

the Coleshill Post

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

October 2023 Issue 116



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SCHOOL GAMES PLATINUM AWARD FOR THE COLESHILL SCHOOL



The Coleshill School are delighted to announce that they have been awarded the prestigious School Games Platinum Mark Award for their contribution to sport in 2022/2023.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.

Full story page 25



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the **ColeshillPost**

the **CastleBromPost**

The Post Newspaper Group is an independent hyper-local tabloid newspaper publisher distributing 2 titles with over 14,000 copies to homes and businesses in Coleshill and Castle Bromwich each month, free of charge.

Our main aim is to provide hyper-local news and information to the community where it would otherwise not be accessible. We also offer the most effective platform for local businesses to promote themselves to their target audience. This benefits the entire community and improves social-cohesion.

Any views, articles and columns expressed in this publication are those of the contributors and not necessarily those of the Publisher, nor indeed their responsibility.

Advertising in our publications

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

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

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

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

Getting in touch

Sales:
editor.postgroup@outlook.com
07805 430191

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

WHY CHOOSE HYPER-LOCAL?

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

Show support for the community where your customers live.

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

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

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

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

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



CIRCULATION

the **ColeshillPost**

Coleshill North
Coleshill South
Coleshill Industrial
Water Orton
Curdworth
Maxstoke
Shustoke

Lea Marston
Marston
The Whitacres
*Also dropped in
Minworth*

B46

the **CastleBromPost**

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Parkfields
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Shard End and Marston Green*

B36

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It's that time of year again!



TRIVIAL PURSUIT QUIZ

6th OCTOBER 2023
7.15pm

Curdworth Village Hall

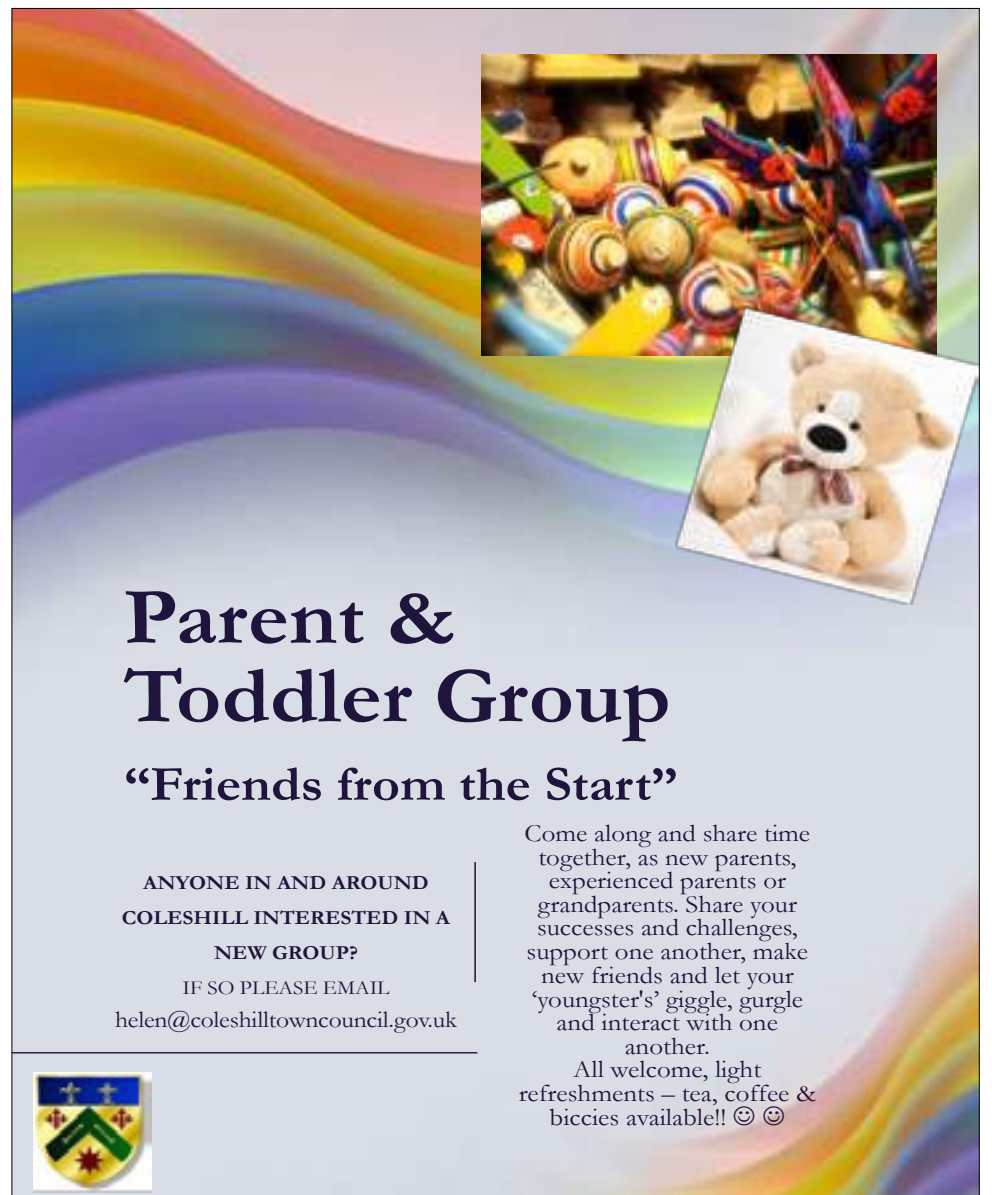
Teams of 4 – 6 persons

Tickets £11

Fish & Chips Supper BYO Drinks

Book you team in with Sandra 01675 470079

Event sponsored by Curdworth WI Registered Charity No 230461




Parent & Toddler Group

“Friends from the Start”

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

Come along and share time together, as new parents, experienced parents or grandparents. Share your successes and challenges, support one another, make new friends and let your ‘youngster’s’ giggle, gurgle and interact with one another.
 All welcome, light refreshments – tea, coffee & biccies available!! 😊 ☺




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Date Announced!!



☛ Firstly, can we just take a quick second to say thank you to everyone that helped make the last show so bloody brilliant. You were such a great audience and we said these nights would just keep getting better!!

Now the exciting bit... We can announce

that our Xmas show is now on sale!! We're keeping the early bird ticket price at just £12 because we believe in affordable nights out - and this is going to be a proper feel-good night of festive fun. p.s. Xmas jumpers encouraged.

Get your tickets at the early bird price through the below

bit.ly/3RqCtd1

COLESHILL COMEDY CLUB CHRISTMAS SPECIAL



ANDREW BIRD
Tour support for Michael McIntyre



JAY HANDLEY
Sell-out shows at Edinburgh Festival



MASAI GRAHAM
As seen on BBC, ITV & ITV2



ROG MONKHOUSE
Hilarious MC - Roger will be our host for the night

SATURDAY 22ND DECEMBER
8.00PM Doors open 7.15pm

EARLYBIRD OFFER:
TICKETS: £12



VENUE:
Coleshill Town Hall
B46 3BG
With licensed bar & free parking opposite

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Top Comedians bring laughter to Coleshill

On Friday 1st September we saw the latest instalment of Coleshill Comedy Club, bringing four fantastic comedians to the heart of the town for a joyous night of fun in the iconic Coleshill Town Hall.

Even before the show had started, there was a buzz in the room of excited energy whilst the audience got drinks and chose their seats. This very soon turned into roars of laughter as the show started in superb style by the host for the night, Dave Twentyman. The club has different guest hosts each event but Dave is sure to be a returning guest in the future. He then bought out the first act in the form of comedy circuit stalwart Adam Bloom, who performed a high energy and hilarious set before going off to headline at the Glee Club in Birmingham.

After the first interval, the crowd were warmed up again by the compère before enjoying the brilliant Hannah Silvester who performed a very relatable set which contained stories, observations and ended with song, capping off a very enjoyable 20 minute set.

Although there was already a great atmosphere in the hall, this was ratcheted up to full volume during the set of the incredible headliner Paul Tonkinson. Paul has been on our TV screens for many decades now, from presenting "The Big Breakfast" on channel 4 to performing on "Micheal McIntyre's Comedy Roadshow" on BBC and he did not disappoint as a live act. Paul treated us to an extended set which was met with constant laughter and ended a brilliant night in style.

Coleshill Comedy Club is returning for its last show of the year in the form of a Xmas special on December 22nd and tickets are now on sale, available from www.harveyhawkinscomedy.co.uk or by phone on 07941 628247



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- Clover compost, with peat, while stocks last.
- Melcourt peat free compost, highly rated on gardening which.

Introducing our Pumpkin Bonanza

On Monday 30th and Tuesday 31st October 3 time slots
 9.30/11.00 11.30/ 1.00 1.30/ 3.00

We invite you to come along to our Spooky Green house to enjoy Halloween themed fun and games! For £8.50 per child you will get:

- Pumpkin Decorating • 2 Halloween Games
- Then join in our Race to find the spooky spider by completing clues but **WARNING!** it could be messy.
 Every child wins a creepy sweet cone.

Finished off by lunch with one of yummy food menu options.
 Ghost shaped sandwich (ham or cheese), crisps and juice box.
 Pizza and a juice Box. Hotdog and a juice Box.

Come dressed in your spooky Halloween costume.

We also have treats for the adults so why not come in and try our:

- © Pumpkin spiced lattes • Home made Toffee Apple curd cake.

Either message us on Facebook @ The Gardeners Rest Tea Room
 or call 0121 749 7266 or 07450102855



The GARDENERS REST TEAROOM

Tea, Coffee, Cakes, Light Snacks - Eat in or Takeaway

Kids eat for £1.50
 with any adult meal over £5.75 on Sundays.
 (one child per adult)

Come and enjoy our freshly cooked breakfast, Vegan and vegetarian options, hot and cold sandwiches, toasties, jackets, cream teas and of course homemade cakes - takeaway options available

Afternoon tea, prebooking required for up to 25 people

Whole cakes by preorder

Traybakes and brownies also available to order

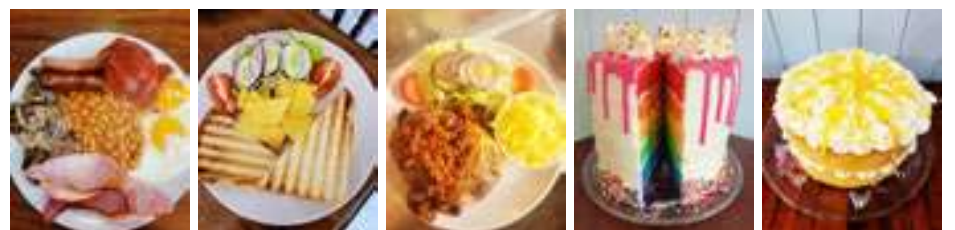
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Julie_heenan@yahoo.co.uk

Solihull Hearing Centre

From Monday 2nd to Friday 6th October, we will be demonstrating a new TV streamer. Supplied free of charge to anyone ordering hearing instruments this week. This accessory enables you to hear your TV directly into your hearing aids, whilst enabling family members to have the television at normal listening volume

Experience matters - over 60 years and counting

Solihull Hearing Centre is an independent, local, family run business now in its third generation, providing affordable hearing services for all clients. The business has helped thousands of clients to achieve excellent hearing standards, including ambassadors Ben Cohen MBE and Tony Jacklin CBE.

Long-standing, exceptional service

In 1952, Ernest Syner founded the business as the very first hearing aid specialist in Great Britain to be registered with governing body BSHAA. Today, Ernest's son Peter runs the business alongside his own two sons, Charles and Steven. All three family members are experienced and highly qualified experts in hearing care, holding full BSHAA and HCPC registrations.

Friendly, expert advice from hearing professionals

As hearing aid specialists, Solihull Hearing Centre is proud to offer custom-made hearing instruments from leading brands, as well as fitting services and assessments. From the first audiometric test, right through to on-going monitoring aftercare, the Syner family guarantee to support their clients every step of the way on their journey to better hearing.

Affordable prices, outstanding results

Trust in Solihull Hearing Centre's history of unparalleled customer care and expertise in hearing technology.

FREE TV streaming accessory with any Hearing Instrument ordered during our Open Week

Call to book an appointment or just pop in to see the friendly team



INVISIBLE & COMFORTABLE

These new invisible hearing aids are as light as a feather and pack power far above their size and weight. They are so comfortable we guarantee you will forget you are wearing them.

HEAR YOUR TV CLEARLY

The latest technology enables you to stream the sound from your TV directly into your hearing aids which means you hear the TV clearer.



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AT OUR SPECIAL 5 DAY EVENT on Monday 2nd to Friday 6th October

Call us for an appointment today

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Opening Hours: Monday to Friday 9.30am - 4.30pm. Saturday 9.30am - 12.30pm

ALSO AT
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Protect your Home

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

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

Imagine this...

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

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

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

Don't leave your home open to any risks.

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



For Couples

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

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

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

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

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

Act now!

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

Do you have Savings?

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

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

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

Act today and protect those you love

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

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For more information please contact....

Paul Palmer
0845 055 9415 or email;
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- If you would like to sign up for future presentations (ask a member of the team)
- Guest Speaker Paul Palmer (Accord Wills)



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Hello from your local Slimming World groups



➤ Weight can be a major contributing factor in heart and circulatory diseases. Around 1.4 million people in the UK today have survived a heart attack, while heart and circulatory diseases cause a quarter of all deaths in the UK – that's more than 160,000 deaths each year. That's why this month we wanted to highlight World Heart Day on September 29th, to share one member's success with Gemma's story and also to share some expert tips that we can all take on board to help protect our own heart health. Along with, of course a recipe for you to try where you'll see that at Slimming World you really can have all of the taste without all of the calories.

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

Gemma hearts Slimming World



Gemma was diagnosed with a heart condition and was told that her weight was a contributing factor. Following her medical team's advice to lose weight Gemma decided to join her local Slimming World group, becoming a member of Jayne Reece's group in Sheldon. Following food optimising, our healthy eating plan, Gemma was able to enjoy a diet of filling and satisfying everyday foods - including fruit, vegetables, eggs, poultry, lean meat, fish, beans, pulses, pasta, rice and potatoes. Fast forward 20

weeks and Gemma has so far lost 2 stone 2lb and has already received her club 10 award, losing 10% of her body weight (and all the health benefits that brings). Along with healthy eating Gemma embraced our Body Magic activity programme after being inspired in group to get moving and has found an activity she loves...surfboarding! Gemma says "who'd of thought it, I love it and it's lots of fun! I love staying to group, sharing tips and ideas. Recently I was voted woman of the year by my group giving my confidence a huge boost. Since starting my healthy eating and activity I really do feel so much better. Best of all when I returned to my doctor for a check-up he was thrilled with the progress I've made. I was told that I have already lowered my heart rate, and this will lower the risk of me being poorly again. Plus, I'm on my way to not only reducing my medication but hopefully coming of medication altogether! Day by day, week by week the benefits of sticking to plan just keep coming.

Alexandra Clark, Registered Nutritionist at Slimming World, says losing weight and maintaining a healthy weight can significantly reduce the risk of developing heart disease.

Alexandra says: "Gemma's story shows how being a healthy weight is one of the key things you can do to support your heart health – losing just 5% of your body weight can reduce the risk of heart disease.

"Eating more healthily and getting more active are known to improve heart health yet we know changing habits that have formed over years - sometimes decades - takes time. The in-depth support and encouragement shared at our weekly Slimming World groups is what helps our members, like Gemma, to make long term behaviour changes.

"Our programme is built on a deep understanding of how people with a weight problem feel, coupled with a healthy eating plan based on the science of energy density and satiety — a powerful combination.

Alexandra's five ways to keep your heart healthy and reduce your risk of developing heart disease.

1. Manage your weight. Being a healthy weight is one of the key things you can do to support your heart health and losing just 5% of your body weight can reduce the risk of heart disease.

2. Limit salt intake. Eating too much salt can increase the risk of high blood pressure, which in turn is a risk factor for heart disease. Cooking from scratch and checking salt levels on labels (adults are recommended no more than 6g of salt a day) can help to reduce salt intake.

3. Cut down on unhealthy fat. High intakes of saturated fat (for example fatty meats, butter, cakes, pastries) can lead to high cholesterol levels and weight gain, so we're advised to reduce our intake of these, while including more omega 3 fats (found in oily fish like salmon and mackerel, plus walnuts and linseed) can be beneficial for heart health.

4. Fill up on fibre. As well as keeping our digestive systems working well, fibre can help with satisfying our appetite (helping with weight management), plus some fibre-containing foods are particularly good for our cholesterol levels, such as oats, beans, peas and lentils.

5. Get active! Whether you're not yet active or already exercising regularly, moving more comes with a whole host of benefits and many are linked to a healthy heart, including a lower risk of high cholesterol, high blood pressure, type 2 diabetes, and heart disease. Getting active in any way you fancy is beneficial – whether you get outdoors for a walk or cycle, pop to the gym for a swim or exercise class or keep on top of the housework or gardening at home, it all counts! Slimming World's physical activity support programme,

Body Magic, encourages members to take small steps and gradually build up to being active at least 150 minutes a week.

All our groups are ready to welcome new and returning members. We have a wide selection of days and times to choose from. Just pop along or call the consultants for more information or joining offers.

Pork Enchiladas

These egg 'tortilla' wraps are packed with the fabulous flavours of Mexico

Ready in 1 hr 15 mins Serves 4 | 1.5 Syns per serving



For the filling:

- 500g pork mince (5% fat or less)
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 400g can red kidney beans in chilli sauce
- 4 tbsp tomato purée•
- 1 tsp each of ground cumin, ground coriander and dried chilli flakes
- 600ml hot chicken stock
- 40g reduced-fat Cheddar, finely grated

For the salsa:

- 4 tomatoes, roughly chopped
- ½ red onion, finely chopped
- 1 red chilli, finely chopped
- Juice of 2 limes

Ingredients:

- 12 large eggs
- Low-calorie cooking spray
- Fresh coriander leaves, fat-free natural fromage frais and a mixed salad, to serve

Method

1. To make the 'tortillas', beat the eggs and season lightly. Spray a 20cm non-stick frying pan with low-calorie cooking spray and place over a medium-high heat. Pour in an eighth of the eggs and swirl to cover the base. Cook for 1 minute, or until just set, then flip over and cook for a further minute. Place on baking paper and repeat to make 8 'tortillas', sliding baking paper in between each one. Cover and set aside.
2. Place a large non-stick frying pan over a medium heat. Stir-fry the pork, onion and garlic for 5 minutes. Stir in the beans and sauce, tomato purée, ground cumin and coriander, and chilli flakes. Add the stock, simmer, then reduce the heat and cook for 25-30 minutes, stirring occasionally.
3. Preheat your oven to 200°C/fan 180°C/gas 6. Spray a large, shallow oven-proof dish with low-calorie cooking spray. Take a 'tortilla' and spoon an eighth of the mince mixture down the centre. Fold over the two sides and place in the dish. Repeat until everything is used up. Sprinkle over the cheese evenly.
4. Cover with foil and bake for 15-20 minutes, removing the foil for the last 5 minutes. Mix together the salsa ingredients, spoon over the 'tortillas' and top with coriander leaves. Divide between plates and serve with the fromage frais and salad.



yes you can

with
**Slimming
World**

Monday

Castle Brom - The Baptist Church, 5.30 & 7.00pm Claire - 07917867577
Tile Cross - St Peters Church, 4.00 & 5.30pm Nataley 07939 949136
Yardley - St Edburghas Church Hall, 9.00am, 3.30 & 5.30pm 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

Wednesday

Castle Brom - Arden Hall, 9.30am Diane 07432 123206
Castle Brom - St Clements Church, 3.00, 4.30 & 6.00pm Nataley 07939 949136
Marston Green - The Parish Hall, 3.30, 5.30 & 7.00pm Jacqui 07814 675180
Water Orton - The Link, 5.30 & 7.00pm 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
Sheldon - St Thomas More, 7.30 & 9.00am Jacqui 07814 675180

We are recruiting - contact Toni for details 07971686698

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TWIN RIVERS WOMEN'S INSTITUTE

Fund Raising for Sensory Garden

➤ Every year Twin Rivers WI picks a local charity to support and raise funds for. This year it is for the St Catherine's Bungalow Sensory Garden which is desperately in need of a complete overhaul.

Father Hudson's plan is to develop an area which is currently covered in rough ground into a beautiful garden which will include features, surfaces, objects and plants that stimulate the senses through touch, sight, scent, taste and hearing. To be enjoyed by clients of St Catherine's Day Service which provides community and centre based activities for people with complex care needs. This will enrich their lives and give them somewhere they can go to relax, socialise and breath fresh air.

To kick off the fund raising, our local WI group held a stall at the Father Hudson's Summer Fair on the 2 September. On the table for sale were home grown fruit and veg, homemade cakes and sweets. It also included a raffle and a 'guess how many sweets' jar (the winner guessed 225 sweets which was amazingly close to actual number of 228). The monies raised from the stall was a fantastic £173.50.

Next came the Twin Rivers Annual Charity Quiz, hosted and written by the talented and dedicated Alison Core. What an enjoyable night it was for all. The event was sold out and the room full. The weather was sticky which made Coleshill Town Hall very hot, but it didn't mar the fun.

The quiz was a head scratcher, but no one embarrassed themselves. Fish and chips were enjoyed at the halfway mark thanks to Sixty Fish. There was also the traditional raffle and silent auction. The winners of the night were the 'A little bit of Glitz' team - guess which shop they model for?

An absolutely gob-smacking amount of money was raised from the quiz: £1162.36 (£432.00 from the raffle alone). That will buy a lot of plants for the sensory garden.

Well done Twin Rivers and thank you to everyone who took time out of their lives to help at both the Father Hudson's Summer Fair and the Twin Rivers Charity Quiz night. It is for such a great, local cause.

Interested in joining? Twin Rivers WI meet every 4th Tuesday of the month in Coleshill Town Hall at 7.30pm. Contact twinriverswimembership@gmail.com for further information. If you would like to donate to the sensory garden fund or would like to gift us a raffle prize to raise further monies, feel free to contact us at the same email address.



LIVE & LOCAL

Live & Local launches Autumn/ Winter 2023/24 Season of Live Shows in Rural Warwickshire

Live & Local announces its new Autumn/
Winter 2023/24 season of professional
performances in community venues across
Warwickshire: dance & drama, poetry &
puppetry, folk & funk, comedy & cooking –
in short, there is something for everybody.
Live & Local continues facilitating surprising
shows in surprising places by supporting
local volunteers to bring exciting and awe-
inspiring shows for all ages to a village hall or
community venue near you.

Laura Bagley, Programme Administrator at
Live & Local said:

*'Well, our Live & Local autumn season is fast
approaching, we are looking forward to a great
selection of entertainment to take us right over
the Christmas period!'*

*Look out for some comedy theatre, some more
thought-provoking drama, plenty of music and dance,
as well as some festive-themed shows for December!
There'll be lots of exciting new performers for you to
check out, as well as returning favourites for you to
catch up with, so have a look at our What's On Guide
or see our website to get some great ideas for fantastic
evenings out in your area!'*

Don't miss **Ruth Angell's** show **Hlywing** – an
augmentation of her new album to which she invites
special guests and plays self-penned songs, tunes
and a few choice covers to complement the set at **St
Andrew's Church, Shilton** on **Saturday 7 October**.

Much Ado About Jazz is for fans of jazz as well
as people who don't usually like the genre: Chris
Gumbley and Al Gurr present unique arrangements
of jazz classics in a way that audiences will feel more
involved, but also gain an insight into how jazz
musicians work on stage. Catch them at **Stretton
under Fosse Village Hall** on **Saturday 14 October**.

Get in the seasonal spirit with **Midwinter** by the
Orchestra of the Swan, a tribute to winter and the
festive season featuring music and words from
across the centuries at **Willoughby Village Hall** on
Friday 1 December.

Returning to the programme by popular demand
is **George Egg** with his 'Best Of' comedy and live
cooking show at **The Barn at Houlton** on **Sunday
28 January**.

There also are plenty film events to enjoy this season
including the latest releases from the big screen as
well as national and international independent films
spanning different genres from comedy to drama to
action and adventure.

For full listings, visit the Live & Local website
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TWIN RIVERS WOMEN'S INSTITUTE

New Postbox Topper Alert!

Next time you walk past the garage at the bottom of the High Street in Coleshill, turn your head towards the postbox and you will see a marvellous sight. The Twin Rivers WI have been at it again with another wonderful topper...and they just keep on getting better and better!

This time it is in recognition of Dementia Awareness Month which has been celebrated every September since its launch in 2012. The aim of the month is to bring greater awareness of the support available to those affected by dementia.

Coleshill supports locals with dementia in a special way through its Forget Me Not Memory Café which is held in Fifield Hall, Coleshill Town Hall on the 1st and 3rd Thursday of every month from 12.00noon until 3.00pm. A group of dedicated volunteers use their free time to welcome dementia sufferers and their carers for a chat, play games and do crafts - bingo is enjoyed and there is always singing and dancing. A buffet lunch and drinks are also provided. They only charge a £4 entry cost which is great value! If you are interested, call 07855 564998.



Well done to all the ladies whose group efforts have made such a wonderful display. And thank you the Mayor Tony Phillip Battle and the Mayoress Jane for unveiling it to the public. I'm sure you will agree that the tea party on top of the post box looks good enough to eat. All those yummy cakes, biscuits and sandwiches? Don't try it though because apparently those goodies have a stringy texture and get stuck in your teeth.

The Twin Rivers ladies are planning their next topper as we speak. So it is a case (as usual) of 'watch this space'!

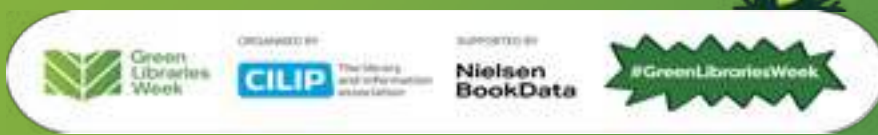
Interested in joining? Twin Rivers WI meet every 4th Tuesday of the month in Coleshill Town Hall at 7.30pm. Contact twinriverswimembership@gmail.com for further information.



Go Green at the library this Libraries Week!



Go Green Family Activities FREE at Coleshill Library
 Come in to find out what we offer
2nd – 8th October
 Come and help create our Earth wall display, take the plastic pledge and pick up our giveaway items, while stocks last



Coleshill Town Council presents
Annual Charity Christmas Fair 2023

Saturday 2nd December
12 noon to 4 pm
Free Entry

Come along and meet Santa Claus (for FREE) in his fancy Grotto!
 Enjoy the festive entertainment, local choirs, local bands etc **PLUS** lots of exciting seasonal stalls, with a mixed variety of goodies, gifts, food and fancies!

Refreshments available
FREE parking opposite in Chantry House Car Park





FREE Local Services for Local People

FREE WIFI and use of laptops & tablets

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



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

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

Sumner Road, Coleshill
Tel. 01675 462517
Opening Hours. Mon to Fri
10:00 to 13:00
www.coleshillhub.co.uk

SIGNPOSTING

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

INFORMATION

Help and support for any enquiries or issues such

as:-

Blue Badges, Driving Licence, Passport Applications, Online Benefit Forms and much more

GROUPS

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

GROUPS

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

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.



Cllr Peter Fowler, Coleshill North, North Warwickshire Borough Council.

A446 Dual Carriageway, Quad and Track Bikes, Cole End Park and the Coleshill Partnership

A446 Dual Carriageway

In my August report I mentioned that I had taken a County Council Highways Officer along the A446 in Coleshill to show her the state of some of the areas along the route. These included overgrown grassed areas, damage to signage and to the roundabouts and also the amount of highways equipment that had been left by various agencies after they had worked on the carriageway. eg. signs, metal frames, cones and sandbags. The County Council have informed me that during the autumn, along with NWBC, they will be working on the A446 carriageway to litter pick, mow various areas and repair signage. Hopefully this will include the roundabouts. I have also requested that the surrounding areas, by the roundabouts, are cleaned of dirt, stones and the rubbish which has built up over the last few years. I believe that Balfour Beatty (HS2) will also be doing some cleaning of the road during this time. There has also been a call by residents for them to do more regular cleaning along the Birmingham Road and Coleshill Heath Roads, for example. I hope that they will take this

onboard and I too will keep requesting the same from them. I have also been in contact with Highways England requesting a site visit to Junction Four of the M6 as, it too, is an area in need of a clean-up.

Quad and Track Bikes

Residents have mentioned that a number of quad and track bikes are travelling at speed and doing wheelies etc. through the High Street, along Station Road and the A446. The police are aware and are calling for any photos or video recordings that could help to identify the offenders.

Cole End Park

I'd like to thank Warwickshire Wildlife Trust, Tame Valley volunteers and NWBC Streetscape staff for the work they have been doing in Cole End Park this year and I look forward to further improvements in the park next year. Following the site visit I arranged with the Environment Agency, I also look forward to the improvements to the areas by the Harvester Pub and along Chassieu Walk and to both sides of the Cole

End Bridge (Packhorse Bridge) in the new year. It is hoped to have interpretation boards installed showing the history of the bridge too.

Coleshill Partnership

September saw the first of the Coleshill Partnership's Big Clean Up, where many residents and councillors joined forces on a Sunday afternoon to litter pick and remove weeds along the High Street. I, like others, look forward to the next Big Clean Up as it certainly helps to improve the look of the Town and brings the Coleshill community together. Volunteers also joined councillors from the Town Council to plant bulbs along the grassed area of Station Road. I'm looking forward to seeing the results of their labours next spring.

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.



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

Pauses and Snippets

➤ **The summer holidays always bring a quite lull in the activities of local councils, however, with September's arrival the peace has been shattered with a bang.**

HS2 PAUSE!

You may have seen the national news reports that the construction of HS2 north of Curdworth has been 'Paused' by Central Government for two years until 2025. Locally this means that all work on construction of the main railway line from the old Water Board Cottages at Jack O'Watton bends and onwards to Lichfield has stopped and will not restart for a proposed period of at least two years.

Interestingly the implementation of this 'Pause' decision has been immediate. Contractors have been laid off and all works have stopped with the exception of three bridges which are currently under construction and which will continue to be built until the construction works reach a point at which they are safe to be mothballed; these are a bridge over the River Tame between Curdworth and Water Orton, the bridge over the M42 near to Junction 9 Dunton Hall, and a bridge in Middleton.

While the decision came as a complete surprise, it is long, long overdue. It will be interesting to see if the 'Pause' in construction is only for two years. By 2025 there will have been a General Election, and one has to ask what appetite a new Government will be to relaunch a massively expensive project that has not been well managed to date.

Unfortunately, work on the Water Orton Tunnel and the Delta Junction at Coleshill and Water Orton will continue. Tunnel boring started five weeks ago and will create two tunnels that are each 3.5 miles long that will run from Water Orton through to Drews Lane, Washwood Heath near to the Fort Shopping Centre. HS2's updated timescale is that the tunnel boring works will run until the end of 2025 operating 24 hours a day, seven days a week.

As I reported previously all excavated spoil from the two tunnels will leave the Water Orton site by road via the M6/M42 link road and be transported to Junction 9 Dunton Hall, from where it will be stored pending reuse in Coleshill. I will be doing all I can to mitigate the impacts of these road movements on local traffic flows and rat-running, particularly along the A446.

Following the announcement of the 'Pause' I have started work to open discussions with HS2 about also pausing all

construction works at Watton Lane and Chattle Hill. The huge concrete pillars that are now being built at Watton Lane risk standing alone as bizarre works of modern art for the whole period of the pause. Far better that all work is stopped immediately and better still that these pillars are demolished.

Unfortunately work on the main line at Gilson and the Coleshill Viaducts crossing the River Cole will continue for the next two years. While it's good news that Gilson Road has finally reopened to traffic, the bad news is that it's only for the time being. The Gilson works I have reviewed today will require an extended closure of Gilson Road at some point over the next 18 months while Gilson Road is re-routed to circumnavigate elevated concrete structures and earth banks that will elevate the trainline over the M42.

SNIPPETS

The Old Salts Thursday Warm Hub. We're back! The Old Salts Rugby Club Warm Hub at Water Orton has relaunched after our summer break. We're open every Thursday from 11am until 2pm. Everyone is welcome no matter where you live and we plan to run weekly through to June 2024 if I can source a bit of sponsorship. We are following our successful format of tea, cake and friendship from 11am until midday, soup and a roll from midday until 1pm, and an organised exercise and mobility fitness class led by our fabulous NHS qualified physiotherapist D'Neilson from 1pm until 2pm. We continue to offer our confidential Cost of Living and financial support surgery, and I run my councillor surgery to help with any local council related matters. Our first two sessions have been great fun and the friendship and lively conversation has most certainly been warm. Why not come along and join us!

Community Minibus. Are you aware of any community groups who might benefit from the use of a minibus? I am currently exploring an option of sourcing a 12-seater minibus. Obviously if I take the project on the vehicle will be fully road legal and safe. At the moment I'm just trying to work out how prospective users might be; if it's a goer I'll then work out how to raise the requisite finances to purchase and run it.

Residents Parking Schemes. You may recall I chair the NWBC Parking Forum that reviews on-street and off-street parking policy across North Warwickshire. At our meeting last month we started work on exploring options for 'on-street' resident parking permits (which designate certain congested streets as resident only parking) and also options for resident parking

permits to be issued to allow local resident on our council car parks.

Work has now started in Coleshill to review the displacement impact of enforcing double yellow lines and of making our council car parks fee paying if you stay for longer than two hours. This will help us understand if there is a need for on-street resident parking zones. It's too early to make any commitments about how the scheme will run or where any resident only parking zones might be, but it is fair to state that I expect 'on-street' parking permits to cost the same as across the rest of Warwickshire where an on-street parking permit currently costs £25 a year.

At our next Parking Group meeting in December we will start exploring the pricing of resident 'off-street' parking permits for spaces on our council car parks. This will be a separate piece of work to the 'on-street' parking permits because this project work will cover the whole of North Warwickshire and because there are specific car park occupancy and income generation considerations to work through. That said, I hope that both the 'on-street' and 'off-street' resident parking schemes will be ready for introduction before Christmas 2024.

West Midlands Combined Authority. Good news! After some interesting politicking I am pleased to report that after presser from our local County Councillors, Warwickshire County Council have also formally 'paused' its intention to join West Midlands Combined Authority. This is to ensure that a more considered and more united and democratic approach can be taken that encompasses and reflects all district council and resident interests. Far better that we allow the Levelling Up and Regeneration Bill to become law as an Act of Parliament before we launch into a fundamental redesign of how local government is structured and operates.

Finally, I am sorry to report the untimely passing of Mrs Lesley Lee. While many Water Orton residents will know Lesley and her husband Mick from Old Salts Rugby Club, Lesley's generosity as a community volunteer extended far into village life as a Water Orton Parish Councillor, as a volunteer at Water Orton School, and most recently as one of the volunteers who contributed hugely to the setup and success of the Warm Hub at Water Orton. Lesley was most certainly one of life's gooduns.

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

COLESHILL CIVIC SOCIETY

Missing Buildings and Spaces 6

By John Hoyle



This is the original George and Dragon which was dated from the early 1800's. It was rebuilt in the 1930's much further from the road. In the background may be seen Springfield House with the white flagpole.



This shop is of James General Store on the High Street just below the crossroads. It is just possible to make out a sign post which is pointing down the hill. On it is A446, Lichfield and Manchester, the photo is dated 1930. In those days the A446 ran along the High Street. The James's decided to pre-empt the Council building plans. They rebuilt the corner in, I think, the 1950's to create a modern shop which they used for several years. It has had a number of conversions over the years and is now Partidges.



A photo of Greens tea Rooms, on the High Street just above the cross roads. On the right behind the car may be seen the gents hairdressers, probably Turners or Jack Simmonds and hair was cut by 'Speedy' judging by the age of the car. Greens tea shop was just below the private houses with the steps leading to them.



An interesting photo of the buildings below the cross roads. The white building showing only a corner is Lermits, a newsagent. Below there is a general view of the lower High Street including a view of the police station at the time.

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.



Cllr Steve Stuart, Water Orton North Warwickshire Borough Council Dear Fellow Villagers

I recently attended a meeting of the Special Management Zone. This group consists of representatives of County, Borough and Parish Councillors and key contacts from HS2 and Balfor Beatty Vinci.

The group was formed because this corner of North Warwickshire is particularly impacted by the construction activity.

The meeting had covered matters such as dust, noise, traffic and general disruption. I raised the issue of complaints, and that there was a feeling that complaints were not being actioned or dealt with effectively.

Indeed the response timescales were a matter of distinct concern. Why does it take 20 working days to get a response that seemingly was written in the minutes just before the self imposed deadline is reached?

All too often when dealing with companies or services (including public services) we are told that targets are being met, and yet from the perspective of us who are dealing with them it certainly doesn't feel like it.

Information relating to matters of concern that have already been raised is starting to be released more frequently and more openly. It is now a matter of making sure that we can see that we move from "meeting targets" or "not exceeding specified limits" to actually being quicker, cleaner and well...just better.

At the end of the meeting each representative was asked what new issues were being faced in their areas. The issues in Water Orton are well known, but what I was able to report as new was the fact that so many people have over the past few months have gained an awareness of just how real the situation now is, just how deep the scars into the surrounding environment are and just how long that this is going to last.

I hopefully managed to convey the impact on some within the village of the relentless nature of the activity.

The boring of the two tunnels on one side of the village will soon be joined by the daily movement and placing of the hulking sections of the viaduct at the other.

I'll be meeting directly with HS2 and BBV in the coming weeks to discuss not only how to minimise this ongoing disruption but also that we can develop developments in the village that will be just as visible to everyone as the products of their engineering.

It is quite clear that after HS2 we will be a different village. What we need to see is that we are, if not a better village, certainly a one better placed to serve the needs of all who live in it.

As always if you have any thoughts on how we can achieve this, if you have any issues or just want to chat please feel free to contact me via www.waterortonsteve.co.uk or attend one of my surgeries.

Take care, Steve.

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Sun shines on Father Hudson's Summer Fair and Dog Show



On Saturday 2nd September Father Hudson's rearranged Summer Fair and first ever Dog Show took place. At St Joseph's Care Home family and friends were welcomed into the garden, with Roger providing musical entertainment. Food was freshly prepared by our chef Dejan and his team, with cupcakes provided by Wendy. Daisy and Eva, daughters of Annie and Laura who work at St Joseph's, helped our catering team and made and sold loom bands throughout the day. The Town Mayor, Tony Battle, came along with his wife to say hello and chat to our residents, staff and trustees. He even posed for a photo with our Dog Show entrants!

We had a range of stalls available to browse on the day. Laura and Hardeep from our HR team ran a recruitment stall, providing information about jobs and career opportunities at Father Hudson's. Our Domiciliary Care team had a book stall, while Jo (Head of Community Projects) and her Mum sold jewellery. Maria filled up a paddling pool for her Hook a Duck which was popular with children up to the end of the day. A bouncy castle was also available to keep children entertained. Karen and Helen kept people and dogs supplied with ice cream, while Libby took charge of the raffle. We were also joined by Queen Bee selling handmade candles and wax melts and Charlie & Co showcased their pet food. Twin Rivers Women's Institute, who are supporting our Day Service to fundraise for a new sensory garden as their Charity of the Year, were a great success, raising £173.50 selling cakes, fruit and veg and running 'guess the sweets in the jar' and a raffle competition.

This year was our first ever Dog Show, with Kelly from 101 Paws Dog Grooming kindly agreeing to be our judge for the day. This was no easy task, as staff, supporters and locals brought their adorable hounds along to the arena set up opposite St Joseph's. Bentley, a black Labrador, was crowned the Best in Show for the day, although all the dogs were wonderful competitors and obviously much loved by their families. We would like to say a big thank you to everyone who helped out with the Summer Fair and Dog Show and to everyone who attended and made it a wonderful occasion to remember. Overall, we raised over £1000 which wouldn't have been possible without your support.

Supporting information

Father Hudson's have had a Summer Fair for a number of years, with a break during Covid. It takes place across our Coleshill sites, in St Joseph's Care Home garden and opposite St Catherine's Bungalows, a residential home for people with physical, sensory and learning disabilities. This year it expanded onto the field opposite St Joseph's Care Home where the Dog Show was held.

For information about Father Hudson's Care, contact Rebecca Jordan-Skinner, Communications and Marketing Officer, by email on rebeccaskinner@Fatherhudsons.org.uk or by phone on 01675 434037.

Photo credits Pauline Fisher



- ✓ Do you have the time and energy to support a young person?
- ✓ Would you like to foster?
- ✓ Do you have a spare bedroom?

If you answered **yes, yes, yes**, why not join us for an Online Information Session on 25th October 6 - 7pm.

Call Joanne on 01675 434025 or email for the link.

email: newroutes@fatherhudsons.org.uk

www.newroutesfostering.org


Cllr. Alistair Brett, Coleshill Town Councillor
Cllr. Jane Farrow, Borough Councillor, Coleshill North ward

Public services are going off the rails

➤ Unless you've been living under a rock of late or possibly a piece of aerated concrete, you have probably heard about the parlous state of our school infrastructure. If parents ask when the schools are breaking up it's not entirely clear whether they're enquiring about the crumbling fabric of the buildings or arranging dates for a holiday. Fortunately, in North Warwickshire only Outwoods Primary School in Atherstone was affected and it has managed to remain open after some remedial work with minimal disruption for pupils - at least for the time being.

However, the concrete issue and generally poor state of many of our school buildings has shone a spotlight on the savage cost-cutting not only to public infrastructure budgets but to many of our public services over the last decade.

A local example of penny-pinching leading to a reduction of public service provision is the proposed closure of Coleshill Parkway ticket office by West Midlands Railway as part of a wider programme of cost-cutting by the rail industry. From a purely technological and crudely economic viewpoint the case for closure is deceptively simple to make but, like most hasty decisions, it will have a number of downsides that will affect some members of our community much more adversely than others. On the face of it, the majority of rail travellers who are confident technology users will probably be relatively unaffected by the new proposals. Ticket purchases will be online via an app or website or perhaps from the ticket machines at stations though these will have a limited range of ticketing options. A huge downside however, is the reduced safety and security that closing the ticket office will entail. Even tech-savvy travellers would no doubt appreciate being able to call upon a trained member of staff in an emergency. Similarly, lone female passengers will surely feel safer if there is a staff presence late at night to deter abusive or anti-social behaviour around stations.

But the most adversely affected travellers will be the disabled - particularly wheelchair users and the blind - who have been promised that mobile teams of rail staff will be at stations to assist customers at certain times. Note the wording - "at certain times" - but what times? And how is this assistance summoned? With our nearest main information centres to be at Sutton Coldfield and Snow Hill covering a large number of disparate stations, quite how this would work is unclear and also how long would this "service" carry on until this too was deemed to be not cost effective and is then axed? According to the disability rights group, Transport for All, disabled people

are already one third less likely to travel by train than non-disabled, and if these closures go ahead this will likely fall even more. For many disabled people this will act as a final barrier to rail travel and feel like Lockdown MkII, effectively trapping them at home.

Councillor Brett has personal experience and appreciation of how essential staffed stations are to the disabled. His late father was a regular visitor to Coleshill with Ted, a former train driver himself, catching the train from Peterborough to Parkway accompanied by his trusty mobility scooter. The invaluable assistance from station staff at both ends of the journey gave Ted the confidence to travel by train which Cllr. Brett believes contributed to his father's quality of life and well-being especially in his later years. In a civilized society, the rights of the disabled to have unencumbered access to transport that the majority take for granted must surely be protected regardless of cost. Though the consultation period ended on September 1st it's far from a done deal and pressure can still be applied to rail operators who are subsidised by you the taxpayer. Transport Secretary, Mark Harper and perhaps even Rishi Sunak himself ignore the 680,000 (mostly negative) submissions at their peril. There is still a live online petition on the U.K Parliament website which runs until 23rd October. We urge you sign it using the link below as it will trigger a debate in the House of Commons to scrap this discriminatory proposal which we trust local Conservative M.P, Craig Tracey would vote to support. In the meantime we will continue to press rail chiefs, monitor developments and keep you updated on the rail operator's proposals.

<https://petition.parliament.uk/petitions/636542/signatures/new>

Digital Poverty

What the proposed closure of the Coleshill ticket office also shows is that the inexorable use of technology and corresponding decrease in the use of cash disproportionately disadvantages the elderly and the least well-off (often one and the same). Even now, an incredible 1 in 20 of the population don't have internet access and even in our relatively prosperous part of the country many residents suffer "digital poverty". Without an email address and means of communicating digitally it is nigh on impossible to access any useful services and people are excluded from the benefits of e-commerce such as online banking or indeed, simply buying a train ticket. Also, arranging things like hospital appointments or accessing government services is difficult and time consuming without having a means of connecting digitally. Choice, which the majority of us take for granted, is severely

limited for a significant proportion of our community.

We know that while many of our older and more vulnerable residents have mobile phones to keep in touch with relatives and friends the majority of these will be simple pay as you go handsets, entirely unsuited to the demands of app-based transactions and connecting to the wider digital world. If they do happen to have a smartphone it can all too often open them up to a tsunami of scams which we sadly see on the news with depressing regularity. Even parking your car in some parts of the borough can be a fraught experience as pay and display machines are gradually being replaced by phone based apps, again disproportionately affecting elderly or cash dependent residents. Whilst the majority of people will consider the use of these technologies to be quick, easy and extremely convenient (though there are also data sharing and privacy issues to be aware of) there needs to be a recognition that not everyone will be willing or able to join the digital revolution.

In view of these challenges we have to point out a valued local resource that people can tap into which is part of a North Warwickshire Borough Council initiative to support all members of the local community - the Coleshill Hub. Many residents of Coleshill and surrounding areas will be aware of The Hub and they often appear in this newspaper, but it's always worth reminding residents both old and new that it is a safe and welcoming space which offers free WiFi as well as the use of laptops and tablets to enable people to access services that may normally be denied to them for all the reasons we have outlined above. The friendly and welcoming volunteer staff can offer support and advice as well as provide contact with a wide range of groups such as Citizen's Advice for practical help and also promote health and well-being through agencies such as MIND or the Alzheimer's Society. As The Hub say themselves, if they can't help directly, they will know someone who can. The human interaction we value and that's good for our well-being may be at risk of being undermined in the digital landscape but the excellent leadership and supportive staff at The Hub go a long way to reversing that perception - and the coffee is very good too! Drop in to see them Monday to Friday 10am till 1pm behind the green door at the side of Coleshill Town Hall, Sumner Road, Coleshill B46 3BH or call them on 01675 462517.

Contacts:

alistairbrett@coleshilltowncouncil.gov.uk

janefarrow@northwarks.gov.uk



SHARE A STORY

contact:

serena.postgroup@outlook.com

Coleshill Drama Group

Do you care about Coleshill?

Massive redevelopment plans are afoot. Entrepreneur Peter Saunders is returning to his home town with schemes to inspire - and upset: a luxury sports and therapy complex on The Croft, the High Street redeveloped into a Plaza and community hub and areas between the town and HS2 are designated as wildlife areas but with a gift shop and gastro pub!

What is this all about? Come and join Coleshill Drama Group in Coleshill Town Hall on Thursday 9th, Friday 10th and Saturday 11th November at 7.30 pm to find out. Tickets available now from Coleshill Library, Gascoignes of Coleshill and Cafe on the Hill or telephone Sue Wallace 01675 462674.

Don't miss this - it is all about the future of your town.



Open Day
Shustoke C. of E. Primary School
Wednesday 18th October 2023
Please come and visit our caring and creative school!
9am—10.15am, 11am—12pm & 3.30pm—5.00 pm
Forge Road, Shustoke, Coleshill B46 2AU

Ofsted
"Leaders have high aspirations for all pupils... The core values of perseverance, respect, compassion and hope are at the centre of this school's work."

Ofsted
"Activities beyond the academic curriculum help pupils develop their personal character."

Ofsted
"Shustoke School is a wonderful place for children to learn, grow and develop into responsible, respectful and kind young people."
Parent quote— Ofsted

Ofsted
"Strong pastoral support means pupils get the help and advise they need."

STAY AND PLAY
Wednesday 22nd November.
9am—10.15am
We warmly welcome parents and children who will be starting school in September 2024.

Ofsted
"Leaders ensure the curriculum meets the personal and academic needs of pupils. Staff teach pupils to recognise and respect individual differences, and to understand the harm caused by discrimination."



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GCSE and BTEC Results at The Coleshill School 2023



**THE
COLESHILL
SCHOOL**

We are incredibly proud of our year 11 students who, (despite the disruption on their education from the pandemic), sat their exams and have completed their GCSEs and vocational qualifications at the Coleshill School.

For all our year 11 students, they have needed to develop and demonstrate high levels of determination and resilience.

Head of School Rebecca Brindley commented:

We recognise the turbulent journey that students have had to overcome, and we are thrilled that our students are with us today, collecting their results, celebrating their achievements, and supporting them onto their next steps.

Headteacher Ian Smith-Childs commented:

'I am delighted that these students have completed their qualifications and today we have seen many personal successes. We wish all of our students the very best for the next stage in their learning journey.'

We are now working to support all our students in securing their next steps. For many we are delighted to be welcoming them back into The Coleshill School Sixth form.

However, for all those students who are moving on to other education providers or work-based apprenticeships, all the staff at The Coleshill School wish you every success and happiness in your future.



Creepy Crafts & Spooky Tales

Tuesday 31st October
1:30pm - 4:30pm

Free Event



Join us in Half Term for some spooky tales and some creepy crafts
For school aged children and their carers

Just drop in

LOVE YOUR LIBRARY

Coleshill Library and Information Centre
19A Parkfield Rd, Coleshill,
Birmingham B46 3LD



Heritage Culture Warwickshire

Every Object Tells a Story



Coleshill Library
Weds. 27th September to Mon. 6th November

Enjoy our small display of key items from the collection of Warwickshire Museum and Heritage and Culture Warwickshire. Come along and find out why every object has a different story to tell. Activity sheets and handling collection also available.

LOVE YOUR LIBRARY



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Approach
Concrete print driveway providing off road parking, EV charging point and gated side entrance giving access to rear garden.

Reception Room Two
11'4 max x 11'7 (3.45m max x 3.53m)
Double glazed French doors leading to conservatory, cast iron radiator, open fire place with decorative surround and ceiling light point.



Hallway
Double glazed door to front, understairs storage cupboard, stairs to first floor accommodation, storage cupboard concealing wall mounted central heating boiler, cast iron radiator and ceiling light point.



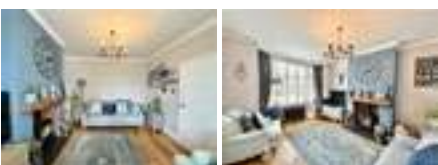
Conservatory
11'4 x 16'1 (3.45m x 4.90m)
Double glazed windows to rear and side, double glazed French doors to rear garden.



Lounge
11'4 max x 14'1 into bay (3.45m max x 4.29m into bay)
Double glazed bay window to front, cast iron radiator, log burner and ceiling light point.



Extended Kitchen
17'8 max x 13'4 max (5.38m max x 4.06m max)
Double glazed window to rear, double glazed French doors to rear garden, having a range of wall, base and drawer units, Belfast style sink, space for white goods, space for gas cooker, radiator and spotlights to ceiling.



Utility Room
Having wall and full length units, plumbing for washing machine and tumble dryer and ceiling light point.



Coleshill and Maxstoke Welcome New Vicar

THE Revd. Sarah Tillett was instituted and inducted as the new Vicar of Coleshill and Maxstoke by the Bishop of Aston and the Archdeacon of Birmingham and Aston on 21st September.

During the service Sarah was welcomed by the Mayor of Coleshill, the Headteacher of Coleshill CE Primary School and the Vicar of Water Orton and was also given gifts symbolising her new ministry by local people and church members.

The photo shows Sarah standing next to the Bishop, surrounded by the Church Wardens of Coleshill and Maxstoke, and all who took part in the service.

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International Podiatry Day! 8th October

In October we celebrate international podiatry day on the 8th October. This is a day dedicated to celebrating and promoting what podiatry is and how a podiatrist can help you!



Laser Treatment

Our MLS laser machine is a great and effective way of helping with acute or chronic pain within your lower limb (hip to toe). Laser can help with

- arthritis (especially if waiting for a replacement),
- tendonitis,
- wound healing
- knee, ankle, and hip pain.

It works by using the laser light to help with pain by slowing down the pain signal to your brain and allowing more oxygen and nutrients into the cell which speeds up healing times. It can also reduce inflammation from the painful area by flushing out the cells that cause swelling and redness, therefore again reducing the amount of inflammation you have around the injury.

Fungal Nail Infections

Fungal infection can occur due to warm damp environments such as boots or sweaty feet, they are not contagious and can be treated.

Signs you may have a fungal nail infection:

- The edge of your nail may be white or discoloured.
- The nail may become thick and crumble when trimmed.
- They may be lifted from the nail bed and sometimes can be very brittle.

There are many options to treat fungal nail infections, our registered HCPC podiatrist can help talk through the condition and help you chose the best option for yourself.

Ingrowing Toenails

An Ingrowing toenail can be caused by quite a few issues. The toenail width may be too wide for the toe isn't self which can then tend to cause irritation and the sides of the big toenail. The toenail may be slightly curved at the side of the nail, causing it to pinch the toe as the nail.

They can be cured and prevented from reoccurring by a simple procedure under local anaesthetic.

Heel Pain

Knee Pain

Foot and Ankle pain from walking or running

Sports Injuries

These are all classed as functional issues which are caused by the way we walk. As Podiatrists we can assess this and help correct the function of our feet and legs to help prevent and cure these issues.

If you would like to discuss any of these treatments, why not give us a call on 0121 749 6313

AN APPEAL!

Coleshill Remembrance Parade and Service, Sunday 12th November 2023: An appeal for Chapter 8 LANTRA-trained helpers!

Coleshill's Remembrance Sunday Parade and Service is always a hugely popular and moving event in Coleshill that attracts many residents keen to pay their respects. The event is organised by The Royal British Legion, Coleshill Parish Church and Coleshill Town Council; ably assisted by volunteers from the local community. The Parade leaves from Coleshill C of E Primary School, Wingfield Road, and processes through the Town to the Parish Church.

This year, due to circumstances beyond our control, we only have enough people who hold a valid Chapter 8 training or a LANTRA: Traffic Management for

Community Events license to implement the road closure for half of the Parade. Regrettably, in order for a Parade to still be held, the difficult decision has been made to shorten the parade route.

At the moment this is planned to be achieved by stepping off from Chantry House (opposite Coleshill Town Hall) and marching to the Parish Church.

This is our appeal: if you or anyone you know has received Chapter 8 training OR LANTRA: Traffic Management for Community Events AND have a valid license and are willing to join us to help during the Remembrance Parade. We would appreciate all your help and this would mean that we can return to planning the longer route. Please contact Zoe Hillcox-Davis on zoe@coleshilltowncouncil.gov.uk or 01675 463 326.

Letters to the Editor

Is HS2 becoming a railway to nowhere?

As residents endure HS2 disruption and the brutal concrete piers of the railway deck emerge out of a sea of mud in the Cole Valley, serious questions are now belatedly being asked about this railway. The original pre 2014 plan envisaged a direct link between HS1 and Europe and HS2 to the Midlands and North. The decision to then not connect the two railways really started the roll back of what had been a project of merit delivering an alternative to air travel to Europe, extra railway capacity and anticipated economic benefits for the Midlands and the North. We have seen the dream of direct trains to Europe evaporate and the ambitions for the North degraded. The Eastern HS2 arm from Birmingham if it is built, will now terminate in the East Midlands between Derby and Nottingham where it will integrate with the existing East Coast mainline to the North and Scotland. That decision will save more than £20 billion. The route from Birmingham to Manchester is now also being questioned and may terminate near Lichfield where it will integrate with the West Coast mainline to Manchester and Scotland. That can save another £20 billion. We now learn that HS2 will pause 7 miles short of central London at Old Oak Common to save another £6 billion.

Meanwhile we have heard little of what

it will cost to travel on a HS2 train. Of course, that will not be easy because on the route to Birmingham there is only one station near Birmingham Airport between Old Oak Common and Birmingham Curzon Street. Not much use if you live anywhere else on the route but useful perhaps if you are heading to Birmingham Airport from London?

Yes, there are now thousands of people with jobs building the railway and this employment is to be welcomed. Hopefully British steel will be used for the track when it eventually goes down and the trains will be assembled here in the UK. These are welcome economic benefits but what will be the outcome if the envisaged passenger numbers do not materialise? Already we witness a trend for office work to be split between home and office and improving technology creates on screen contact between people separated by many miles. This is a potential loss of business customers for HS2. What we do know is that there is the demand for better services and infrastructure on our existing multiple stop railway routes used by many travellers every day. It now looks as though the humongous costs of HS2 will drain potential investment from the existing railway. HS2 will also leave taxpayers with a bill that may take 50 years to clear.

For people in Coleshill and Water Orton the disruption may continue for another 8 years. Will it be worth the wait and the cost? The answer to that question is not clear as is the completion date and so we are left asking the question 'Will HS2 prove be a ghost train or will it deliver what was envisaged post Easter 2014?'

From a Coleshill Resident



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School Games Platinum Award for The Coleshill School



THE COLESHILL SCHOOL

The Coleshill School are delighted to announce that they have been awarded the prestigious School Games Platinum Mark Award for their contribution to sport in 2022/2023.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.

Every year schools can apply to be considered for bronze/silver/gold/platinum award marks from School Games. The School Games adjudicators judge schools against stringent criteria in the areas of sport, participation, competition, staff and clubs.

With lots of young people competing in local inter-school competitions last year, The Coleshill School are extremely proud of their students for their dedication to all aspects of school sport, including those young volunteers, leaders and officials who made their competitions possible.

Rick Wilkinson, Head of PE commented: 'Being awarded the School Games Platinum Award is an amazing achievement and recognises the strong extra-curricular offer available to students provided by the PE department at The Coleshill School. These include a wide range of sporting fixtures, school games events, primary school sessions and sports leadership events. I am fortunate to lead a fantastic team of outstanding professionals who often go above and beyond for our students. I am extremely proud of all the team and would like to thank them for their continued dedication and hard work over many years, which has resulted in this fantastic award.'



Coleshill Remembrance Parade and Service 2023 – All welcome

Coleshill's Town Mayor, Councillor Tony Battle, The Reverend Sarah Tillet from Coleshill Parish Church and Mr Ray Richardson from the Royal British Legion, wish to extend a cordial invitation to you to join them at the Annual Remembrance Day Parade and Service which will take place at the war memorial on the grounds of the Parish Church on Sunday 12th November 2023.

The Parade: Those wishing to join the parade are asked to be at Chantry House, High Street, Coleshill, B46 3BG no later than 10:15. The Parade will leave the grounds at 10:30 and process through the town to the Parish Church, Church Hill.

Please note the change of location for the start of the parade (please check social media or the Parish notice board for any further changes to the Parade route).

The Service: Those wishing to attend the service only, are asked to gather on Church Hill by the church wall (opposite Bank House) by 10:40, for the service to

commence at 10:50, kindly be directed by members of the church community, volunteers and Coleshill Town Council Officers.

During the service there will be the formal wreath laying of the dignitaries' wreaths. All other wreaths are encouraged to be laid after the service. There will also be an opportunity to lay wreaths on Armistice Day, Saturday 11th November 2023 at an outdoor service conducted by the Parish Church from 10:50.

Please note: This is an outdoor service; no seating will be available outside the Church. Space will be reserved for the Town Band, dignitaries and official parade attendees only.

Car parking facilities will be available at Coleshill Primary School, Wingfield Road, Coleshill, B46 3LL.

For information, the church will be open throughout the day for personal reflection, prayer and candle lighting. Toilet facilities (including disabled toilet) are also available in the church.

Model Railway Exhibition



➤ Arden Hall in Water Orton Road Castle Bromwich B36 9PB is hosting the annual exhibition put on by the Birmingham Model railway club. The date is Saturday Oct 28th and doors open at 10.00am until 4.00pm. Entry is £6 adults £5.50 concessions, children free with adult.

It promises to be the best yet with 18 layouts and 9 traders plus BMRC's own stall. Layouts come in O, OO, N and HOe gauges the biggest being Solihull MRC

Avonbride O. The smallest inside a Pizza box!! Lots of free parking and bus X12 to the door. Other buses nearby are X13, 94, 96, 71. 72. Water Orton Railway station 1 mile.

Excellent refreshments, competition for children Thomas layout where children (and parents) can 'drive a train'. The local air cadets will be on hand to help out and will be selling poppies. Rain or shine it will be a fun filled day!

Enquiries to Bob on 07766923361



Forthcoming Social Nights at Water Orton Cricket Club



Saturday 7th October 2023

Lionel Richie Tribute Night with the fantastic Hamilton Browne.

This man is so popular we have waited nearly two years to book him

Tickets now on sale £10-00 Admission by ticket only Doors open 7.15pm

Saturday 14th October 2023

QUIZ NIGHT

Teams of 4/5/6 Players £2-00 per player - please register by 7.45pm.

Friday 27th October 2023

ASTON VILLA FOOTBALL NIGHT.

Special Guests Tony Morley & Kenny Swain

Tickets on sale from 18th September £10-00 each

Admission by ticket only on sale from behind the bar.

Pete Coles at the Cricket Club 07812 241046

Paul Messenger at the Tennis Club 07538 601246

Saturday 11th November 2023

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I Gotta Feelin' By Indira Mahun

Is this what getting old does to you? Do you start thinking and wondering about the time you have left? Are you just a few years away from retirement finding yourself wishing those years away so you don't have to work anymore?

I know that I have been thinking about it more now than ever before. I have started to ask myself questions about my life. What do I want from it? What am I doing wrong if anything? Am I happy with the way I feel and look? And above all, do I feel healthy? What on earth am I doing here? I would like to think that there is more to life than just bringing up a family, working for the best part of it, and then just vegetating. I don't want to vegetate. I want to make the most of my remaining years. Because, let's face it, how do we even know how much time we have left.

So here I am having reached the conclusion that I don't feel particularly healthy and that I am not happy with the way I feel or look. I mean I would love to be able to shed a few pounds and not get out of breath every time I have to climb a few steps. I want to be able to get a good, uninterrupted night's sleep and wake up feeling refreshed instead of sluggish and still tired.

So, what do I want from my life? I decided that I want to live. I want to see my grandchildren grow up and have children of their own. My parents are doing just that. They are lucky. With mum being eight-four now and dad eighty-eight, they have experienced the joy of seeing their grandchildren have children. I want that. And why shouldn't I? Why shouldn't anyone have the desire to live as long as possible?

And do you know what? It is up to you. You decide what you do with your life and how you do it. When it is said that food is medicine, it is so true. Food can cure as well as making you feel sick. Over-eating, eating when you're not hungry, and eating the wrong foods will certainly do you no favours.

You cannot blame someone else if you're tucking into fish and chips and other greasy take-aways every night. You cannot blame someone else if you're making the wrong choices. And, you only have yourself to blame if you spend all your evenings – possibly days too – sitting on the couch.

So do something about it. It is never too early to start making the right choices about our health. The sooner the better in fact. Think about it. Even a small change to your lifestyle can make a huge difference to your well-being. And you want to feel well, don't you?

The biggest criminals are the things we enjoy the most. Giving up what we love is hard but when you think about how much damage they are doing to your body, the decision should not be so tough to make. Even if you give up just one thing, you will notice a change in your overall well-being.

Let me tell you what I have given up. First and foremost, sugar. That is an absolute no-no for me right now. It is not easy, and I am constantly fighting against my own willpower to avoid anything that contains sugar. I am now obsessed with it as I find myself reading all the labels to see if the product has any sugar in it. If it has, I won't eat it. But oh, my sweet tooth is feeling the loss. However, I will not give in. In small amounts, sugar is fine for you but overindulging in sweet treats, processed foods and snacks, and carbohydrates can lead to excessive weight gain, type 2 diabetes, poor skin, and other serious medical conditions. I limit my sweet treat to just one a week and I already feel so much better for it.

Another big offender is salt. From constantly having the

salt shaker in my hand at mealtimes, I have reached a point where I will not add any extra salt to anything. Of course, salt is fine in limitation but an excessive amount of it will only lead to problems with high blood pressure, heart disease, and stroke. We need a certain amount of salt to function properly but too much of it can be detrimental to your health. So just be sensible with salt. Don't give it up but don't overdo it either.

Carbohydrates are those nasties that contain hidden sugars. Whilst you may think that it's fine to have bread, pasta, or pizzas, the sugar in these items is shocking. A single slice of bread can contain almost half a teaspoon of sugar. A savoury treat such as a pot noodle seems like a healthy option, but it is far from that with almost two teaspoons in a pot. And this.....I was just about to tuck into a fat-free vanilla yoghurt but decided to check the label. To my surprise, I found that it contained 14 grams of sugar. That went straight back into the fridge. So, it is not just the sugar that you can see that is harmful. Be wary of the sugars that are disguised and hidden in the unlikeliest of places. The cereals that we give our children every morning are laden with sugar but, understandably, it is a quick and easy option. Maybe limit them to once or twice a week.

Now you're probably thinking 'well what is there left to eat?' Turn to whole foods instead of processed ones. Have a real potato instead of something out of the freezer or a tin. Stock up on the vast array of vegetables available in the supermarkets and fill up on protein such as chicken, fish, eggs, nuts, and pulses. Have that sweet treat but do it in moderation. Go for a walk – start small and build up to something that you feel comfortable with. Live the healthy and long life you deserve by making the right choices. Take care and God bless.

Disclaimer:

These are my thoughts and ideas only. They are derived from my own personal experience and observations made after I decided to make certain changes in my life.



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Roll up! Roll up for a whole lot of family fun!

Brought to you by the team behind last year's SELL OUT show, 'Dick Whittington', Lemon Jelly Pantos returns with Goldilocks & The Three Bears, the family pantomime that's just right! Visiting Castle Bromwich Arden Hall on Sunday 26th November 2023 at 2pm & 4.30pm. Featuring all the traditional pantomime ingredients, this one hour, laughter packed show features

colourful characters, hilarious comedy, world class circus acts, fantastic music, lavish costumes & stunning sets.

Join Goldilocks, the Three Bears & a multi-talented cast on Dame Betty Barnum's circus adventure!

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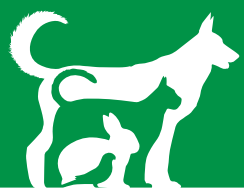
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Pet Page

Dog Law Quiz



This month, we are going to cover a bit about Dog Law. Some people love this stuff, but some start yawning and switching off.... Stay with me; in an effort to make the topic more interesting, I've devised a quiz for you. If you have a dog, it is so important you know this.

Question 1

All domestic animals, under section nine of the Animal Welfare Act 2006, have the legal right to which 5 of the following statements?

- A) live in a suitable environment
- B) eat a suitable diet
- C) exhibit normal behaviour patterns
- D) be housed with, or apart from, other animals
- E) be protected from pain, suffering, injury and disease
- F) be registered with a vets

Question 2

What is the maximum fine for not picking up after your dog fouls?

- A) Up to £100 on the spot / £1000 if prosecuted
- B) Up to £50 on the spot / £500 if prosecuted
- C) Up to £200 on the spot / £2000 if prosecuted

Question 3

You must not let your dog chase or worry livestock.

True or False

Question 4

All dogs should be microchipped

True or False

Question 5

All dogs should wear a collar with a tag or inscription on the collar

When in a public place?

True or False

Question 6

A dogs collar tag should have the following information on:

- A) Dogs name
- B) Telephone number
- C) Address including House number and postcode
- D) Owners name
- E) Dogs date of birth

Question 7

A dog is deemed to be dangerously out of control if there is reasonable apprehension that it will injure a person or an assistance dog, whether or not the injury is caused or not.

True or False

Question 8

Dog in Cars, The Highway Code requires dogs:

- A) To be suitably restrained so they cannot distract you while you are driving or injure you, themselves if you stop quickly.
- B) Travel in the boot of a car at all times
- C) Travel in any part of the car apart from the front seat

Answers

Question 1

A, B, C, D and E are correct, but we would recommend having your dog registered with a vet too.

The cornerstone of animal welfare in the UK is the Animal Welfare Act 2006. This comprehensive legislation establishes a legal framework to protect animals and promote their well-being. The Act places a duty of care on animal owners, ensuring that they provide for their animals' basic needs, including food, water, shelter, and appropriate medical attention. It also addresses issues such as animal cruelty, neglect, and unnecessary suffering, with severe penalties for offenders.

Question 2

A £100 - 1000

Dog fouling is considered an offence, and failing to clean up after your pet can result in a fine. Always carry poop bags when walking your dog and dispose of them in designated bins.

Question 3

True

You should always have control of your dog when walking near livestock, and you must not let your dog chase or worry any livestock. The Countryside Code states: "On Open Access land and at the coast, you must put your dog on a lead around livestock. Between 1 March and 31 July, you must have your dog on a lead on Open Access land, even if there is no livestock on the land. These are legal requirements."

Question 4

True

Under UK law, all dogs must be microchipped by the time they are eight weeks old. The microchip contains essential information about the dog and its owner, helping to identify them in case they get lost or involved in legal matters. It's crucial to keep your contact details up to date on the microchip database. There have been some issues with some microchip databases in recent years, and lots of information got lost; if you haven't checked yours for a while, please prioritise checking it.

Question 5

True, a dog should wear a collar with an ID tag, with the exception of some service dogs. This is also true even if your dog is wearing a harness, it should still have a collar on with an ID tag.

Question 6

C Address and D Owners Name

I would strongly recommend a phone number, although it is not legally required. Regarding the dog's names, some people add them, and some people now avoid this due to the number of dog thefts.

Question 7

True

Dogs must not be allowed to be 'dangerously out of control', which means injuring someone or making someone fear they may be injured. This applies to any breed or type of dog.

Question 8

A - The highway code states that dogs "should be suitably restrained so they cannot distract you while you are driving or injure you, or themselves if you stop quickly."

Whilst breaking the highway code is not strictly an offence, if you have an accident and your dog was not suitably restrained and had caused you to be distracted, then this could be used as evidence against you.

If your dog causes an accident on the road, claims can be brought against you, so it's always advisable to have third-party insurance, which is often covered in your pet insurance policy, but it's always best to check.

While we are talking about dog law, here is a note about dogs on leads:

There is no blanket law saying that dogs must be on leads, but councils are free to impose laws regarding this in certain places such as children's play parks and wildlife reserves - so always check the regulations when visiting places. The Highway code also says that dogs should be kept on a short lead along roads and on paths shared with horse riders or cyclists.

I hope you are still awake and found that useful. Some of it seems very obvious, some of it not so much! A quick reminder of your to-do list: check your dog's ID tag, check their microchip database is up to date and check your insurance for 3rd party cover. See you next time.

Ward End Cat Rescue



Milo

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

Here is one of our cats who is ready for adoption. If you are interested in giving a forever home to one of our cats please feel free to email us for more details, sending us a contact number, address and who lives in your household.

Milo is a lovely cat that has always lived indoors, he is about 3 years old.

We are looking for raffle and tombola prizes for our Christmas event and volunteers to help on the day. Please contact Suzy at the rescue for more information.

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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Ward End Cat Rescue Official

FIREWORKS - how to keep your pets safe

From Bonfire Night to New Year celebrations, every year thousands of animals suffer as a result of fireworks being let off. Find out how to recognise fear in your pets and keep them safe and happy.

Spotting fear and anxiety in your pets

All pets show different signs of fear. A dog might pant, pace, or shake in fear, while a cat may freeze, hide, or withdraw from affection. Here are a couple of examples and what you can do to help your pet:

Dogs – Signs of stress:

- Appearing restless and unsettled
- Seeking reassurance when they would typically be resting
- Panting and pacing
- Looking for somewhere to hide
- Shaking
- Unable to concentrate when doing something they enjoy

Preparing your dog for fireworks:

The weeks leading up to Fireworks Night is the best time to begin your training. If your dog is young, they may not have seen or heard fireworks before, so it's good to introduce some training to teach them that noises aren't scary.

Download firework sounds and play them on a low volume while your dog is doing something they enjoy, like eating dinner or playing with their toys

Vary the sound recording and providing your dog is relaxed, increase the volume over a few sessions

Remember to secure your garden and check your dog's microchip in case they get scared and wander off somewhere

It's also a good idea to keep your dog on the lead and make sure they are wearing a securely fitting harness if you're going for a walk after dark

How to manage a frightened dog:

Have a place for your dog to hide

If your dog comes out to you, praise them for being brave

If your dog comes to you for reassurance, keep your voice calm. It's OK to be affectionate and soothe them

Make sure your dog is tired from a good walk and meal

Close the curtains and put the radio or TV on for background noise

Give your dog a special treat or favourite chew to keep them busy

If your dog is displaying mild anxiety, distract them with a play or training session

Get a supplement to help your dog:

ADAPTIL plug-ins or collars are best if used 2 weeks before the night. "DAP" (Adaptil) is short for Dog Appeasing Pheromones.

YuCalm L-Theanine offers natural calming properties that support the production of calming compounds such as serotonin.

Anaxitane Chewable Tablets help pets keep calm and relaxed. They contain a pure synthetic form of L-Theanine, an amino acid naturally found in green tea leaves.

Calmex is a calming supplement that helps maintain a normal disposition

Alternatively, tune into our Spotify Bonfire Night playlist, featuring over an hours' worth of classical music. We've carefully compiled a list of our favourite songs to help sooth your pets on Bonfire Night.

Cats - Signs of stress:

- Enlarged pupils
- Arched back
- Crouching gait, low carriage of the tail and slow low movement
- Hair standing on end
- Hissing or low grumbling
- Hiding
- Trying to appear smaller
- Withdrawing from your affection
- Ears back and 'freezing'
- Appearing more alert and running away from sounds or familiar people
- Lack of appetite or an upset stomach
- Change in personality, seeing aggressive type behaviours towards people or other pets that are unusual for your cat

Birmingham Dogs Home - Forever homes



O'Malley

Breed: Malinois **Gender:** Male

Meet O'Malley, our incredible Malinois who's looking for a loving and capable home! This handsome boy has had a bit of a tough start and would make an amazing addition to the right home – he just needs someone who's willing to give him the time and understanding he needs.

O'Malley arrived into our care as a stray after being found tied up outside the centre, and despite his rocky start, he's still a very friendly and loving dog, who does enjoy fuss and cuddles once a bond has been established. He just needs an owner that can offer time and patience for O'Malley to come out of his shell. O'Malley is nervous and very under-socialised especially around new people in particular, so his future home will need to be patient and understanding as he adjusts to a new environment and learns to trust again.

He's super smart and eager to learn, and while he's not the fastest learner, he's definitely willing to put in the work! So if you're someone who's willing to commit to his training, then O'Malley will make a truly loyal and devoted companion.

It's essential that O'Malley is placed with someone who is active and experienced with dogs. Whilst also willing to give him the training and support he needs. O'Malley does thrive on routine, as he is a large dog with lots of energy and does need

consistency in his day-to-day life. He can be known to startle quite easily on walks, so his future home will also need to be patient and understanding as he adjusts to a new environment and learns to trust new people. But he's such a sweet and intelligent dog, and we know he'll make a fantastic companion to the right person.

In our care, we have successfully Halti trained him for walks, but we do feel it's essential to continue his training in his new home. O'Malley has also received muzzle training which is used for both introductions to people as well as vet visits, as he can be fear reactive.

O'Malley has received lots of vet socialisation over a few months, in our care to build up his confidence, and has come a long way since his arrival. However he is still be a bit wary of new people, at least at first, because of this he does wear his muzzle during vet visits as a precaution.

****Any potential owners will be shown and given information regarding O'Malley's training. ****

How to manage a frightened cat:

- If your cat has access to an outdoor space, keep them in when it gets dark
- For cats living outdoors, such as farm or stable cats, make sure they have spacious shelter. Shutting them in may cause more stress
- Close your curtains to shut out any light flashes
- Play music or put the television on to help mask the sound of fireworks
- Give your cat plenty of personal space. Allow them to hide if they wish and come out in their own time. Trying to comfort them or pulling them from their hiding place may cause more stress
- If they choose to stay in the same room as you, gently talk to them for reassurance. They may find a familiar voice soothing at this time
- Provide your cat with tasty food or treats. Although their appetite may be low, some cats will like to have a positive treat to help distract them from the noises
- Make sure your cat has lots of hiding places around the house. That way they'll have a choice of safe places to retreat to
- Provide an indoor litter tray in a quiet location, close to places your cat can hide. Bear in mind, anxious cats often avoid toilet visits if they feel threatened
- Use products such as Feliway or Pet Remedy to help reduce stress. It's best to start using them a few weeks before fireworks are expected
- If your cat becomes extremely anxious, speak to your vet

How to manage frightened small pets

It may be tempting to move your small outdoor pets like rabbits, guinea pigs and ferrets inside when firework displays are on.

Some may benefit the move into a shed or garage overnight to protect them from the sights and sounds. However, some small pets find it distressing. Moving your small pets from their familiar environment can be quite stressful, so it may be better to leave them in their normal space. We recommend the following to help them with firework season:

- Add extra hiding spaces and bedding to their accommodation
- Lock away outdoor pets in their night accommodation slightly earlier than normal to allow them to settle before the fireworks start
- Partially cover hutches and enclosures with thick blankets. This will help muffle the sound of fireworks, whilst also providing enough ventilation

- For small pets living indoors, close the curtains and put a radio on for some background noise
- Provide them with their favourite healthy treats to encourage foraging which will help them focus. This could include hay kebabs, paper rummage bags, stuffed toilet rolls, feed balls and activity treat boards
- Avoid too much handling as this can cause more fear and stress
- Companionship is the biggest protector against fear for most small pets (other than hamsters). A pair or group of the same species are far more likely to remain in a relaxed state as their companions offer security and comfort.

Outdoor animals - Signs of stress:

- Showing the whites of their eyes
- Rolling of eyes
- Stomping feet
- Displaying any unnatural behaviour
- Running with the herd

How to manage field animals and fireworks

- Speak to your neighbours to find out when and where fireworks displays are being held so that you can prepare
- Keep to a normal routine, but if possible make sure your animal has been fed an hour before a display starts
- All animals need company, whether they're stabled or turned out
- If you keep your animal in a stable, keep a light and radio on with soothing music to help block out the noise
- If your animals stay in their field overnight, check the fencing to make sure it's secure
- Shut all poultry away so they can roost safely
- Check the fields before you turn out the following morning for any remains of fireworks
- If your animal becomes extremely anxious, speak to your vet



Interiors & Decorating



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 INTERIOR DECORATING

Decorating tips

This month we'll talk about the various options and most common paints used for woodwork as well as some techniques to get the best out of them. In general and for the purposes of this article by 'woodwork' or 'trim' what we're talking about is the most commonly found woodwork in the home. So things such as skirting boards, doors, door frames, banisters and window sills.

The reason we use different types of paint on woodwork rather than the standard emulsion that we use for walls and ceilings stems back to the reason woodwork and trim exists. It was historically installed on parts of the walls that were vulnerable to being knocked. So there'd be dado rails fitted at the height where furniture would be pushed against the wall, skirting boards at the base of the walls where they'd be knocked by boots and trolleys and edges of door frames. For that reason the paint needs to be harder wearing to enable it to stand up to such knocks without immediately chipping or flaking off.

Firstly we'll look at the finishes available, generally when we're talking about finish in relation to paint we're looking at the level of sheen. Traditionally for woodwork the three main options have been and still are gloss, satin or eggshell. Gloss is a very high sheen, closer to a mirror finish and is the hardest wearing of the three. Satin is a mid sheen and slightly less hard wearing but still tough enough for most environments. Finally eggshell is the lowest sheen, close to matt, and is the softest finish of the three, it is still harder wearing than a standard matt emulsion and suitable for most woodwork in the home. All three of these finishes also stand up very well to being wiped and scrubbed.

White has for a long time been the most popular choice for people to paint the woodwork in the home and for the most part it still is. Having said that people are beginning to get a bit more adventurous and experimenting with colours on the woodwork to add interest. It's worth having a look at some interior design websites for some inspiration but it can be very effective to use neutral colours on the walls and more adventurous colours on the woodwork to highlight it as a feature. Another popular choice is to use the same colour on the woodwork as the walls. Most paint manufacturers are able to mix all the colours available for emulsion in their range of trim paints so there really is a lot of scope to experiment.

There is still much debate among decorators over whether or not solvent or water based paints are the better option. In the past solvent based was the only option available for woodwork. You'll recognise this as being the very strong smelling paint that takes hours to dry. Over recent years water based paint technology has improved to the point of it now being able to match solvent base in terms of durability and finish with the added advantage of it drying very quickly, not having a strong odour and staying white instead of discolouring or yellowing over time. Back in 2010



regulations were introduced to limit the amount of harmful chemicals in solvent based paint, this resulted in the paint being very susceptible to discolouring, especially in areas of low natural light. You'll notice the effect of this on woodwork that's been covered by furniture or the back of doors that have had coats hanging on them.

This isn't a problem with water based paints although it does take a bit of effort to get the most out of them. Firstly you need to try a few out, a lot of them just aren't up to the job, they'll take extra coats to cover and won't be durable enough. Our favourites are Benjamin Moore and Dulux Trade Diamond Satinwood but it's taken a considerable amount of research to settle on those. There are hybrid options available, these are sort of a mix of the two. This means they behave in a similar way to solvent based paints but don't discolour as quickly. These are often a good option for a gloss finish as they can achieve a better sheen than a purely water based finish. A good example of hybrid paint is Dulux Trade Quick Dry gloss. With all of these paints always be sure to read the information on the tin regarding what process to use. Very often it will be necessary to use the specified primer or undercoat prior to the topcoat to ensure decent coverage and adhesion.

For all the benefits of water based paint they can be trickier to achieve a good finish with. We do have some tips to help you get the best out of them. Much of the problems stem from the fact that they dry very quickly so don't flow and level out as well. This means that brush marks are usually more obvious, especially on larger flat surfaces like window sills. Depending on the brand, and this will take some experimenting, it can be beneficial to mix a drop of water into the paint to enable it to flow better. Another trick is to wipe the surface with a damp cloth prior to applying the paint, this slows down the drying process allowing the paint to level out more effectively. There are specialist additives that can be mixed into the paint such as Floetrol. This will improve flow and workability and is available online or from some decorating trade centres. Just be sure to read the instructions prior to use.

We've covered standard options for gloss, satin and eggshell but there are of course many more natural wood finishes available such as wax, varnish and stains. We'll have a look at these in detail in a future article.



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Water Orton Boys Brigade mark the start of their 40th year



In September, Water Orton Boys Brigade marked the start of their 40th year with their annual Awards evening, held at the Methodist Church Centre. The event celebrated the talents and achievements of the members both boys and girls. It reminded us all of the lasting impact this organisation has had on the lives of countless children in our community.

The Water Orton Boys Brigade and Girls Association continues to be a pillar of support and development for our youth, nurturing their talents and fostering a sense of camaraderie, discipline, and personal growth. Through encouragement of a wide range of life skills and activities, including sports, games, arts, crafts and supporting other groups in the local community with voluntary work including helping with the collection of Christian Aid donations, this year they helped raise nearly £2,500. With a dedicated team of volunteers it's created a safe and engaging environment for our children to flourish.

The Boys' Brigade movement is celebrating 140 years and is now a world-wide organisation. Here in Water Orton we are proud to be part of it.

We invite boys and girls from the age of 5 upwards to join us at Water Orton Methodist Church Centre from 6.30 pm till 8.30 pm on a Friday evening.

For more information on how you can support the Water Orton Boys Brigade and Girls Association, please visit us on a Friday evening or contact Kim Smith (07940 541121).



Local Sports



Water Orton & District Tennis Club

Well, that's yet another summer season over, gone in a flash. Our league teams have had a great season with the Men's team gaining promotion in The Spring League and also promotion in The Metropolitan Summer League. Our Ladies team have had a difficult summer due to injuries and players being away but they still managed a top four place with two fantastic wins in the final week of the season with a 3-1 win away followed by a 4-0 at home in the final match. A big thank you to our two Club Captains, Anne Oliver and Adam Heaton for their continued hard work organising matches and rearranging the rained off games, and there were many of them this summer. A special big thank you to all the adult players who turned out for us during the season.

Our Junior groups on a Saturday have done very well and we have some great little players coming through. Our Youth group on a Monday evening has gone well and a few young players are almost ready to move up to our adult sessions which is great news. So, a big thank you for our coaching team headed by Adam Heaton and Liam Berrigan along with our Coaching Assistants all of whom are fully qualified LTA Coaches. Well done all of you.

Our work continues with the Woodlands School in Coleshill with visit our club twice every school term week. We have also welcomed Water Orton Primary School to visit us once a week and all of these children seem to enjoy the visits so much. This is our eight year now working with the Woodlands and it really is worth every minute to have these youngsters use our club facilities. We also take this opportunity to thank our Club Committee for their work, Water Orton Parish Council and our local neighbours for their continued support, it is so much appreciated by our community club. Another great summer season, thanks to everyone involved.

Paddy Doyle - 819th Physical Fitness Challenges & World Records achieved



► For the last seven weeks Paddy Doyle supported and pushed by his support team stepped up to the plate, completing the following strength speed stamina challenges and World Records, over North and South Warwickshire permanent measured cross country courses, which consisted of hills, streams, stiles and muddy footpaths, plus short course kayak challenge distances on the River Leam Leamington Spa.

- 2.04 miles short course cross country speed march carrying a military 40 lb backpack in 27 min. 18.59 sec.
- Mountain biking short course cross country 6.308 kms carrying 40 lbs of mountain bike Instructor expedition kit in 23 min. 22.47 sec.
- 3.06 miles short course cross country speed march carrying a military 40 lb backpack in 35 min. 08 sec.
- Mountain biking cross country 13 km in 35 min. 31 sec. 14 km in 38 min 52 sec carrying mountain bike Instructor expedition of 20 lbs.
- Kayak (fiberglass) river distant challenges 2 mile in 24 min. 05 sec, 3 mile in 34 min. 49 sec, 4 mile in 44 min. 45 sec, 5 miles in 55 min. 02 sec and 6 miles in 1 hr. 06 min. 37 min, carrying kayak Instructor expedition kit of 30 lbs.

"a big thank you to my support team who turned up on the early mornings to evidence the times and distances, it has been a hard seven weeks but I aim to stay ahead, reason being another endurance is aiming to achieve the most strength speed stamina challenge records his name William Cannon (Scotland) in 2022 he said he was aiming for 1000 physical fitness endurance records, so I would like to get there first and be the first British endurance athlete globally to achieve that title."



Picture credits David Hastings (Warwickshire UK)



- 3.07 miles short course cross country speed march carrying a military 40 lb backpack in 34 min. 57 sec
- Mountain biking 8 km in 31 min. 17 sec, 8.5 km in 37 min. 40 sec, 9 km in 42 min. 27 sec, 9.5 km in 49 min. 40 sec, 10 km in 57 min. 19 sec, 10.5 km in 1 hr. 13 min. 39 sec, 11 km in 1 hr. 20 min. 33 sec, 11.5 km in 1 hr. 28 min. 09 sec. Carrying mountain bike Instructor expedition kit of 40 lbs.

Castle Bromwich Cricket and Sports Club

► This reader believes strongly.....What are we doing on a local Front to Support the following and Make a difference.

Clubs and community Groups, Schools and local councils should all be working hard to support what is a tragic National Crisis.

As National Fitness Day goes by, a day to highlight the role physical activity plays across the UK. But this year's campaign comes at a pivotal time, when the government admits there are "stubbornly high levels of inactivity", when gyms, swimming pools and leisure centres have struggled with running costs, and following further falls in the amount of PE and sport being offered in schools.

The Department of Culture, It is vowing to drastically improve the nation's health and fitness. "Recent years have seen unprecedented challenges for sport and our ability to be active," says Lucy Frazer, DCMS secretary of state, referring to the pandemic and the cost of living crisis.

Some 25% of adults are currently deemed to be inactive in England, with more than 11 million doing less than 30 minutes of total activity in a week.

Just over 50% of children and young people are not meeting the chief medical officer's guidance of at least 60 minutes of activity a day - with 30% doing less than 30 minutes a day.

According to the Sport and Recreation Alliance, the UK now ranks joint 12th out

of 15 comparable European nations for levels of physical activity.

Meanwhile, NHS statistics from 2021-2022 indicate that almost a quarter of Year 6 children were obese in England, an increase of 3% from 2018-19. And last month, the government revealed there had been a fall of 4,000 hours of PE and sport in state-funded secondary schools in England in the last academic year, as well as a 12% drop since 2012.

It is "a matter of immediate national concern", according to the Youth Sport Trust.

So why does all this matter?

The government estimates that every £1 spent on sport and physical activity generates almost £4 in return across health and wellbeing, strengthening communities and the economy. And that each year, active lifestyles prevent 900,000 cases of diabetes and 93,000 cases of dementia, a combined saving of £7bn to the UK economy.

As well as easing the strain on the NHS, it also recognises that physical activity helps tackle a range of social challenges, from loneliness and community division to unemployment and crime.

Come on people its time we stopped looking at squeezing local groups but actively started to support them more.

Our children and grandchildren deserve better than what you are providing.

**Ian White
Chair of Castle Bromwich
and Sports Club**

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Coleshill Town F.C.

Coleshill Town FC match reports

All Northern Premier League Midland Division games

Monday 28th August

Coleshill Town 0-2 Sutton Coldfield Town

A local derby, a decent crowd and a good game to watch but Sutton, after a poor start to the season, were the better side and fully deserved the win. Sutton took the lead midway thru the first half with a fine individual goal. Coleshill contested well and could have equalised on several occasions but 15 minutes from time a cross ended up in the net for the visitors and that secured the points for the visitors.

Saturday 2nd September

FA Cup

Leamington 2-0 Coleshill Town

Coleshill put in their best display of the season against a side from a higher league and managed to get to half time goalless, but Leamington's quality told in the second half as they scored twice. Youngster Ewan Williams was so impressive in this game that Leamington snapped him up and he made a Man Of The Match performance on his debut the next week for the Brakes.

Saturday 9th September

FA Trophy

Coleshill Town 1-5 Carlton Town

For the first twenty minutes Coleshill really looked the part and deservedly took the lead with an impressive team goal finished off by Theo Rowe, his first for the club. But it all went downhill from then on. In a six minute spell, just before half time, the visitors scored three times. Coleshill battled on but it just wasn't their day and Carlton scored two more to dump Coleshill out of the FA Trophy.

Saturday 16th September

Coleshill Town 3-3 Quorn AFC

What a game! Six goals, 3 penalties, 2-0 down, 3-2 up but all ended in a draw. Coleshill started well but found themselves 2-0 down but a goal by Taylor Byrne on the stroke of half time reduced the arrears. The Coleman went 3-2 in the second half, Robbie Bunn getting his first goal for the club, then his shot was saved by a hand and a Red card and a penalty resulted in Theo Rowe putting the lads ahead from the spot. With time running out the visitors pulled level with a headed goal to deflate the Home side.



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CONTACT ALAN - MORE INFO

PACK MEADOW
 Packington Ln, Coleshill, Birmingham B46 3JE
 More Information
 07791740976 ctfcmisoccer@btinternet.com
 ben@shiningbrightfutures.com

Fixture List

Pitching in Northern Premier League Midland Division games unless stated.

Saturday 30th September

Away to Shepshed Dynamo.

Saturday 7th October

Home to Rugby Town.

Tuesday 10th October

Away to Harborough Town.

Saturday 14th October

Away to AFC Rushden & Diamonds.

Saturday 21st October

Away to Coventry Sphinx.

Saturday 28th October

Home to Cambridge City.

Saturday 4th November

Home to Walsall Wood.

3.00pm kick off unless stated.

COLESHILL TOWN F.C. JUNIORS NEW MINI SOCCER SCHOOL

STARTING FRIDAY 6th October

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4-5pm Nursery and Year One

5-6pm Year Two and Year Three

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Contact Alan Beckett for more details. 07791740976



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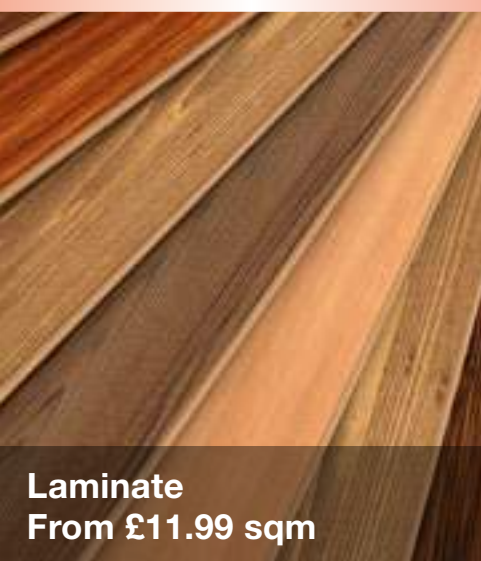
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