionals to develop care programs that meet the individual needs of each home-based patients and family.

They also offer a lymphoedema care service by assessing, treating and support.

They also offer bereavement counselling for both adults and children.

If you would like any further details concerning the Mary Ann Hospice or would like to raise funds or donate, please call 024 7686 5440 or visit www.maryannevans.org.uk.

We welcomed five new visitors today and we look forward to seeing them again.

If you would like to know more about ladies probus or would like to join, please contact either Dorcas on 01675 464686 or Gill on 01675 462541

We meet on the last Tuesday of every month at the Coleshill Hotel

PUBLIC NOTICE

LAND AT SITE 5, WATER ORTON LANE, MINWORTH, SUTTON COLDFIELD, B76 9BG

A Public Exhibition is being held to view proposals for:
A new facility at WHS for the production of electric vehicle battery housing for Jaguar Land Rover.

The public exhibition has been arranged for:
WEDNESDAY 6TH SEPTEMBER 2023 BETWEEN 3.00PM AND 7.30PM

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Members of the public are invited to attend the exhibition.

The public exhibition is being held by Frampton Town Planning Limited
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P J Frampton – 21st August 2023

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Come and discuss...

- Getting started
- Funding
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Event Details:
Tuesday, 19th September 2023
1.30pm to 3.30pm
Coleshill Library,
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Coleshill, B46 3LD

No advance booking required - just come along.

Can't attend the session, but want support?
Email: nwinfo@wcava.org.uk or call 01827 718080

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August Update



Climate Change

In September the Borough Council Members Group will be meeting to look at and review the Council's draft Climate Change Plan. The purpose of this is to ensure that all decisions, budgets, planning decisions and achievement of the 100%

clean energy are in line with the shift towards net-zero carbon by 2030. The action plan will be looking at areas such as travel, waste, housing, communities, the environment and open space management. The plan can be seen on the Borough Council's website. As the Council's Climate Change Champion, I look forward to working with councillor's, council staff and residents, along with support from Warwickshire County Council and other relevant agencies.

Maintenance of Cole End Park

In August, the Warwickshire Wildlife Trust and Tame Valley volunteers have visited Cole End Park's Nature Reserve, cutting back the undergrowth on the footpaths and the river embankment. This will allow a better view of the river. I look forward to working with the Wildlife Trust on the Reserve Management and Maintenance Plan, focusing on such things as grassed areas, footpaths, woodlands and the possibility of additional seating in this area. Resident Derek Axe and myself have spent time removing the Himalayan Balsam between Cole

End Bridge and the footbridge to help improve the area.

I will be working with staff from the Borough Council, who are responsible for the other side of the park, to see what potential improvements could be made. This could include cutting back the vegetation on the embankment, removing the Himalayan Balsam and maintaining the grassed area between the bridge and footbridge.

Environment Agency

The Environment Agency (EA) joined me by Cole End Park to look at the land under their responsibility by the Harvester Public House and Chassieu Walk. This was to discuss possible improvements to this area. I invited Town Councillor Michael Ford-Terry along to represent the Town Council. In the EA feedback report, they mentioned maintenance checks of the flood wall and the mowing of both sides of the wall along with maintaining the footpaths for easier public access. In their maintenance plan the EA will be looking to remove more vegetation surrounding the listed bridge along with routine tree work that will take place towards the winter. This is to avoid disturbing nesting birds and roosting bats.

High Street Clean-up's

Earlier this year, I joined with volunteers from the Church and Community Group led by local resident Rachel Glaser, who have

been regularly cleaning, tidying and litter picking in the town. So far, in the last few weeks, we have been busy on the High Street, Chamberlain Walk, the steps to Church Hill Car Park and on Church Hill itself. The Coleshill Partnership have a Big Clean Up that takes place on Sunday the 3rd of September and they will be meeting outside the Town Hall at midday on that day. If you wish to take part, please email secretary@coleshill-partnership.co.uk or text Deb on 07710 272677.

The Town Council is also seeking volunteers to help plant bulbs on Station Road on the 16th of September. They will be meeting at the Community Centre, Temple Way at 9.30am. If you are able to help, please email colin@coleshilltowncouncil.gov.uk or phone 01675 463326. (Please remember to bring any spare trowels, dibbers or spring bulbs!).

Greenman Crossroads

With the installation of traffic lights at the Greenman crossroads, we all hope this will see a stop to accidents there. The addition of pedestrian crossings will mean that people will be able to cross the roads much more safely. I, like all residents, look forward to the time when the resurfacing of the High Street etc in completed.

If I can be of any help with any of the above or with any other matter, please email me at peterfowler@northwarks.gov.uk or call me on 07710 317782.

Safe Haven Coventry and Warwickshire open in Coleshill

When life challenges start to overwhelm us and we struggle with feelings of mental health distress, they can soon affect our day-to-day living – our family, our relationships, our work.

Did you know that one-in-four of us will experience a mental health problem of some kind each year? Or that one-in-six of us will experience a common mental health problem like anxiety and depression in any given week? We all have mental health and sometimes need support to keep on top of it.

These feelings of distress are often hardest felt in the evenings – just at the time of day when we have fewer options for seeking help and support.

Mental health support is taking a step closer to the community with the opening of the Coleshill Safe Haven this September.

The Safe Haven Coventry and Warwickshire service provides community-based, non-clinical support. Safe Haven support will be available every Friday evening from the Coleshill Community Centre at 2 Temple Way, Coleshill, Birmingham B46 1HH. Telephone, email and text support starts from Friday 1st September with face-to-face support available from Friday 15th September.

Open to anyone aged 16+ living in Coventry and Warwickshire, no appointment or bookings are required, you can simply drop in between 6 pm and 11 pm on Friday evenings.

Our Safe Haven drop-ins are friendly spaces, they are open for five hours during the evening, and they are places where you can connect with our friendly advisors and with others. You will receive support and help to reduce your distress. Our advisors will offer one-to-one emotional support and will help you with planning, accessing peer-led activities, and will provide helpful information and signposting. Each Safe Haven offers light refreshments.

The Safe Haven Coventry and Warwickshire service also runs seven-day-a-week drop-ins in Coventry (Wellington Gardens, Windsor Street) and in Nuneaton (The Retreat, Bond Street). By the end of November further Safe Havens will be open in Rugby, Stratford-upon-Avon and Warwick. You can access any of the Safe Havens by attending any of the venues or by phone, email, text or arranging a video chat.

The service is run by Coventry and Warwickshire Mind and has been commissioned by the NHS Coventry and Warwickshire Integrated Care Board.

You can get in touch with Safe Haven Coventry and Warwickshire by calling 024 7601 7200 or by emailing support@cwsafehaven.org.uk or texting 07852 010146

Safe Haven Coventry and Warwickshire

Mental health support in-person, and by phone, email, text or video chat, for individuals aged 16+ feeling distressed, overwhelmed or isolated.
Available seven evenings a week, 6 pm–11 pm.

Friday evenings, 6pm–11pm at Coleshill Community Centre,
2 Temple Way, Coleshill B46 1HH

Every evening, 6pm–11pm, in Nuneaton and Coventry
The Retreat, Bond Street, Nuneaton CV11 4DA
Wellington Gardens, Windsor Street, Coventry CV1 3BT



024 7601 7200
cwsafehaven.org.uk
support@cwsafehaven.org.uk

 mind
Coventry and
Warwickshire



Police News



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



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



MP Surgery Water Orton

On Saturday 12th August, PCSO Beale attended MP Craig Tracey's drop-in session, held at St Peter and St Pauls Church in Water Orton.

The event was very well attended, and many members of the community had the opportunity to raise any concerns or issues.

After the event PCSO Beale conducted cycle patrols within Water Orton and the surrounding area.

Kiddodles at The Link

On Monday 14th August, PCSO Smith and Beale from Coleshill SNT attended the Kiddodles Club at The Link in Water Orton.

We showed the children around the different parts of the van and even locked some parents in there... tut tut.

Thank you to Lauren and Jane for having us. We look forward to attending again soon.

Tell us what you think!

Atherstone and Coleshill SNT are community-based officers. We want to know what our communities would like to see us prioritising.

If you would like to raise a priority with us, click on the link and fill out the form:

<https://forms.office.com/Pages/DesignPageV2.aspx...>

or scan the QR code and fill in the boxes for it to be considered.



If you have an event you would like us to attend please email nww.snt@warwickshire.police.uk

Atherstone and Coleshill Safer Neighbourhood Team Newsletter Proposal of Area Priorities





2023 COLESHILL SCHOOL RESULTS

A Level, Level 3 BTEC and Technical qualification



Today we welcome back our Year 13 students to celebrate their achievements as they collect their A Level, Level 3 BTEC and Cambridge Technical qualifications.

Our students have achieved their grades through demonstrating high levels of determination, perseverance, and resilience which has been essential for this cohort of students who have faced multiple challenges throughout their educational journey at the Coleshill School because of the pandemic; being unable to sit their GCSE examinations, learning online from home and disruption related to self-isolation.

However, despite all of this, we are incredibly proud of our students who are now moving onto their next steps.



Ian Smith-Childs (Headteacher) said "Today we celebrate the hard work, determination and resilience of our Year 13 students. We are incredibly proud of all of our students, both for their hard work academically, but also for the amazing young adults they have become. Our Year 13 students have developed their SPIRIT skills, which will enable them to go on and be successful, whichever path they chose. We now wish our students well in the next steps of their journey, whether onto university/ further education, an apprenticeship, employment or to a gap year."

Rebecca Brindley (Head of School) said "we are delighted to see our students, who are happy that have achieved what they needed to get onto the next steps of their journey, which is ultimately the most important factor"

Glyn Owen, Head of Sixth Form, said "This year group have achieved a great set of results across all qualifications and are now well placed for their next steps. The hard work of our students has enabled them to go onto their chosen destinations including universities to study for degrees, high quality apprenticeships and some students have gone into employment."

On behalf of all the staff here at the Coleshill School, we are incredibly proud, and we wish all our students the very best for their future.



Cllr Steve Stuart, Water Orton North Warwickshire Borough Council

Dear Fellow Villagers

I hope you are well.

One thing I have learned in the three months since the election is that there are many challenges that are faced by people today.

From the outside some may appear more important than others. Some are certainly more visible when travelling through or around the village. However, all of the issues that get raised with me are acutely felt by those experiencing them.

It is an honour and a privilege to offer some support in these cases. Sometimes it's quick and simple. Sometimes the cases can turn out to be incredibly complex. Some involve many different agencies and require a level of engagement that is as surprising as it can be frustrating.

Many indeed fall outside the scope of the influence of your humble borough councillor and most often relate to matters under the jurisdiction of the county council who deal with highways (and pavements and footpaths) as well as social care and other "big ticket" items.

That's not to say that I will not do my utmost to assist in these matters. It is sometimes easier to see from outside where things do not join up. Referring again to highways, the matter of trying to ensure that there are always ways in and out of the village requires not only the input of Warwickshire CC but also Solihull and Birmingham MBCs.

You may, like me, wonder why or how this hasn't been facilitated before?

However, I am now trying to get these different agencies to interact so that the impacts of their work are not overly negative on us all who live in or travel through Water Orton. I'll keep you informed.

My chief aim is improvement. And that not only means addressing things that have gone wrong, but to try and make things better.

With all the disruption from HS2 it would be very easy to slip into the mindset that we just want things to be the way they were. That isn't going to happen no matter how much we may wish it to be. The focus must be trying to decide what we want the village to be going forward. Can we decide on what we do want to see as well as fighting and guarding against the things we don't?

There is no doubt that the village has many things going for it, but there are significant challenges too and we need to tackle these head on. What do we want to see in terms of provision for youth? What steps do we need to take to get folks out and about and rebuilding the sense of community after COVID? What improvements do we want to see for the environment?

These things do take time, so the quicker we can start the quicker we can make a difference. Get your thinking hats on and let me know your thoughts. My contact details (phone, email and online messaging) are on my website at www.waterortonsteve.co.uk

Take care, Steve.

Water Orton Parish Council has vacancies for the office of Councillor



Whilst many may have the impression of what kind of person becomes a Parish Councillor; the role is open to all over the age of 18 who have lived, worked or owned property in Water Orton for over 12 months. All applications are welcomed and if you feel that voices like yours are underrepresented your application is particularly encouraged

If you have time and the commitment to volunteer to assist in plans for maintaining and improving the village in which we live and to bring the voices of villagers to the conversation, please visit the website www.wopc.org.uk where you will find more details.

Training and support is accessible to assist in carrying out the functions of the role.

If you would like to have a conversation before proceeding, please feel free to contact Steve Stuart, Chair, on 07 999 777 345.



Cllr. Alistair Brett, Coleshill Town Councillor

Cllr. Jane Farrow, Borough Councillor, Coleshill North ward

Warwickshire as part of the West Midlands – on or off?

➤ You may recall from the last edition, we highlighted the rather unseemly haste in which Warwickshire County Council was attempting to join the West Midlands Combined Authority (WMCA) with limited public consultation and seemingly little regard for the effect on local government structures at parish and borough level as well as on the unique character of our county as a whole. It was a move which galvanised many local politicians and voters alike to oppose the plan, a good number of whom interpreted it as a blatant bit of gerrymandering to garner more votes for the current Conservative West Midlands Mayor Andy Street, who is up for re-election in May 2024. The county council's own Cabinet report of 13th July by Head of Policy and Strategy, Gereint Stoneman, laid out a timetable for the process of full admission of Warwickshire to the WMCA starting in July/August 2023 and all done and dusted by May 2024 – note that date again. Interestingly, the mayoral elections deadline is specifically mentioned in section 5.2 of that report and just 8 weeks was allocated to public consultation – quite why scrutiny of such a momentous re-organisation of large swathes of Warwickshire's governance structures was deemed subservient to the timetable of a mayoral election is not explained in the document and readers may have to form their own conclusions. The juggernaut was starting to roll in spite of a chorus of objections from many quarters.

It was therefore something of a surprise when the Tory leader of Warwickshire County Council, Ms Izzi Seccombe, sent an email to county councillors on 21st July which stated:

"A major change such as this, is one which should be given the time and consideration it warrants.

"The residents of Warwickshire, and those of the wider West Midlands deserve the respect of full consideration to be sure that the evidence supports any decision.

"With the timeline set out for us, it has become clear that we could not deliver an evidenced case, nor the credible consultation required".

The last time we saw such a screeching, tyre-smoking U-turn, Clarkson was thrashing a supercar on Top Gear. What is somewhat frustrating is that's EXACTLY what many local politicians and members of the public were saying all along! The more cynical would suggest that the county councillors saw the degree of backlash and how it looked like they had been caught with their hands in the cookie jar and were now trying to make a policy reversal appear as if they are actually doing us all a favour. The optics weren't great as they say. We should be clear that Warwickshire County Council has associate membership of WMCA already and full membership does have some advantages in regard to transport and access to development funding, but like most exclusive clubs it costs a lot to join and the pitfalls also need to be acknowledged and publicly debated, perhaps even leading to a county-wide referendum. A referendum wasn't considered in the Cabinet policy document, or are county councillors concerned that it might not produce the "right result" depending on which side of the argument you are on?

Whatever the outcome, implementation of the merger in any form (or even none) has to be done with full and thorough consultation with residents in an open and transparent manner, not decided behind closed doors then imposed from the top down. The plan has been shelved, for now at least, but it is highly likely it will be rolled out again and as your elected representatives we will of course keenly monitor the situation and keep you fully informed as well as listen to your concerns.

HS2 – green light 2020, red light 2023

In case you missed it there was a recent announcement by the Government's own official infrastructure watchdog, the Infrastructure and Projects Authority (IPA), that the HS2 project now has a "red" rating. In a damning report the IPA stated:

"There are major issues with project definition, schedule, budget, quality and/or benefits delivery which at this stage do not appear to be manageable or achievable".

Quite a list of failings. Remember, this is a report from the Government's own watchdog which will presumably have been spun to glean the faintest glimmer of optimism. We can't imagine what a truly independently commissioned report would have looked like. When this project was finally given the go-ahead by Boris Johnson in 2020 the costs had already ballooned to £42.6 billion (FYI a billion is thousand million, that's a one with nine zeros after it – in other words, quite a lot) and is now estimated to be on

course to cost £100 billion – though it could easily go on to be even higher! These are the sort of numbers you only ever hear Professor Brian Cox use when describing the distance between galaxies on his telly programmes.

And as major disruption from HS2 increases, actual progress seems to get inversely slower. Presumably, Balfour Beatty and Vinci are holding on for deliveries of fairy dust and unicorn's tears which will mean that they will eventually be able to finish the project using magic – perhaps a more realistic prospect than the situation we have now. Sadly, it gives no pleasure to the long-suffering residents of our once lovely but now blighted part of Warwickshire to say, "We told you so", with the great British public showing more common sense than a gaggle of experts, lobbyists and gullible politicians. The big question is; where do we go from here? Call a halt and be left with a scarred landscape? or carry on with an infinitely open cheque book and get it finished? Imagine how many new hospitals and schools or how much social care for our elderly could have been bought with the amount of money, your money, that HS2 has swallowed and continues to swallow. It's a tough call, especially as the only alternative use for the concrete pillars in Gilson that immediately springs to mind is a log flume - Coleshill theme park anyone?

The point is that the two events chronicled here, rightly or wrongly give the impression that they are being imposed on us as residents. There may have been a veneer of consultation but essentially it seems to a lot of people that whatever "big" government wants "big" government gets, often contrary to the views of the people who actually live in the areas most affected by these decisions. It can come from a sense of entitlement of elected representatives who all too often take you the voter for granted, especially where political opposition is diminished. What this can lead to is an unhealthy cynicism and distrust of politicians and politics in general which erodes the electorate's faith in our democratic process. Residents should always remind their elected representatives at all levels of government that politicians are there to serve the public, not the other way round and that they are accountable to the electorate not just every four or five years but in every decision they make which affects the lives of the people in our area.

Contacts:

alistairbrett@coleshilltowncouncil.gov.uk
or phone 07734 496778

jane.farrow@northwarks.gov.uk



SHARE A STORY

contact:

serena.postgroup@outlook.com



“Get around for £2” this summer as bus fare cap extended until 31 October



- £2 single bus tickets will continue to help people save money and encourage bus use
- Offer will be available across more than 5,000 routes until 31 October
- Fare cap will continue at £2.50 from 1 November for another year to support people with the cost of living

Millions of people can save money on every day travel to work, and make the most of affordable days out this summer, as the “Get Around for £2” scheme is extended for another four months, supporting households with the cost of living while growing the economy.

The £2 bus fare cap, previously due to come to an end on 30 June, will now continue until 31 October, helping passengers save a third off the average ticket price.

The offer will be available for single bus tickets on over 5,000 routes in England outside London, helping people get to work, see loved ones, access medical appointments and travel to holiday hotspots for less.

The scheme will then continue at £2.50 for another year until November 2024 thanks to £200 million in Government funding to help people save money on travel while growing the economy.

The move is an essential part of the Government’s Help for Households initiative to support everyone through the increased cost of living and will particularly benefit those on lower incomes who take nearly three times as many bus trips than those on higher incomes.

In its first three months, the £2 fare cap has brought down bus fares in England outside London by 8%. Research from Transport Focus has also revealed that 11% of respondents are using the bus more thanks to the cap, with 80% agreeing that the £2 tickets have helped with the cost of living.

Transport Secretary Mark Harper said:

“For the past six months, people across England have made the most of £2 bus tickets, which is one of the key ways we’re supporting households with the cost of living.

“Now we’ve extended the £2 fare cap, people can continue to ‘Get Around for £2’ throughout the summer – taking advantage of the bus for affordable

holiday trips, to get to work, access medical appointments, and see loved ones.”

In addition to helping people make essential journeys on the bus, the £2 bus fare also offers savings to passengers travelling longer distances, either for work or leisure.

From a trip to the beach on the 12 Coaster between Brighton and Eastbourne, to exploring the Lake District on board the 599 Bowness to Grasmere, the £2 bus tickets offer an affordable and sustainable way to visit some of England’s most idyllic spots this summer.

Some of the biggest savings on the longest routes up and down the country thanks to the fare cap include:

Journey	Normal fare	Amount saved	% saving
Lancaster to Kendal	£10.90	£8.90	81%
Plymouth to Exeter	£7.50	£5.50	73%
Newcastle to Middlesbrough	£8.00	£6.00	75%
Hull to York	£8.50	£6.50	76%
Leeds to Scarborough	£15.00	£13.00	87%

During the pandemic, bus usage dropped as low as 10% of pre-pandemic levels and, while passenger levels have recovered to around 85 to 90%, the fare cap aims to encourage people back on the bus.

Go-Ahead have carried more than 16 million passengers at £2 since 1 January 2023 while Transdev has seen its passenger numbers increase by 11% on some routes.

Over 140 bus operators covering more than 5,000 routes have confirmed they will continue to take part in the £2 fare cap scheme, and final details will be published on GOV.UK. Passengers can also find the updated routes when planning their journey on Traveline.

Martin Dean, Managing Director for UK Regional Bus, Go-Ahead Group said:

“We welcome the extension of the £2 fare cap and we’re pleased to be working with the Department for Transport to continue to make buses as affordable as possible.

“The £2 fare cap is a great initiative to promote bus travel, encouraging people out of their cars and onto public transport – with significant savings for passengers - including on Go North East’s route X10”.

The £200 million to extend the fare cap, first at £2 until 31 October and then at £2.50 until November 2024, comes on top of £300 million to protect vital bus routes and improve services into 2025, providing long-term certainty and security for the bus industry, and improving transport connections to grow the economy.

This latest funding is part of a record £3.5 billion investment for buses since 2020, most of which has been used to help the sector recover from the pandemic.

Norman Baker from Campaign for Better Transport said:

“Buses are integral to the economy and keep the country moving by helping to reduce congestion in our towns and cities and connecting rural communities.

“The extension of the single bus fare cap is a very welcome move that will save passengers money and encourage more people to get on board this summer.”

In addition, £5.7 billion investment has been provided to 8 mayoral combined authorities in England to support integrated, cross-modal transport networks over the next 5 years through the City Region Sustainable Transport Settlement (CRSTS), including supporting bus infrastructure.

As part of the National Bus Strategy, the government committed to achieving a zero-emission bus (ZEB) fleet. Since February 2020, we have supported an estimated 3,400 ZEBs across the UK, including a near £300 million investment for up to 1,400 ZEBs in England outside London, taking the vision of a net zero transport network closer to reality.

Graham Vidler, Chief Executive of the Confederation of Passenger Transport said:

“Our members will be working hard to ensure people across the country can get out and about for just £2 wherever they’re heading this summer.”

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.





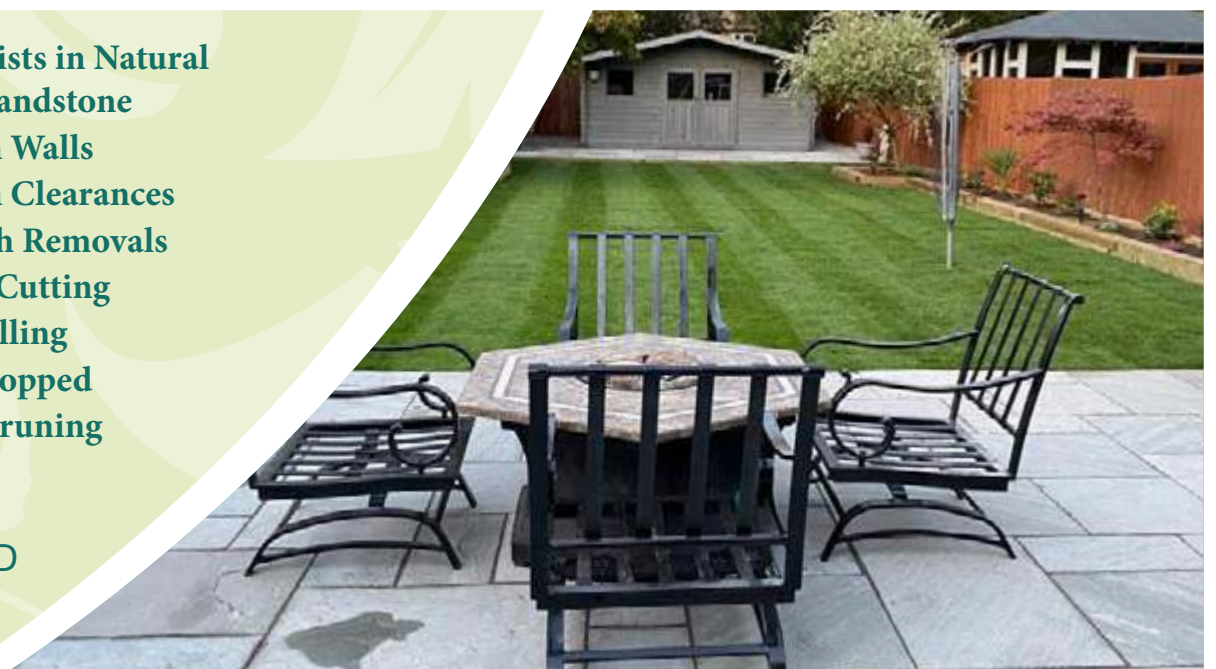
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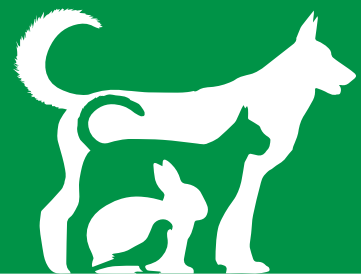
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become very excitable and boisterous resulting in jumping up and can become mouthy, because of this we are looking for a home that can work with Paddy and help manage this.

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

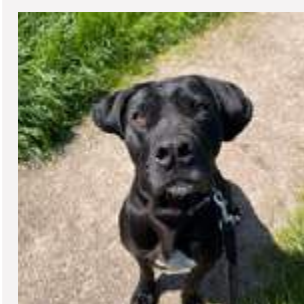
Paddy is a sweet boy once he has built a bond with you, he is a very typical Jack Russell and can be independent at times when out and about.

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.



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.

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.

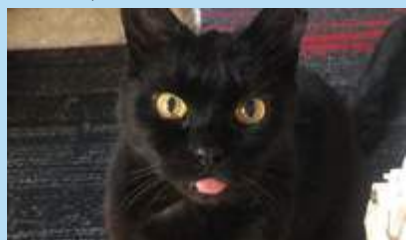
Because of Tiana's size she has been halti trained which makes walks with her very pleasurable and to help benefit new owners.

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



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Interiors & Decorating



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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.

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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.



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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-Msyq9buNM0mNpNpSxyEkCR1gfRw8IHU>



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.



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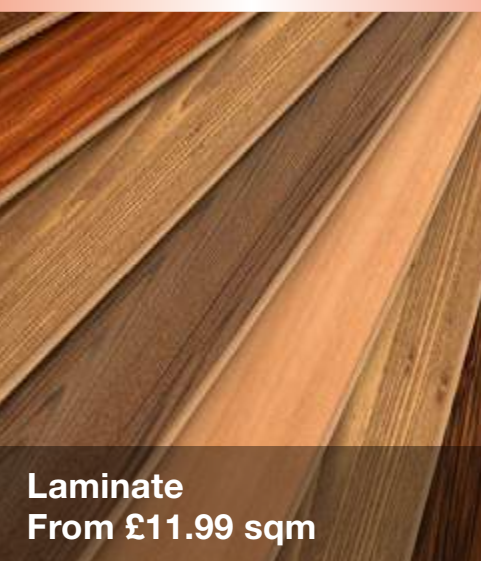
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