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the Coleshill Post



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

March 2024 Issue 120



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

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the **ColeshillPost**

the **CastleBromPost**

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

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

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

Advertising in our publications

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

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

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

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

Getting in touch

Sales:

editor.postgroup@outlook.com
07805 430191

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0121 749 7502

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

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CIRCULATION

the **ColeshillPost**

Coleshill North
Coleshill South
Coleshill Industrial
Water Orton
Curdworth
Maxstoke
Shustoke

Lea Marston
Marston
The Whitacres
*Also dropped in
Minworth*



the **CastleBromPost**

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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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Our Services

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- Psychological Therapy
- Autism Assessments
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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,
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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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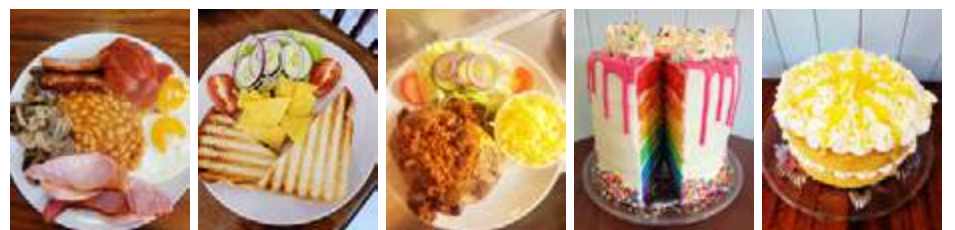
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Protect your Home

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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Paul Palmer
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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.



Coleshill Farmers Market

1st Friday of every month commencing 1st March 2024

St Peters Walk & The Croft
 9.30am - 1.30pm

Supported by
 **coleshill** partnership



BARN DANCE
GOLESHILL TOWN HALL

Saturday 23rd March
 doors open at 18:30 - caller starts at 19:00

PLEASE JOIN US FOR AN EVENING OF BARN DANCING & FUN.

LED BY THE EXPERIENCED CALLER KIM SMITH WITH MUSIC BY DAMPIERS ROUND

ADULTS ONLY!
 TICKETS ARE £18 EACH WITH A CHOICE OF FISH & CHIPS OR SAUSAGE & CHIPS.
 please let us know which meals are required when purchasing your tickets

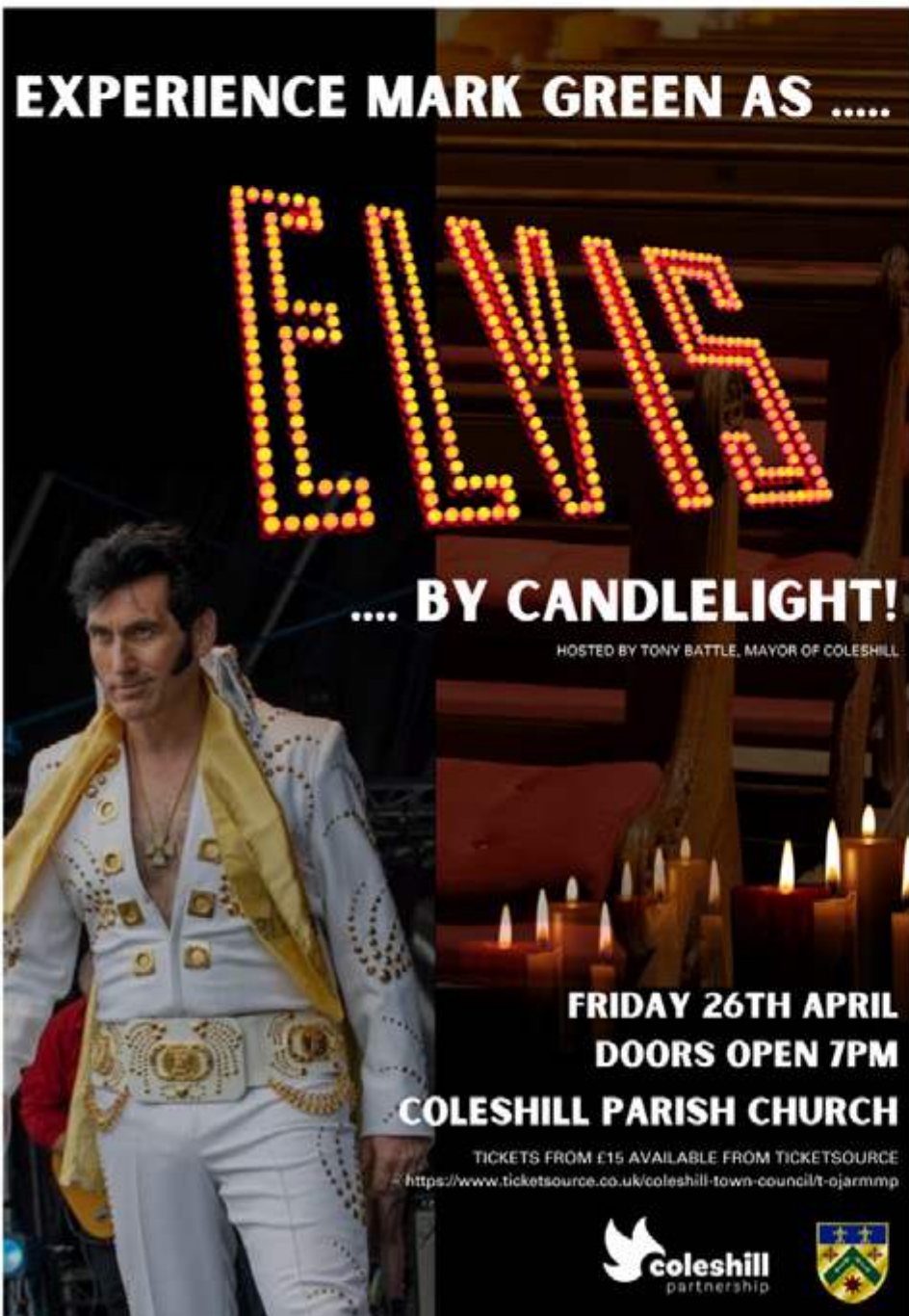
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PLEASE BRING YOUR OWN DRINKS & FOOD WILL BE SERVED AT 20:30 FOLLOWED BY MORE BARN DANCING.

Please contact Deb Bromage on 07710 272677
 To reserve your tickets & receive the payment details

Country & Western clothing is recommended

www.visitcoleshill.org

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St George's Day

St. George's Day Parade & Community Showcase on the Croft
 Bring the family for a fun day out.

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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The Secret Wombles of Warwickshire

Have you been wondering if getting an allotment or creating a space to grow your own food (or flowers) is for you? Then let's talk about one of my favourite discoveries about being a grower... we are secretly WOMBLES! Not all of us are of the Wimbledon variety though. I, for example, am a proud Womble of Warwickshire.

When I first thought about taking on an allotment, I was concerned about the impact it might have on my bank balance, especially given that I have a very frugal partner. When you start out on your grow your own journey, be it in containers on a balcony or a full-blown allotment plot, it can seem very expensive. As soon as you mention gardening, the social media fairies scatter your newsfeed with advertisements for beautiful, and expensive, items you MUST HAVE for your allotment.

But here's something I can now tell you in absolute certainty – growing your own food doesn't have to be expensive! You, too, can find your inner womble. Some of my absolute favourite things in my growing spaces have been things I have thrifted, gifted, swapped, or pulled from a skip (with permission) and repurposed/refurbished. When I told family and friends that I was going to be taking on an allotment, I came home with a carload of free second-hand tools that weren't being used. And on my first day as an allotmentee, I managed to scoop up 3 perfectly good deckchairs for the plot from a former allotmentee. Last summer, when a new neighbour arrived on the site and had a clear

out, I rescued a sturdy old dining chair from the skip – it looked a complete mess, but I washed it down and gave it a lick of paint it and it is now a real feature on the plot.

Over the last few years, I have picked up LOTS of pallets from the local industrial estate and other places – one of which I used to make my own potting table with. I had an old broken bench and a couple of fence panels which were going to be thrown out, so I used those to help built the potting table – and it is so much sturdier and fit for purpose than the aesthetically pleasing but expensive shop bought potting tables. All it cost me was a packet of screws (and an achy arm from sawing the pallet in half to make the sides/ legs of the table).

As part of your transformation from a non-grower to a womble, you will also find lots of household items useful and free – for example, the cardboard toilet roll tubes make excellent biodegradable plant pots for seedlings, and meat trays from the supermarket can be washed out and used as seed trays and make-shift propagators! Cardboard boxes with tape/plastic removed are great weed suppressors while your beds are out of use – I often cover my unused beds over winter. The card will slowly breakdown over winter and help enrich the soil, as well as keeping the weeds at bay. I am in the process of gradually converting all of my beds to “no dig” so cardboard is like gold to me! I put a thick layer of cardboard down, and then add some compost on top. The difference in the time it takes me to weed a no-dig bed to

a non-no-dig one is immense – leaving me so much more time to enjoy growing and tending to my veg and flowers!

A local homeowner who was installing a new driveway contacted the town council to see if what he was planning to take to the tip would be of use. They put him in contact with me, and he kindly gifted (and delivered!) 3 van loads of bricks, which now line all of the beds on my double-plot. They'll last so much longer than wooden bed frames and look lovely. It's well worth looking out on local Facebook groups and Marketplace for bricks, slabs and even pre-loved greenhouses, which are often given away for free as long as you can collect or are heavily discounted in comparison to new bought ones.

If you are newly starting out on your grow-your-own journey, or considering it, here are my top tips for “wombling”:

- Get permission if taking things from a skip!
- Keep a look out online for freebies / cheap pre-loved items
- Go to local seed swaps – or set one up in your area!
- Pallets can be used for many things in your growing space
- Save cardboard boxes (remove the tape and plastic wallets)
- Speak to neighbours/family/friends – you'd be surprised what they can gift/sell/exchange

Author Bio

Laura Docker took on her first allotment plot in April 2021, and now has a large double plot in Coleshill, where she grows a variety of vegetables and flowers. In 2021, Laura won “Best Newcomer” at the North Warwickshire Allotment Federation awards, and in 2023 was awarded “Best Allotment” by Coleshill Town Council. Laura is a passionate advocate of the mental health benefits that gardening, horticulture and spending time in nature can bring.



JustGo!
Holidays

UK BREAKS

By Coach from Solihull & Sutton Coldfield

Reader travel

WEYMOUTH, THE JURASSIC Coast & Swanage Steam Railway



Departing Mon 8 Apr '24

We explore the striking scenery of the Jurassic Coast, a World Heritage Site renowned for its wealth of historically significant rock formations and fossil discoveries. With visits to Corfe Castle, Lulworth Cove, and a journey on the Swanage Steam Railway!

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

Ticket upgrades available

2 Days by Coach *only* **£219**

Single Supplement £35

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**

Single Supplement £100

For more information, or to book, please call

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

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Water Orton Ladies January 2024 Report

Our traditional New Year Lunch at Grimscoate Manor Hotel is always the very best way to begin a new year for Water Orton Ladies Club. Good food, great company and all in lovely surroundings – it's an event that we so look forward to each year. Time to catch up after the Christmas and New Year festivities, review the past year and look forward to our plans for the coming year. And looking at our program, beautifully laid out and printed for us by Val Preece, our Program Secretary, it's a busy, diverse and exciting year ahead.

Lots of great speakers, two day trips, a Quiz and a Skittles Night and a Craft and Table Top Sale day too. Wow, we're going to be busy!

In February we'll welcome back Martin Cross for one of his beautiful slide shows – this time titled 'Winter in Water Orton', when we'll look forward to an afternoon of lovely glimpses of nature in all its wonder! March brings along The Annual Meeting and yearly review and then in April, more

old friends join us, Bob and Dell Neil, with a 'hands on' antiques quiz, when we get to see and handle items used in times gone by and guess what they were once used for – great fun.

May will be a must for us dog lovers, as we're having a visit from Guide Dogs for the Blind. June take us back a few decades to the 1940s and the great musicals of the day and August brings us Judy Garland – a great performer of stage and screen, everyone's favourite!

Now August is a mystery – we're all wondering what this can be – a talk titled 'You can't abdicate & eat it!' Well the mystery won't be solved until our August meet up!

September brings another favourite – Ray Sturdy with his musical brain teasers and memories, always so much fun. October – gosh nearly Xmas again – we'll hear about some of the varied history and stories associated with Middleton Hall and in November, just to put us in the mood for Christmas, we welcome the return of great speaker Jo Goldby to take us back to a Victorian Christmas Time.

Then to end the year it's Christmas Party Afternoon! We can't wait to get started!

This year our Ladies will be raising funds for the Water Orton Scout Group. Our first fund raiser is at Nether Whitacre Village Hall (on station Road, Whitacre Heath B46 2EH). Why not get those 'little grey cells' working and join us for our **Quiz 7.30pm on March 22nd – fish and chips supper, B.Y.O. Drinks – teams of 4 – 6 people – just £10 a ticket.** Our list is filling up fast, so don't miss out. **Give Liz a call on 07811 147728 to book your team.**

Our second fund raising event is our **Craft and Table Top Sale at Water Orton Methodist Church Hall on June 1st.** Lots of craft stalls, with new crafts to discover and interesting tables full of tempting items to buy in support of the Water Orton Scouts.

And last, but by no means least, our final fund raiser for the Scout Group – a

wonderful **Skittles Evening** in November – an evening of fun for all the family with a lovely jacket potato supper.

We have two lovely days out – the first, a boat trip with lunch along the river Trent in June and the second a visit to the wonderful British Ironworks Museum at Oswestry in September.

Yes we're busy but we enjoy every minute of our time together! Why not come along and join us at one of our monthly get-togethers. We meet, always on the third Thursday of the month, at The Pavilion in Openfield Croft in Water Orton (B46 1RE). Visitors are very welcome, so why not drop by on one of those Thursdays for a chat, a cuppa and some cake? We're sure you'll enjoy being with us and will want to come along again.

Any queries just give me a call - Liz Tranter 07811 147728



QUIZ

In aid of Water Orton Scout Group

22nd MARCH 2024

7.30pm start

Doors open 7pm

NETHER WHITACRE VILLAGE HALL

STATION ROAD WHITACRE HEATH B46 2EH

Delicious Fish & Chips Supper

B.Y.O. Drinks Super Raffle

£10.00 per person

Teams of 4 – 6

Book your team with Liz 07811 147728

Event sponsored by Water Orton Ladies

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email: editor.postgroup@outlook.com

The Big Save Roadshow is coming to Coleshill

Residents of Coleshill will be the second of six North Warwickshire towns to experience ‘The Big Save’ roadshow. The roadshow is aimed at helping local residents to make little or no-cost changes to support the environment. Running on Saturday 9th March, the roadshow will cover topics such as saving energy, saving water, reducing food waste, recycling, repairing & reusing, and active travel.

The roadshows are being organised by Warwickshire Climate Alliance and are funded by Warwickshire County Council’s Green Shoots Community Climate Change Fund. The £1m Green Shoots Community Climate Change Fund supports a wide range of small, community-powered initiatives across Warwickshire to address the climate change emergency. Warwickshire Climate Alliance were allocated £10,998 in funding which will allow them to deliver the six pop-up roadshow events across North Warwickshire.

Hazel Underwood, Committee Member from Warwickshire Climate Alliance, said: “We look forward to engaging with local communities across Warwickshire and highlighting the actions that people can take to make a real difference. We believe that saving the planet doesn’t have to cost the earth.”

Cllr Heather Timms, Portfolio Holder for Environment, Climate and Culture, said: “It can be easy to assume that unless you have the space to install solar panels or heat pumps at home, or the money to buy an electric car, that the impact that you can

have on your own carbon footprint and the wider climate will be minimal. This is not the case.”

The Big Save roadshow is free to attend and fully accessible to all. There will be a variety of Community groups attending including Act on Energy, Low Carbon Warwickshire Network, Coleshill WI and Clean Air Warwickshire. There will also be free refreshments, free seeds and plants, and a pop-up Repair Café, so residents are encouraged to bring any items that need repair or no longer work. The event is family friendly too, with a toy swap happening, so bring along any toys in good condition for swapping.

Warwickshire Cycle Buddies will also be hosting a free 3-hour basic bike maintenance workshop in conjunction with The Broom Wagon Cyclery, aimed at those who would like to get out on their bikes more, but are unsure how to best maintain them or how to do basic repairs when out and about. Advance booking required as spaces are limited – email cleanairwarwickuk@gmail.com to book a place.

The Coleshill roadshow is being held at Coleshill Town Hall, High Street, Coleshill, B46 3BG on Saturday 9th March from 11am to 2pm. All welcome.

More information about Warwickshire Climate Alliance can be found online: <https://warwickshireclimatealliance.org/>

You can also follow them on social media:

Facebook: <https://www.facebook.com/WarwickshireClimateAlliance>

X (formerly Twitter): <https://twitter.com/warksclimate>

COLESHILL TOWN COUNCIL



VACANCY

RECEPTIONIST - TOWN HALL

Local Government – SCP Salary Range 7
(£12.63 /hr). 16 hours (4 mornings) per week.

The role is to:

- To act as “front office” for the Town Council, dealing with telephone and in person callers at the front desk and with email enquiries, courteously and efficiently.
- To take bookings for hire of Council facilities, liaise with caretakers and ensure that hirers’ requirements are appropriately conveyed.
- To open, record and distribute incoming post.
- To maintain stocks of stationery, office, cleaning, maintenance and other supplies.
- As part of bookings management, to raise and chase invoices and credit notes and reconciling the bookings to the payments received.
- Making contact with suppliers and obtaining quotations.
- “IT literate” to act as the Council’s website & social media admin.

For an application pack, please visit the Town Hall, email colin@coleshilltowncouncil.gov.uk or call 01675 463326. Closing date for applications is 10 am on Monday 4 March. Interview date is likely to be Tuesday 12 or Weds 13 March.

PUBLIC NOTICE

GOODS VEHICLE OPERATOR'S LICENCE

J.R. Rix & Sons Limited
Of Two Humber Quays,
Wellington St West, Hull HU1 2BN

is applying for a licence to use
Rix Petroleum (Midlands) Ltd.
Station Road, Coleshill, Birmingham B46 1JQ

As an operating centre for 11 goods vehicles

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

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



Just Go!
 Holidays

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.

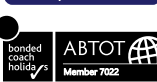
Your break includes

- ✓ 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)
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COLESHILL CIVIC SOCIETY

Missing Buildings and Spaces 10

By John Hoyle

This piece is slightly different to my usual account. In the accounts I have written for the Coleshill Post up to now I have mainly dealt with the buildings which have vanished from the Town of Coleshill. Generally moving up one or other of the main streets and their destruction could come under the description of redevelopment or modernization. In this article I deal with some of the destruction caused by HS2. It is in an area of Coleshill that many people will not be aware of. I include photos which show it to be a very pretty area which no longer exists.



The area upon which those houses were built has gone. I do wonder how many readers do recognize any of the places pictured. The final photo is included to give a clue. This is a photo of a bridge which may be seen from the other side. As you go down the A446 towards the traffic lights and the turn off to Water Orton look to your right, over the mess of the HS2 compound and you will note something very similar to that green bridge. On the other side of that bridge, before HS2, you would have found that group of rather attractive houses.



If you do please email me with any relevant information or photos.

Johnhoyle797@gmail.com

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

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



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



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**Next Town Council Meeting – 27th Mch
7pm at Town Hall**

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

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

SIGNPOSTING

**Carers Trust
CAB (Citizens Advice Bureau)
MIND
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INFORMATION

Help and support for any enquiries or issues such

as:-

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GROUPS

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

GROUPS

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

WARM HUB

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



TWIN RIVER WOMEN'S INSTITUTE A Winter Wonderland Postbox Topper

The ladies at Twin Rivers Coleshill WI are pleased to announce our next postbox topper creation, this time on the theme of 'A Winter Wonderland'.

If you wander down towards the bottom of the High Street by the garage, you will be able to watch our little gang of penguin folk enjoying their snowball fight, fishing for their dinner and living their best lives on top of the postbox! It's all happening at the North Pole. Go and look before the wind blows it all away.

Well done to those involved for sharing their talents. It is fantastic and we are sure everyone will love this humorous offering just as much as the previous ones. Safe to say we are on a roll with these and our enthusiasm shows no sign of declining.

The next one is being planned as we speak. It's very hush hush so watch this space.

Coleshill Cemetery Garden of Remembrance

Coleshill Town Council conducts yearly audits of the Garden of Remembrance. The 20-year lease on the following plaques has expired or will expire in 2024.

Any plaque with an expired lease will be removed and replaced in due course.

If you wish to extend the lease of your plaque on the Garden of Remembrance, or you wish to check the expiry date of your plaque please contact Coleshill Town Council on 01675 463 326 or email zoë@coleshilltowncouncil.gov.uk

Wall & Row	Plaque Number	Plaque Name
BB	1	William George Wagg (Bill)
BB	2	John Truman
BB	14	Audrey Eileen Ling
BB	16	Roy Harold Seeney
BC	14	Stanley Francis Ling
CB	1	George Frederick Lindsey
CB	2	Nora May Cranmer
CB	10	Jack Wassall
CB	13	Walter John Poole (Jack)
CB	17	Norman Hackett
CB	23	Walter Henry Clarke
CC	10	Bryan Abbott

Wall & Row	Plaque Number	Plaque Name
CC	16	Mary Eliza Linforth
CC	17	Marjorie Hackett
CC	20	Albert H Whitbread
CD	20	Dora Beatrice Whitbread
DA	10	Vera Keeling
DB	2	Joan Spooner
DB	4	Sam Clarke
DB	8	Keith Fowler
DB	14	Pamela McHardy
DB	19	George Gilbert Watkins
DC	12	George Thomas Kitson



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Police News



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

Community Engagement

Coleshill SNT and Neighbourhood Watch attended Coleshill Parkway with Neighbourhood Watch. Crime prevention advice was given to the visitors about the recent ongoing vehicle theft offences at Coleshill Train Station. Coleshill SNT are conducting regular patrols within the area.
6280/6067



Coleshill Parkway Railway Station

We are aware of some ongoing vehicle theft offences at Coleshill Parkway Railway Station and in partnership with the local council have arranged further CCTV coverage in the surrounding areas.



Coleshill Parkway Railway Station

Coleshill SNT have been promoting Warwickshire Connected.

Get connected with what is happening in your local area, keep up to date and get involved in shaping what goes on where you live or work.

Warwickshire Connected is a free messaging service brought to you by Warwickshire Police where you decide when and how you hear about the issues that matter most to you, whether that be getting regular crime updates, the latest information on ongoing incidents and emergencies or learning more about what your local police are doing.

This is also the place where you can get involved in helping to make your local area a safer place, tell us what police should be doing in your area, shape the initiatives that help to keep people and property safe and tell us what matters are causing your communities harm.

Follow the link to sign up today:

www.warwickshireconnected.com



Also please follow our Facebook page where we put updates of what Atherstone and Coleshill Safer Neighbourhood Teams get up to.

There are updates on going incidents, appeals and much more. We will be posting about upcoming events also so please take a look, see when they are and come along. We like to be as accessible as possible so using our social media page is a great way for us to communicate with our communities.

Arrest - Coleshill

A male was arrested on the morning of 7th February at approximately 00:30 hours on suspicion of drink driving in the Coleshill area.

Officers were called to report of RTC and a Ford Transit van was found in the middle of the roundabout with suspect sat in driver seat and engine running.

Male stated he had swerved and provided a breath test reading around twice over the legal limit.

The Male was arrested and held in custody during the morning.

Police presence has been increased in the area.

Officers are liaising with train station staff and Neighbourhood Watch in regards to further crime prevention events at the location.

A suspect has previously been identified and linked to the West Midlands area.

British Transport Police who police the railways are also aware and taking steps to address the issue.

Any information on the persons involved please make us aware.



Cllr Steve Stuart, Water Orton North Warwickshire Borough Council

Dear Fellow Villagers

I am privileged through my position to have lots of conversations with those that I represent. One thing that is becoming increasingly clear right now is that folks think that those that handle key services, be that councils, governments, utility companies, railways etc. are doing things TO us rather than FOR us.

They haven't come specifically to raise this point. But it is certainly a common thread which goes through so many of the concerns.

I am flattered that they bring these matters of concern to me because I can't help but think that so many individuals otherwise feel that there is little point to mention the things that are affecting them.

I know that many individuals have concerns about the operation of HS2 / BBV as well as the long-term impact of their operation on roads and footpaths. Most of the matters I have raised with me concern matters that are actually outside of my jurisdiction, but I take it as a badge of honour if I am seen as the most troublesome borough councillor that county highways have to deal with.

Every individual has the right to be heard, considered and to feel safe in their environment. And services provided should be done from a position of delivery for the end user and not to the convenience of those that are delivering them. Our ability to influence and cajole is the power that we all have as individuals.

In May the Parish Council will be holding its Annual Parish Gathering. Like many

aspects of community engagement this is not something which has been particularly well publicised or had its value maximised in the past.

The gathering allows for everyone to come and raise matters of concern, share ideas for improvements, find out more about activities and opportunities within the village and help everyone to get involved. There is the potential for some fun and games too!

Keep your eyes peeled and get your thinking caps on as to what you would like to see within the village. And similarly, if you think that you don't want the village to change come and see that that is what you want to see too.

Is there a club which you would join if there were others wanting to share an interest? What kind of activities would you like to see? What organisations would you like to volunteer for? What improvements would you like to see to our green spaces?

And this isn't just for grown ups...if you have kids or grandkids ask them what they would like to see and to encourage them to come along and express their thoughts too. There will be lots of matters where your opinion will be asked and lots of groups that are already exist that you may want to engage with. And if you are from a group that hasn't been invited let us know that too! Full details will be coming soon, keep your eyes peeled!!

The Spring is coming (the bulbs in my garden are out), let's make it bright!

Steve Stuart. Independent Borough Councillor for Water Orton.
stevestuart@northwarks.gov.uk www.waterortonsteve.co.uk



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

The Green Man Crossroads, Air Quality Monitors, High Meadow Community School and Flooding In Station Road

I would like to start off this month's article by wishing my colleague Cllr Dave Reilly a speedy recovery and I look forward to seeing and working with him again soon.

The Green Man Crossroads.

I am pleased to see that the traffic lights at these crossroads are working well, both in reducing the queuing times and making it much safer for pedestrians to cross the roads. Annoyingly, myself and others are still witnessing drivers ignoring the NO RIGHT TURN signs. This is despite the additional signage that has been installed. I, along with Cllrs Watson and Dave Humphries have been requesting cameras to be installed and I'm pleased to say that these cameras are now monitoring the crossroads.

Air Quality Monitors.

As the construction of HS2 continues we can expect more road closures and diversions both involving the M6, M42 and more local roads. With residents continuing to voice concerns about noise pollution, dust and poor air quality myself, Cllrs Reilly and Watson have requested, via both Borough and County Council's, that Air Quality Monitors are installed to ensure that Air Quality Standard Targets are met. I am now pleased to announce that Cllr Watson has secured funding from the County Council for monitors to be installed. Monthly readings of airborne pollutants will be taken over the next three years. Once these monitors are up and running

residents will be able to download a free mobile app and watch in real-time the air quality monitoring. I will inform residents as to when this will be available.

High Meadow Community School.

For the last twelve months, I have been asking Warwickshire County Council to install safety parking measures outside the school, including School Keep Clear Markings. These should have been put in place following the extension of the school some four years ago.

Last year I was informed that there was no money available to install any of these measures. I am pleased to hear that new funding is now being sort and that the County Council are in the process of re-consulting with residents on the original plan, in the hope that they can find one that everyone concerned can agree with.

Flooding In Station Road.

I have sent many emails, photographs and contacted the County Council's Highways Dept. many times with reference to the flooding along Station Road, especially by the Aldi store, requesting that all the drains be inspected and cleared, including those on Gorsey Lane and the Lichfield Road. I am still waiting to hear what actions they are going to take, but, I can assure you all that I will continue to endeavour to get this sorted.

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

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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 .

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Cancer Charity



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Saturday 6th April
Saturday 4th May
Saturday 1st June
Saturday 6th July

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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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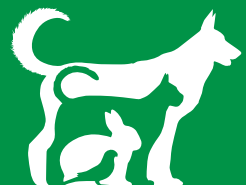
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Pet Page

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

"Mad Catters Tea Party"

on
Saturday 27th April
4pm to 6pm
At:
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Price: £15 pp Afternoon Tea
£20 pp Afternoon Tea with Prosecco
£7.50 Children's Afternoon Tea

Please book via friends & family PayPal:
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A £5 pp deposit* is required at the time of booking and please advise of any special dietary requirements also.
*Full balance due by the 13th of April

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!

All proceeds go to our rescued cats & kittens.
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).

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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 March Update

In the intricate tapestry of British interior design, wallpaper stands as an enduring thread, weaving its way through centuries of stylistic evolution and societal transformation. From humble beginnings as a luxury reserved for the elite to its democratisation as a staple of domestic décor, the history of wallpaper in the United Kingdom reflects broader shifts in cultural, technological, and economic landscapes. Join us on a journey through time as we unravel the rich and vibrant history of wallpaper in the UK.

Early Origins:

The roots of wallpaper in Britain can be traced back to the late 16th century when the art of paper-hanging began to emerge as a luxurious adornment for the homes of the aristocracy and affluent merchants. Initially imported from continental Europe, these early wallpapers were hand-painted, depicting elaborate scenes inspired by nature, mythology, and exotic landscapes. Crafted with meticulous detail, they served as status symbols, showcasing the wealth and taste of their owners.

The Rise of British Production:

By the 18th century, advancements in printing technology and the establishment of local paper mills fuelled the growth of domestic wallpaper production in Britain. This period witnessed the emergence of iconic British wallpaper designs, notably the intricate patterns of William Morris and the neoclassical motifs of Robert Adam. These designers played a pivotal role in shaping the aesthetic language of British wallpaper, drawing inspiration from history, literature, and the natural world.

Industrial Revolution and Mass Production:

The dawn of the Industrial Revolution in the 19th century brought about seismic changes in the wallpaper industry. Innovations such as the steam-powered printing press and roller printing techniques revolutionised production processes, making wallpaper more affordable and accessible to the burgeoning middle class. As a result, wallpaper transitioned from a luxury reserved for the elite to a ubiquitous feature of Victorian homes, adorning walls in a riot of colours and patterns.

Artistic Movements and Design Trends:

The late 19th and early 20th centuries witnessed a kaleidoscope of artistic movements and design trends that left an indelible mark on British wallpaper. From the Arts and Crafts movement championed by William Morris to the Art Nouveau stylings of Charles Rennie Mackintosh, each era brought its own distinctive aesthetic to the fore. Artisans and designers experimented with new materials, techniques, and motifs, pushing the boundaries of creativity and innovation.

War and Reconstruction:

The 20th century was a period of upheaval and transformation, with two world wars leaving an indelible imprint on British society and culture. During times of conflict, wallpaper production was curtailed, and resources were diverted towards the war effort. However, in the aftermath of destruction, wallpaper played a role in the reconstruction and rejuvenation of urban landscapes, offering a sense of normalcy and comfort amidst the chaos.

Post-War Boom and Pop Culture:

The post-war period witnessed a boom in consumerism and mass production, fuelled by economic prosperity and technological advancements. This era saw the rise of bold, vibrant patterns and playful designs inspired by pop culture icons and trends. From psychedelic prints of the 1960s to the geometric motifs of the 1980s, wallpaper became a canvas for self-expression and individuality, reflecting the changing tastes and values of society.

Revival and Renewal:

In recent decades, there has been a resurgence of interest in traditional craftsmanship and artisanal techniques, leading to a revival of historic wallpaper designs. Contemporary designers draw inspiration from the past while infusing their creations with a modern sensibility, resulting in a diverse array of styles that cater to eclectic tastes. Additionally, advancements in digital printing technology have opened up new possibilities for customisation, allowing homeowners to create bespoke wallpaper designs tailored to their preferences.

From its origins as a luxury for the elite to its status as a ubiquitous feature of contemporary interiors, the history of wallpaper in the United Kingdom is a testament to the enduring appeal of decorative arts. Across centuries of innovation and evolution, wallpaper has served as a mirror reflecting the cultural, social, and aesthetic currents of its time. As we continue to embrace new technologies and design philosophies, one thing remains certain: the story of wallpaper in the UK is far from over, with each generation adding its own chapter to this rich and vibrant tapestry of design history.

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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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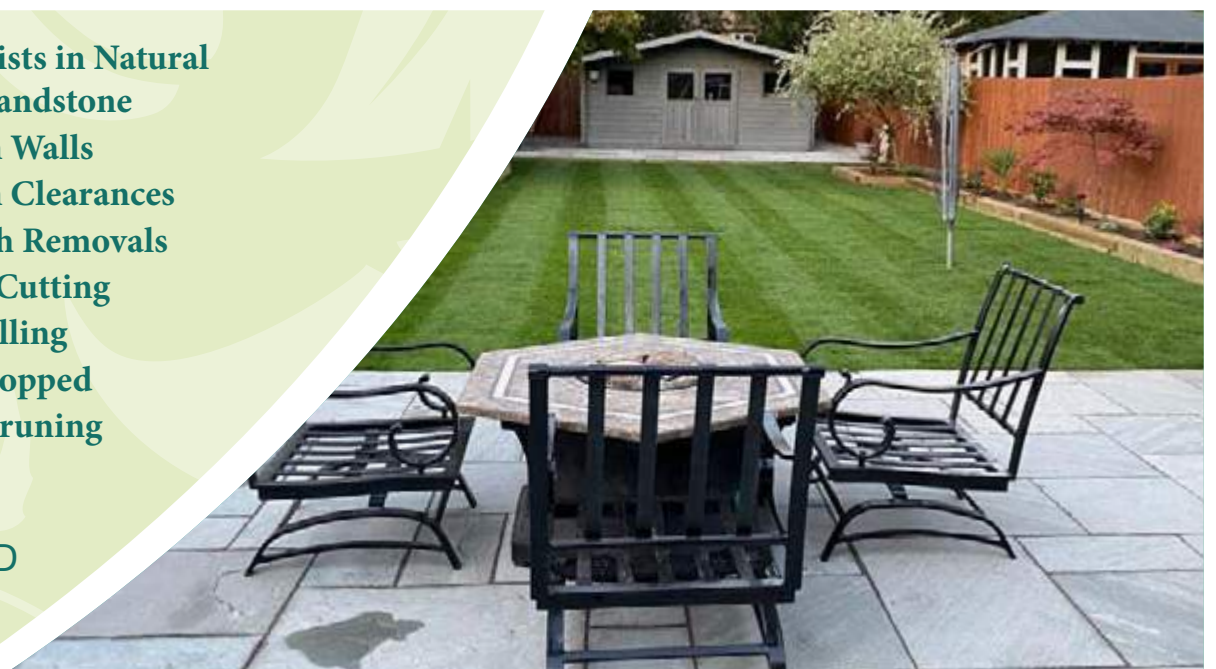


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Local Sports



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.



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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 expupils 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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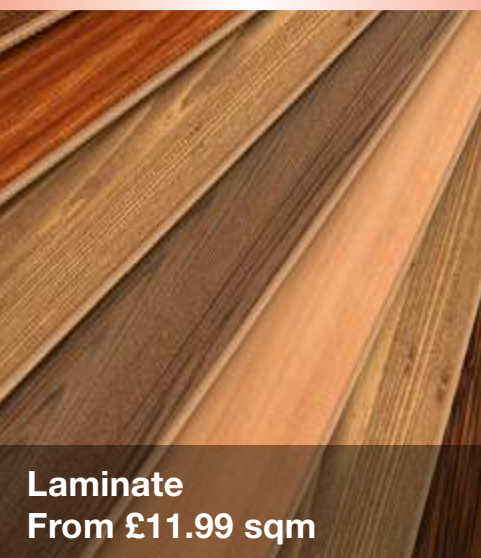
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