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the Coleshill Post



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

December 2023 Issue 118



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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
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WHY CHOOSE HYPER-LOCAL?

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

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



CIRCULATION

the **ColeshillPost**

Coleshill North
Coleshill South
Coleshill Industrial
Water Orton
Curdworth
Maxstoke
Shustoke

Lea Marston
Marston
The Whitacres
*Also dropped in
Minworth*



the **CastleBromPost**

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Santa Paws is coming to Town



Two local businesses, brand and web agency PLOTT and telecoms logistics company G Comms, are proud to announce their continued commitment to making a difference in the community. This year by supporting Lichfield based dog rescue charity, The Max & George Trust.

In the spirit of giving, they choose to forego buying traditional corporate gifts and instead make meaningful contributions to charitable causes. This year, PLOTT and G Comms are excited to stand alongside The Max & George Trust, an organisation devoted to rescuing and rehoming abandoned or homeless dogs.

In response to the Trust's request, the contribution includes essential items such as dog food, treats, toys and "Blitz" paper towels. PLOTT is grateful too, for the support of long-time client Fish4Pets, which has generously donated dog-treat advent calendars.

Rather than a monetary donation, this hands-on approach helps the Max & George's Trust find a new home for lonely dogs.

"We believe in the power of collective giving, and by supporting The Max & George Trust, we aim to bring comfort and safety to our four-legged friends in need," said Anna. She continued, "It's not hyperbole to say that dogs' lives are on the line. Together with our clients and partners, we can create a meaningful and lasting impact on the lives of these animals."

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call: Serena 07805430191



Price £5 per person

Bar will be open for refreshments
Tea and Coffee available



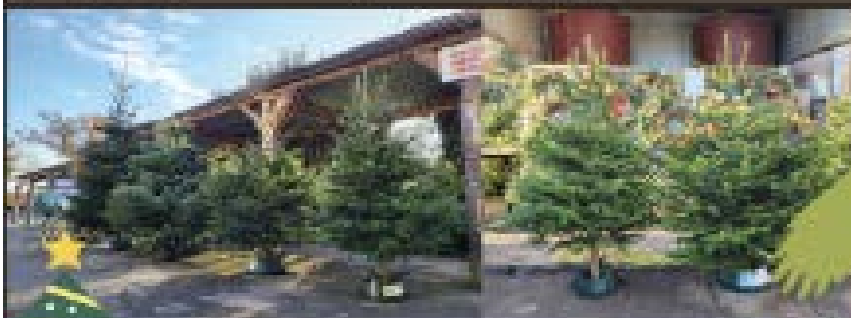
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1973 - 2023

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Visit Santa in his Grotto and make reindeer food with Mrs Claus

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Sunday 24th December 10am - 1pm

£7.50 per child including gift

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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

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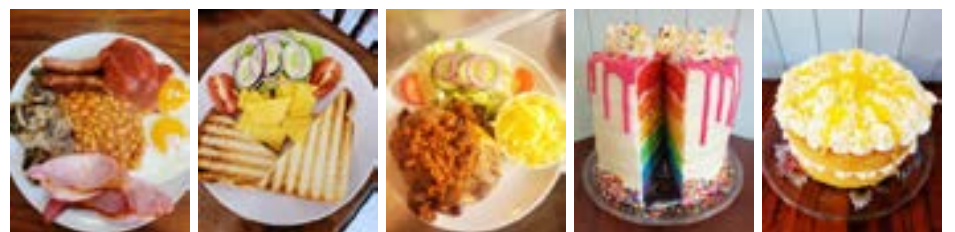
Check out our Facebook page for more details

Booking welcome, message us or call

Open currently Monday/Tuesdays 9.30 - 2pm

Wednesday/Thursday/Friday/Saturday 9.30 - 3pm

Sunday 10.00 - 2pm



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CHRISTMAS OPENING TIMES

Wishing you all Merry Christmas and a Happy New Year!

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Mon Christmas Day	CLOSED	Sat 30th December	Open as usual
Tues Boxing Day	CLOSED	Sun New Year's Eve	CLOSED
Wed 27th December	Open as usual	Mon New Year's Day	CLOSED
Thur 28th December	Open as usual	Tues 2nd January	Open as usual

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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 wills provide your partner/spouse with a right to continue to occupy the property and buy a replacement property if

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

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

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

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

Act now!

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

Do you have Savings?

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

Protect your Home and your Savings from unnecessary, avoidable losses. Accord can help ensure your loved ones benefit as much as possible from your estate.

Act today and protect those you love

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

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

For more information please contact....

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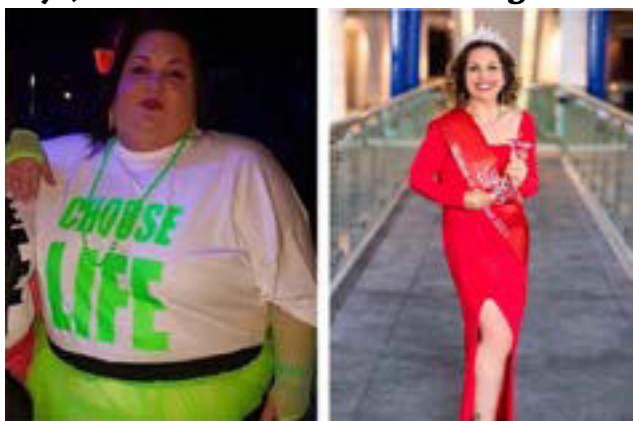
Hello from your local Slimming World groups



So much is happening in our groups as we head towards Christmas and then the New Year. One of the things the team are really excited about is our brand NEW, new member pack. Not only will all new members joining us receive our new pack, we will also be giving one FREE to every one of our existing members for a limited period starting the week between Christmas and New Year as our gift to them. As we promise, our doors are open 52 weeks a year so there is still time to join and get some support to manage the challenging weeks up to and over the festive season. This month we want to share our recently crowned Woman of the Year with you. Kelly has lost an incredible 18 stone....what a story to end the year with!

Wishing you all a Merry Christmas & a happy and healthy 2024... Toni x (07971 686 698)

'I saved my life by losing 18st – and these days, it feels like a life worth saving'



Kelly Barker, 43

**Starting weight 28 ½st Weight now 10 ½st
Height 5ft 3ins**

Kelly Barker feared she might not be around for her son's future. Now, she's the active, inspirational mum and teacher she always wanted to be and will be enjoying celebrating the festive season as our Woman of the Year 2023!

I'd struggled with my weight all my life. As a child, I was put on a special diet and had to be weighed at school.

While the other kids were eating battered cod and chips, I had to have separate meals on my own – usually something bland like boiled fish and potatoes. It made me believe that weight loss was miserable, embarrassing and shameful. It didn't work either – I gained weight every year into my adulthood.

When I went away to university, it was like the floodgates had opened! All the things I wasn't allowed as a child were suddenly available to me and my weight shot up. I'd try to slim down occasionally, but the only way I knew how was to cut out the foods I loved and follow some crazy fad diet I couldn't stick to.

Feeling out of control

After I graduated, I found my weight affected my job as a teacher, too. I often felt like a hypocrite – especially whenever I was teaching the children about the importance of eating healthily and being active. My joints and back would be in agony after a day on my feet, too. I'd plaster on a smile, but inside I felt like a fraud.

My big wake-up call came when my GP recommended weight loss surgery. After that appointment, I went away and researched the procedure – and discovered that my weight meant the anaesthetic would be risky for me. I just couldn't shake the fear that I might die on the operating table...

My first night in group

My cousin, Fiona, was a Slimming World Consultant. She'd been gently encouraging me to join her group for a long time, but I'd never felt ready. Deep down, I was worried it would be yet another failed weight loss attempt.

How wrong I was... From the moment I joined her group in May 2018, I was surrounded by warmth, kindness and compassion. Standing on the scales for the first time was daunting – I was terrified I'd be too heavy for them to weigh me (thankfully I was wrong about that, too!). Although the number was frightening, it also felt like the start of something positive.

Fiona told me that she'd never give up on me and she kept that promise. She was with me every step of the way – and so were the rest of the group. They helped me to really believe I could do it, and that was a huge turning point for me.

Becoming a confident cook

It was easier than I'd expected to get to grips with the Food Optimising plan. I'd never cooked from scratch before, so I started by picking simple recipes with only a few ingredients.

As I became more confident in the kitchen, I experimented with new dishes and found I could recreate all my old favourites, like curries, pizzas and Chinese dishes, with a few slimming-friendly adjustments.

I'd been in a battle with food for most of my life, so being shown that I could eat generously, never go hungry and enjoy my meals while losing weight... Well, it was genuinely life-changing.

The children at school often ask me, 'What's in your lunch bag today, Mrs B?' and these days, I'm proud to show them the plentiful, colourful, delicious food I've made.

Life just kept getting better

Losing 18 stone has obviously been fantastic for my health and confidence, but by far the best thing about losing weight is the relationship I now have with my son, Josh. I no longer feel like I embarrass him, and he tells me he's proud of what I've achieved. He's a county and regional-level swimmer, and being more in tune about activity and nutrition has brought us so much closer together.

I've got lots more energy too, so when Josh suggests fell-walking, rock climbing or kayaking, I'm excited to get involved rather than worried I'll be over the weight limit.

We've recently been on holiday to the Lake District. After a tough climb to the top of a fell, I looked out to the view below and suddenly felt tears welling in my eyes. I was thinking about how much I'd missed out on – so many beautiful views and experiences..

There's no doubt in my mind I've saved my life by losing weight – I'm so looking forward to life in 2024 and now it's a life worth living!

Baileys Mocha Syllabub



These boozy syllabubs aren't too naughty... and they're very nice!

Ready in 10 mins (plus 3 hrs chilling)

Serves 4 | 4 Syns per serving

Ingredients:

- 1 tsp instant coffee
- 200g plain quark
- 2 x 160g pots Mullerlight Smooth Toffee yogurt
- 4 tbsp Baileys liqueur
- 2-3 drops vanilla extract
- 3 level tsp sweetener
- 15g cooking chocolate
- 1 level tsp cocoa powder, to dust

Method

1. Dissolve the coffee in 1 tbsp water. Whisk together the coffee, quark, yogurt, Baileys, vanilla extract and sweetener.
2. Divide the mixture equally between 4 dessert glasses, then chill in the fridge for 2-3 hours.
3. Meanwhile, melt the chocolate. Take a spoonful of chocolate and drizzle thinly over a piece of baking parchment in 4 separate decorative patterns. Allow to cool and chill until set.
4. When ready to eat, remove the syllabubs from the fridge and add a chocolate swirl to each one. Dust over the cocoa powder and serve.





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

EXTRA SESSION ADDED 7.30am (8th Jan)

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

EXTRA SESSION ADDED 7pm (4th Jan)

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, 9.00am, 5.00 & 6.30pm Nataley 07939 949136

Friday

Chelmsley Wood The Family Tree, 9.00am Jayne 07453 348184

Sheldon St Thomas More Church, 9.00am Claire 07917867577

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

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January's Guest Speaker Danny Greenway

Danny Greenway from the Birmingham craft Centre will be the speaker on Monday 22nd January. He will be advising on his journey of how he has developed a leaking Cow shed into a multi functioning craft Centre.

The Birmingham Craft Centre now supports 45 other businesses from across the West Midlands.

He will also be sharing upcoming opportunities for pop-up stalls

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This joke isn't funny any more



“This joke isn't funny any more, it's too close to home and too near the bone” so goes the words to the 1985 Smiths song of the same name. It's unlikely that the Manc' moaners could have foreseen the fiasco of HS2 back then but Morrissey's lyrics describe exactly the situation we have now. HS2 has turned into a national and indeed international joke. However, it may be worse than that: setting aside the fact that HS2 has morphed into a tax payer subsidized, uneconomic white elephant it now appears that it could possibly be detrimental to our health.

Due to its location as the junction of the Birmingham leg of HS2 and the now cancelled Northern leg, Water Orton is one of the busiest and most intensely worked sites along the entire route. It has caused mayhem for residents trying to go about their daily business and while causing immense frustration that seemed to be the extent of its effects – or so people thought.

A year or so ago a number of Water Orton residents began to experience unusual breathing difficulties and asthma-like symptoms. At the time these problems were just anecdotal and as we had recently come out of

Covid, it was possible that these symptoms were a legacy of that. However, as time went on and Covid became just a painful memory, the symptoms persisted and it became clear from experiences shared on Facebook that the breathing issues appeared to be especially affecting residents of Water Orton and the immediate area surrounding it. People began to wonder if the fine red dust that coated everything from cars to windows in the village could be causing the breathing problems that seem to affect so many of them.

To this end a small group of concerned residents began to mobilise and gather data to try to discover what was really going on in their area. The group has a diverse membership but most notable among the activists are former parish councillor Feli Freeman, Water Orton Heritage Group organiser, Jenny Deebank and Judith Cleaver a well known and passionate advocate for Water Orton. Along with others, all three women have been instrumental in highlighting not only the perceived health issues both physical and mental but also the effects on the built environment in Water Orton. They have appeared on ITV and BBC local news and continue to collate information in order to be able to hold HS2 to account.

As a long-time campaigner in Water Orton for other issues including traffic calming and speed reduction, Judith Cleaver has become a formidable force in gathering the hard evidence to try to show a link between the HS2 works and the effects on people's health. By lobbying the local council and HS2 the small campaign group has been able to get funding for the installation of 5 air quality monitoring machines that will provide data in respect of the type and distribution

of micro particulates which can be breathed in and build up in lungs and airways. Unfortunately, the location of the monitoring stations were not subject to public consultation whereby residents with local knowledge could have been consulted as to the most effective locations, but something is better than nothing. Another initiative was the setting up of a “smart survey” to gather information from residents as to their health issues and also their location. Called the HS2 Health Impact Survey, this will attempt to show if there is indeed a causal link between the proximity of the HS2 works and the effects on local residents health. SmartSurvey is a U.K based provider of digital surveying and whilst it uses location data (but not home addresses) input by you, it is completely anonymous and no directly personal data is ever taken or stored. The survey is still running and can be found online at:

<https://www.smartsurvey.co.uk/s/WOHealthSurvey>

If you feel that your health has been adversely affected by the HS2 works near to you then Judith and her colleagues urge residents to participate in the survey as the more data that is harvested then the more likely it will be to show a correlation and lead to practical change. If you wish to get involved or for updates on the responses from HS2 then Judith can be emailed on:

judithcleaver888@gmail.com

It is often perceived that ordinary members of the public feel powerless to challenge big government or big business, that their concerns will not be taken seriously or at worst-ignored. This is a chance to make your voice heard when it may affect what matters most of all – your health and well-being.



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COME HOME SAFE

Teachers Teach, Drivers Drive

Background

Many schools use their own minibuses to transport pupils for sports, cultural events, field trips etc. A significant number also use minibuses to provide home to school transport where there is little or no public transport or other alternative.

However, in our opinion, the law and regulations which govern such situations is both unjust and confusing, and is potentially ultimately unsafe for the pupils and staff involved and also the general public. The current law is not fit for purpose.

Many private schools are required by law to operate at the cutting edge of best practice of minibus operation by having an Operators (O) Licence. In contrast, state schools and other private schools, including those registered as charities, are covered by regulations, principally Section 19 under the Road Traffic Act 1985, which are much less well defined and frequently open to misinterpretation and error, with poorer safeguards for pupils and drivers.

Our view

In our view, developed following discussion with many in the teaching profession and outside, is that there are two alternatives to this unjust and potentially unsafe situation:

- Legislate for best practice – which means all school minibus operators operate under an O Licence.
 - Do not use minibuses at all – use alternative means of transport for the pupils.
- These can co-exist and there are currently excellent examples of both models of practice in different schools.

To ensure safe practice, the law must be simple, succinct, straightforward and routinely enforced and recorded.

CALL TO ACTION

We call upon the Government to ensure that the UK traffic regulations apply uniformly to all schools. Thus legislate to:

- remove Section 19 of the The Transport Act (Amendment) Regulations 2019 for schools in particular,
- bring in the obligation for all schools to operate under the Operators (O) Licence regime.

So we are looking for support from Government to redress this inequality in safety for young people and teachers alike urgently.

This is a matter above politics, it is a matter of life and death.

Stephen and Elizabeth Fitzgerald 07904101583

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Coleshill Ladies Probus

We held our meeting on Tuesday 28th November at the Coleshill Hotel.

After lunch, the speaker this month was David Richards on the subject of Bee keeping. David has been a member of British Beekeeping Association for 9 years and gave a very interesting and informative talk on bee keeping and the importance of bees.

Bees not only pollinate plants and flowers, but 90% of our vegetables and fruit as well.

There are three types of honeybees, the queen, the female workers, and the male drones.

Do you know how many eyes a bee has? None of us knew and had to guess, the actual number is five.

The life of a worker honeybee is only 6 weeks, and in a bee's life they only produce one 12th of a teaspoon of honey, which explains why honey is so expensive.

The Queen can live up to three years.

The biggest threat to honeybees is the Asian Hornet, which have been seen in UK since 2016. The Asian Hornets wait outside the hives to capture and kill the worker bees.

Everyone thoroughly enjoyed the talk and asked numerous questions.

We welcomed seven new members today, Jenny, Deanna, Rose, Judy, Karen, Eileen and Margaret

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

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

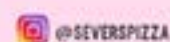


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The Coleshill School Will Remember!



On Friday 10th November 2023. The Coleshill School held its annual Remembrance Service to commemorate former students of The Coleshill School who lost their lives in active service.

In front of a packed Hall of students and visitors, Sixth Form students proudly read out the names of 27 'old boys' from the first world war, 9 from the second world war and James Munday who was killed in Afghanistan in 2008. The last post which was followed by a two minute silence.

Mr Smith-Childs, Headteacher commented "At this time of war and suffering for so many people around the world it is so important for the school community come together. We are very proud of how well our students respect this occasion."

I would like to thank all our students, staff and visitors including, Cllr Sue Wallace, Deputy Mayor of Coleshill, and John Hoyle, former Deputy Headteacher, for attending our Remembrance ceremony. This is an important event for the school and I am so proud of the number of students who voluntarily attended the Remembrance Service and were so respectful today to commemorate our lost boys".



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Mary, waiting expectantly



Spruced up, with a fresh wardrobe, Mary gazes wistfully at an empty manger, focused on the imminent birth of her baby who angel Gabriel said would change the world for ever.

She is one of the set of old and tired plaster and wire models making up the nativity at St Peter and St Paul, Coleshill.

They are undergoing sympathetic repair and careful repainting. The restoration and good lighting give her a serene, almost human, appearance.

The nativity has always been on the floor in front of the nave altar, so few noticed its deterioration or saw the fine detail in the figures - or that behind them in the east window is a premonition about how the still-to-be born Holy Child's earthly life will end.

The recorder-playing shepherd and dog is the latest to be ready for their walk on part. A wise man is already waiting in the wings after his conservation.

When you're in church marvel also at the awesome detail in the Camm southwest window showing the adoration of the magi. The detail and rich colour palette is extraordinary.

We're proud of our Clayton and Bell windows, too.

Camm shows the beginning of Christ's story, Clayton and Bell his last day on earth in the huge east window at the other end of the church. Clayton and Bell were masters of story-telling, excelling in their use of colour. The angel image is from their Valentine window in the lady chapel.

Visit the website (www.coleshillparishchurch.org.uk) for a look at the windows and other stories, and to check for any changes in Christmas services. At the time of going to press they are

Coleshill parish church...

- Candles, carols and kindness - 10 December 4pm. A candlelit family service within Advent, and an opportunity to donate toys to the Birmingham City Mission Toy Link Appeal.
- Christingle within the family service - 17 December 10.30am. Carol service 4pm
- Dickie Birds children's light service - 22 December 9.30am
- Carol service with Coleshill Town Band - 22 December 6.30pm
- Crib service - Christmas Eve 4pm. First communion of Christmas 11pm
- Christmas Day family service with Holy communion 10.30am

...and Maxstoke

- Carol service - 17 December 4pm
- First communion of Christmas - Christmas Eve 8pm plus mulled wine
- Christmas Day - service of the word 9.15am

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JGTravelGroup

Remembrance Parade and Service

By Zoe Hillcox-Davis

'Adapt and Overcome' was a phrase frequently used by the organisers of Coleshill's Remembrance Parade and Service 2023. There were many challenges to overcome in the lead up to the 2023 parade, changes to the parade route and road works to name a few. But not even the weather and a last-minute change in the location of the service, entering St. Peter's and St. Pauls Church for the first time since 2019, could stop the crowds from coming out to watch the parade and pay their respects.

The privilege of organising the parade and service is a joint effort between Royal British Legion, Parish Church, Coleshill Town Band and Coleshill Town Council who all come together to organise a parade and service for Coleshill to be proud of.

The parade was led by Coleshill Town Band, the Royal British Legion, Mayor of Coleshill, Cllr. Tony Battle and Deputy Lord-Lieutenant Mr Michael Fetherston-Dilke who were joined by representatives from Warwickshire County Council and North Warwickshire Borough Council; followed by uniformed organisations, groups, schools, and societies from in and around Coleshill.

As always, the team behind the remembrance service and parade work diligently to honour the fallen in all conflicts, and it could not happen without the participation of volunteers and Coleshill as a Community and for that, we would like to thank the following:

Coleshill's Royal British Legion, their chairman Ray Richardson and the dedicated team of volunteers who organise the local Poppy Appeal – raising thousands of pounds in the process.

Thank you and welcome to the Rev. Sarah Tillett (who had only been in the post a few short weeks before Remembrance Sunday for conducting the service) admirably. Many thanks also to the congregation, volunteers and staff (including but not exclusively the Church Wardens, Bell Ringers and Flower Guild) at Coleshill Parish Church for their part in Remembrance. The Church was suitably festooned with poppies including a drumhead altar, Coleshill's silent soldier and remembrance altar cloths.

Thank also to:

- Coleshill Town Band for leading the parade with dignity and special thanks also to Principal Cornet, Rosie Harding for sounding the "Last Post" and "Reveille" with great composure.
- The Sergeant at Arms, Simon Toon for leading the parade and wreath-laying in a well-respected, effective, thoughtful manner.
- The uniformed organisations, their standard-bearers and leaders: Royal British Legion, 2504 (Fordbridge) Squadron Royal Air Force Air Cadets, Birmingham Stirling SCC, Coleshill's Squirrels, Beavers, Cubs and Scouts, local police officers as well as firefighters and the fire truck from Coleshill Fire station helping to keep the parade safe. Coleshill in Bloom who ensured that the planters at the church and around Coleshill were spruced up and well-tended.
- The volunteers that assist with the road closure to enable the Remembrance Parade to pass through Coleshill safely, it really could not happen without them manning the road closures or driving the vehicles to keep the parade protected; Coleshill Primary School for allowing Coleshill Town Band a safe space to practice their marching and Chantry House for allowing the parade to muster and disband from their grounds;

And to all the staff of Coleshill Town Council who ably assisted with the event.

This year poppy artwork was donated to the Remembrance organisers for display, this included: Twin Rivers W.I display of knitted poppies and post-box topper, the knitting Group at Coleshill library kindly donating a piece knitted/crochet poppy artwork to the church which hung from one of the pillars, the Remember When knitting group from the Town Hall kindly donating a panel of crochet/knitted/cross stitched art which was proudly displayed at Coleshill Town Hall, along with artwork from the pupils of the St Edwards school.

And finally, appreciation is given to those who lined the streets of Coleshill, filled the Church and Church Hill and attended the refreshments at the Town Hall; your encouragement, acknowledgement and support helps to make Remembrance Sunday the magnificent event that it is.



COLESHILL CIVIC SOCIETY

Missing Buildings and Spaces 8

By John Hoyle



A general store opposite the junction of Packington Lane with Coventry Road. In about 1910 it was run by J Willis who had his bakery behind the shop. On the wall may be seen many adverts for many famous goods. A post box may be seen on the wall before it was moved further up Coventry Road as a stand alone box.



The shop was taken over in about 1936 by Beatie Rose, now essentially a corner shop which was not really on a corner. It sold a bit of everything. In 1958 the shop and cottages were demolished for 'redevelopment'.



A famous landmark The Woodman Inn. It gave it's name to Woodman Corner, the junction of High Street and Parkfield Road.



The White Horse Inn, one of the many inns in Coleshill which have disappeared over the years. You could wonder how it managed to exist for it was almost opposite to the George and Dragon. It operated through the 1914/18 war and then became a private house. Eventually it was demolished during the building of Brendan Close.



Taverners Row was a row of cottages opposite the Catholic Church. The 6 houses were 2 up and 2 down. When these cottages appeared on facebook some time ago one of the comments was from someone who used to live there. They had been one of 6 children who had been brought up there and the roof leaked in the bedroom.

In the background may be seen the tower of an earlier catholic church which was

used for social occasions having been unused as a church since the current church was adopted in the 1940's. The earlier church was demolished in the 1980's, if anyone has a photo I would be grateful to have a copy.

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.



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

Cost of living help. HS2 update. Air quality. Parking bays. Water orton train station.

How can it be December already? Well, let me start by wishing you and your family a very Happy, Healthy and Prosperous Christmas and New Year. In the words of John and Yoko: "Let's hope it's a good one."

Cost of Living Help and Support

With increasing winter heating bills and Christmas costs money can be a little tight over the next few months. North Warwickshire Borough Council continue to offer specialist officer help and support for anyone experiencing Cost of Living pressures. All support is given in confidence, so if you are feeling the pinch with heating bills and food and fuel prices, or you know of someone who is, then please let me or your local councillor know. We will gladly help you access professional help and support. Asking for help can be embarrassing, but please don't suffer in silence.

HS2 Pause North of Faraday Avenue

Just a note to say that I met with HS2 leaders and have confirmed that all works north of Faraday Avenue, the road leading from the A446 into Hams Hall, remain 'Paused' for two years following the Prime Minister's announcement. No new construction work will be started north of Faraday until national Government lift the Pause.

This means that the trainline up to Faraday Avenue will be built to completion, and this includes all works in Gilson and Water Orton, across the A446 at Chattle Hill, past Jack O'Watton bends, and up to Faraday Avenue. This replicates our experience when the M42 was built; older residents will remember that a brilliantly conceived and executed protest by Water Orton residents saw motorway construction come to an abrupt halt at Coleshill Hall. It was a bizarre sight to see a fully constructed motor with crash barriers, lighting and white lines that just came to stop and went nowhere! The HS2 construction will be the same.

On the Coleshill side of Faraday Avenue we will now see over 2,900 concrete sections be transported from the Marston Compound on the A4097 where they are being made, up to Junction 9 M42, and along three alternating road routes to arrive at a loading stage that has been constructed next to Faraday Avenue. These sections will form the elevated trackways that will sit on top of the piers that are now being built on the old Old Salts Rugby Club site on Watton Lane. This run of piers will extend across the A446 through the old Water Board Cottage site where one of the piers will be almost 100 ft high, and decent to ground level at Faraday Avenue.

Starting at ground level at Faraday Avenue these 2,900 concrete sections will be incrementally bolted together to build two separate train lines that will rise vertically in height so that when they reach the elevated section of the M42 at Watton Lane the track will be high enough to pass over the top of the motorway. Having crossed the motorway the train tracks will join the earth banks that are now being built long the back of Vicarage Lane and the new rugby club site at Gypsy Lane. For those who are interested in construction and engineering this will be an impressive spectacle. Unfortunately, it will be visible from Coleshill, and surrounding elevated communities like Shawbury Lane. I am working to keep night time lighting to a minimum.

I would like to pay tribute to the late John Warren who campaigned relentlessly through the Parliamentary Select Committee petitioning process on behalf of Water Orton's interests. Every time I look at the plans HS2 submit it reminds me that the concessions that John won to visually screen the railway on the village side of the M42 showed fantastic foresight.

Air Quality Water Orton

You will recall that since major earth moving engineering started in Water Orton several residents with respiratory problems have experience a worsening of their conditions, and residents who wear contact lenses have experience discomfort. These conditions have coincided with homeowners close to the works finding their windows, conservatories, and driveways have needed more frequent cleaning because of an increase in dust and dirty that has settled.

I complained to HS2 about these issues and subsequently received a considered formal response that noted my complaint, but clearly pointed out that HS2 were not the only function that were possibly impacting on air quality. HS2 rightly pointed out that the village sits with motorways on three of its four boundaries, is close to the flightpath for Runway 33 at Birmingham Airport, and that busy Birmingham commute main roads run through the village. Effectively, they challenge me to prove that the health and property issues are solely down to HS2. So we are going to have a serious look at air quality impacts in Water Orton.

It's a hearty well done to Warwickshire County Councillor Martin Watson who has secured a significant £350,000 commitment from Public Health Warwickshire to install five air quality monitors at key sites in Water Orton. The funding will pay for an expert air quality consultancy company to erect the monitors and working in partnership with North Warwickshire Environmental Health team, take month readings of a range of airborne pollutants over a three-year period. The findings from these five monitors will provide a comprehensive evidence base on a wide variety of air quality pollutants across the whole village. As the dataset trends develop month by month, we will be able to match the results to HS2 and other activities in and around the village, and once we have an evidence base we will be able to take action to improve matters.

Martin Watson's contribution is fantastic. The speed and effectiveness of the response he has engineered in securing Public Health support is hugely impressive. Following consultation with NWBC Environmental Health and Cllr Steve Stuart we have proposed that the five monitors will be placed on lampposts around the village covering the general areas of: Plank Lane near to the School; the shops; The Birmingham Road above Mytton Road; Maud Road at Watton Lane; and Marsh Lane. This will hopefully give a whole village cover.

I am conscious that air quality concerns have also been raised by Coleshill residents, these are now being actively worked on by Cllr Peter Fowler and Martin. The initial focus on Water Orton has been in response to the notable volume of concerns that have been raised locally.

Parking Bays Water Orton Shops.

Well done and thanks again to Councillor Martin Watson for getting the parking bays at the shops marked up as parking spaces. In 2016 Ray Payne and I

started work to get these bays resurfaced, at the time no one would accept responsibility for them, so we had to prove that the parking bays were part of the designated Highway, and Martin has finished the job off in 2023, that's only 7 years; we consistently have to fight absolutely ridiculous timescales to get things done!!!! You'll also see that new parking order signage has been installed, so be warned the Parking Wardens are now enforcing the bays.

Water Orton Train Station

I have exciting news! Thanks to the efforts and determination of Water Orton Community Action Group we have secured a commitment from Network Rail not to demolish Water Orton Railway Station. This is an incredible achievement. Network Rail have now commissioned a full structural survey of the building which they started mid-November. This will take some months to complete and will involve the station having scaffolding erected and a variety of specialist contractors inspecting the building. Network Rail's current commitment extends to undertaking maintenance and some restoration works, but falls short of a commitment to fully restore the whole building, which I accept is reasonable in view of the significant cost of a full restoration. That said, any deterioration of the station building will now be stopped and areas like the roof, windows, staircase and hopefully internal building space will now be restored. Following completion of the structural surveys we will have a full understanding of the task at hand and the costs to restore the station building. This is a critical first step to inform our decision making about how to move forward.

You may remember that the Community Action Group secured an initial grant of £50,000 from the Railway Heritage Trust, with an offer to increase the grant funding if we can make a business case. I'm pleased to report that we had more great news recently that students from the University of Birmingham who are studying for a professional qualification in building conservation and restoration have now take the station on as a case study. Hopefully the structural survey and the support of the students will enable our Community Action Group to make a sound business case to secure more funding from the Railway Heritage Trust and also from West Midlands Rail. Progress indeed!

So that's it for 2023! Another year flies by. I already have some interesting updates for my next article in 2024 on road safety in Water Orton, ecological restoration plans for the River Cole, and hopefully an exciting local heritage project. Wishing you a Merry Christmas and a Happy New Year, Dave.

If I can be of any help my email address is davidreilly@northwarks.gov.uk and my phone number is 07770 704 617.

Police News



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



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



Burglary Dwellings

There has been an increase in Burglaries in the Water Orton and Curdworth area over the last month.

Officers from Coleshill West SNT have been conducting targeted patrols in the villages over the last month following an increase in burglaries.

PCSO Smith and Beale also held a crime prevention event at St Peters and St Pauls church on Saturday 14th October. Thank you to the residents that attended. Free alarms were handed out and advice on how to protect your home.

Patrols and police action have increased but please ensure appropriate steps are being taken to secure your property and report any suspicious incidents/persons as soon as possible.

Offences include properties being entered via the rear doors and damaging glass/doors.

Follow this link for advice on how to secure your property: [Crime prevention advice | Warwickshire Police](#)

Coleshill High Street crossroads

Police officers in high visibility uniform have been monitoring traffic at the crossing of Blythe Road and High Street in Coleshill.

Traffic lights are now in place with no right turn signs in view.

On Wednesday 18th October, 22 people have turned right in front of Police and will be dealt with accordingly.

Can this be a kind reminder that there is no right turn in any direction of this crossing.



Further patrols will be conducted in the area and anyone breaking the no right turn rule will be dealt with.

2 people were also observed to be using their phone whilst driving! They will also be receiving a visit from officers.

Tell us what you think!

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

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

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

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

Atherstone and Coleshill Safer Neighbourhood Team Newsletter Proposal of Area Priorities





Cllr. Alistair Brett, Coleshill Town Councillor

Cllr. Jane Farrow, Borough Councillor, Coleshill North ward

Keeping Coleshill Parkway ticket office open is still “on track”

Coleshill remembers.

There was a short but well attended Remembrance Day March that took place in Coleshill on Sunday 12th November. It was a dignified and humbling event which celebrated the sacrifices of our brave servicemen and women who have defended our freedoms and way of life – and for that we are eternally grateful. Your councillors had the honour of attending the parade and were able to lay a wreath alongside the other civic dignitaries and political and public figures who represent Coleshill. Though the weather wasn't kind, the rain didn't dampen the determination of the Royal British Legion to make this a fitting tribute to members of our armed forces past and present. Particular thanks must go to Ray Richardson as one of the principal organisers of the march and much of the fund-raising via the Legion's poppy appeal. In conversation with him afterwards he said he was delighted with the way things went but wished it could have been a longer march to provide an even more prestigious display. It seems that the main reason for the shorter march this year was the lack of trained volunteers needed to marshal a longer route. Whilst we can already pre-empt the cries of “It's Health and Safety gone mad!” the overriding objective must be to maintain the safety of public and participants alike and to that end it would require more volunteers and for those volunteers to be Lantra trained (the body responsible for providing accredited land based skills) in basic traffic management.

Please do get in contact with Coleshill Royal British Legion or via the Town Hall if you feel you can offer your services for the next Remembrance Day and try to make it an even bigger and better parade. In fact you may not have to wait until then as there are the 80th anniversary of D-Day celebrations on 6th June next year which it is hoped the people Coleshill will support with their usual enthusiasm for our proud heritage.

Normal service resumed.

As reported in the last couple of issues, your Labour councillors have been championing the campaign to keep rail ticket offices open and platform staff at train stations. Probably 30 odd years too late for Water Orton but still very relevant to Coleshill Parkway. We urged you to sign a petition to force a debate in Parliament, which many of you did. Well that debate never happened – the reason? - the Government called a halt to the proposal and has ordered train operators to withdraw their proposals and for no ticket offices to close, this was in spite of the Government previously backing the discriminatory plans. So with many MPs, councillors, disabled rights groups, transport campaigners and of course you the public applying pressure on the Government, a fantastic outcome has been achieved. Whether it was a U-turn or a victory for common sense, either way the result is to be celebrated, the same cannot be said of future plans for HS2 of course.

Paws for thought.

It's not all glamour being a town or borough councillor and sometimes we have to deal with the more unsavoury aspects of civic business – to coin a phrase. It is, yes you've guessed it; dog fouling.

Fortunately, it is now quite rare because most responsible dog owners are aware of not only the unpleasantness and blight on our streetscape but also the health issues of dog fouling. So, when one does see it in the street it really is obvious because it is so unusual, though no less

unpleasant. It has to be said that most of Coleshill's dog owners are public spirited, care about where they live and do clear up after their dogs. Not to be heavy-handed, and we would always say that education is more effective than legislation, it is nonetheless worth mentioning that it is an offence not to clean up after your dog when it fouls on public land. Under the Fouling of land by dogs Order 2017, it can attract a fixed penalty notice of £100 rising to £1000 if not paid. With just a moment's thought (and a pooh bag of course) you will be doing your bit to keep your town mess free. People shouldn't feel embarrassed about cleaning up after their dog, it is a valuable civic duty and will be very much appreciated by residents as one of the many responsible dog owners who help keep Coleshill clean.

Step into Christmas.

By the time you read this we will be well into December and Christmas will soon be upon us. Coleshill will no doubt look fabulous this year and with many special festive events to enjoy there will be a real Christmas spirit in the community. While most of us will be enjoying the company of friends and family please also spare a thought for anyone you know in your area who may be on their own this Christmas, particularly the elderly or disabled who may be feeling just a little more isolated at this time of year. Loneliness and social isolation, particularly amongst our elderly, is a hidden health issue causing longevity and mental and physical health problems. So why not drop them a card, give them a knock or perhaps even invite them round for a drink or meal and give them the most precious gift of all – the gift of Christmas cheer. Your Labour councillors would like to take this opportunity to wish you all a very happy Christmas and a prosperous New year.

Contacts:

alistairbrett@coleshilltowncouncil.gov.uk
janefarrow@northwarks.gov.uk



Cllr Steve Stuart, Water Orton North Warwickshire Borough Council

Dear Fellow Villagers

The ending of the year is always a time for reflection. Christmas can be a very stark time when we are reminded of those who are no longer with us.

However, a new year provides new opportunities and new beginnings. And at a time where we can see so many things that we have lost as a village it is time now to try and focus on what we can now to make the most of the opportunities that 2024 may bring.

Recently I received a notification of the Leagcy Funding which relates to the Commonwealth Games in Birmingham. Like so many funds these are limited both in terms of the level of monies available but also the time with which we have to respond.

The Parish Council on 30th November will see me bringing forth proposals to make bids for this funding to address some of the lack of leisure resource within the village; particularly in relation to those that aren't served by the existing play equipment.

Over the last few years as a village we can point to so much we have lost due to HS2, Covid and the economic downturn. Apart from individual difficulties we can also look to an impact on community endeavours and activities. Especially as so much of many lives are conducted from home or via the internet rather than in person.

2024 hopefully will be the start of redressing that balance. Whilst unwelcome change will undoubtedly continue to impact on us all there is the

opportunity to try and create our own change for the benefit of everyone, not just those that have the ear of those influencing decisions.

Whether the funding for such changes becomes available or not it is important that we try and take the opportunities that are presented to us as they arrive. Georges Danton told the French National Assembly in 1792, “Il nous faut de l'audace, et encore de l'audace, et toujours de l'audace”. Simply translated it means “we must dare, and dare again, and always dare”.

It's a quote which certainly resonates with me. 12 months ago I wasn't considering standing for election to North Warwickshire Borough Council. To potentially stand in a ward which has no history of independent candidates or

recent history of voting anything other than the approved candidates could be considered foolhardy and a waste of time and effort.

And yet the people of the village have bestowed upon me the greatest honour to be their representative. It is a great privilege to be able to use this position to help take positive action and that is what I will continue to do on your behalf next year and those that follow.

If the years in our recent past are those where we have seen our losses starkly let 2024 be the year where we aren't afraid of the risk of failure, loss and change; but take the risk to succeed and improve our environment, our community and our futures.

Wishing you all the peace glad tidings of the season and a prosperous New Year.

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Coleshill Ladies Probus Meeting



On Tuesday 31st October, Coleshill ladies probus held our annual AGM.

Our current president Dorcas Hall welcomed five new members, before handing the chain of office over to Sue Lappin.

Sue is looking forward to leading us through a hopefully interesting and happy year.

The meeting was followed by an excellent afternoon tea, provided by the Coleshill Hotel, and was enjoyed by all.

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

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



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Next Town Council Meeting – 24th Jan
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.

Remembrance Day

This year's Remembrance Day Parade saw an increase in people attending the service at St Peter and Paul's Church and even more people standing along the High Street watching the parade march by. As a member of the Royal British Legion it's always an honour to march behind our veterans, our Town Band and to be followed by all the voluntary organisations. It was really special to see even more children and young people marching and attending the service.

As you may know the Coleshill Branch of The Royal British Legion meet regularly at the Bell public house on the Birmingham Road. If any current armed services personnel or veterans would like to come along they would be made most welcome, as would any member of the public. You do not have to be a member to come to one of our meetings and neither do you have to have been in the armed services if you should wish to become a member. I would welcome anyone interested to contact me on 07710 317782 to learn more about the Royal British Legion.

One Stop – Post Office.

People may have seen on social media or heard on the High Street that the Post Office Counter in the One Stop store in Coleshill is to close. I have made enquires with Royal Mail and One Stop who inform me that the Post Office service will not be closing and will be extending the opening hours Monday to Sunday, 8am until 8pm. Please see below the following response I have received from the External Affairs Manager of the Post Office, which I hope will allay any fears that anyone may have.

Dear Cllr Fowler

Thank you for contacting us with regards to Coleshill Post Office. We want to reassure customers that Coleshill Post Office, operated by One Stop from their store, is not closing. Post Office are working with One Stop to move the branch counter closer to the retail till, to make better use of retail space and enhance store operations.

These changes will ensure greater efficiencies at the branch, while continuing to meet evolving customer needs. There are no plans to change any of the services, and customers will benefit from extended opening times after the counter is relocated. One Stop are still finalising their plans for the branch, with the changes due to take place next Spring 2024.

Air Quality Monitors

Since the start of the construction of HS2, here in Coleshill and Gilson, there has been an increase in traffic using the A446 and other local roads. The traffic is also greatly increased whenever there is a problem on the M6 or M42. Residents in Coleshill have complained of dust and poor air quality affecting everyone's health and wellbeing. Myself and Cllr Martin Watson have requested, via the Borough Council, that the County Council's Public Health Team consider installing Air Quality Monitors in the area to ensure that Air Quality Standard Targets are being met.

Dog Fouling

The Borough Council is proposing to introduce a Public Spaces Protection Order (PSPO) for dog fouling. One method of ascertaining whether a PSPO is necessary is through public consultation, which is now live and can be found at PSPO Dog Fouling Consultation Report Oct 2023 | North Warwickshire (northwarks.gov.uk) This is due to end on December the 8th.

Public Spaces Protection Orders (PSPO) relate to activities taking place which are, or which may be detrimental to the local community's quality of life. The PSPO for dog fouling is aimed at preventing and reducing this anti-social behaviour and to help promote responsible dog ownership. The proposed order requires people in charge of dogs in any public open space in North Warwickshire to:

- Pick up immediately after the animal has fouled.
- Dispose of the waste appropriately – in a public bin, or at home.

“Greenman” Crossroads

Like many residents, I am pleased to see that the traffic lights and pedestrian crossings are now working at the “Greenman” Crossroads. It's a shame, however, to see that some drivers are simply ignoring the NO RIGHT TURN signs that were installed. Cllrs Martin Watson, Dave Humphries and myself have requested that cameras are installed.

HS2 Construction

I would like to thank Cllr Dave Reilly, lead Cllr on HS2 at NWBC, for updating residents in the Coleshill Post on the construction of HS2. Particularly those issues which affect us here in Coleshill, Gilson, Water Orton and Curdworth. I look forward to Cllr Reilly's continued updates in the Coleshill Post in 2024.

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

I would like to finish off by wishing everyone a very Merry Christmas and a Happy and Healthy 2024.

Water Orton Church

This being the month of December, I wish all readers a merry Christmas and a happy new year.

As I write this I am aware that loneliness is a significant issue in society today, and that this is not confined to one particular age group. At Water Orton Church we host a free café every Tuesday morning from 9:30am to 11:30am. You will be greeted warmly with coffee, tea and bacon butties. On Thursday morning we run a toddler group for children of preschool age at the Link. This runs from 9:30am to 11:30am most weeks. I am also aware of other events such as the warm hub at the Rugby Club on a Thursday lunch time. Please contact me if you would like further information.

paulofwaterorton@hotmail.co.uk
0121 730 2081

This morning I was talking with someone who told me that they tend to attend church sporadically, but usually at Christmas time. So with that in mind our services for this Christmas :-

17th December 6:30pm Carol Service
Christmas Eve 3pm and 5pm Christingle and 11:30pm Midnight Communion
Christmas Day 10am all age worship with communion
Please join us.



On a monthly basis we also run our messy church service at the Link. This is informal and designed for all the family. A typical evening starts with creative activities designed around the theme, followed by a biblical talk, concluding with a freshly cooked meal. Our next meeting is on the 14th January at 4pm to 5:30pm. Please note there is no charge for this event. If you are planning to come it can be helpful to let me know so we can cater for the right number.

God Bless
Rev Paul Tullett



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And Toddlers

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Mornings
9.30-11.30
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Closure of B4114 Birmingham Road, Coleshill

The work we will be completing

We are continuing to prepare for works to construct the Coleshill Viaducts that will carry the HS2 railway over the existing B4114 Birmingham Road. To reduce disruption as much as possible, BBV will open a temporary diversion for the existing B4114 Birmingham Road until December 2024. This will allow traffic to continue to use the B4114 as we complete preparatory works on areas of the existing road. Works to construct the temporary diversion have been ongoing throughout 2023. To complete these works, we will now tie in the temporary diversion to the existing B4114 Birmingham Road.



Traffic management

Four-week closure of B4114 Birmingham Road from Monday 8 January 2024 to Sunday 4 February 2024.

A diversion route will be in place throughout the closure. The closure is shown in orange and the diversion is shown in blue on the map.

Community Projects

BBV and our supply chain partners can give back through volunteering time, providing resources and capacity building through the transfer of knowledge and skills.

Please contact us at communityinvestment@balfourbeattyvinci.com if you have any projects that you feel we could support you with.

Coleshill Warm Room Celebrates 1st Anniversary

Coleshill Warm Room celebrated its one-year anniversary on 1st November 2023. The room was opened by the Town Council to provide locals with a warm space last winter when fuel prices rocketed. It is located in the Coleshill Town Hall every Tuesday to Thursday mornings. Due to the popularity it has stayed open since the winter, having seen the attendances stay consistent throughout the summer months. It

has become somewhere to enjoy the company of others who have previously suffered from isolation and loneliness since the pandemic. Tea, cake and conversation has been the recipe for success. There's always a warm welcome at Coleshill Warm Room.

On the back of the success of the Warm Room at the Town Hall a similar Warm Room was opened at the Coleshill Community Centre Temple Way every Tuesday morning for those residents at the north end of the town.

WARM ROOM
At Coleshill Community Centre



Warwickshire Rural Community Council

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TWIN RIVERS WOMEN'S INSTITUTE



Coleshill Remembrance Day Twin Rivers WI Involvement

Twin Rivers WI (TRWI) are very proud to have played a number of roles on Remembrance Day this year. What people may not have realised was that was a tale of three parts:

Postbox Topper

For nearly a year now, the TRWI have been decorating the postbox situated at the bottom of the High Street by the garage. Since early November, the top has been covered in a tight array of poppies in not only traditional red, but also in white (for peace) and purple (to remember the animals who have died in service). Everyone who has mentioned it has said how wonderful it is and we are very proud.

Poppy Cascade

It caused quite a stir when the cascade was dropped down the side of the church and provided a real backdrop to the service on the Sunday morning. There were over 1000 poppies attached to netting and

the ladies of the TRWI, their friends and anonymous crafters worked tirelessly to get the blooms knitted and crochet in time to be tied on. It took three evenings to get them all in place, and they continued to be attached right up until the last moment as bags of flowers kept on being found on doorsteps left by anonymous donors. Sadly, storm Debi put pay to the cascade by blowing it up and over the Church roof. so it had to be taken down on the following Monday for fear of it damaging the clock, but it had performed its duty for this year and is ready to be used again in 2024. The TRWI Craft Group, WI committee and the Church are now considering how better to utilise the poppies next year.

Laying of Poppy Wreath

TRWI's president, Ali Doyle, was honoured to be invited to be part of the parade that walked along the High Street to the church for the service, along with other TRWI members.

This year the service was unusually held in the church due to the wet weather before progressing outside to the War Memorial for the laying of the wreaths. It was a sombre and moving moment when Ali laid the TRWI laurel.

The TRWI wreath had one single crochet poppy attached along with the traditional silk flowers which we felt was entirely apt. It bore the following verse:

"They shall grow not old, as we that are left grow old; Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning. We will remember them."

We are planning already for next year. We still would love people to continue to crochet and knit poppies ready for November 2024. For what is being planned, it will take a lot more poppies than we have already to create as dazzling a display as possible in the memory of all those who have sacrificed so much for us.



Twin River WI Wins Again!

It is another win for Twin Rivers WI (TRWI) at the Tamworth & District WI Show. Nothing seems to be able to stop them when it comes to food and drink!

It was a lovely competition with Women Institute teams entering from all over Warwickshire and its surrounding areas. The main competition was made up of two categories:

- a tropical themed cookery table; and
- a general craft table.

TRWI is proud to have won the best tropical cookery table, not only for the food, but for its display! So two trophies were bought home, a great haul for the afternoon!

This year, Twin Rivers was able to improve its general display by one of its members (Dawn) rolling up her sleeves to create a new adjustable backdrop and tablecloth; a staging area that is bound to improve our chances in future competitions – she even included spotlights and display plinths!

There is always an amusing 'near-miss' story though: This time, the ladies were unaware that they needed to include a flower display on the general craft table. So two of the members, Lorraine and Alison, performed a mercy dash to the closest supermarket to buy a bunch of roses. They then hoofed-it back to the venue, found a large jug in the kitchen... and shoved them in there. The flowers were on the table with seconds to spare before judging commenced. Bizarrely (and perhaps rather unfairly given the circumstances) they achieved a great

mark for the flowers, and other WIs who had meticulously created their floral displays did not get any better a score!

Not only was there a win with the tropical table, in the individual event Alison won the prize in the photographic category for her beautiful sunset snap, and Denise won in the best cake competition. So it was an all-round celebration.

Congratulations to all the winners and those who took time out of their busy lives to create wonderful entries, give practical help and provide moral support.





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reception@walshpodiatry.co.uk
329 Chester Road, Castle Bromwich, Birmingham, B36 0JG

Step into the Holidays: Prepare Your Feet for Christmas and the Colder Weather



As the festive season approaches and winter's chill sets in, it's essential to remember that our feet deserve a little extra attention and care. The cold weather, combined with the hustle and bustle of holiday preparations, can take a toll on our feet. Ignoring their well-being can lead to discomfort, pain, and even more serious issues. So, before you wear your favourite holiday shoes and step out to celebrate, take a moment to prepare your feet for the winter wonderland ahead.

Facts You Need to Know:

Moisturize to Hydrate: Cold weather can cause the skin on your feet to become dry and cracked. Dry skin not only looks unappealing but can also be painful. Regularly moisturising your feet with a high urea percentage cream can prevent this issue and keep your skin soft, our Help4feet cream has a 10% urea.

Warmth Matters: Cold feet are not just uncomfortable; they can also affect your overall body temperature. Wearing warm, insulated socks made of materials like bamboo can provide the necessary warmth and protection during chilly weather.

Proper Footwear is Key: Wearing appropriate footwear is crucial during the colder months. Invest in shoes or boots that are waterproof, insulated, and provide good traction to avoid slips and falls on icy surfaces. Proper arch support is essential to prevent foot fatigue, especially when attending long holiday parties or shopping sprees.

Trim and Care: Don't neglect your toenails, a common problem exacerbated by tight shoes and boots can be the cause ingrowing toenails.

Seek Professional Help: If you experience persistent foot pain, swelling, or other discomfort, don't hesitate to consult us on 0121 749 6313, we can diagnose any underlying issues and provide expert advice tailored to your needs.

This holiday season let's make sure we put our best foot forward. By following these simple steps and paying attention to our feet, we can enjoy the festivities without any hindrance. After all, happy feet make for a joyful journey, whether you're strolling through a winter market, dancing at a holiday party, or simply relaxing at home with loved ones.

So, let's toast to healthy and happy feet this Christmas – because every step you take should be filled with comfort and cheer.

Grand Opening of the Adrian Southall Room

Main information

On Wednesday 8th November tenants, family, friends and staff gathered at St Vincent's House in Coleshill to celebrate the opening of their new Adrian Southall communal room. The room is named after a former tenant, Adrian Southall, who sadly died in 2018. An article commemorating Adrian said, "Adrian's passions were eating, going to the internet café, watching Manga, and his family. Adrian saw the staff and tenants of St Vincent's as family too. It is difficult to realise that Adrian won't be around anymore. We will miss his jokes, his pranks and most of all his beaming smile. But his legacy will live on at St Vincent's"

We were joined by Jacqui and Jeff, Adrian's parents, and Coleshill Deputy Mayor Sue Wallace, with Jacqui and Jeff officially opening the room. Food and refreshments were provided in the new communal room which is bright and airy, with a sink and kettle for those essential cups of tea. Tenants are already making the most of the room, with Peter and Neil already setting up board games in the room. One of the domiciliary care staff, Janine, said at the opening event, "it's nice because we used to have Christmas dinner in one of the tenant's rooms because we didn't have the space, but now we have this wonderful space to use."

St Vincent's offers supported living, with self contained flats for each tenant. However, we soon realised that a communal space where everyone could gather was needed. Our new Adrian Southall communal room is accessible to all, being on the ground floor and wheelchair friendly. We would like to thank everyone who contributed their time, efforts and donations to making this room a reality. Andrew Penny, manager of domiciliary care, said after the opening event, "It's amazing to remember that this was only a pipe dream for us all to have this room. And now to see this wonderful space in operation, words can't explain how proud and happy I am for everyone who is associated to St Vincent's House."

St Vincent's was built in 2015 and has 7 one bed flats and 3 two bed flats designed or adapted for independent living. Our domiciliary care team provides support for the tenants to live independently. Our support staff are well trained, caring and are dedicated to providing tenants with friendly, professional support. Our flexible approach will respond to changes in tenant's personal circumstances and either increase support or decrease it as needed.



Adrian Southall's family planted this beautiful tree when they visited us to officially open the Adrian Southall communal room

PUBLIC NOTICE

GOODS VEHICLE OPERATOR'S LICENCE

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is applying to change an existing licence as follows. To add an operating centre to keep 1 goods vehicles and 0 trailers at Space Station Castle Bromwich, Trade Park, Chester Road, Birmingham, B35 7AF

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

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

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COLESHILL & DISTRICT GARDENING CLUB

Dates for your diary

Monday 11th December
 Gardening Club Christmas Party

At Coleshill Town Hall

Featuring Carols with Coleshill Town Youth Band
 And a "BRING AND SHARE" supper!
 Please arrive between 7.30-7.45pm.

Mulled Wine and Mince Pies will be served before the entertainment and tea and coffee will be available.

Members £3.50 Non Members £5

Monday 15th January

Gardening Club Picture Quiz At Coleshill Community Centre, Temple Way, corner of Station Road. 7.45pm

Members £3.50, Non Members £5.

Refreshments included.

Hope to see you at both events, everyone welcome.
 From all at Coleshill and District Gardening Club have a
 Happy and Healthy Christmas.

For more information contact Meda on 07549037477



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Inspirational young fundraiser to be celebrated at Mary's Meals' Christmas event in Birmingham city centre

Michael Glover, 11, will be a guest of honour at A Very Gospel Christmas at St Martin in the Bull Ring, which will feature a live performance from the renowned Lichfield Gospel Choir.

An inspirational young fundraiser is to be celebrated as the guest of honour at school-feeding charity Mary's Meals' upcoming Christmas event in Birmingham city centre.

Schoolboy Michael Glover, 11, will be one of the special guests at the festive gathering after raising more than £500 for the charity in recent weeks.

A Very Gospel Christmas, which will see the fantastic Lichfield Gospel Choir put on a captivating live performance, takes place at St Martin in the Bull Ring on the evening of Saturday 9 December.

Mary's Meals feeds more than 2.4 million children every school day in 18 countries including Ethiopia, Haiti and Zimbabwe. The promise of a nutritious meal encourages children into the classroom where they can gain an education and hope for a brighter future.

After hearing about the charity earlier this year, Michael has been on a fundraising mission. Not only has he put on bake and craft sales, the enterprising youngster has also created and sold graffiti style artwork. He has even written poems about the work of Mary's Meals, one of which will be performed at the Christmas event. Michael says: "I have really enjoyed raising money for charity and helping others."

Hannah Moore, Supporter Engagement Officer at Mary's Meals, says: "We're so thankful to Michael for his incredible fundraising and we can't wait to say thank you in person at A Very Gospel Christmas. Seeing children like Michael get behind our mission is so inspiring as they strive to help the children we serve every school day."

Mary's Meals' Founder and Sunday Times bestselling author Magnus MacFarlane-Barrow will also give a talk about the work of the charity at St Martin in the Bull Ring, sharing inspiring stories from the children receiving Mary's Meals and the supporters who make this possible.

The one-off event will include a selection of seasonal stalls and plenty of mince pies and mulled wine to get people in the festive spirit in the countdown to Christmas.

Proceeds from the evening will allow Mary's Meals to serve nutritious school meals to hungry children living in some of the world's poorest countries.

Looking forward to the event, Hannah Stewart, Supporter Engagement Manager at Mary's Meals says: "We're incredibly excited to be hosting A Very Gospel Christmas in Birmingham and we're really looking forward to welcoming everyone to St Martin in the Bull Ring this December.

"The wonderful Lichfield Gospel Choir will certainly get us all in the festive spirit with a fantastic night of gospel music, while your attendance will also help us to continue our work feeding hungry children across the world, this Christmas."

For more information on A Very Gospel Christmas and to secure tickets, which are priced at £10, visit Eventbrite.

It costs just £19.15 to feed a child with Mary's Meals for an entire school year. To find out more about the charity's work, please visit www.marysmeals.org.uk.



Michael Glover, has raised more than £500 for Mary's Meals in recent weeks



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Care**

PCC's office is now White Ribbon Accredited, reflecting commitment to tackling violence against women and girls



The Office of the Police and Crime Commissioner for Warwickshire has been granted White Ribbon Accreditation to mark its ongoing commitment to ending men's violence against women across the county.

The Commissioner's office is a key contributor to the Warwickshire Violence Against Women and Girls (VAWG) Strategy, as well as co-commissioning the county's domestic violence support service from Refuge, as well as a wide range of other support services from specialists such as Safeline, Barnardo's and Victim Support.

Work to tackle violence against women and girls also features as a key area of focus in the Commissioner's Police and Crime Plan for Warwickshire.

By achieving White Ribbon Accreditation in its own right, the Commissioner's office is re-affirming these multi-year plans to help eliminate attitudes and behaviours that lead to violence against women. White Ribbon Accreditation is an opportunity to underline that workplaces must be a safe place for men and women and to upskill staff to become changemakers.

As part of the accreditation, Police and Crime Commissioner Philip Seccombe has become the office's White Ribbon Ambassador, reaffirming the promise he has made on previous White Ribbon Days to never use, excuse or remain silent about men's violence against women and girls.

On White Ribbon Day itself (Saturday 25 November), Mr Seccombe will be joining the Warwickshire Federation of Women's Institutes vigil against violence at Warwick Market Square, helping to encourage more men to take the promise, as well as helping promote the support available to help those affected by violence.

Commenting on the White Ribbon Accreditation, Mr Seccombe said: "I'm delighted that my office has achieved the White Ribbon Accreditation as a Supporter Organisation. It underlines the seriousness with which we take the mission to end violence against women and girls, which has been a key part of my Police and Crime Plans for Warwickshire since I took office.

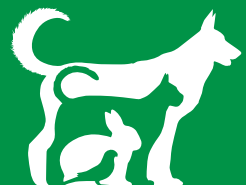
"It's vitally important that men in particular help to change the story for women and girls and never commit, excuse or stay silent about violence. As a White Ribbon Ambassador myself, I am keen to get this message out widely across communities in Warwickshire, as well as continuing to ensure that there is high quality support available to help victims and survivors of violence."

Anthea Sully, Chief Executive of White Ribbon UK said, "White Ribbon Accredited Organisations can make a real difference towards ending violence against women by promoting a culture of respect and equality among their staff and wider communities. By raising awareness among employees, people can learn how to become allies and call out violent and abusive behaviour when they see it. We are delighted to welcome the Office of the Police and Crime Commissioner for Warwickshire as one of our White Ribbon Accredited Organisations and are looking forward to working with them towards ending violence against women once and for all".

White Ribbon Day also marks the start of the global 16 Days of Action Against Domestic Violence. The Commissioner's office is supporting the campaign with county partners, with the message for victims and survivors of domestic abuse that 'you are not alone'.

For help and information about how to report domestic abuse and how to get help in Warwickshire, visit www.talk2someone.org.uk or call the helpline on 0800 408 1552.





Pet Page

Henry's Friends - your local, dedicated, dog walking service



My name's Michelle and over the years I have lived locally in Water Orton, Coleshill, Whitacre and Shustoke. I am currently establishing a dog walking service, covering B46 and a bit beyond, having previously been a primary school teacher and the manager of a local before and after school club.

'Never work with children or animals,' they say. Well, I've obviously never believed that anyway! There are many parallels to be drawn between being responsible for, and taking care of children and dogs; after all, they are the most precious things in people's lives.

My love of dogs has been lifelong but it became firmly established over the 13 years I walked my own dog, Henry, for

many happy miles every day throughout the North Warwickshire countryside.

After having to say goodbye to Henry, I decided to study for the City and Guilds qualification in Technical Competence in Dog Walking, which included not only practical assessments but also covered knowledge and understanding of current laws and legislation regarding the walking and keeping of dogs and also animal welfare. I'm fully insured and have a clear DBS (criminal records) check. I can't wait to share the fantastic walks I enjoyed with my dog, with other dogs in the B46 area.




If you are looking for a reliable and trustworthy local dog walker, or need pet visits or pet sitting, then contact 'Henry's Friends Dog Walking Service.' You can call, text or WhatsApp me on 07757 699434. Alternatively, find me on [facebook.com/henrysfriendsdogwalkingservice](https://www.facebook.com/henrysfriendsdogwalkingservice) or [Instagram at instagram.com/henrysfriendsdogwalkingservice](https://www.instagram.com/henrysfriendsdogwalkingservice). Let's see how I can help get your dog out and about and having fun.

Calling all dog owners in B46 and a bit beyond!



Are you looking for a reliable, qualified, and dedicated dog walker? Then Henry's Friends Dog Walking Service is here to help.

What I offer:

-  **Dog walking:** rural or town walks
-  **Pet visits:** check-ins to ensure your dog is happy and comfortable
-  **Pet sitting:** company in the comfort of your own home, when you can't be there.

Contact Michelle at Henry's Friends Dog Walking Service for info:



Call or text 07757 699434



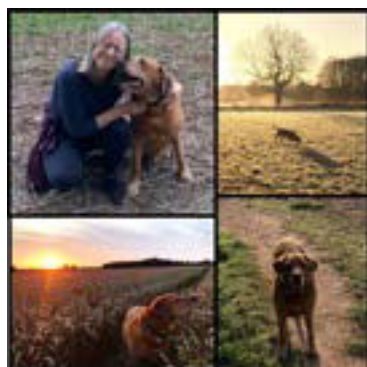
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70970 to donate £5
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or donate online to help feed a dog for a week or every day in December and make their Christmas wishes come true.

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*Birmingham Dogs Home needs to raise funds for this and for other charitable purposes. Fundraising, payments and donations will be processed and administered by the National Funding Scheme (Charity No: 1149800), operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see www.easydonate.org

Birmingham Dogs Home - Forever homes



Macey & Nut

Breed: German Shepherd Dog x
Gender: Female **Age:** 11 years young

Nut and Macey are two adorable shepherd dogs looking for a loving and caring forever home.

Macey is lighter smaller shepherd with the smooth coat, whereas Nut is the darker fluffier female, who we have discovered she originally was born in Serbia.

Both Nut and Macey were brought into the centre as overweight strays, but they have come a long way since then. With the help and care of the team, they have made incredible progress with their weight loss and general condition.

These two have likely been through a lot in their 10 years of life, but they are resilient and ready to start a new chapter with a permanent home.

Nut and Macey are both very affectionate and enjoy spending time with people. They love nothing more than getting lots of cuddles and attention. They also get along very well with each other and enjoy each other's company, and hate being apart.

While they are still learning basic commands, they have shown that they are quick learners and eager to please. They also enjoy playing with each other in our paddock areas, where they can let loose and enjoy running around and being active.

While they can get excited and have zoomies from time to time, they also have a calm and laid-back side. They are capable of being very independent and self-sufficient, but they do love having a human companion.

If you are interested in giving Nut and Macey a loving and compassionate forever home, we invite you to get in touch with us today. These two deserve nothing but the best, and we know that they will bring so much joy and love to the right family.

If you are interested in adopting Macey and Nut, please contact the centre on 0121 643 5211 to enquire.

Ward End Cat Rescue

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

WECR would like to wish all our fabulous supporters a very merry Christmas and a peaceful new year, thank you all.

Here are a few of our cats who are currently ready for adoption, they all need their forever homes. Circumstances at the rescue change regularly so please feel free to email us for more details of cats available, just send us a contact number, address and who lives in your household.

Clive is a handsome cat around 2 years old, he needs to be the only pet in the household but is a fabulous lad.



Maggie May is a wonderful shy cat around 11 years old who needs a lovely quiet home.



Fred is a lovely cat, aged approx 1-2 years old. He is very friendly but can be a bit unpredictable at times which adds to his cheeky charm.



Bertie is approximately 1 year old and a really loving friendly cat.



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

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Christmas is almost here, are you and your dogs ready for Santa Paws?



Christmas is such a great time of year, and I hope you have a wonderful day. However, while being great, there are a few key safety aspects to be aware of so your dogs stay happy and safe.

Here are some top tips: -

- There are a lot of dogs with Christmas collars. Please remember that it's a legal requirement to have a tag on your dog's collar with your surname, address, including postcode when out in public. I'd also recommend your telephone number on there. Make sure if you've switched collars, you've changed tags.
- If you have visitors, they may not be as dog-aware as you. They may leave doors open or leave food or drinks lying around. Depending upon your dog, you might need to put an extra safety gate up by the front door and make sure your visitors know not to leave food or drink in reach of your dog.
- Christmas trees can be a very confusing thing for our dogs. We bring something that's usually outside indoors and that we encourage our dogs too.... well, you know what they love to do up or by trees, especially the boys!
- We cover the tree in sparkly squirrel tails, also known as tinsel, putting balls and food on it and then expecting our dogs not to go near it! How confusing must this be? Many of us have seen /experienced the reaction to a squirrel, balls we've encouraged them to play with, and the food speaks for itself. I would

entirely avoid food on the tree if your dog can access it. If your dog is the sort of dog that doesn't go near the tree that's great, but if they do please don't get cross. Either pop a pen around it, put it where your dog can't get to it or move the bubbles up or off the tree, depending on your dog's height/desire to play with them.

- The all-important Christmas dinner. There are lots of dog-safe Christmas dinners out there but if you want to add a few tasty treats to their regular dinner, then remember your dog may not be used to these rich foods, so don't give too much, or your Christmas night and Boxing Day could become very messy and smelly clean-up operations.
- Christmas dinner leftovers such as turkey bones shouldn't be given to your dog. Bones splinter easily once cooked and can cause damage to the intestine and can cause choking if they get stuck in your dog's throat. Also, watch out for the Christmas stuffing, which often contains onions and garlic. Both these ingredients contain the toxic ingredient thiosulphate. Some other poisonous foods include Chocolate, raisins, grapes, nuts, mince pies, Christmas cake and panettone.
- **Poisonous plants**
Mistletoe, holly berries, poinsettias, ivy and lilies are plants that we tend to have in the house at this time of year, but they are all very toxic.
- **Sleep**
We know how much dogs love to sleep, and we know how tiring the fun of Christmas can be. Your dogs will still need their sleep, so make sure they've got a safe, quiet place to go off to and relax if the festivities get too much, you might even want to sneak off there yourself.

Interiors & Decorating



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Mastering Interior Design: A Guide to Harnessing the Power of the Colour Wheel

Introduction:

In the realm of interior design, colour plays a pivotal role in shaping the ambiance and character of a space. One tool that designers swear by is the colour wheel. Understanding how to use the colour wheel can empower you to create harmonious, visually appealing interiors that reflect your style and personality.

The Basics of the Colour Wheel:

The colour wheel is a circular diagram of colours arranged by their chromatic relationship. Primary colours – red, blue, and yellow – form the foundation. Combining these primaries yields secondary colours – orange, green, and purple. Tertiary colours result from mixing a primary and a secondary colour. This organised layout simplifies colour relationships, making it easier to select and combine hues effectively.

Creating Colour Schemes:

To wield the colour wheel effectively, start by exploring various colour schemes. Monochromatic schemes involve using different shades of a single colour for a cohesive look. Analogous schemes utilise colours next to each other on the wheel, creating a harmonious feel. Complementary schemes involve pairing colours opposite each other, providing a vibrant contrast. Triadic and tetradic schemes involve using three or four evenly spaced colours on the wheel, offering a balanced yet diverse palette.

Understanding Warm and Cool Tones:

Colours are further categorised into warm and cool tones. Warm tones – reds, oranges, and yellows – inject energy and vibrancy into a space. On the other hand, cool tones – blues, greens, and purples – create a calm and soothing atmosphere. Knowing when to use warm or cool tones can drastically influence the mood of a room.

Focal Points and Accent Colours:

The colour wheel aids in identifying focal points within a space. By selecting a colour that contrasts with the overall palette, you can draw attention to specific elements, such as a feature wall or a statement piece of furniture. These accent colours add visual interest and break up monotony.

Neutralising and Balancing:

Neutral tones – whites, greys, and browns – serve as the backbone of many interior colour schemes. They provide a versatile canvas for other colours to shine and help balance vibrant hues. Understanding how to incorporate neutrals is essential for achieving a polished and cohesive design.

Considering Saturation and Intensity:

The colour wheel doesn't just showcase different hues; it also illustrates saturation and intensity. Saturation refers to the purity of a colour, while intensity reflects its brightness. Striking a balance between saturated and muted tones prevents overwhelming visual stimuli and fosters a harmonious atmosphere.

Creating Mood and Atmosphere:

Colours evoke emotions, and the colour wheel is a roadmap for setting the desired mood in a space. For a serene bedroom, opt for calming blues and soft greens. Energise a kitchen with warm yellows and reds. Understanding the psychological impact of colours allows you to tailor each room to its intended purpose.

Experimenting with Trends:

While the colour wheel provides timeless guidance, it's crucial to stay attuned to current trends. Experimenting with trendy colours can inject a fresh, contemporary vibe into your interior design. Consider accent pieces, such as cushions or artwork, to incorporate trendy hues without a long-term commitment.

Practical Applications in Design:

Let's apply the colour wheel to a real-world scenario. Imagine you're designing a living room. Start by choosing a dominant colour for the walls – perhaps a calming blue. Use the colour wheel to find complementary colours for furniture and accessories, such as warm-toned wooden accents or a vibrant orange throw pillow. Experiment with various schemes until you strike the right balance.

Conclusion:

Mastering the colour wheel is a game-changer in the world of interior design. It empowers you to make informed decisions about colour schemes, focal points, and overall atmosphere. Whether you're a DIY enthusiast or working with a professional designer, embracing the colour wheel is the key to creating spaces that are not only aesthetically pleasing but also reflect your unique style and personality.

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NHS England launches annual school careers contest



Participating schools are provided with a wealth of free learning resources and lesson plans. Previous entrants have emphasised what a fulfilling learning experience the contest is, with 90 per cent of teachers saying Step into the NHS has helped their students understand the range of career opportunities in the NHS.

The resources are aligned to the KS3 curriculum, helping teachers meet several of the Department for Education's careers strategy aims and the Gatsby benchmarks for Good Career Guidance.

This year's national winner, 14-year-old Tanvir Tamber, impressed the judges with a poster and video exploring the role of an A & E doctor.

Now the pupil at Derby Moor Spencer Academy, Derby, has been rewarded by seeing her winning entry tour her home town, including schools and shopping centres, on the side of an environmentally-friendly advertising van.

She said she had enjoyed researching a career for which she had a 'genuine passion'.

"The highlight was discovering the amount of insight needed and the range of conditions you have to be able to deal with, enabling you to discover your eventual specialism," she added.

Tanvir's teacher Carol Eziz said: "Our other students asked lots of questions and are really proud that one of their own has created something so wonderful.

"The competition gave us a great opportunity to promote thinking seriously about careers in the NHS and see that if you put in hard work and effort, amazing things can happen."

Hundreds of schools take part in the Step into the NHS competition every year. This year's resources are newly-refreshed and include a 'ready to go' lesson plan which can be delivered in just an hour.

Teachers can find full details here:-

<https://www.stepintothens.nhs.uk/secondary-school>

Schools across England are being invited to join an exciting curriculum-linked contest which raises career aspirations and teaches pupils about the National Health Service.

Developed in partnership with teachers, the annual Step into the NHS competition encourages secondary school students to research and create a job advert for an NHS profession while learning about more than 350 careers in the health service.

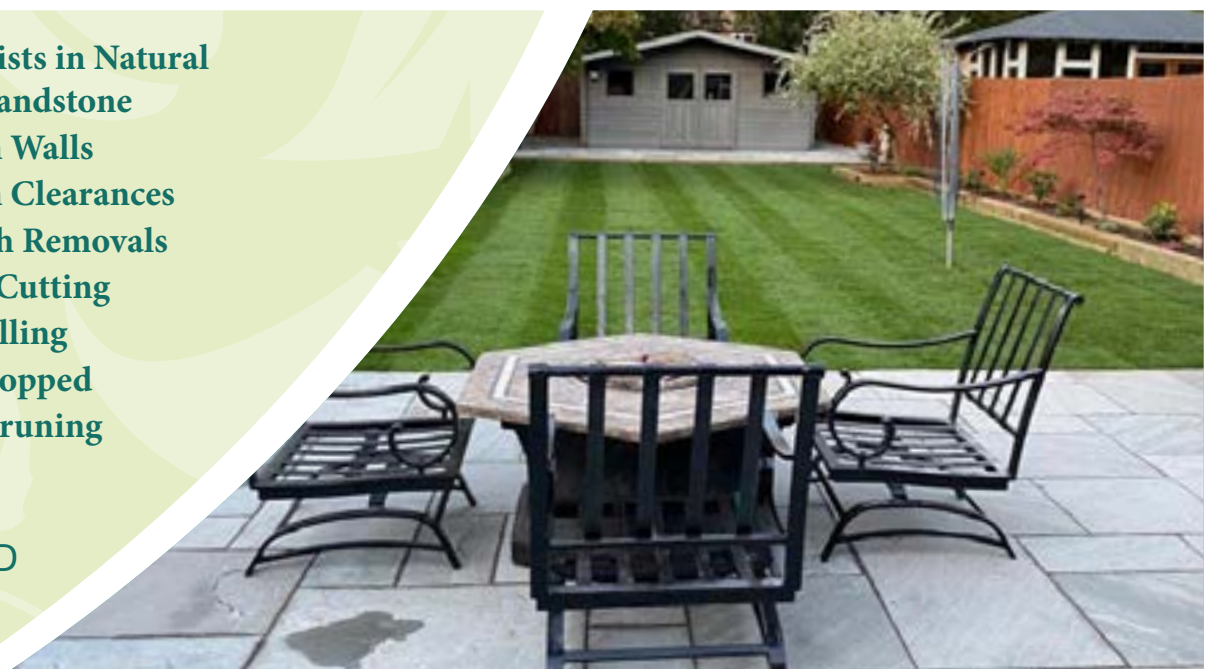
Winning pupils will be presented with Amazon gift vouchers and have the chance to see their work displayed in the local community.



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NHS Midlands radiology training gets £1.28million AI upgrade



Patients and clinicians across the Midlands – and potentially across England – are to benefit from a £1.28million AI upgrade to radiology training facilities at County Hospital in Stafford.

NHS England – Midlands provided the funding to develop a new training model at the Midlands Imaging Training Academy (MITA), allowing one consultant to simultaneously train and supervise learners across all regional academy sites, giving other consultants more time to spend with patients.

The new electronics and picture archiving suite (EPACS) is being piloted as a platform to develop AI learning and cooperation in imaging academies, with eye tracking teaching the AI algorithms based on human behaviours.

Using the newly installed XRNET high speed education network and state of the art EPACS workstations, it's now possible for remote trainers to teach and observe trainees in real-time, and to link education facilities and other national academies to share and collaborate using high-definition imaging.

When used with the already successful extended reality lab (ERL) trainees could be immersed in different spaces such as an MRI scanning suite or an A&E ward, providing lifelike, high-quality simulation training to teams of clinicians.

Dr Ingrid Britton, Midlands Imaging Training Academy Director and Gastrointestinal Radiologist, said: "The investment from NHS England has allowed us to upgrade our facilities to provide state of the art imaging training to our imaging staff, with the potential to link classrooms across the Midlands. This expands the capacity for training and has allowed us to increase the number of trainees providing diagnostic and therapeutic services to patients on emergency, elective and cancer pathways.

"The new simulation facilities for ultrasound supervision, CT and vascular diagnostic and interventional procedural work provide excellent learning practice to get students work ready for the fast-paced clinical environment."

Tom Kirkbride, Joint Director for Workforce, Training and Education at NHS England – Midlands, said: "This model is an example of how we are investing in services as part of the NHS Long Term Workforce Plan, to reform the way our healthcare staff work, harnessing new digital technology to allow them to focus on patient care.

"It is a huge benefit to patients, and we expect it to have a positive impact on winter pressures, as more of our imaging workforce can be trained by fewer consultants across a large geographical area, freeing up other consultants to have more time for patient care. Over time it should result in less travel time for clinicians to attend training, less costs to the NHS and lead to waiting lists being cut.

"This could be the first of a network built around the country to benefit patients and clinicians nationally and could potentially be available worldwide to deliver familiarisation training for international recruits, before they come to the UK to start work in the NHS."

One million people complete The Oliver McGowan Mandatory Training on Learning Disability and Autism e-learning



people with a learning disability and autistic people mandatory for all health and care staff.

The e-learning is the first part of Oliver's training and prepares staff for a second part that involves meeting and learning directly from people with a learning disability and autistic people.

The programme comes in two tiers and is designed so staff receive the right level of training. Tier 1 has been designed for staff who require general awareness of the support autistic people or people with a learning disability may need, while Tier 2 is for those who may need to provide care and make more complex care decisions.

The first part of the training – the 90-minute e-learning package – was launched last November and has now passed one million completions.

As well as the e-learning, interactive online sessions for Tier 1 and face-to-face sessions for Tier 2 are also being rolled out across England. Both parts of the training must be completed in order to complete the programme.

The training programme has been co-developed from the beginning with expertise from people with a learning disability and autistic people, as well as their families and carers.

It follows a two-year trial which involved 8,300 health and care staff across England. Participants found there has been an increase in their knowledge, skills and communication with autistic people and people with a learning disability after completing the training.

Over one million people have completed The Oliver McGowan Mandatory Training on Learning Disability and Autism's e-learning in the year since it was launched.

The training will enable health and care staff to better support people with a learning disability and autistic people, with an understanding of how to work with them to meet their needs.

The milestone comes ahead of the seventh anniversary of Oliver's death tomorrow (November 11). Oliver died after being given antipsychotic medication, despite warnings that they were unsuitable for him, highlighting a lack of understanding of the needs of people with a learning disability and autistic people.

Oliver's mother Paula successfully campaigned to make training on caring for

The Health and Care Act 2022 introduced a requirement that CQC-registered service providers must ensure their staff receive training on learning disability and autism that is appropriate to their role.

Oliver's Training also supports the NHS Long Term Workforce Plan ambition by upskilling the wider health and care workforce to provide appropriately adjusted care for people with a learning disability and autistic people to reduce health inequality.

The programme has been developed in partnership by NHS England, the Department of Health and Social Care and Skills for Care.

Other examples of the NHS's commitment to improving health outcomes for people with a learning disability and autistic people include improving assessments, enhanced autism training for psychiatrists, and investment in community services so people can receive support close to home.

The e-learning has also been made available to international audiences via the eIntegrity platform following requests from across the world.

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

"To reach one million completions of this vital training is a fantastic achievement – but it is important to remind ourselves that this is only the first step in an important large-scale intervention to address health inequalities for people with a learning disability and autistic people.

"The training is a vital element of an ongoing culture change to ensure our services are safe,

accessible, and adjusted to people's needs.

"We are therefore urging employers across health and care to ensure staff get the training appropriate to their role – to make an impact now and for future generations."

Paula McGowan OBE said: "I am pleased that over a million people have a much better understanding of people who have a learning disability and autistic people.

"It is a significant milestone to have so many people now completing part one of The Oliver McGowan Mandatory Training, meaning that our learning disability and autism communities will have much better experiences living in society and accessing health and care.

"I know that if Oliver was here, he would be incredibly proud."

Tom Cahill, National Director for Learning Disability and Autism at NHS England, said: "This is an incredible achievement by all NHS staff and will make a significant contribution to improving the care and support of autistic people and people with a learning disability across NHS services."

Health Minister Maria Caulfield said: "It's incredible that more than one million people have now taken this essential training – and I am delighted to be one of them.

"Thanks to the tireless work of our NHS staff and people like Paula we are moving towards a healthcare system with the right culture, knowledge and skills to support people with a learning disability and autistic people.

"I am committed to improving the care we offer, and encourage both employers and employees to complete this vital training."

Local Sports



Doyle closes the gap for 850th career sporting feat



North Warwickshire's Pooley Country Park mountain bike course and surrounding footpaths was the main venue again for

Paddy Doyle who completed the tough short course mountain bike distances carrying mountain bike Instructor expedition kit of 30 lbs.

8.5 km - 21 min. 25.53 sec, 9 km - 28 min. 17.81 sec, 9.5 km 33 min. 43 sec, 10 km - 41 min. 11 sec, 10.5 km - 46 min. 02 sec, 11 km - 50 min. 13 sec.

Five days later Doyle then attempted another short course 3.64 miles cross country military 40 lb backpack speed march over the waterlogged, deep muddy footpaths and inclines at Wroxhall South Warwickshire reaching the finish line in 40 min. 09 sec. This challenge was especially hard due to the heavy rain showers and strong winds.

To date the former Para and ex RAF / Army reservist has achieved 839 career physical fitness challenges and World Records spanning ten different sporting disciplines.

The overall aim is to reach 1000 documented and recorded fitness endurance challenges and World Records, being the first GB endurance athlete globally to achieve the ultimate milestone. The challenge was originally set in 2021 by Scotland's multi World Record Holder and rated Scotlands fittest man William Cannon who currently holds over 630 records and fitness challenges.

"I am looking forward to pushing myself again throughout the winter months regardless of the weather conditions it has been a tough 2023, but my support team have stuck with me all the way which I truly appreciate, I have not let the flooded and marshland terrain bother me when I have attempted all of the strength speed stamina feats I enjoy that environment as it tests me physically and mentally."

Water Orton & District Tennis Club



We would like to wish all our members and supporters a very Merry Christmas and a Happy & Healthy New Year. We look forward to welcoming all of our Members back to our community club in 2024. Our regular groups all listed below would love to see some new potential members who would be very welcome to come and try four "taster" sessions before deciding if you wanted to become club members or not.

Saturday morning 9.30am until 1.00pm Junior Group Coaching (3 x 1 hour sessions)

Monday Night 7.15pm until 8.15pm Adult Beginners

Tuesday Night from 5.30pm until about 8.00pm Adult Improvers Session

Wednesday Night from 6.00pm until 9.00pm Men's Night

Thursday Night from 6.00pm until 9.00pm Ladies Night

Friday Night from 6.00pm until 7.00pm Cardio Tennis Fitness Group

Friday Night 7.15pm until 9.00pm Adults Mixed Tennis

For any additional information please e-mail or text our club secretary (Paul) on 07538 601246 or e-mail paul.messenger82@hotmail.co.uk

Have a lovely Festive Season and we look forward to seeing you in 2024.



Water Orton Cricket Club Social Events NEW YEARS EVE PARTY DISCO

Tickets now on sale from Pete Coles 07812 241046 or over the bar during opening hours.

Great party D.J. playing all your favourite party "hits" doors open 7.30pm Tickets £ 12 each

Saturday 2nd March 2024 Elton John Tribute with the fantastic Marcus Andrews

Tickets will go on sale at the start of 2024 and will be £10 each

Watch out for the future editions of the Coleshill and Castle Bromwich Post to get details of our 2024 Quiz Nights. Our Charity Fundraising Night with a top Drag Queen and also live bands during

the year. We have also booked several top class Tribute Nights for 2024 including Lionel Ritchie, Tina Turner and the fabulous Garry Pease with his ROD STEWART EXPERIENCE.

See you there hopefully, and a big thankyou to our regular customers for your continued support. Newcomers, please just give us a call, you will be very welcome.

Hope you all have a MERRY CHRISTMAS & A HAPPY NEW YEAR



Coleshill Town F.C.

COLESHILL TOWN FC JUNIORS XMAS RAFFLE

Roll Up, Roll Up get your Christmas Raffle tickets here



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The Coleshill Town FC Juniors Xmas Raffle is our main fundraiser for the year and allows us to plan for the future development of the club. There are lots of lovely prizes especially designed for the Xmas period. Please buy a ticket or donate an item for the hampers from any of our players from our Seven teams or our New Mini Soccer club. Or send me a message on the number below.

A huge thanks to the Coleshill Carnival for their support.

Alan Beckett 07791740976



Fixture List

Pitching in Northern Premier League Midland Division games unless stated.

Saturday 9th December Away to Gresley Rovers.	Saturday 13th January Away to Lye Town.
Saturday 16th December Home to Sporting Khalsa.	Saturday 20th January Away to Cambridge City.
Saturday 23rd December Away to Loughborough Dynamo.	Saturday 27th January Home to Coventry Sphinx.
Tuesday 26th December Home to Bedworth United.	Saturday 3rd February Away to Quorn.
Monday 1st January Away to Sutton Coldfield Town.	Game to be confirmed: Birmingham Senior Cup 3rd Round.
Saturday 6th January Home to Corby Town.	3.00pm kick off unless stated.

Coleshill Town FC match reports

All Northern Premier League Midland Division games

Saturday 28th October

Coleshill Town 2 v 1 Cambridge City

A First win for new Manager Paul Hathaway, but Coleshill had to wait late to get their reward. Cambridge scored early in the first half and defended well to hold onto that lead but with just ten minutes remaining Coleshill were awarded a penalty and Sam Fitzgerald calmly slotted home. Two minutes later young Ashton Demulder smashed an absolute screamer into the net, definitely a contender for goal of the season, to take the points.

Saturday 4th November

Coleshill Town 3 v 1 Walsall Wood

For an hour there was nothing between these sides but in a devastating 13 minutes Coleshill scored three times. Lewis Archer on 60 mins, his first for the club, Lewis Collins on 62 mins, then Ashton Demulder on 73. Wow! Walsall pulled a goal back in the dying minutes but it was Coleshill's day!

Saturday 11th November

Hinckley LR 3 v 2 Coleshill Town

Coleshill scored early, 3 mins, a fine header from a corner by Nial Rowe, and late, 90 mins, this time a Harry Higginson header, but in between Hinckley were the more determined side and deservedly scored three goals in between to take the points.

Monday 13th November

Birmingham Senior Cup Round 2

Coleshill Town 0 v 0 Redditch United

Coleshill matched Level 3 club Redditch United for 90 minutes then won the tie in the Birmingham Senior Cup 4-2 on penalties. With the score at 0-0 at Full Time after a game of few chances the contest was decided by a penalty shoot out. Coleshill's scorers were Ryan Nesbit, Alex Tomkinson, George Washbourne and Lamin Ceesay with Goalkeeper Lewis Fenney saving Two of Redditch's spot kicks.

Saturday 18th November

Coleshill Town 2 v 3 Spalding United

Spalding are the favourites to take the title this year and are the best, most experienced and professional side to visit Pack Meadow so far this season. In an impressive first half Spalding took a two goal lead. Coleshill looked dead and buried but they stood up to the challenge and fought back to level the score with goals from captain Niall Rowe and Lewis Collins. Unfortunately the visitors hit back in the dying seconds of the game to take all three points but Coleshill can be proud of their efforts.

Saturday 25th November

Anstey Nomads 3 v 1 Coleshill Town

A game of few chances but the home side made the best of the opportunities that came their way and were 2-0 up at the break. A third goal early in the second half killed the game but for the last 15 minutes Coleshill finely looked the better side and got a consolation goal from George Washbourne.



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