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March 2024 Issue 80



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Orca, a Lagotto Romagnolo, winner of the Gundog group title, seen with handler Javier Gonzalez Mendikote, owned by Sabina Zdunic Šinković and Ante Lučin from Croatia, wins overall Best In Show at Crufts 2023. Credit - The Kennel Club

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the **CastleBromPost**

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

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

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

Advertising in our publications

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

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

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

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

Getting in touch

Sales:
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WHY CHOOSE HYPER-LOCAL?

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

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Helping Your Child with Worry and Anxiety

Just like adults, it is normal for children to feel worried and anxious sometimes. But if you notice that your child feels overwhelmed by their worries and it is affecting their wellbeing and daily lives, there are ways we can offer support.

- **Talk About It:** It can be difficult for children to talk about their feelings. Support your child to know it's ok to share their worries. Make talking about feelings part of the daily routine, check-in at dinner time or the car journey home from school.
- **Listen and Offer Reassurance:** It can be really difficult to see your children struggling with their feelings. Discuss your child's concerns openly rather than saying 'there is nothing to worry about'. Listen and take time to understand why your child is feeling worried and anxious.
- **Riding the Emotion Wave:** Emotions are like waves; wave then gets bigger and bigger, before they peak and fade away. Talk with your child about how they experience their emotion wave. There are lots of ways to ride through emotions for example, breathing exercises, relaxation distractions and doing activities they enjoy, spending time outside, playing games, having a chat with someone. Make a self-soothing box that includes

something to smell, touch, listen to, photos and memories, activities, positive affirmation; anything that makes them feel calm and relaxed. Talk about ways you can support your child and then check-in to see what has worked.

- **Notice the Anxious Thoughts:** Anxiety can feel like an internal bully, sharing upsetting thoughts that something bad will happen. Encourage your child to notice the anxiety bully and spent time together thinking about the reasons why we don't have to believe everything the anxiety bully tells us.
- **Make a Worry Box:** Some children can find it helpful to write down their worries and post them inside their worry box. Remind your child that thoughts can be written down and we don't have to carry them around. You can then sit together and talk through the worries, identifying those worries your child can let float away and those they need support with.
- **Professional Support:** It is important to seek support if you are worried about your child's emotional wellbeing. Make an appointment with your GP or contact YoungMinds free parents' helpline for advice on 0808 802 5544. You can contact the Purple House Clinic, a mental health service that offers support to children, adolescents and adults on 0121 820 7851.

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Calypsocise

Review By Serena Smith

Calypsocise offers an adult ladies only dance fitness class to Caribbean calypso/soca style music. These classes are designed to promote fitness, socialization, and fun while embracing the vibrant culture of Caribbean dance. In addition to physical health, the program aims to improve mental well-being by creating a supportive and uplifting environment for all participants.

I met Jayde at a networking event and she told me about her fitness class.

I was intrigued as it sounded like something different to many other classes out there, so along with myself I roped a few friends to join me.

Well Jayde made us feel so welcome and so did the other ladies that already attend her class. Every dance step was showed to us and had names (which I'm sure we will get to know them all in time) and we were told to only do what we are comfortable with as the class might be harder for some than others.

Well I was sweating like a pig at the end of the session and myself my friends thoroughly enjoyed it and will be going again along with other friends we think will also enjoy the class.

Tried and tested by Serena



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Timetable

**Tuesday: St Mary & St Margaret's Church Hall,
Chester Road, Castle Bromwich,
Birmingham B36 9DE
11.15am - 12.15pm**

**Wednesday: Connection Church Centre,
Cooks Lane, Kingshurst,
Birmingham B37 6NP
19.30pm - 20.30pm**

**Thursday: Coleshill Town Hall,
High Street, Coleshill,
Birmingham B46 3BG
18.30pm - 19.30pm**

**Friday: Water Orton Methodist Church,
2 Birmingham Road, Water Orton,
Birmingham B46 1TL
12.00pm - 13.00pm**



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Contact the team for more info

-  networking@biznetlocal.co.uk
-  07805430191



Evening Event

3rd Monday of every month, 6pm til 8pm

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Breakfast Event

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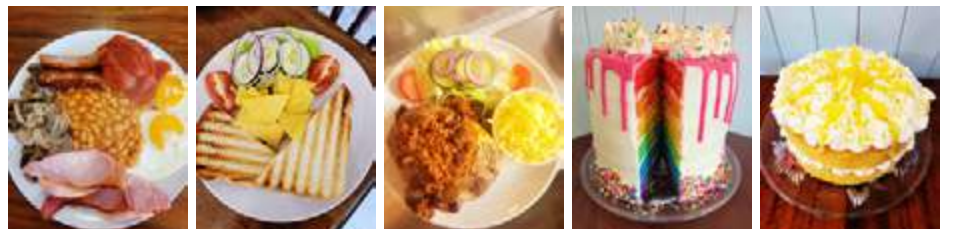
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Protect your Home

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.

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Fly tippers caught red handed



Officers attended the Packington Estate on Maxstone Lane near Meriden to a report of two vans fly tipping.



Officers attended in support of local residents and workers on the estate whom had blocked the offenders in.

On arrival officers found some shocking fly tipping.



Two males were detained and instructed to reload the two vans with all the rubbish dumped.

We supervised them cleaning up their mess and once the vans were loaded we escorted them off the estate and then seized them under the Environmental Act.

Officers from the Warwickshire Rural Crime Team also attended the scene and have now taken on the investigation and prosecution case against these offenders.

Police Incident 202 of 7/2/24 refers.



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Hello from your local Slimming World groups



February has been such an exciting month in our groups. So many weight loss awards were achieved and it's always so inspiring to see the difference in people as the pounds drop off. Not only physically, in things like clothes sizes and health improvements but also in other ways like confidence gained. It's an amazing thing to see and that's why all of our consultants come from our member base. It's always a pleasure to welcome new people on to the team and the good news is we are looking to recruit right now as we have some fabulous opportunities on our district that we would love to share with you.

There's also a delicious recipe for you to try – give it a go!

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

Would you love to run a Slimming World Group?



We are excited to announce that we are running a LOCAL information event to let everyone know about the opportunities we have to offer and just what is involved in joining our team as a Slimming World Consultant. Usually, our events are in Great Barr but on Sunday 3rd March we will be holding an event at The Fordbridge

Centre, Nineacres Drive in Chelmsley Wood B37 at 1.30pm.

We are inviting people who've successfully lost weight, or are currently losing weight at a Slimming World group – either former or current members – to come along to find out all the information needed to run their own weight loss group.

For more than 50 years, Slimming World has been helping people to change their mindset and form new healthy habits around eating and activity so they can stay slim for life. Our consultants who run Slimming World groups have all successfully lost weight themselves as members. The great news is that no special qualifications are needed – except an abundance of personal qualities, including warmth and passion!

Toni says 'I know that all of the team feel that it's a privilege to be able to pass on the experience, insight and understanding that helped us. Being able to 'pay it forward' and help others the way our own group and consultant helped us is an amazing feeling. I went along to an event like this 15 years ago, I loved what I'd been able to achieve as a member with Slimming World and was keen to help others. I was so excited by what I heard, and decided this role was for me. After training I launched my Coleshill group and have never looked back! 15 years later I still enjoy supporting my members every single week. I've not only seen many members change their lives for the better over the years, but I've also seen lives saved too with the health benefits that the weight loss brings. From there I progressed to being a Team Developer, supporting my own team of consultants to provide the very best service they can for their members. One of the key elements of my role is making sure that every one of our members knows about this opportunity that is available to them. The events are

informal and informative, giving all of the information needed for those there to decide if it's something they want to pursue, either now or later. Members are invited to bring a friend or partner along and Consultants are there too to be able to give an insight into the role and answer any questions.

All of our Consultants receive in-depth training from the Slimming World Academy to ensure they can provide both the practical and psychological support to help our members with what they need to make long-term changes to their eating and activity habits. Helping people to achieve their weight-loss dreams and the mind-and-body benefits that brings is an incredibly rewarding role, and anyone who attends one of our groups will know just how much these Consultants love what they do. The role is very flexible, and that's why it works for so many. Toni says 'Many of our consultants have full time jobs alongside their consultant role while others love the role so much that they've come out of their full time jobs and made Slimming World their full time role'.

Becoming a Slimming World Consultant means becoming part of a well-loved and recognised brand with more than 50 years of experience behind it, which has supported hundreds of thousands of people, both in our groups and online, to lose weight and to adopt new habits to stay slim for life.

Being a Consultant means having an opportunity to make a real difference to the health and happiness of people in the local community. This is a role that is both flexible and rewarding, plus there's opportunity to progress.

The training we provide at the Slimming World Academy in Derbyshire equips you to run a successful group, delivering Slimming World's programme based on

the science and psychology of behaviour change, and trains you how to build and promote a successful local business.

Slimming World Consultants are experts in their local community when it comes to understanding how it feels to struggle with weight, the experience of losing weight and the deeper-level thinking and strategies it takes to reach and maintain a healthy weight. We're passionate about helping people to lose weight without ever going hungry and becoming more active at their own pace in a way that's enjoyable and sustainable, whatever their starting point.

Belonging to a warm and friendly group of fellow slimmer's who care about each other's success, while receiving powerful, personalised support is key in helping them understand themselves as a slimmer and gain the know-how and confidence to build healthy new habits that last.

We see members arrive at group with their self-esteem at rock bottom and then see the change in them, holding their heads high and standing tall as they lose weight successfully and share their experiences and success with the rest of the group. As a result of the in-depth training we receive we are able to provide the support they need to make long-term changes to their eating and activity habits, to commit to their goals, and develop the control and confidence to overcome challenges.

For anyone that's thinking you'd like to find out more about joining our amazing team we'd love to invite you along to the event. To reserve a seat, or for more information contact Toni on 07971686698 or speak to your own group consultant who will be happy to help.

Steak & Chips Pie

The fluffy golden chips are great for dunking into that rich, meaty sauce

Ready in 3hrs 30 mins Serves 4 | ½ Syns per serving

Ingredients:

- Low-calorie cooking spray
- 1.2kg braising steak, visible fat removed, cut into large chunks
- 1 large onion, finely sliced
- 2 carrots, peeled and chopped
- 2 celery sticks, chopped
- 2 garlic cloves, crushed
- 3 sprigs of fresh thyme
- 1 fresh or dried bay leaf
- 2 tbsp tomato purée
- 800ml beef stock, made with 2 stock cubes
- 1 level tbsp cornflour
- 250g chestnut mushrooms, sliced
- 1kg floury potatoes, such as Maris Piper or King Edward, cut into chips
- 400g green beans, trimmed

Method

1. Spray a large, lidded, flameproof casserole dish with low-calorie cooking spray and put over a medium-high heat. Add the steak and fry in batches for 2-3 minutes until browned all over. Spoon onto a plate and set aside.
2. Spray the casserole dish with more cooking spray, and fry the onion, carrots, celery and garlic with a splash of water for 5 minutes. Tip in the steak, then add the herbs and tomato purée, and give everything a good stir. Season lightly, then pour in the stock and bring to the boil.
3. In a small bowl, stir 2 tbsp of the sauce into the cornflour, then stir the mixture back into the steak and sauce and simmer for 1 minute. Add the mushrooms and reduce to a very gentle bubble. Put the lid on, using a wooden spoon to prop it open slightly, and cook for 2

hours or until the steak is tender and the sauce lightly coats the back of the spoon.

4. When the pie filling's nearly ready, boil the chips for 2-3 minutes. Drain, then tip back into the pan and leave to steam-dry for 1 minute over a low heat.
5. Once the filling's cooked, warm up your oven to 200°C/fan 180°C/gas 6. Spoon the filling into a large, ovenproof dish, throwing away the thyme sprigs and bay leaf as you go. Arrange the chips on top and spray them with cooking spray. Cook in the oven for 45 minutes to 1 hour, until the chips are golden and crisp.
6. When it's almost ready, boil the beans for 3-4 minutes, then drain. Divide the pie between 4 plates and serve with the beans.





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, 7.30am, 9.00am, 3.30 & 5.30pm Jacqui 07814 675180

Tuesday

Coleshill The Catholic Church (sacred Heart & St Teresa)
 3.30pm, 5.00pm & 6.30pm Toni 07971686698
Kingshurst Seeds Of Hope, St Barnabas CH, 5.00 & 6.30pm Diane 07432 123206
Kitts Green Evangelical Church, 5.30pm Richard 07733 820994
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 & 7.00pm, Richard 07733820994
Chelmsley Wood The Fordbridge Centre (by Asda), 5.30pm, Jacquie 07957133435
Sheldon St Thomas More, 4.00, 5.30, 7.00pm, Jayne 07453 348184
Smiths Wood SJB Centre, 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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Ain't no mountain high enough

By Indira Mahun

Looking after your health is the one thing you should be selfish about. In my humble opinion, to be able to enjoy life and be happy within yourself you must have good health. Poor health can have a huge impact on how you feel. Not only this, but in many cases, it will control the way you conduct your life. Nobody wants that.

A good place to start would be to take a long, hard look at what you eat. For as long as I can remember I have been on a diet. Some worked and some didn't. Inevitably though, every time I came off the diet, the pounds returned. There is no diet that you can do for the rest of your life. So now I don't diet. I fast instead. It means that I can follow a lifestyle that is totally achievable and reap the rewards. It isn't for everyone but, for me, it was the one thing that helped me to improve my overall health.

Food Choices

This required me to look at my food choices and I took stock of what I was eating. The first decision I made was to avoid sugar at all costs. This was challenging. Most foods contain sugar in some form or another. Reading labels became the norm and I will not buy anything without checking the ingredients of every item that ends up in my shopping basket.

In short, I changed the way I looked at food. I didn't give up anything but made better choices.

I made swaps:

- Sourdough bread instead of your normal white or brown (wholemeal) loaf.
- Brown rice instead of white rice.
- Wholemeal pasta instead of white pasta.
- Sweet potatoes instead of white potatoes.
- Real butter instead of margarine.
- Good unsaturated fats instead of bad trans fats.
- Full fat yoghurt instead of fat-free or low-fat yoghurt.
- Dark chocolate (more than 70% cocoa) instead of milk chocolate.
- Grilled/baked/steamed instead of fried.

I stopped being duped by the manufacturers who claim that their products are healthy because they carry the label fat-free, low-fat, sugar-free, or low in calories and sugars. These are likely to do more harm than good. Low-fat foods, if eaten long term, will not give your body all the key nutrients it needs. Not only this, but it may increase your risk of putting on more weight and becoming unhealthier as the alternatives to the real fats and sugars in these foods are questionable.

Fat-free means that, as the label says, the fat has been removed from the food. Therefore, to make it taste just as good the food manufacturers add other ingredients to it – like artificial sweeteners, thickeners, artificial flavourings, salt, and flour. All these extra ingredients take away the natural wholesomeness of the food and just add extra calories to it. Think 'Good Fat', not 'Fat Free'. The same goes for sugar-free. To compensate for the omission of sugars, foods will have artificial sweeteners and other sugar substitutes which can be harmful to your health. Sugar is naturally present in whole foods like fruit, some vegetables, and dairy products.

Remember – if it's good and healthy to eat it doesn't need to shout about it. It just is.

I listened and I read a lot. Every podcast I could find on healthy eating and living a healthier life became an obsession. I just had to know. This was my saviour. My whole outlook on food changed drastically. Like I said before, I don't diet. I just eat better.

Eating better meant being fully aware of what I was putting into my body. Let's face it, how many of us read the labels before we buy anything. We buy food items because they either look good on the packaging, we know they taste good, or because they're what we are familiar with. Tomato ketchup, fish fingers, mayonnaise, bread, ready meals, packaged ham, baked beans, biscuits, cereals, frozen pizza, to name but a few of the foods that are regular buys. Have you read the labels? Neither had I. Until now.

Take your average white/whole meal loaf of bread as an example:

List of ingredients on the packaging:

- Flour
- Water
- Salt
- Yeast
- Vegetable oils (rapeseed and sustainable palm)
- Rice flour
- Wheat gluten
- Rusk (wheat flour, salt, raising agent: E503)
- Emulsifiers: E471, E472e
- Soya flour
- Preservative: Calcium Propionate, dextrose, flour treatment agents: E920 (Vegetarian)
- Ascorbic Acid (Vitamin C)
- Amylase
- Chlorine dioxide
- L-cysteine hydrochloride
- Flavouring

Do you know what they all are? I certainly don't.

List of ingredients for home-made bread:

- Flour
- Yeast
- Salt
- Water

That's it! The point I am making is that any foods that have any ingredients which you will not find in your kitchen cupboard have been ultra-processed (known as ultra-processed foods UPF). I urge you to do your own research into why you should avoid these foods. The findings will astound you.

I gave them all up and started to concentrate on eating only whole foods – foods that are not ultra-processed. Whole foods are foods that have been processed or refined as little as possible and are free from anything that is harmful, a substitute, or artificial.

Whole foods include:

- ✓ Fresh fruit and vegetables
- ✓ All varieties of nuts
- ✓ Whole grains such as oats, brown rice and barley
- ✓ All beans and legumes
- ✓ Fish
- ✓ Meat that hasn't been processed (all meat that has been smoked, salted, cured, dried, or canned has been processed. This includes sausages, hot dogs, salami, ham, and cured bacon)
- ✓ Cheese (not the processed ones)
- ✓ Plain full fat yogurt

I hope you get the picture and that this might persuade you to make better and more informed choices about what you eat.

Intermittent Fasting – a trend that is gaining popularity

This is growing in popularity and ticks all the right boxes. As I mentioned earlier, it isn't for everyone and you have to find what suits you. However, I do hope that you will consider it as an option. It is something that is achievable and can be followed daily without the feeling that you are on a diet. Because it isn't a diet. It just means you are managing the times within which you eat your food. The most popular one seems to be the 16:8 where you fast for 16 hours and eat within the 8 hours. There are others too. For me, this one was the easiest to follow though I have found that I can sometimes go longer than 16 hours. If a full on fast seems too daunting to start with, try and shorten your eating window. For example, eat your first meal of the day an hour later than normal and the last meal of the day an hour earlier than normal. No snacking after that last meal though. Try this for a few days and then gradually shorten your eating window until you get it to where you feel comfortable.

Remember your mum or other people saying that 'breakfast is the most important meal of the day'? I used to say it too. Not anymore. Think about it. What does the word breakfast mean. It means to break your fast. If you can go without eating first thing in the morning, do it. The longer your body is in a state of fasting, the more chance it has of undergoing a process known as autophagy. Simply put, this is where the body destroys old or damaged cells and cell regeneration begins. To benefit from this, you will need to refrain from eating for a minimum of 24-48 hours.

Find the happy medium that suits you and give it a try. You don't have to take my word for it. The internet is rife with information on UPF and intermittent fasting. Making the right choices about food and pairing it with compressing your eating window inevitably equals a healthier and happier you.



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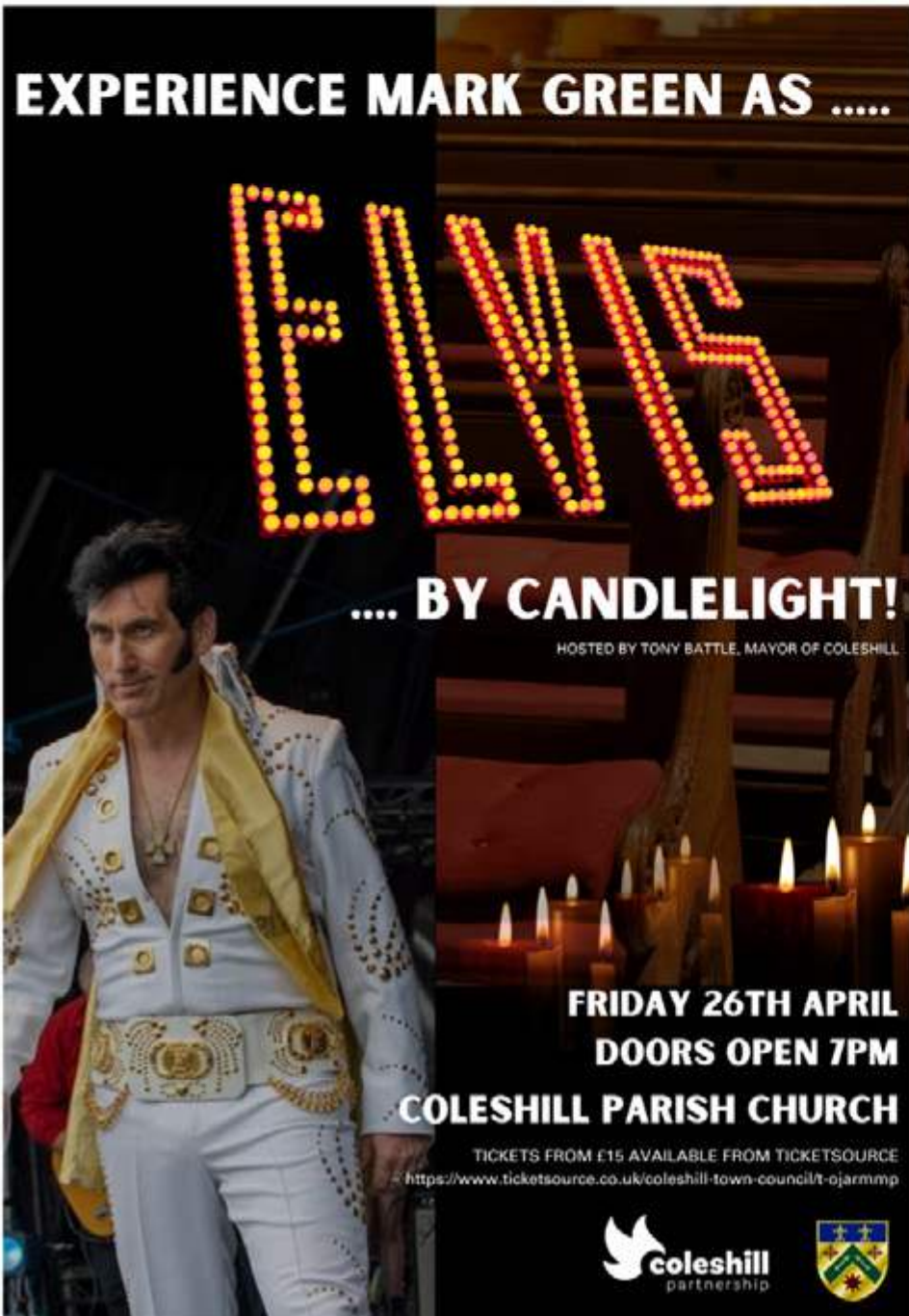
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St George's Day

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21st April 2024

Parade starts at 11:40am from Coleshill Hotel



Fashion Blog February 2024

Ladies, it's time to pamper yourselves with a fresh coat of nail polish and a spray tan because the spring/summer 2024 season is here.

Even though it's only February, the boutiques are brimming with new seasonal delights, and who doesn't love a change in the weather? This year, get ready for an explosion of color! Embrace the bold and bright hues that are truly fabulous. Chase away those winter blues with vibrant limes or rich oranges, both incredibly trendy this season. Additionally, keep an eye out for apple green, royal blue, vibrant fuschia, and aqua shades that are making waves.

We're loving the bold prints that make a strong statement, as well as the classic oatmeals, greys, sky blues, baby pinks, and moss greens for your essential wardrobe pieces. Exciting new collections are arriving in both Glitzy Bits Boutique and Liliann Styled by Ryan in Coleshill, and we can't contain our excitement. The Foil collection featuring soft linens and beautifully tailored garments has been a massive hit and even caught the eye of Jane McDonald in her latest TV series. Keep your eyes peeled for some truly amazing new labels in the upcoming weeks.

We've recently received deliveries from Marble, a unique British brand made in the UK, and the vibrant Dolcezza collection from Montreal. Dolcezza's latest collection is a true work of art, bold, unique, and a great investment that will always turn heads. Summer footwear is already flying off the shelves, especially our stunning Lunar collection of sandals that blend style and comfort seamlessly. Act fast before your size is sold out! Our new addition, Ravel, is causing quite a stir with its gorgeous heels and stylish colours that are gaining popularity.

Remember, your style speaks volumes about you. It's not just about looking good;

it's about expressing yourself. Following fashion trends from top bloggers can inspire you, boost your confidence, and even change your perspective, but ultimately wear what makes you happy and that you makes you feel good.

Let's take on the 2024 season, with confidence, comfort and style.



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CASTLE BROMWICH & DISTRICT LIONS CLUB



It is with a great deal of sadness that I write to record the death of Tony White a long standing member of Castle Bromwich & District Lions Club. Tony Served in the Lions for over 30 years, fulfilling several roles during that time including many stints as Club President before

having to stand down due to ill health. He was a much loved genial man who even when unwell himself went out of his way to help others. To all who knew him Tony was a very sad loss. We at Castle Bromwich Lions already miss him and his sensible knowledgeable contributions to our meetings. We send our deep condolences to his wife Phil who is also our outstanding Club Secretary, and his family.

RIP Tony

Hopefully I will be able to give a full report of our activities at the next edition of the Castle Bromwich Post but for now just a couple of reminders. The first is our

bi annual fundraising Quiz which is on Friday the 8th of March This again is at the Family Tree Club with those brilliant Quizmasters Ken and Rhoda.

Tickets from Steve on 07754950290

The other date to remember is our Annual Old Folks Night.

This is scheduled for Thursday the 18th of April and will be at our usual place- The Kingshurst Labour Club. This is a free night out to all pensioners in the areal and includes food and entertainment

Phone Phil on 07969621256 for tickets

Our grateful thanks to the FamilyTree and the Kingshurst Labour Club for laying on the room and facilities at no cost to us.

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Your break includes

- ✓ Return coach travel from Solihull & Sutton Coldfield
- ✓ 4 nights at a selected hotel in Weymouth (JG2 rating) with dinner & breakfast
- ✓ Excursions to the Jurassic Coast (Lyme Regis, West Bay & Abbotsbury), Lulworth Cove & Corfe Castle (castle & village)
- ✓ Heritage train journey on the Swanage Steam Railway

Optional excursion to Dorchester Market (£11pp)

5 Days by Coach *only* **£369**

Single Supplement £50

ANDRÉ RIEU Live in Liverpool



Departing Thu 18 Apr '24

The classical-music phenomenon André Rieu returns to the UK with a sensational new show, including a date at Liverpool's M&S Bank Arena! Accompanied by his 60-piece Johann Strauss Orchestra, this evening promises to be filled with thrilling music.

Your break includes

- ✓ Return coach travel from Solihull & Sutton Coldfield
- ✓ Overnight stay at a selected hotel (JG3 or JG4 rating) with breakfast
- ✓ Ticket to André Rieu concert at the M&S Bank Arena, Liverpool
- ✓ Return coach transfers from the hotel to the M&S Bank Arena
- ✓ En-route visit to a place of interest

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NORTHUMBERLAND Holy Island & Alnwick Castle



Departing Mon 29 Apr '24

Explore the very best Northumberland has to offer on this captivating break! Enjoy excursions to the famous Roman site, Hadrian's Wall and the unique Holy Island of Lindisfarne, two of the most significant and unspoilt sights in the UK.

Your break includes

- ✓ Return coach travel from Solihull & Sutton Coldfield
- ✓ 4 nights at the Leonardo Hotel, Newcastle with dinner & breakfast
- ✓ Guided tour of Hadrian's Wall
- ✓ Excursions to the Holy Island of Lindisfarne, Alnwick Castle, Hadrian's Wall & Chesters Fort

Optional excursion to Durham (£14pp)

5 Days by Coach *only* **£379**

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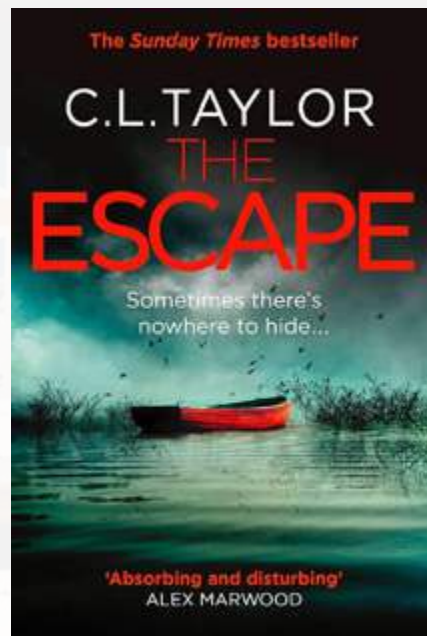
Castle Bromwich Library Book Club

The Escape by C. L. Taylor

When a stranger asks Jo Blackmore for a lift she says yes, then swiftly wishes she hadn't. The stranger knows Jo's name, she knows her husband Max and she's got a glove belonging to Jo's two year old daughter Elise. What begins with a subtle threat swiftly turns into a nightmare as the police, social services and even Jo's own husband turn against her. No one believes that Elise is in danger. But Jo knows there's only one way to keep her child safe - run.

A fast-paced novel that grips you from the start. It's got good strong characters and a plot full of suspense. There are some deeply dark disturbing moments that are brilliantly written. You'll find yourself holding your breath and experiencing that uncomfortable feeling when you fear that no one believes you. And then, just when you think it's over, you get those last few pages.... absolutely brilliant!

Review by Castle Bromwich Library member

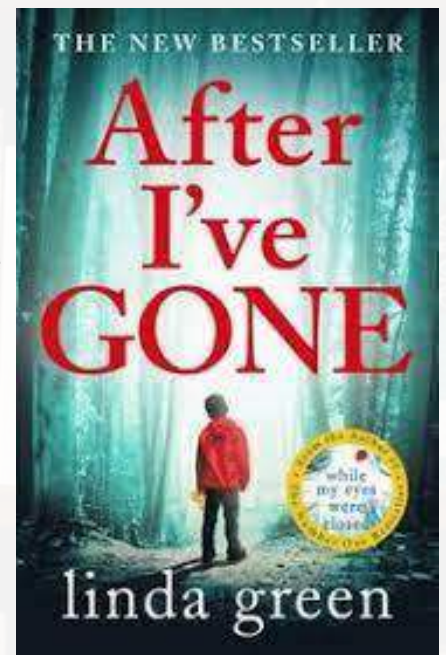


After I've Gone by Linda Green

You have 18 months left to live. On a wet Monday in January, Jess Mount receives the devastating news that she hasn't got long left to live. She doesn't hear it from a doctor, though. She discovers it when her Facebook timeline skips forward 18 months and family and friends start posting tributes to her, following her death in an accident. As she reads the future posts from her loved ones, who are struggling to come to terms with her loss, Jess tries to piece together the final months of her life. But by the time she realises her death may not have been an accident after all, it might already be too late to prevent it.

This book sent shivers down my spine. A gripping read, which turned quite chilling and sinister at times. It has a really interesting, wonderfully woven storyline which tugged on my heartstrings but also made me angry. There are not many books I would describe as 'unforgettable' but this is one of them.

Review by Castle Bromwich Library member

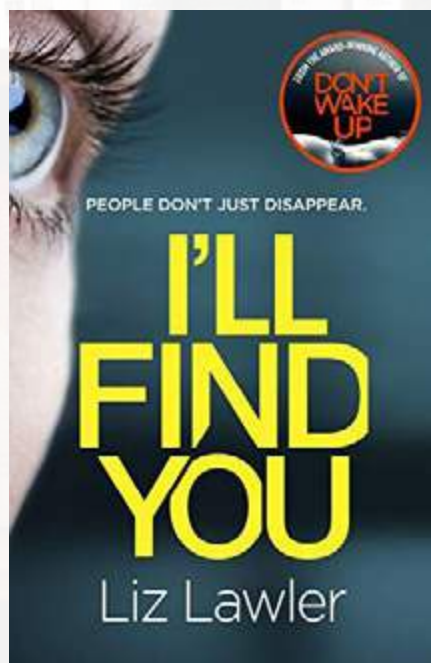


I'll Find You by Liz Lawler

Emily Jacobs, a nurse, is in hospital for a minor operation. When she wakes in the night, woozy with anaesthetic, she sees the doctor frantically trying to resuscitate the woman in the bed next to her. In the morning, she is told that she must have had nightmare. The bed has been empty all along. When Emily returns to work she discovers a bracelet that she believes belonged to the missing woman. Soon, she becomes convinced that her colleagues at the hospital are hiding a terrible secret. What if she's wrong? What if her own troubled past has affected her more than she knows? But what if she's right? What else could they be capable of?

A book full of twists and turns and brilliantly written characters. It's a pacy, clever psychological thriller which kept my heart pounding from the start. A great read!

Review by Castle Bromwich Library member

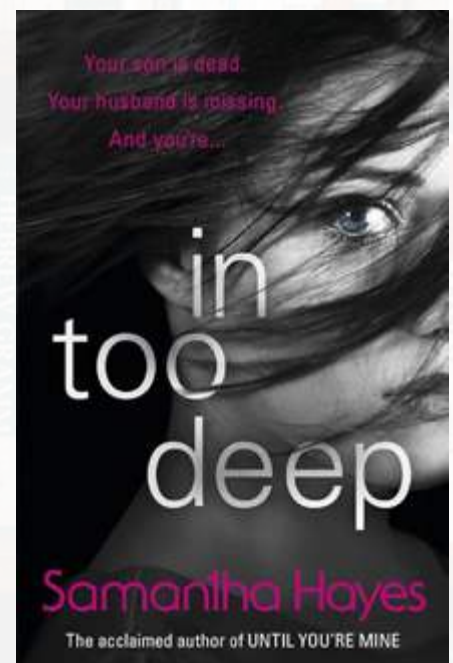


In Too Deep by Samantha Hayes

Your husband goes out to buy a newspaper, and never comes back. Months later, an unexpected phone call puts you and your daughter in unimaginable danger. Even if he were still alive, your husband can't save you now. He told you way too many lies for that.

This is a taut nerve tingling story about a missing husband and some very dark family secrets. Full of tension, twists and clues that keep you totally engaged. It certainly kept me gripped - I couldn't put it down. I read it in a day, there was no way I was leaving it until I got to that final jaw dropping page.

Review by Castle Bromwich Library member





**Cllr Martin McCarthy,
Castle Bromwich Ward
(Solihull MBC)**

March update

Welcome to March in Castle Bromwich when our outdoor environment starts to become warm and friendly once again, Grass cutting will commence soon, this should be neat and tidy, please report this if this is not the case.

Road Safety.

Following recent resident's requests, we have asked for a new pedestrian crossing on Park Hall Drive near Flecknoe Close. Status is as follows:

Pedestrian crossing requests are taken through a 2-stage assessment process in the interests of responding to such enquiries.

Firstly, our Road Safety Engineers will visit the site to carry out the initial Stage 1 assessment. Here they will look at the feasibility, general demand and safety records.

We will let you know the outcome of his Stage 1 assessment and if this is successful, it will be put forward for funding consideration at the next opportunity which will be early 2025.

The Water Orton Road improvement scheme continues to progress, with some feasibility work being done on introducing a mini roundabout at the Park Hall Drive Junction, there is room for this, the outcome may depend on buried services at this point, we will keep you posted.

Improving our environment.

We have requested some new verge tree planting for Hazelhurst and Hawthorne roads, we expect some of these to be planted during the next planting season, we will update residents as soon as a more detailed plan becomes available.

SMBC Report it for highway concerns and much more.

SMBC use the web based 'report it' system for directly responding to resident's concerns and scheduling repair work.

This is accessed directly from the Solihull MBC landing page and allows you to directly report issues and receive an issue number.

This issue number also helps us councillors to follow up on any unresolved issues.

The telephone connect contact centre remains in place for verbal enquiries.

Yet another motorcycle has been burned out on Beechcroft Nature reserve, it has been promptly removed by SMBC.

Travel and connectivity

The plan to re-open the nearby Castle Bromwich Rail station has progressed further as part of improving the region's rail connectivity. We look forward to putting our area back on the rail map in the future.

Policing.

Vehicle Crime continues to be a serious problem in the area with panel and external component theft being of particular concern, please think about parking the front of your vehicle up against something solid such as a wall or Garage or if parking on street try to arrange to park nose to nose to prevent theft of bumpers and lights.

Regular Councillor Surgery at Castle Bromwich Library.

My next monthly surgeries are scheduled for Monday the 4th March and Monday the 8th April these take place at the Library at 14:00, no appointment is required, please email, or call me if anything urgent comes up in the meantime.

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

Do you enjoy singing? - Come and join us!



Castle Bromwich Singers are an established singing group who meet every Tuesday evening. We are currently looking for new men and women to come and join our group.

We meet at the Baptist Church, Timberley Lane, B34 7HU 7.30pm. Our shows feature a wide variety of music and through these we raise money for local charities. We also sing out in the community.

Castle Bromwich Singers invite you to come along and try the benefits of singing in a group. It will boost your social life, your mood and overall wellbeing. You will feel the physical benefits too, as singing increases your energy levels, and, when you perform as part of a group you will overcome nerves and build confidence in your own abilities. Come and join us and find friendship, support and fulfilment in our vocal group.

You are welcome anytime and we look forward to meeting you.



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

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

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*cost excludes cremation, burial, doctors or minister's fees.

All costs are correct up until April 2021

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The Story of Castle Bromwich Parish Church (pt7)

By David L Adams

By the end of the 14th century, the chapel at the top of Chester Road hill, above what had probably become a rough stone bridge over the River Tame, was now more recognizably a "proper" church.

The original stone part from around 1175 had now become the chancel with the building of a half-timbered nave, the addition of which I arbitrarily set around 1350 or thereabouts.

It is difficult to visualize quite how the "cure of souls" in the area functioned at that time even remembering it was all part of the Church of Rome with the Pope at its head. It was still a subsidiary or "daughter" to the "ministering mother" parish church of Aston and there was no local residing clergy. They were monks of the Cluniac order from Tickford Priory at Newport Pagnell.

No baptisms, weddings or burials of members of the general public were carried out here – only Holy Communion – and I have no idea as to at what regularity!

It has to be recognized that at this time it was used more as the family chapel for the Lords of the Manor, and this situation continued much the same until the nineteenth century.

At around the time I have assumed for the half-timbered nave construction (1350 say) the de Bramwych held the sub-manor and the heiress Isabelle married Sir John de la Roche, a wealthy Pembroke landowner.

A subsequent de la Roche grand-daughter, Ellen, took the manor into the Ferrers family of Chartley in Staffordshire in 1390. Her grand-daughter, Ann, married Walter Devereux of Weobley in 1450.

He was created Lord Ferrers but died at the battle of Bosworth in 1485 fighting for Richard III of York. The Devereux family were "upwardly mobile" but – as far as I can find – did not locate at Castle Bromwich until Sir Edward Devereux started building the present Hall in 1599.

As my sketch of the "first version" of the timber nave showed in Article Six, and the larger cross-section of the timber members in the western three trusses also indicate this, the roof was originally built with a small bellcote at that end of the ridge.

The maximum number of bells that a feature of this sort would contain was likely to be three. These were more likely to be merely chimed than fully pealed. The latter method exerts more stress onto a frame.

I have often speculated on the origin of our nave framework. With the reduction in the level of "warfare" in the English countryside the relevance of fortified buildings, such as our timber castle overlooking the river valley, was less.

Sadly however, I have been unable to find any evidence of smoke-staining such as would have come from use over an open fire in a castle hall. This seems to indicate that the framing was indeed purpose built for the church – a project needing much

planning – once again we ask who would have the "power" to initiate such a scheme?

This month's illustration shows the western tower which I have suggested would have replaced the earlier bellcote on the western end of the roof.

This would have been the last major change in the appearance of the church before the great remodelling of 1726-31 and it would have stood as such for well over a century.

final form of the church before the "great encasement" of 1726-31



Saqib Bhatti MBE, MP for Meriden

March update

Dear Resident,

I was thrilled to host my first Pensioners Fair in the Meriden constituency, at Knowle Village Hall. The event aimed to provide information about all the different opportunities for the elderly community by convening stakeholders in one convenient location. I am so pleased that we had attendees from across the Solihull borough who were able to connect with providers offering services tailored to them. It was wonderful to see the community come together in this way and to see so many of my constituents. I am hoping to hold future Pensioners Fairs and would love to see you and your loved ones in attendance.

Having consistently campaigned for better healthcare provisions across the Solihull borough, I am delighted to welcome the government's Pharmacy First approach. Helping people to receive care more quickly through better use of pharmacies. This initiative allows pharmacists to supply prescription-only medicines to treat several conditions, including sinusitis, sore throats, and shingles, amongst others. The plan aims to free up 10 million GP appointments a year by next winter and give the public more choice in where and how they access care. 281 pharmacies across Birmingham and Solihull have already signed up to Pharmacy First, which will make a big impact on our community.

Following a successful campaign by myself and the Solihull Conservatives that secured an Urgent Treatment Centre at Solihull Hospital, I am happy to report the opening of a new Locality Hub at Solihull Hospital. The Locality Hub provides same-day, early intervention, and urgent response care for patients, as well as support for those living with frailty and long-term conditions such as COPD and asthma. Solihull Hospital is a major part of our community, and this is why we have been fighting for more resources for our hospital. The Locality Hub will be vital in supporting our community and I will continue championing healthcare across the Solihull borough.

Castle Bromwich will be served by a brand-new station named Castle Bromwich station. This will provide an extra stop on the line connecting Birmingham and Leicester/Nottingham and restore a station that has been closed since 1968. Having campaigned for better transport links across the constituency I am so pleased that the West Midlands Combined Authority has agreed that a train station in Castle Bromwich will be a great benefit to the community.

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

saqib.bhatti@parliament.uk 0121 711 7029



SHARE A STORY

contact:

serena.postgroup@outlook.com

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



It is so easy to get caught up in the busyness of life, but it is important to remember the small acts of kindness that can mean so much.

*A quote from Basil Hume
"The great gift of Easter is Hope"*



Ash Wednesday on the 14th February was the start of Lent for 2024 and as in previous years St Clements Church will be running a Lent Project. This year it will be supporting the work of the North Solihull Food Bank but with a slight difference. We are asking for donations of toiletries such as toothpaste, nappies, shampoo etc.

This Lent we are encouraged to wait expectantly for God to meet us and sustain us through the storms and trials we all face. The Church of England's Lent theme for 2024 is Watch and Pray: Wisdom and hope for Lent and life.

Palm Sunday : 11am Easter Story with Communion for all ages

Maundy Thursday: 6pm Last Supper Communion Service

Good Friday: 2pm Service

Easter Day: 11am Service followed by Easter Egg hunt for children

All Wednesday Services are at 10 am

Over two days in February, Tuesday 6th and Thursday 9th, St Clements Church

once again welcomed Year 4 together with their Year 4 Leader Mr Roberts, their teachers and helpers. In all four classes came over the two days in their red and grey uniforms all excited to be out of school even if they did have to walk **The learning objective was 'to explain how a sacred text can be used in communal worship'**. The Revd Fiona Harrison-Smith vicar of St Clements welcomed the children and was on hand to explain and answer questions.

On Friday 16th February, St Clements hosted the Beat Surgery. Officers from the local neighbourhood team held an open door drop in surgery where you could go along for advice or just to talk about local issues that you had concerns about.



As a Church we love to celebrate with those in our congregation and one such celebration was held in January. Val and Martin Scyner's 60th Wedding Anniversary was on Thursday 16th January. Diamond is very special and we were all on hand to wish them both "Best wishes for many more years of happiness together". Congratulations.

The highs and lows and anything in between is part of everyday life and to be able to offer a space to carers who look after those with memory loss and who come to our "Forget me not Café" is very important. As a carer you can come on your own, or bring the person you are caring for. Beginning on Thursday 1st April we will be holding two cafe's on the 2nd and 4th Thursday of each month from 1pm - 2.30pm. From tea and coffee and of course cakes. There will be a chance to chat and if needed, 'signposting' where to go for help and support. Members of the Church run this group, some of whom have gone through this experience in their own lives. *We are told the importance of getting exercise*

but just where to walk is sometimes not exactly easy so here are some suggestions from our intrepid walkers Jenny and Jayne - wonder how many steps they have taken over the last few years !!

Life is about small moments so take it easy and start by walking around the area you live, with perhaps one lap and gradually build up. Or start at St Clements Church and walk up Auckland Drive and then back down Windward Way or vice versa this may be a bit more of a challenge. For the more adventurous, a walk through Parkfield Estate and if the weather is good you can go on the parallel route through the parkland, which is accessed further up Water Orton Road just past the zebra crossing and opposite Park Hall Academy.

A nature walk from Norman Chamberlain playing fields in Shard End to Babbs Mill nature reserve is a lovely walk to see all the wildlife on the lakes. Also the reverse route from Babbs Mill to Norman Chamberlain.

If a bus ride is more to your liking then the X12 is a good option. If you get off opposite Arden Hall, then a gentle stroll up to the War Memorial and then into the Crafty Cow for refreshments, you can always justify that cake by walking round The Green afterwards where there are benches to rest those weary feet on the way round.

4th Castle Bromwich Brownies at St Clements Church

Brownies are part of the Girlguiding and have met at St Clements for many decades. Here is a round-up of what they have been doing since returning after their Christmas break. There will be many adventures to be had over the coming months, which I am sure they will be sharing with us all.

We welcomed our Brownies back after Christmas and we started off the New Year by decorating flower pots and planting "tete a tete" daffodil bulbs, ready to pop up when spring gets here.

We are busy concentrating on interest badges and each meeting works towards another badge. We have had a keep fit night, a healthy eating night making fruit kebabs with kiwi, banana, grapes, melon,

apples and oranges, which gave our girls immense pleasure.

Half term came early this year so we had to combine pancake making with Valentines cards in one night. Organised chaos ensued but it was great fun! Brown Owl was amazing how she managed to cook so many pancakes in an hour. The Brownies were able to choose from various toppings of lemon and sugar, golden syrup and chocolate or raspberry sauce. Some of the Brownies weren't too good at choosing just one, resulting in several overloaded pancakes, all of which were very yummy and went towards their Bakers badge.

Our next big project is Easter which will undoubtedly involve chocolate, chicks and bunnies. We will let you know how we get on and what we make.

If you are interested in your daughter (who should be aged between seven and nine) joining us, then please go to the Girlguiding UK website under the Parents Registration page, and select 4th Castle Bromwich Brownie Pack to fill in your daughter's details. We will then get an email from Girlguiding UK and we will be happy to contact you direct.

Mothering Sunday Service on the 10th March is at 11am. This is our chance to say "Thank you" to all mothers and carers and those special people who care for us every day.

A reminder our annual Beetle Drive (no beetles are harmed during the afternoon) is on Saturday 9th March starting at 3 pm. You do have to get a six to start, but then there are those "puds" to look forward to afterwards.

On Saturday 18th May at 4 pm will be our Annual Quiz with a fish and chip supper. If you are interested in coming to either, then do get in touch in the usual way.

Phone: 0121 274 7120

Church Website:
www.stclementschurchcb.co.uk

Facebook:
www.facebook.com/stclementschurchcastlebromwich

Email: office@stclementschurchcb.co.uk



Castle Bromwich Parish Council News



After the bright lights of the christmas festivities have dimmed and the greyness of January has now moved on, Arden Hall starts another busy year of events with solo artists, music bands, private parties, charity events, talks, coffee mornings and our traditional wellknown table tops.

Please keep an eye out for events on our revamped village green notice board, along with our webpage, social media facebook page, giving times and dates of our coming events.

Tubs2Pubs

Greene King Brewery have run a very successful Tub2Pub initiative in recycling empty plastic confectionary and cracker tubs, saving waste from landfill and raising money for charity. Janine, our Community & Leisure Officer put out a request to our hirers and customers to bring these tubs in. They didn't disappoint! On Saturday 17th February, over 200 tubs were delivered to the local Greene King Pub. The chairman Pauline Allen met with Angela James, Team leader for the hand over.

In the last two years, over 5,000kg of plastic, almost 50,000 tubs have been collected and the money raised went to Macmillan Cancer Support, which totalled £11,308. This campaign is becoming more and more popular. Greene King Brewers will let the Parish Council know in the near future of how much was raised from this collection which will again be forwarded to the Macmillan Charity.

The chairman, councillors and staff at Arden Hall would like to thank everyone who sent in their empty tubs.

This campaign will run again in late December 2024, so please start saving your tubs.



Annual Parish Assembly

On Wednesday March 6th at 7:00pm, Castle Bromwich Parish Council will be hosting the Annual Parish Assembly at Arden Hall (Windsor Room).

This meeting allows all residents of Castle Bromwich to discuss local issues and have an opportunity to voice thoughts, ideas and opinions about their local area and to hear from those working in the community. There will also be a presentation of grants from the Chairman's Charity Fund.

The Council looks forward to welcoming you to the event and we hope you will take this opportunity to voice your thoughts and opinions about your community.

Partnering with schools

Last December, the Parish Council gifted an electronic piano to St. Marys and St. Margarets Schools music room.

The piano had been a fixture at the hall and was not being used to its best potential.

Following talks with local schools, St. Mary and St. Margarets C of E school contacted us, and they had a great space for the piano in their music room.

Chairman Pauline Allen went along to see the children play a tune and to witness how beneficial music is, not only learning how to play but also building self-confidence for children to express themselves and develop a sense of accomplishment.



Park Hall Awards

On December 18, Park Hall Academy hosted their annual awards evening, and the Parish Council donated their annual award for "Service to the community". This year, Parkhall chose the award to go to Michael Stoner.

Michael was presented with a plaque and a certificate by Rob Palmer, who was the guest speaker for the evening.

Rob grew up in Castle Bromwich, and after leaving Park Hall at 16, he went to work as a chef and gained an apprenticeship at the Hilton Birmingham. Fast forward some years and he has achieved the status of 1 Michelin star and 4 Rosettes and currently runs his own restaurant, "Toffs," in Solihull.

Rob congratulated Michael on his wonderful work in the community, along with being a youth councillor.



2024 TABLE TOP DATES for your Diary

The tables are £10 each (6ft x 4ft), CASH ONLY. Monies must be paid to secure your place before the event. WE CAN NOT RESERVE TABLES WITHOUT PAYMENT.

Please call the Arden Hall office at 0121 747-7150. Due to our staff working in and around the hall, the phone cannot always be answered promptly. Please leave a telephone message and staff will get back to you as soon as they can, or alternatively email Arden Hall at ardenhall@castlebromwichpc.gov.uk.

Table Top events are held on Saturdays with free admission to the public and are open between 10:00 a.m. and 12:30 p.m.

March 2nd	September 7th
April 6th	October 5th
May 4th	November 2nd
June 1st	
July 6th	

There are NO table top sales in August and December.

Dates for your Diary

- Annual Parish Council Meeting - Windsor Room - Wednesday March 6th at 7:00pm
- Party in the Park - Arden Hall Playing Fields - Saturday 20th July 2024 12pm - 5pm

If you have any suggestions of events you would like to see at Arden Hall, please email Janine on leisure@castlebromwichpc.gov.uk

MAKE A CHANGE BECOME A COUNCILLOR

- Are you passionate about your community?
- Do you want to help make a long-lasting change?
- Do you have innovative ideas for the council?

• Do you have concerns about a specific issue and want to do something about it? If this is you, then we need you at Castle Bromwich Parish Council. We need people from all backgrounds and experiences who reflect their community to put themselves forward for election. Make a change and become a councillor.

What do local councils and councillors do?

Parish councils and councillors make a massive difference to local people's quality of life. They are the first tier of governance and are the first point of contact for anyone concerned with a community issue. They are also passionate about their communities and seek to make a change to help improve their residents' lives.

Local councils run numerous services, depending on the size of the council. Many of them you will see day-to-day, but some are less known. These include setting up community groups, organising facilities for sports, recreation, and social events, making decisions on local planning applications, looking at traffic schemes to address congestion, parking, speeding, etc., establishing youth projects, and managing open spaces.

Councillors are elected to represent the local community, so you must either live or work in the council area. Becoming a councillor is a rewarding experience as you will be able to make a change in your community to help improve residents' lives. A councillor's role can include developing strategies and plans for the area, helping with problems and ideas, representing the community, working with other local community groups, decision making and reviewing decisions and talking to the community about their needs and what the council is doing.

How to become a councillor

A Parish Council can only be as helpful, connected and energetic as the people elected to run them, so we need councillors capable, enthusiastic and engaged to reflect their communities. You can find out more about becoming a councillor on The Electoral Commission and Local Government Association website. There are three ways that you can become a councillor; standing for election, filling a vacant seat after an election (co-opted) or filling a casual vacancy.

We have vacancies right now.

For more information, contact Castle Bromwich Parish Council 0121 747 6503 or counciloffice@castlebromwichpc.gov.uk or go onto YouTube to see the #makeachange video



Castle Bromwich
Hall Gardens

News from Castle Bromwich Historic Gardens

Easter at the Gardens



Easter falls really early this year – hoorah! That means we can go egg hunting and chocolate munching even earlier.

The Gardens, as usual, will be open every day during the Easter School holidays from Saturday 23rd March to Sunday 7th April .

There will be plenty on for family visitors; self-guided egg hunts, nature based (bookable) workshops and, for the Easter weekend, the welcome return of the English Civil War re-enactors Colonel Pickering and his Regiment of Foote.

Everyone loves an Egg Hunt and the Gardens are making full use of their 10 acres of green and pleasant land to run self -guided hunts every day during the holidays.

Horace and Hettie Hedgehog have hidden clues around the Gardens, apparently and they invite people to seek them all among the woodland, hedge and lawns.

Can you solve them all? Once you've 'eggs-plored' the Gardens the little ones can race back to the visitor centre to claim their eggy treat.

Normal entrance fees (Free to members) and £1 for a hunt trail.

As well as Egg Hunts the Gardens' popular 'Unplug and Play' outdoor and nature activities are bookable now..

.Minibeast safari, Hapa Zome workshops, Den building evetns are all jhappening, as well as the regular Forest School event.

So much to do ... so much nature and Gardens to explore. Join your young ones in getting out and feeling the benefit of the green space and blue (?!?) sky

Cromwell is Coming!

Over the Easter weekend - Saturday 30th and Sunday 31st March- Colonel John Pickering and his Regiment of Foote take up residence in the Gardens.

The first battle of English Civil War was fought just 4 miles away from the Gardens. Displays, drills and demonstrations will happen throughout the weekend as this 17th century re-enactment group make camp in the grounds.

Wander among the Parliamentary troops and their followers as they prepare for battle at Curdworth Bridge, near Water Orton.

Get into conversation with those who cooked the meals and sewed the cloth...

Let your imagination float back 300 years through the sound and smell of muskets and camp fire smoke...

Usual entry fees apply.





Scott Bevan History Column: Roman Brooches

One of my favourite items to find when I'm out metal detecting are Roman brooches. I've been EXTREMELY lucky when it comes to discovering these beautiful ancient artefacts and hopefully, if I'm lucky, there'll be many more to come in the future too.

So why are so many Roman brooches found in Britain? Well, the design of men and women's clothing during the Roman era required many garments to be fastened by brooches. Several brooches could be worn at any one time and if they became unfastened and fell to the ground, by the time the person realised they were missing, it could often be too late to recover them. Roman brooches found in Britain come in many different varieties. When the Romans invaded these shores, they brought with them many different styles of brooch from the continent. Over the following two centuries in particular, these styles and designs were copied, modified and reinvented by local Romano British people creating categories of brooches that are rarely found anywhere else other than in Britain. One of the most easily recognisable Romano British designs is what's referred to as a Trumpet brooch. Essentially, they're referred to as 'Trumpet' brooches as the head of the brooch opens out to resemble the flared head of a trumpet. All of the trumpet brooches that I've discovered to date are made of a copper alloy, so as they now look green due to the verdigris after almost two millennia in the earth, when they were first

made they would most likely have had a bright shiny copper appearance, providing a little bit of 'bling' to the Romans every day dress. Two in particular still have small remnants of the red and blue enamel that would once have adorned the heads of the brooches. The enamel once adding a little bit of colour to the highly polished copper one assumes. When it comes to putting a date on these brooches, their origins lie in the first and second centuries ad. In fact, Trumpet brooches can be narrowed down even further, dating from just 75ad, up until around 175ad when their use seems to have ceased. In fact, after around 200ad, the British manufacture of Romano British brooches declined altogether and continental brooches became the most dominant style of brooch used in Britain. It's also argued by some that Trumpet brooches may have developed in the military areas of Britain indicating a Roman military presence or association wherever they are found, however, this is not a view shared by everybody. I have to admit, the thought that these brooches may have been worn and carried by Roman soldiers certainly adds an extra dimension when thinking about how they came to rest where I found them. Whether they once belonged to weary Roman soldiers travelling north with their legions, or maybe a Romano British citizen farming his or her land, I'm so glad that I was the one to recover them. They really are amazing pieces of our shared history.



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Reader travel

ISLE OF WIGHT Weekend



Departing Fri 5 Apr '24

Let us whisk you away to the Isle of Wight, for a perfect weekend to rejuvenate. Tailored for those who seek relaxation by the sea, along with a desire to explore, this break includes a visit to the historic town of Newport and an optional 'Round the Island' tour.

Your break includes

- ✓ Return coach travel & ferry crossings from Solihull
- ✓ 3 nights at a selected hotel on the Isle of Wight (JG2 or JG2+ rating) with dinner & breakfast
- ✓ Entertainment some evenings
- ✓ Excursion to Newport

Optional excursion to Island Highlights tour (£15pp)

4 Days by Coach *only* £199

Single Supplement £50

LLANDUDNO & Scenic Snowdonia



Departing Mon 15 Apr '24

Experience five great days away to discover the beautiful coastline and spectacular scenery of North Wales, along with the elegant, refined attractions of Llandudno and the magnificent Snowdonia National Park, where we visit historic towns and quaint villages.

Your break includes

- ✓ Return coach travel from Solihull & Sutton Coldfield
- ✓ 4 nights at the 2-star Risboro Hotel, Llandudno with dinner & breakfast
- ✓ Entertainment some evenings
- ✓ Free excursions to Betws-y-Coed, Conwy, Llanberis & Caernarfon

Optional excursion to the Isle of Anglesey (£11pp)

5 Days by Coach *only* £279

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Help Harry Help Others Hero 365 appeal

Let me introduce myself I'm Michaela C Duffy
I run The Sunflower pop up craft fair/psychic
events regularly held at Marston Green Parish
Hall B37 7BT.



Over the last couple of years sunflower events have supported bowel cancer, Race for life and HHHO last year after seeing a advertisement for help to hand make 19,000 bracelets in less than a week from Georgie Moseley the mom of Harry Moseley who started the Help Harry Help Others charity when at the age of 9. He built this charity through his personal experience of cancer by becoming well known for his bracelet making, this amazing boy raised £750,000 in the last two years of his life before he lost his battle to cancer aged 11. He was a inspiration to us all and his mom Georgie realised that so much more support was needed to help cancer patients and families and so HHHO became a registered charity ,

11 years on and this Charity has grown from strength to strength. It offers support from diagnosis for yourself or loved one, different support groups men matters, Time 4Teens Mindfulness workshops, treatments reiki, relaxation classes social activities and lots lots more the list is endless.

But it needs your support.

I jumped at the chance to help out and I'm so glad I did . I sat down and did a count on my fingers of people that I personally know who has had cancer, the ones that are still here to tell their story and those that their story will always be mentioned. I ran out of fingers.

I myself have to have yearly mammograms so I can totally relate to the waiting game...

The Help Harry Help Others Cancer Centre is amazing It doesn't just help actual cancer sufferers it helps family and friends. Take a look at their website www.hhho.org.uk

So the bottom line is they need funding to stay open .

So it doesn't matter how little or how big the payment is, it will really help.I have a year to raise £850 but anyone that knows me the skies the limit.

So Sunflower craft fair / psychic events will be raising money for 365 days

From myself and everyone affected by this terrible disease I thank you for your support.

I so far have raised £196 of my target £850

You can purchase Harry's Bracelets from any of my events you can find information on:

Facebook Michaela C Duffy The Sunflower Pop Up Craft Fair Psychic Event

Instagram Sunflowercraftpsychicevent Michaela C Duffy

Donate to my just giving page https://www.justgiving.com/page/a-c-duffy-1696155146319?utm_medium=fundraising&utm_content=page%2Fmichaela-c-duffy-1696155146319&utm_source=copyLink&utm_campaign=pfp-share

I am also doing a 70s Disco fancy dress event Saturday 14th September £5 a ticket every penny goes to the charity at The Toby Jug Chester Road Birmingham B36 0JU

The management team Ashley Stewart and Sophie Barnes have very generously given the room hire free of charge and the amazing DJ Fuzion Paul Fuzion Robert has kindly also offered his service for free .

THE SUNFLOWER POP-UP CRAFT FAIR
PSYCHIC EVENT MICHAELA C DUFFY



Supporting Help
Harry Help Others
Cancer Charity



SUNFLOWERCRAFTPSYCHICEVENT

Saturday 2nd March
Saturday 6th April
Saturday 4th May
Saturday 1st June
Saturday 6th July

August closed

Saturday 7th
September
Saturday 5th
October
Saturday 2nd
November

Saturday 7th
December
Christmas family
fun day .Santa
grotto ,live
music ,stalls

Please scan to see
all future dates & venues



Craft stalls ,
Tarot readers
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Fostering Hope: Join UK Fostering in Changing Lives

In the United Kingdom, more than 70,000 children are currently in foster care, and the numbers entering the system continue to rise. At UK Fostering, we receive thousands of referrals every month, desperately seeking foster families who can meet the unique needs of these children. Our dedicated team, driven by a passion for transforming lives, strives to make a difference.

Meet Samantha, one of our foster carers residing in Coleshill. Samantha, a single White British foster carer approved by UK Fostering in 2020, has cared for three children, each with their individual needs. In Samantha's own words: "In the early days of my fostering journey, I faced some challenging situations, but I've never felt alone in the process." Samantha is currently fostering a teenage girl, and together, they have built a family that continues to flourish. Despite the inevitable challenges of raising a teenager, Samantha wouldn't change a thing. They recently celebrated their third Christmas together, and the next adventure is a family holiday overseas—a first-time experience the teenage girl truly deserves.

Reflecting on the fostering journey, Samantha emphasises the invaluable support provided by the UK Fostering Midlands team. Whether guiding, educating, or offering a listening



ear, the team was always there. Between placements, Samantha had the time to reflect on experiences, pondering ways to achieve better outcomes. UK Fostering's ongoing training, informative and enriching, empowers foster carers to be their best. Support groups provide opportunities to connect with fellow foster carers, fostering a community of mutual learning and support. Samantha has developed a strong network of foster carer friends and built a close relationship with the Midlands Team, which is always approachable and friendly.

UK Fostering organises events throughout the year—spring, summer, autumn, and winter—financed by them. These events bring foster carers, birth families, and fostered children together, creating moments of joy and celebrating achievements.

Numerous foster carers have generously shared their stories on our social media platforms. Follow our Midlands community on Instagram and Facebook to explore these inspiring narratives.

If you're considering fostering, even if you're unsure about eligibility, reach out to our friendly team for a chat. Call us at 0345 222 0518 or visit our website at www.ukfostering.org.uk. Join us at UK Fostering and be a part of changing lives.



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Pet Page

March is Pet Poison Prevention Month



– The campaign promotes awareness and safety for your pets.

At Insight Hounds, we are joining forces with vets and animal welfare organisations during March to raise awareness of potential poisons and provide safety tips to prevent any issues.

According to veterinary experts, some of the most common pet toxins include household cleaners, certain foods like chocolate, grapes, and onions, medications like pain relievers and antidepressants, and common houseplants like lilies and azaleas. Ingestion of these substances can lead to a range of symptoms, from mild gastrointestinal upset to life-threatening complications.

Here are some top tips for preventing poisoning in pets, covering common hazards, including garden products, food, medication, household chemicals, and plants:

Garden Products:

- **Store Securely:** Keep fertilisers, pesticides, and herbicides stored securely in sealed containers in a locked cabinet or high shelf, out of reach of pets. Cocoa bean mulch, often used in gardens, contains theobromine and caffeine, which are toxic to dogs if ingested in large amounts.
- **Use Pet-Safe Alternatives:** Opt for pet-safe gardening products whenever possible. Look for organic or natural alternatives that are less toxic to pets.
- **Supervise Outdoor Time:** Keep pets away from treated areas in the garden until the products have dried completely, and supervise them closely to prevent ingestion or contact with chemicals.

Food:

- **Familiarise yourself with foods toxic to pets,** including chocolate, grapes, onions, garlic, xylitol, and blue cheese, and ensure they are kept out of reach of pets.
- **Secure Bins:** Keep bins securely closed or in pet-proof containers to prevent pets from accessing harmful food scraps.
- **When giving human food scraps,** be sure to avoid any human food that may be toxic.

Medication:

- **Keep Human and Dog Medications Secure:** Store all medications securely in cabinets or drawers that pets cannot access.
- **Follow Dosage Instructions:** Administer medications to pets only as prescribed by a vet, and never give them medicines intended for humans without vet approval.
- **Dispose of Unused Medications Properly:** Dispose of expired or unused medications safely, following guidelines provided by local authorities or pharmacies to prevent accidental pet ingestion.

Household Chemicals:

- **Store Safely:** Keep household cleaners, detergents, bleach, and other chemicals stored securely in cabinets or high shelves that are inaccessible to pets.
- **Use Pet-Safe Products:** Choose pet-safe cleaning products whenever possible, and avoid using products that contain toxic ingredients.
- **Clean Up Spills Promptly:** Immediately clean up any spills or leaks of household chemicals to prevent pets from coming into contact with or ingesting them.

Plants:

- **Research which plants are toxic to pets and avoid having them in your home or garden.** Common poisonous plants include lilies, azaleas, daffodils, tulips, and rhododendrons.
- **Create Barriers:** Use fencing, planters, or other barriers to prevent pets from accessing areas where toxic plants grow.
- **Supervise Outdoor Time:** Supervise pets closely when they are outdoors to prevent them from nibbling on potentially harmful plants.

Being proactive about preventing exposure to common poisons is always the best option. If you suspect your dog has ingested or come into contact with something toxic, contact your vet or a pet poison helpline immediately for guidance and assistance.

Ward End Cat Rescue

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

Here is just one of our cats who is nearly ready for adoption. Please note circumstances at the rescue can change daily 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.

Marcey is a lovely, gentle cat who needs her forever home.



Do you recognise this cat found by the MEADWAY, Stechford, if so please contact us asap. Thank you.



DON'T BE LATE FOR A VERY IMPORTANT DATE!
By order of Ward End Cat Rescue
We invite you all to join us for a special

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Our famous knitted **Super Mice** will be on sale on the day, plus a fantastic raffle of prizes and lots of sale goodies to buy!

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Ward End Cat Rescue Official

If you're looking to adopt a cat, or if you'd like to support the work of Ward End Cat Rescue, please visit our facebook page **WARD END CAT RESCUE OFFICIAL** or email us on wardendcatrescueofficial@outlook.com.

Thank you



Who's coming to Crufts?



Crufts Agility Credit Yulia Titovets - The Kennel Club

In just a couple of weeks, from 7 – 10 March, over 24,000 dogs will be heading to the Birmingham NEC for the grand return of Crufts 2024.

Known as the greatest celebration of dogs, Crufts will see a variety of hundreds of breeds and crossbreeds competing across a range of different canine activities, showcasing what our dogs can do.

Dogs from 50 different countries are coming to the Midlands to take their turn on the famous green carpet. Leading the pack with the most entries for this year's show is the great family favourite, the Golden Retriever, with 538 dogs hoping to be crowned top dog. Closely following on their heels is the Labrador (519) and the Cocker Spaniel (421). In contrast, the Belgian Shepherd Dog (Laekenois) and Foxhound have just three dogs vying for the Best in Show title, while there are only two Turkish Kangal Dogs entered, highlighting that the show is a true celebration of all dogs, from the well-known to the rare.

For visitors looking to dive deeper into the vast representation of different dogs at Crufts, the popular

Discover Dogs area is the best place to start! For the 30th year, the Discover Dogs area will be welcoming over 200 different breeds, of all shapes, sizes and personalities, enabling visitors to learn more about the variety of our four-legged friends from breed experts and see which canine might be the right companion for them.

From discovering the lesser known 'underdogs', like the rare Otterhound, to understanding what the popular family-favourites, like the Labrador Retriever, really need in a home, Discover Dogs is a unique area of the event. Each breed 'booth' can help prospective puppy owners on every step of their journey – from responsible puppy buying tips to day-to-day training and caring requirements.

More information and tickets for the event are available on the Crufts website: Crufts.org.uk. Tickets are free for under 8s, and advance tickets start at £14 for children (aged 9-15) and concessions, and £21 for adults. Please note that tickets are only available through Crufts official ticketing partner, The Ticket Factory (fees apply).

**WIN CRUFTS
2024
TICKETS**



Competition question:

Your chance to win a pair of Crufts 2024 tickets!

Crufts is giving one lucky reader the chance to win a pair of Crufts tickets, read the question below and send your answer and entrant contact details to editor.postgroup@outlook.com before 28th February 2024.

Ticket T&C's: Each ticket is valid for any one day of Crufts between 7th and 10th March 2024, subject to availability. This ticket does not include access to Best in Show or any separately ticketed events. Please note that unfortunately no dogs other than those that have been invited by The Kennel Club and/or Assistance Dogs are permitted into the show.

What Italian breed won Crufts Best in Show in 2023?

(Hint, they were called Orca!)

- A) Labrador Retriever
- B) Lagotto Romagnolo
- C) Otterhound

Birmingham Dogs Home - Forever homes



O'Malley

Breed: Malinois

Gender: Male (N)

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

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

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

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

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

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

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

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

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

Interiors & Decorating



Platinum February Update

We thought we'd start the year off by looking at some of the various decorative features of houses and the history behind them as well as giving you some ideas on how to go about decorating them. Many of these features started life with a practical purpose that was eventually no longer necessary and so they became purely decorative. Other features were decorative from the start.

Cornice: This is more commonly known as coving and is used to cover the join in the corner between the ceilings and walls. Historically it was a standard feature in most properties but maybe less common in more modest houses. Large stately homes would have very ornate designs inspired by classical architecture with the most intricate designs reserved for the most prominent rooms and rooms that would host guests.

Dado Rail: A dado rail is a thin strip of wood that runs around the whole room at a height of around ninety centimetres. They are more common in period properties such as Victorian and Georgian houses and are rarely installed in new properties. This is a shame because they can offer many varied options for decorating. They were originally introduced in the Georgian period when furniture such as chairs would be leant against the walls- the dado rail prevented the furniture from damaging the walls. Once the Victorian era was underway they started becoming more of a decorative feature until they eventually stopped being used. They were re-introduced in the early twentieth century as a purely decorative feature. Most commonly these days they are painted with white gloss, satin or eggshell in line with the rest of the woodwork. It can however be very effective to use darker colours on the woodwork to make it more of a feature. Another interesting look is to paint the dado rail the same colour as the walls for a more subtle feature. It can also add interest to use a different colour or variation of the colour on the walls above and below the dado rail.

Picture Rail: Very similar to dado rails these are usually situated closer to the ceiling and were originally used to hang pictures from. If you visit any stately homes or watch historical period TV dramas you may have noticed pictures hung from chains attached to the picture rail. These days they are purely decorative and as with dado rails usually painted to match the rest of the woodwork. The area of wall above the picture rail is known as the 'frieze' and is usually painted white as part of the ceiling but interest can be added by experimenting with different colours. As a point of interest, although these days the frieze is simply a small section of wall, it was originally an ornate plaster moulding that ran from the cornice down to the picture rail.

Skirting Board: This is the wooden trim that runs around the base of the walls. It was introduced to disguise the transition between wall and floor and to protect the walls against knocks and bumps. As dado rails fell out of favour in the Victorian era skirting boards became bigger and more of a feature. These days they are often very minimal and simplistic in design.

Ceiling Rose: Rarely fitted these days, a ceiling rose is traditionally a very elaborate circular plaster moulding that would be fitted to disguise where the light is attached to the ceiling. When they were first introduced people were still using gas lights. The elaborate design of the ceiling roses was intended to catch the smoke that rose from the gas lights. They were also often designed with holes in them to allow the fumes to escape between the ceiling and the floor above. They are now only installed for decorative purposes and can be a very effective way of adding interest to an area that is often over looked. They are usually painted the same colour as the rest of the ceiling. Anyone that has painted a very intricate ceiling rose will know that it takes a lot of patience to ensure you cover all the difficult corners in the design.

Architrave: This is the strip of wood that frames the doorway- sort of an extension of the skirting around the door frame. Its function is to hide the usually untidy join between the plaster wall and the door casing and also to cover any cracking caused by shrinkage and movement between the two. The word architrave comes from the beam or lintel that sat on top of columns in classical architecture.

Corbels: These are ornamental brackets used to decorate archways in many period properties. They can be very imposing so they require a room with a lot of space but when done well they can turn an otherwise bland arch into a stunning feature.

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FOOT, ANKLE, KNEE, HIP OR BACK PAIN?

by Dean Walsh - Podiatrist

At Walsh Podiatry, we are passionate about improving your well-being from the ground up. As a podiatrist, I have witnessed how the way we walk can profoundly impact our foot, ankle, knee, hip and back health. Understanding the biomechanics behind these movements is crucial for preventing discomfort and maintaining a healthy, active lifestyle.

Many people are unaware of how their walking patterns, foot structure and footwear choices can contribute to a range of biomechanical issues, leading to pain and long-term musculoskeletal problems. This is where the use of orthotics; custom-made shoe inserts, can play a pivotal role in addressing these concerns.

Consider this scenario: John, a local resident, experiences chronic knee pain that has been affecting his daily activities. Following an in-depth assessment at Walsh Podiatry, we discovered that John's discomfort stemmed from overpronation, a common issue where the foot excessively rolls inward during walking. This misalignment not only put strain on his knees but also affected his hips and lower back.

To address John's biomechanical issues, we utilised advanced technology to produce custom orthotics tailored to his unique foot structure and gait. Our process began with a sophisticated pressure mat, which captured detailed information about the distribution of forces as John walked. This data was then analysed to create a precise digital model of his feet using 3D printing software.

The digital model served as the blueprint for crafting orthotics that would provide the necessary support and alignment to alleviate John's discomfort. Through the use of cutting-edge 3D printing technology, we were able to manufacture orthotics that precisely matched the contours of his feet and addressed his specific biomechanical needs. These custom orthotics were designed to enhance his foot function, reduce excessive pronation, and promote a more balanced gait.

By incorporating these orthotics into his everyday footwear, John experienced a significant improvement in his knee pain and overall mobility. The custom support provided by the orthotics not only relieved his immediate discomfort but also helped prevent further stress on his knees and other associated joints.

At Walsh Podiatry, we are dedicated to offering comprehensive biomechanical assessments and utilising state-of-the-art technologies to produce custom orthotics that address the specific needs of our patients. Our commitment to precision and innovation ensures that each pair of orthotics is uniquely tailored to enhance foot function and alleviate discomfort, ultimately promoting a healthier and more active lifestyle.

If you are experiencing foot, ankle, knee, hip, or back pain, or if you want to learn more about how custom orthotics can benefit you, I encourage you to schedule a consultation at Walsh Podiatry. Together, we can work towards improving your foot biomechanics and overall quality of life.

Your feet are the foundation of your body, and we are here to support you every step of the way.



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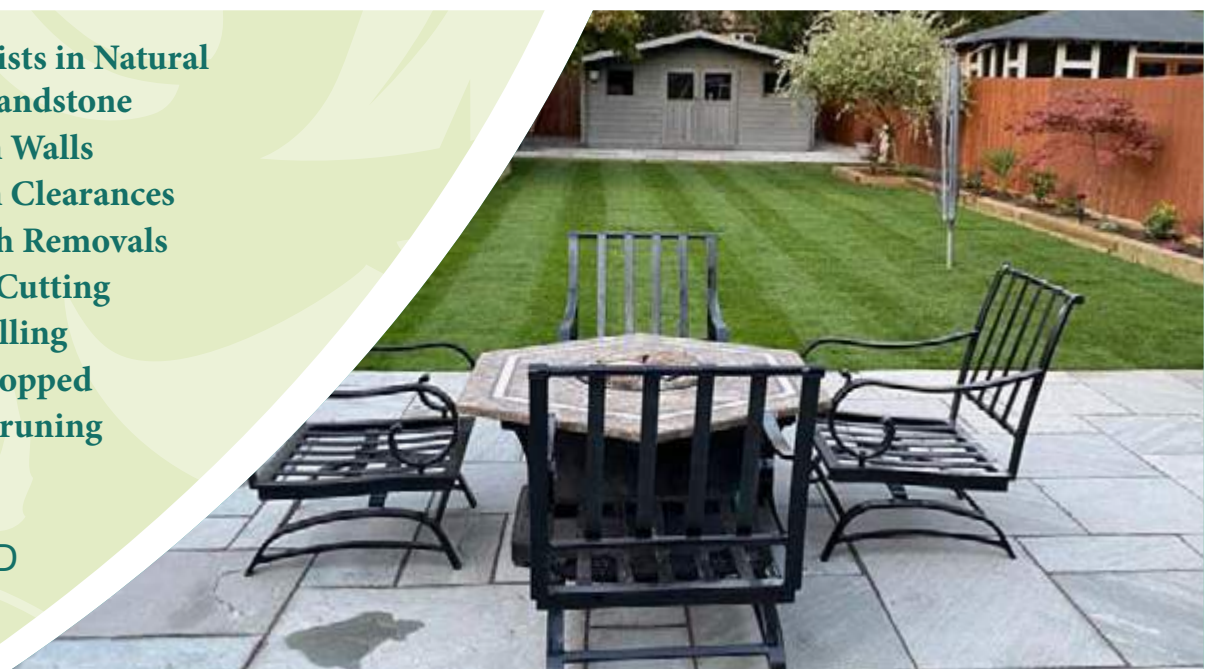


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Local Sports



Water Orton Bowling Club



Welcome to Water Orton Bowls Club which is located in St Blaise avenue in the heart of the village. The club has been established for over 80 years and we are preparing for the 2024 season.

The club competes in a number of leagues and plays matches during daytime and evenings throughout the week for over 55's, over 60's and open age leagues, in addition the club also competes in the Saturday parks league with both morning and afternoon teams, throughout the season we also run a number of club competitions for the members.

The club has over 80 members with the majority living locally in Water Orton and Coleshill.

We are always seeking new members and we'd like to remind you that you are always welcome. It's an opportunity to be able to get out in the fresh air and partake in an activity and can work wonders for your own well being.

I'm sure there a few of you out there that have walked past the green and wondered what it would be like to have a go, well now's the time to stop 'wondering' and to do something about it.

We have an active committee all made up of volunteers, we also have equipment that you can borrow to introduce you to the game.

We cater for all levels of bowlers and have many members who have only just joined us, the feedback we get from our newest members is very positive.

Thank you for your time, if you would like to try the game please contact either Club Captain Paul Johnson (paul.wobc@gmail.com) or Club Secretary Kevin Lander (kevlanda59@gmail.com)

We look forward to hearing from you.

Water Orton & District Tennis Club



Well, here we go, just about to embark on our new County League programme with the Metropolitan Spring League to get us started. We did really well last year with two league promotions out of four, hopefully we will be up to the higher standards and do well again this year.

Our work with the local schools will begin just after Easter, and we are looking forward to welcoming back The Woodlands School and Water Orton Primary School. They all enjoy their visits to us and we enjoy them coming to us. We just hope that when one of them go onto win Wimbledon, they tell everyone where it all started.

Our coaching groups are set up to start back after Easter school holidays and we do have three or four spaces to fill on a Saturday morning. The group we really need to build on is our Adults Tuesday Night Improvers Group.

This begins around 5.30pm and goes on until around 8.00pm or just after. Just come and go as it suits you.

Its affectionately know as Rusty Racquets and is set up for adults who have played before but maybe not for quite a while. You will soon get back into it and have a few laughs along the way. The group is very welcoming and we feel sure you would enjoy it. Why not come along and have four "taster sessions" before you decide if you are going to join or not. Its a chance to build up your fitness and make new friends.

If you would like more details of membership costs and access to the courts via our online booking system then e-mail our Club Secretary or text him using the details set out below.

Club Secretary Paul text on 07538 601246 or e-mail on paul.messenger82@hotmail.co.uk Membership is very affordable and I feel certain you will enjoy being with us.



SHARE A STORY

contact:

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Old Saltleians RFC

“A story of survival and an attitude of total inclusion!”

Mick Lee Chairman

I first became involved with the club 32 years ago as the father of three sons looking for a club with M&J structure. We found it at Old Salts! I got involved with coaching and was soon recruited into the vacant Chair of M&J role in 2000. I loved the role and enjoyed watching our junior teams improve in a strong support structure, stayed until 2011. My journey after that found me in Club Development and then Vice Chairman eventually Chairman in 2019 to date. I was the client lead during the negotiations for the HS2 relocation 2013 to 2021 and through the new build. 2021/22. I am currently maintaining the momentum off field that the players have created on field. Exile during the relocation from our clubhouse to a school playing field nearly killed us as a club. No bar or kitchen and a small portacabin for the kids to stay dry in is all we had, but thankfully the changing rooms were good. We have a small group of loyal players and committee to thank for our survival. The fact that a promise of a turn-key move became a 4-year exile caused a lot of players to consider that rugby at Old Salts was a lost cause. Sometimes 15 men travelling away for another drubbing included the coach on the team sheet, those players and staff are the heroes. On the field the club has a mission to be the best amateur rugby club in the midlands with target on RFU Level 6 as a base standard. There is no intention to pay players and we will reward the volunteers to deliver the fun and quality we need to survive there. We are planning to create a community Fitness and Nature Trail around the club grounds and develop a small memorial area for reflection and wellbeing. Our future developments will be as a community rugby club that has a prime objective of establishing and maintaining the best experience for our rugby teams whilst engaging with our community in all our social and wellbeing support activities. Our philosophy is to perform well with strong communication between players on the park and coaches in training and a strong team bond on and off the pitch. We carry the same personnel, values and structure from the senior men's to women's and junior coaching. Fun foremost and individual development guiding the process. We have cultivated the one club philosophy with rewards for the volunteers, most of whom are senior men players. Our ambitions this season are promotion for 1st XV, a good run in the Papa Johns' Cup, continuity in 2nd XV possibly promoted in the Reserve League, a monthly veterans' game, women's playing in touch rugby festivals and continual engagement of all levels of ability at social levels. Junior teams U7 to U12 fielding teams in competition locally. We started mixed gender walking rugby at the end of last season during our first 3 months at our new facility and expect this to grow in the spring 2024. Touch rugby is being played socially for all ages and abilities during the close season and for women and girls throughout the year. Old Saltleians RFC are a community club, working with our community in many ways. Social membership cards issued with 400 local community members, with discounted drinks to encourage local public engagement.



Warm Hub physio guided exercise session

We host a Thursday, 11am to 2pm, 'Warm Hub' with fitness exercises for the over 60's, boosting mobility and flexibility by employing our Physiotherapist as the lead instructor and advisor for an hour after tea and biscuits. Free admission, donations welcome. Community Fitness and Nature Trail, as mentioned we are applying for a grant to develop this community facility. When completed it will provide a 1.2km pathway suitable for running, walking or relaxing with access for pushchairs and mobility vehicles. Free admission to games with a large community patio area and events lawn. Childrens play park built with club funds, a bequest and sponsorship. Our sponsors are invaluable to our continued provision of a truly amateur rugby facility and public recreation. It's the people at Old Saltleians, and our attitude of total inclusion, that make our club such a great place to be part of!

CRAIG WATSON LONG TERM SUPPORTER, SPONSOR AND FRIEND OF OLD SALTS RFC: HATHAWAY & COPE

I'm from Middlesborough and got to meet Mick Lee and his family many years ago through an initial business relationship, so I know Old Salts RFC very well and have the clubs journey and its trials and tribulations over that time. I have always been involved in sport myself having played semi-pro football at a high level for years so was able to appreciate the values of the club and the passion it takes to keep community clubs moving in the right direction. I was on crutches when I first visited the club, a legacy of playing as a forceful defender all those years, and was taken aback by the tremendous courtesy, hospitality and kindness of the people there. Undoubtedly the HS2, and new club challenge, was the biggest the club have faced in their history but its great to see how they are now thriving and have lost none of the values that underpinned them. Over the years my company Hathaway & Cope have enjoyed sponsoring and supporting the club in the great work they do. From the members, players and junior coaches, who keep the kids interested and playing rugby, to the fans that support them, Old Salts Rugby Club have come a long way and provide outstanding opportunities for anyone who wants to play or just make friends in a fantastic local club! Congratulations to everyone at Old Salts on being recognised in Rugby Club Mag, look forward



OLD SALTLEIANS RFC HISTORY

Located in Belchers Lane, Bordesley Green, Birmingham, Saltley Grammar School was built and established in 1928. In 1929 Mr W H Lawrie was appointed Games Master and it was he who introduced Rugby Football to the School. As the initial intake were of various ages 1932 saw the first school leavers. Some ex-pupils went on to play briefly for Marston Green RFC. In September 1933 and after a season with Marston Green a few ex-pupils got together and decided to form the Saltley Old Boys RFC.. All games were played away. The Club Motto of Spectum Agenda was adopted. The meaning is Let Us Be Judged By Our Actions. So, it was then and so it remains. The first game on 16th September 1933 was against Old Centrals. Saltley Old Boys were victorious winning 13 – 12 In 1934 at the first formal meeting of Saltley Old Boys it was proposed and agreed to hire a pitch in Sedgemere Road, Yardley. The rental costs for the season amounted to £5. 10 shillings. The first home game for Saltley Old Boys was played on the 3rd November 1934 against Solihull. We lost 8 pts – 13. At the Annual General Meeting in 1936 the name was changed to Old Saltleians RFC. The first of many moves of home ground took place in 1937 when the club moved to playing fields adjacent to Castle Bromwich Airfield. With the outbreak of war in 1939 the playing fields and the ground of Old Saltleians was lost to airfield extensions Following the conclusion of the Second World War and with the 1945-46 season beckoning the club reformed and took stock. A pitch was established on what was part of Marston Green Golf Club. Home fixtures were played here with the teams changing in the Marston Green Tavern. We had survived. For the 1950-51 season yet again, the club faced a major problem. The Golf Club at Marston Green decided to reopen the second nine holes. With the rugby club still in its infancy once again we lost



Old Saltleians RFC

our pitch and our second home. Undeterred we found our third home. This was located at the King George V playing fields, Fulford Grove in Sheldon. It was during the 1954-55 season that a momentous decision was taken. A small parcel of land in Water Orton was obtained by the club. The area was large enough to accommodate a full-size pitch, previously used for football, and a modest size car park. On the southern edge of what was to become the pitch stood a small wooden building that was subsequently to become known as "The Shack" – Clubhouse No.1. The colloquial story is that the original football pitch was in fact built and laid by Italian prisoners of war who were being held in a local detention camp. In any event we inherited a wonderful pitch, "The Shack", but not much else. A new Clubhouse was proposed. This was to be an existing prefabricated concrete building that had been purchased from the Fire Department in Sutton Park. This building had to be disassembled and transported by club members. Foundations were laid and the building reassembled. We now had our own pitch and a very basic Clubhouse – No.2. In the 1959 – 60 season the momentum continued. The third team was re-established and christened the "All Stars XV". In order to enable two teams to play "home" fixtures on the same Saturday a pitch was leased in Castle Bromwich. The structure of what looked like an extremely good first XV was beginning to evolve. Playing strength at second and third team level looked good, and the club was once more feeling very buoyant. The club continued to thrive and prosper and by 1971 we were fielding three teams regularly with an occasional 4th XV. At the Annual General Meeting in 1971 the constitution was formally changed, and the Club went open. We stood, at the start of the 1970s, in a comfortable position but totally oblivious of the enormous challenges that we were to face before that decade was out. In 1971 the Department for Transport [DfT] announced the proposed route of a new motorway, the M42. This indicated that the planned route would cross our ground. Our newly found home of less than two decades was under threat.. The plans initially announced showed a six-lane motorway, the M42, on our western boundary running through the clubhouse and part of the car park. For the moment the pitch was safe. Initially, therefore, the urgent negotiations focussed on what would be required for the development of a new site for our clubhouse and car park with access from Gilson Road. A suitable site was found for the clubhouse towards the southern boundary of the current land and close to the brook. As things unfolded with the negotiations it transpired that we were in a stronger position than originally thought. Plans for the "new" clubhouse were submitted for approval by DfT. Amazingly the compensation package was agreed. Our negotiating team had done an absolutely magnificent job. A full fixture list for a Fourth XV was established in 1972 and work on finalising compensation for relocation was started. On 28th March 1982 our state-of-the-art Clubhouse, No.3, was officially opened by M. Steele-Bodger President of the RFU. At the start of the 1982- 83 season a fifth team was already well established, and a 6th XV was launched. Once again, we had survived. Following several seasons in the newly introduced Merit Tables the formal league structure was launched in 1988. Old Saltleians were placed in North Midlands 2 which at that time was Level 8. The

ensuing seasons saw Old Saltleians fluctuate between Level 7 and Level 8 with a number of relegations followed by promotions. Then in 2009 came the bombshell. The proposed route of the new HS2 railway was announced. It was evident that the route ran straight through our clubhouse and grounds. Everything we had would be taken from us by compulsory purchase. Urgent negotiations began and initially everything looked to be under control. An area of land was identified in Water Orton close to our existing ground. Proposals for the new clubhouse, pitches and associated amenities were made and were subject to protracted and difficult negotiations for compensation. Initially we were assured that we would not be compelled to give up our existing facilities until the new clubhouse and pitches were available, a straightforward turnkey operation. Despite these earlier reassurances, in 2018, we were informed that we would be required to vacate our premises. The new pitches were not yet prepared, and work had not even begun on the clubhouse. We would be homeless once again. An urgent search for temporary playing facilities began. We found a suitable location which had an existing pavilion, changing facilities and two pitches. This Birmingham City Council owned land was located some five miles from our home in Water Orton and a lease was agreed. Immediate and urgent improvements were required, and these were completed just in time for the start of the 2018 – 19 season. The single biggest drawback to this solution was that there was no bar, no clubroom and little opportunity for sustaining an infrastructure. We began to lose players from our senior teams and most devastatingly the Mini and Youth Section, previously thriving with around 150 young players, virtually collapsed. Subsequently in 2020 the Covid pandemic and lockdown proved a double hit during this very testing period. Although we were reduced to a small senior squad, often struggling to field fifteen players and a replacement front row, amazingly we struggled on. The start of the 2022/23 saw us still without a clubhouse and pitches and with the lease expired we were forced to play all of our league fixtures away. Eventually on December 10th, 2022, we took possession of our new facility. A fantastic new clubhouse and three pitches which are now recognised as probably the best junior rugby club facilities in the Midlands. Against all the odds once again we had survived. The senior squad rapidly grew in both numbers and ability. Ex-players rejoined us and new players were recruited. We are now regularly fielding two teams. Most heartening is that the Mini and Youth Section rapidly regrew and now boasts around eighty youngsters every week. The dedication, commitment and hard work of those volunteers on the Management Committee and that small squad of senior players will be forever remembered. We could not have expected such super success as far as results go as we are still creating the game model we wish to grow with. Our recruitment in close season has been modest and of high quality, this has transformed our 1st XV into a rough diamond of a team with talent still coming together. Most importantly the second XV are flourishing giving us a strong squad structure with talent in depth.



ADAM LEE CLUB CAPTAIN (11YRS)

Old Salts RFC has always been a special place for me having started there aged 5-year-old. My rugby career has taken me to captaincy at North Midlands and Great Birmingham level but like many players at our club, including my cousin Tom an outstanding player, who in more recent times was invited to also play at higher levels, we chose to wear the Old Salts colours as it was more important to us! As an 18-year-old I coached my twelve-year-old brothers’ team and laterally was able to kick start the Saltasaurus for the 2-6 years micros where my two daughters Katie and Maggie attend each Sunday. The latest addition to our family Robbie is only 6 months old and obviously I won’t push him into the great sport of rugby but since both sides of his family are either involved or play rugby it may well be in his blood- I hope so! This could well be my last captaincy at the club and having been at the losing end of 4 previous play-offs I would love for our squad to gain promotion this season. Whilst we have been on an incredible and difficult journey which we have survived as one club, in no small way down to the commitment of many great club stalwarts, we are now thriving across all levels both on and off the pitch! Congratulations to everyone at Old Salts Rugby Club on everything that has been achieved and as our club motto says” Let us be judged by our actions!”

TOM LEE, CURRENT PLAYER AND SPONSOR: FRESH AC

I’ve always lived no more than 10 mins from Old Salts and started playing rugby around age 8 years old. I come from a large rugby family on both sides with my cousins Mitch, Adam, Paul and Ryan all being formidable players who played or are still playing for our club. My own journey took me to The Rec, Bath Rugby where I had some outstanding experiences. I also had an offer from Stourbridge RFU and then an invite to go and train with Birmingham Solihull. I had the honour of being selected for the elite player development scheme. That took me to Leicester academy for a training session and game against a Canadian touring team Ontario. I then got asked to go to Worcester academy for a few games where I played alongside ex England captain Dylon Hartley. My wife Laura, a successful bodybuilder in her own right, and myself have two sons Johnny (8) and Olly(11) who are very much into their rugby, currently playing over at Berkswell & Balsall RFC. Laura’s dad Steven Parker is still involved there and amongst many roles did a spell as chairman too. Recently I asked my uncle, Mick Lee, if our lads over at Berkswell and Balsall RFC, who were struggling for pitch space at the time, could use their facilities at Old Salts and the answer was a resounding yes- a true measure of Mick and the open attitude of many great people at our club. A tour to Amsterdam proved to really further cement our players together before this season and current campaign is gaining pace with our destiny in our own hands. The company I work for Fresh AC have been a club sponsor for over 5 years now and as a company we enjoy giving something back to a club which is very community based and a hub for many local people. Family is very important to me, and I could never have found a better club than Old Salts where

I could spread my wings. I have gained friends from as young as aged 5 at the club that are like an extended family to me and having played rugby all my life, I also have great connections with many players I know from other clubs and who I competed against on the field. I can’t speak highly enough about the tremendous amount of good people at our club, our committee, including my uncle Mick, worked their socks off in making sure Old Salts Rugby Club will still be here for many more generations to love and enjoy as we still do!

MATT WHITE SUPPORTER, COACH AND SPONSOR OAKLANDS ENVIRONMENTAL

I played most of my rugby at school and then some senior matches before playing vets in my later years. When my son Charlie started in the clubs U7’s I became more involved and coached his team through to U14’s and became a fully qualified level 2 coach on route. We had a very successful side then playing some very special rugby and winning two competitions on the way, but sadly, even although we were the last team standing, we too eventually had to concede and disband under the compulsory purchase order and HS2 requirements that our club was under. Rugby wise Charlies’ currently out with injury at the moment but expects to return soon and many of his friends are now heading towards senior rugby themselves. This is always great to see when players who have emerged from the clubs old M&J ranks are still playing and enjoying rugby! My daughter Ella, an out and out Old Salts girl, and my stepdaughter, Isla Casey, are huge rugby enthusiasts, supported by their enthusiastic sisters, who although they never played themselves, recognise the value in this great sport and the fun and enjoyment offered by the club to many. Isla plays county for Warwickshire, and for Barkers Butts, where I am also a coach and where I thoroughly enjoy contributing to the DPP pathway. The further development of Women’s and girls’ rugby is very much a big part of our plans at Old Salts. I attend as many senior matches as I can these days and it’s wonderful to see the level of teamwork and skill that the guys are bringing to their games in what is a very competitive league. As our mini section grows its truly heartwarming to see 35-40 mini players enjoying their rugby and being the next generation of our juniors and senior players. My company Oakland Environmental are very proud sponsors and we thoroughly enjoy giving something back to a club that has given me and my family so much. The work carried out by our committee, members, players, coaches, fans and volunteers, and how they are establishing Old Salts as a true community club in our region, can only be commended and described as outstanding! For me our club is a family, I feel this every time I set foot in the place, there is an unavoidable experience of togetherness and a genuine open heartedness that makes our club such a special place to be!



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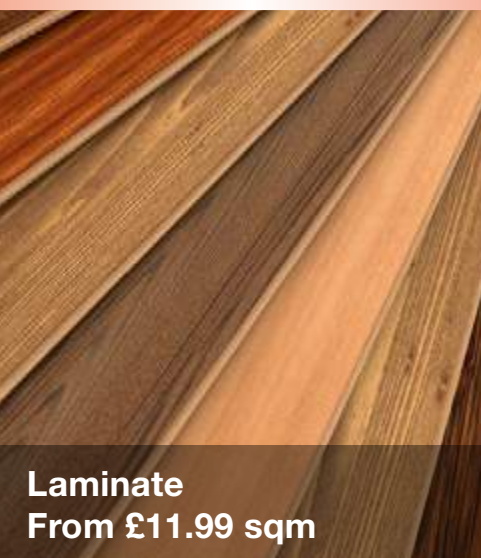
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