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the CastleBromPost



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May 2024 Issue 82



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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.

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

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Imagine this...

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

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

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

Don't leave your home open to any risks.

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



For Couples

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

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

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

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

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

Act now!

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

Do you have Savings?

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

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

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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Castle Bromwich Parish Council News



Party In the Park

The Community & Leisure Officer Janine, is half way through the preparations for this annual event, which is on Saturday, July 20th, between noon and 5 p.m. There will be 30 craft stall holders organised by Ultimate Girls Craft Company, bouncy castles, local associations that offer fantastic activities for young and old who use our hall and playing fields, plus the food village with various hot and cold foods, ice cream, donuts, and more.

A full list will be added in the next Castle Bromwich issue and also on our Arden Hall Facebook page, so please follow us to stay up-to-date with current news and events.

Volunteers Needed for Party in the Park

We need volunteers to make the day flow with ease. Under the guidance of the Community and Leisure Officer, we need help with multiple tasks, such as

- Welcoming our community on this fabulous fun packed day
- Help to hang banners and bunting
- Helping line up our 30+ stall holders
- Cheering the infants with their egg and spoon/sack races
- Handing the winning medals out to children and adults
- Directing residents around the park
- Hours needed between 9:30am - 5pm

We'd really appreciate a few hours help. Please contact Janine on leisure@castlebromwichpc.gov.uk

Bingo and FREE Tea and Coffee

Our warm hub, which started a few months ago, has grown and grown and new friendships have been formed by many. Starting in May, a bingo session will be played whereby a single page of bingo for £1 can be played for a full house with a prize of a £10 gift voucher to use at Morrisons Supermarket.

So come along with your dabber, bring a £1 coin to play, and have a free tea and coffee. If bingo is not your thing, the coffee club only plays one game at 11:00 a.m., so you are welcome to sit and chill and watch the bingo buzz.

Our whole bean coffee is freshly ground when you order. Our menu consists of latte, cappuccino, americano, mochaccino, and just black coffee. Tea is also served.

Come and join us between 10:00 a.m. and 12:00 p.m.

2024 Table Top Dates

The tables are £10 each (6ft x 2ft), CASH ONLY. Monies must be paid to secure your place before the event. WE CAN NOT RESERVE TABLES WITHOUT PAYMENT.

Please call the Arden Hall office at 0121 747-7150. Due to our staff working in and around the hall, the phone cannot always

be answered promptly. Please leave a telephone message and staff will get back to you as soon as they can, or alternatively email Arden Hall at ardenhall@castlebromwichpc.gov.uk.

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

May 4th - June 1st - July 6th - September 7th - October 5th - November 2nd - December 7th

There are NO table top sales in August

We need your Aluminium Cans

The Parish Council heard of the brilliant work of an amazing young man, Ryan Hulance, who is collecting aluminium cans for "WE CAN" project to help with food poverty.

Ryan (aged 11) and his family started collecting aluminium drink cans in order to recycle and use the money they receive to buy food for local food banks. This has been highly successful, with countless businesses and locals helping with collection points and bins all over the Solihull area.

The blue "WE CAN" wheelie bin is situated in the rear carpark at Arden Hall. Our licenced bars, which carry aluminium cans of pop, will be collected after each event and placed in the wheelie bin for collection.

So far proceeds from the "We Can" has provided toiletries was delivered to Arden Hall. Our Community & Leisure Officer then passed onto Solihull North Food Bank situated at Auckland Hall, Subnbeam Close, Smiths Wood.

Please support Ryan in this excellent venture and bring your empty aluminium cans to our Blue Wheelie bin.

Further help can also be made by:

- Donating food items. Arden Hall has a basket in the foyer, where hirers and residents can drop off various dry and tinned items of food for the food bank.
- If you wish to donate money to North Solihull Food bank, please go to their web page at <https://northsolihull.foodbank.org.uk/>

NORTHSOLIHULL FOODBANK

HELPING LOCAL PEOPLE IN CRISIS

Dates for your Diary

- Coffee Mornings in our Spencer Lounge every Thursday between 10:00am and 12 noon. FREE Tea and Coffee, and a great way to meet new friends, have a natter and play a spot of Bingo.
- Table Top 4th May with free admission to the public and are open between 10:00 a.m. and 12:30 p.m.
- Castle Bromwich Theatre Group -Adult Panto – The Ugly sisters Cinderella UNDONE - Dates – 20.06.24 – 22.06.24 Tickets can only be booked via their website www.CB-TG.CO.UK

- Party in the Park – Arden Hall Playing Fields – Saturday 20th July 2024 12pm – 5pm

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

MAKE A CHANGE BECOME A COUNCILLOR

- Are you passionate about your community?
- Do you want to help make a long-lasting change?
- Do you have innovative ideas for the council?
- Do you have concerns about a specific issue and want to do something about it?

If this is you, then we need you at Castle Bromwich Parish Council. We need people from all backgrounds and experiences who reflect their community to put themselves forward for election. Make a change and become a councillor.

What do local councils and councillors do?

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

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

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

How to become a councillor

A Parish Council can only be as helpful, connected and energetic as the people elected to run them, so we need councillors capable, enthusiastic and engaged to reflect their communities. You can find out more about becoming a

councillor on The Electoral Commission and Local Government Association website. There are three ways that you can become a councillor; standing for election, filling a vacant seat after an election (co-opted) or filling a casual vacancy.

We have vacancies right now.

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

Youth Council

They are in the process of organising their stall in the annual "Party in the Park" which will take place on Saturday 20th July 2024.

The Youth Council is a group of local young people aged between 11 and 19 who represent young people's views and work towards improving things for young people in the borough.

Members of the group work with the Community & Leisure Officer, Parish Council and outside youth officers. They meet every two months on a Tuesday evening between 5pm -6pm.

All members get involved in:

- Finding out and representing the views of young people.
- Working with and influencing decision makers.
- Running youth lead projects and campaigns.
- Helping with events at Arden Hall.

The Youth Council consists of a core committee, and the Parish Chairman, Community & Leisure Officer, and other outside youth workers/teachers contribute to the meetings.

Being a Youth Councillor is an important role and requires commitment and dedication but along the way you will:

- Have the opportunity to have your voice heard and help make a positive change.
- Acquire new skills through experiences and training.
- Meet lots of different people and make new friends.
- Add to your CV for school/college/university/employment.

If you're interested in becoming a member of Youth Council, we need your interest via email at leisure@castlebromwichpc.gov.uk

The next Youth Council meeting is on Tuesday 7th May.

We will then contact you and send you consent forms to be completed by your parent or carer.

For more information, contact the Parish Council on:

Telephone: 0121 747 6503

Email: leisure@castlebromwichpc.gov.uk

Chamber announces return of young professional awards

Future Faces Chamber of Commerce have officially launched the Greater Birmingham Young Professional of the Year Awards 2024, taking place on Friday, 18 October.

The awards will be held at the ICC and will celebrate the talent and successes of young professionals across Greater Birmingham. The event also fosters networking opportunities, encourages collaboration and the exchange of ideas amongst the brightest minds in the region.

The awards cover a wide range of sectors, with the following categories:

- Greater Birmingham Apprentice of the Year
- GBYPY - Creative Arts and Culture
- GBYPY - Digital, Technology & Innovation – Sponsored by PI-KEM
- GBYPY – Environmental, Social and Governance
- GBYPY – Events, Retail and Hospitality
- GBYPY - Finance - Sponsored by mfg solicitors
- GBYPY - Legal
- GBYPY – Property, Construction and Engineering
- GBYPY - People and Wellbeing
- GBYPY - Sales, Marketing and Communications
- GBYPY - Start-ups, Enterprise and Entrepreneurship - Sponsored by Birmingham City University
- GBYPY – Not for Profit
- GBYPY - Training and Education
- Future Faces Ambassador - Sponsored by Common Purpose
- Future Faces President’s Award
- Greater Birmingham Young Professional of the Year 2024

The awards are open to both Future Faces members and non-members. Applications will automatically close at 11.59pm on Thursday, 25 July.

Future Faces Chamber of Commerce will be running an application workshop on 6 June. This is exclusively for Future members.

Zaylie-Dawn Wilson, winner of the Greater Birmingham Young Professional of the Year award 2023, said: “The awards are incredibly important for raising the profile of young professionals’ careers, networks and opportunities. I’m so excited to see the applicants for the 2024 awards.”

Sophie Poduval-Morrell, Future Faces manager, said: “The impact these awards have on young professionals still amazes me. We have so much to celebrate across Greater Birmingham, especially when it comes to Future Faces.

“The young professionals that apply for these awards will be the decision makers of business. We are so proud to shine a spotlight on these individuals and celebrate their achievements.”

For more information on sponsorship opportunities, ticket prices and to apply for the awards, visit the <https://www.greaterbirminghamchambers.com/event-calendar/greater-bypy-awards-2024.html>



The Greater Birmingham Young Professional of the Year Awards 2023



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Dazzlers 20 year Show



Dazzlers Dance Group kicked off their 20th Anniversary year in January this year, with the outstanding 'DOUBLE DECADES' Dance and Gymnastics Show at the KESH Academy in Garretts Green.

I have been a Dazzlers mom since the beginning, and every year the Shows just keep getting better and better.

The Show provided lots of versatility with lots of different styles of dancing involved from the high lifts & throws of Cheerleading, funky Hip Hop, flavoursome Street and to the more pop-tastic Modern and graceful Ballet and then artistic Gymnastics.

There were performers of all ages, from toddler (the cutest little things you ever did see), through to adult. There was something for everyone to enjoy.

Everyone involved, staff, students and Chaperones alike, put their hearts and souls into giving the audience a night to remember.

Dazzlers has been running for 20 years by a very driven mum of one, Nicola Steele who has put her heart and soul into making sure all dance aspects are covered for ALL ages, this was a dazzling celebration to show off all the hard work everybody puts in.

Dazzlers is all about a growing community and is a great hobby that could turn into something professional, as most of the teachers have progressed through the dance school and are now able to give something back by teaching and using their talents to put on spectacular Shows and Festivals each and every year.

As a parent myself I wanted my child to do something that would help them find confidence and get them fit along with helping them make friends and most of all -- have fun, and I have found that in Dazzlers and it's not just a girl thing either the Dance Company welcome boys too; especially with the Thursdays Break Dancing classes where they can pop on their caps and bang out some breakdancing moves, no matter what the teachers are there to help them boost confidence and make them feel great about themselves and

most of all teach them something new

I feel privileged for my family to have been a part the Dazzlers family for the last 20 years, because that's what Dazzlers is, a big family. Both of my daughters really enjoyed the 'Double Decades' Show in January and are now getting excited about their next one

Hats off to school principal Nicola Steele, and here's to the next 20 years !

For more information on how they can enrol or any enquires they are on Facebook at 'Dazzlers Dance Group' or email Nicola Steele at www.Dazzlersmg@hotmail.com



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Local 7yr Summers Snowdon Challenge for Mind Charity

Summer will be climbing Snowdon (The highest mountain in Wales) at the end of THIS month and is raising money for Mind, the mental health charity.

If you could please sponsor Summer and donate to her chosen charity on the link attached it would be greatly appreciated.

Thank you! And thank you to those who have already donated!



“ She has been trying hard most weekends spending time as a family out in the fresh air taking long walks with her Mom, Dad and little sister Fleur.

Summer is a little girl with a caring and loving nature who truly cares for others.

I'm trying hard to get her some recognition for her truly exceptional efforts and believe her caring nature and efforts should be celebrated. ”

Nanny Ruth



Charity Bingo night



A big shout out to everyone involved who helped make our charity night a big success.

Morrisons Coleshill and Harvester (Wheatsheaf) Coleshill came together to raise money for ZOE'S PLACE BABY HOSPICE .

We played Bingo and done a Tombola and raised a total of £302.45.

Thankyou to each and everyone of you that helped out on the night, myself Colin Bagshaw (Morrison's Community Champion) and Amy Shaw one of the managers at the Wheatsheaf.

Denise Neal and Joan Ludbrook who ran the tombola and sold bingo tickets and a lovely lady named Pam who donated lots of prizes for the tombola.



www.harvester.co.uk
WHEATSHEAF COLESHILL

The Coleshill Drama Group

“The Trip” by Jon Pegg

The ladies of Coleshill Drama Group are going on “The Trip”, a new play written by local playwright, Jon Pegg. After visiting a friend who is recovering from an operation, the ladies find the journey home to be something of a discovery with many unforeseen encounters and adventures en route.

This intriguing play is directed by Debbie Wall and features Gill Briggs, Alexandra Liggins, Jenny Robinson and Sue Wallace. It will be performed at Coleshill Town Hall on Thursday 9th, Friday 10th and Saturday 11th May commencing at 7.30pm. Free car parking is available opposite the Hall in Chantry House and a licensed bar is open from 7.00pm. Tickets £12 (£10 concessions) are available from Gascoignes of Coleshill Ltd, Coleshill Library and Cafe on the Hill, booking online at www.coleshilldrama.co.uk or telephone Sue Wallace on 01675 462674.

Come and join the adventure and witness the exploits of Coleshill Drama Group members, who really discover some home truths. Supporting the Group's productions ensures the continuation of the Performing Arts in Coleshill and offers an enjoyable local evening out. If you are interested in any aspect of putting on a play -script writing, acting, set design and construction, backstage work, sound and lighting, helping with the bar and front of house duties, costumes, the list of activities is long! - please come along and speak to our members, telephone Sue on the above number or look at our website details above.

Coleshill Drama Group has been entertaining Coleshill and the surrounding area for over 90 years and looks forward to welcoming you to this new production.

Coleshill Drama Group presents...

THE TRIP

By Jon Pegg

Join four ladies on an adventure of discovery.

9th, 10th, 11th May

At Coleshill Town Hall 7:30 PM

Free Parking opposite at Chantry House. Licensed bar.

Tickets £12 Concessions £10

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Musical Director and Conductor:

Michelle Norton

Accompanist:

Ruth Low

Heart of England Singers, under the baton of Michelle Norton will present their annual Summer Concert, at Digbeth in the Field, Moat Ln, Yardley, Birmingham B26 1TW on 13th July 2024 at 7.30 pm and featuring **Songs and Sonnets** from William Shakespeare (1564-1616 of light summer mu) to the music of **Sir George Shearing** (1919-2011) which was premiered in 1999. plus many more pieces sic. Followed by light refreshments.

We would love you to join us in an evening of beautiful music.

Have you thought about singing in a choir? Why not give us a go? We meet on a Monday evening at the Baptist Free Church, Land Lane, Marston Green, B37 7DE from 7.30pm to 9.30pm, term time only in conjunction with the Warwickshire Education School calendar.

You can contact us through our website or Facebook page.



Left to right: Geoff Thompson (Vice Chairperson), Judith Fisher (Alto), Mel Coton (Chairperson) and Derek Davis (Bass).

Tickets £12 (£6 for under 16s) including refreshments

Available from: Ticket Source at

www.ticketsource.co.uk/The-heart-of-england-singers

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7.30pm

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Glitzy Bits Fashion Blog April 2024



It's a quintessentially British trait to complain about the weather, and currently, it seems justified! When will the rain cease and the sun emerge? More importantly, when can we slip into our sandals and summer dresses?

Many in our wonderful community have been fortunate enough to soak up some spring sunshine. However, with vibrant colours and striking patterns in stock, they truly brighten the day in store, regardless of the weather. This year is all about the bold colours. While we initially adored oranges and limes at the beginning of the season, we are now enamoured with hot pinks, cobalt blues, and apple greens.

Beyond the brights, bright white and 'summer black' styles are wardrobe must-haves this year (and every year). Classic black and white patterns remain timeless classics, with Broderie Anglaise prominently featured in this season's collections, exuding a stunningly feminine appeal.

Dazzling printed kimonos and kaftans in bold colours are the ultimate holiday ensemble for 2024, paired with coordinating sun hats and clutches, not forgetting a fabulous pair of sunglasses!

Have you experienced the magic of the slinky maxi and midi dresses, which were a hit last year? This versatile dress is ideal for your summer getaway – budget-friendly, wrinkle-resistant, and suitable for sizes 10-18. It also comes in a jumpsuit style, perfect for travel.

If slinky dresses or jumpsuits aren't your style, wide-leg trousers are a fantastic look for 2024. Available in fun patterns, luxurious fabrics, or classic designs, there's a diverse selection at Glitzy Bits.

For those seeking something unique, Liliann Styled by Ryan offers a range of soft linen dresses that have been incredibly popular. As the temperatures rise, expect daily arrivals of new collections.

If you can't visit our Coleshill boutiques, join us on our live Facebook shows to explore new styles weekly or take advantage of

Curdworth Women's Institute

theWI
INSPIRING WOMEN

Well, suddenly the year seems to be gathering pace and we're all hoping for some sunshine after so many dismal rainy days. However, the dull days haven't spoiled our fun and we are well into our 2024 programme here in Curdworth.

After a wonderful start to the year – our New year Lunch at Grounds Farm, we were treated in March to an intriguing insight into the life of the honeybees and learned how their lives, which they spend looking after their Queen, gathering pollen and making honey, is so important to the continuation of our life on earth.

And we've just learned that, almost on our doorstep, at Polesworth, there was a Prisoner of War Camp during the Second World War. For all of us that information came as a complete surprise! Fascinating facts and stories were revealed by our speaker – like the account of the local, disgruntled lad, who broke into the camp and stabbed an Italian prisoner and a guard, but who, after serving his time, became a North Warwickshire Mayor.

The WI doesn't only entertain us but keeps 'our little grey cells' alive and well too! Lots of facts stored away ready for the next Quiz!

The Skittles Evening in March was great fun, with lots of energy involved and skill of course, suitably rewarded by our fish and chips supper. A really lovely family entertainment evening! So after that energetic time, next month we'll be taking it easy, with some Reflexology – learning to step back and relax, so important in the full lives we lead to day.

We're looking forward to our Summer Craft and Produce Show in June, a chance for many of us to show off our talents in flower arranging, baking, knitting, sewing, beadwork and even jam making – yes we do still make jam in the WI, but we do lots of other things too! Many of us will be making items of premature baby knitwear, to be judged in the knitting category and then sent on to hospitals, who so very much need them.

In July, just in case we decide to test our knowledge in Mastermind, or our word skills in Countdown, we will find out how to take part in a TV Quiz Show and what it was like for our speaker, who did so! And looking ahead to summer and sunny days out, we are off on a visit to lovely Arbury Hall in Nuneaton for a tour and afternoon tea in August.

So as you see – lots of interesting times going on in Curdworth WI. Come and visit us – join us at one of our monthly get-togethers! Why not pick the Summer Show, take a look at the exhibits and enjoy our speaker for the evening, who will be taking us back, those of us who remember, to those 'swinging sixties'. You can follow us on Facebook too! We meet usually on the third Thursday of the month at Curdworth Village Hall at 7.45pm. (May at the Church Hall in Glebefields because of local elections and no meeting in August as we'll be at Arbury Hall). Just give Sandra (01675 470079) a call – she would love to hear from you.

A Freemasons Lodge on behalf of the Oliver King Foundation Present a Defibrillator to Melbicks Garden Centre

On Thursday 11th April 2024, the Masonic Lodge of Fellowship 6707, which meets every third Wednesday in the months of October, November, December, January, February, March and April at Kings Heath Masonic Hall, presented a defibrillator to Melbicks Garden Centre. This was on behalf of “The Oliver King Foundation”.

Oliver King was a normal, sports loving, 12-year-old lad, who collapsed and died from a cardiac arrest while at school following a swimming lesson. If there had been a defibrillator at the school, there was a good chance, he could have survived.

Since that day, his father Mark, has made it his mission to make it compulsory for every school in the UK to have a defibrillator. Every year, approximately 600 young people, under the age of 35, die from Sudden Arrhythmic Death Syndrome (SADS), a hidden heart condition that can affect the fittest of people.

Mark King, Oliver’s father, presented the defibrillator, to Mr Adam Mountford, General Manager at Melbicks Garden Centre. The defibrillator was donated, on behalf of The Masonic Lodge of Fellowship 6707. A number of the Lodges’ Brethren, namely, W.Bro Alan Mack, W.Bro Colin Ford and W.Bro John Smith attended the presentation.

Due to the success of Mark King’s quest, that every school in the country will have a defibrillator on their premises. The Masonic Lodge of Fellowship 6707 are currently preparing to donate another defibrillator, but this time, to a “Care Centre” in Erdington, Birmingham.



“The Oliver King Foundation” also provided training to 11 staff members in the use of the defibrillator at Melbicks Garden Centre.

If you would like to find out more about “The Oliver King Foundation” visit www.theoliverkingfoundation.co.uk.

If you would like to find out about Freemasonry, and what we, “The Lodge Of Fellowship 6707” have achieved in helping the community, visit

www.lodgeoffellowship6707.co.uk

Chamber appoints new head of policy



Greater Birmingham Chambers of Commerce has announced the appointment of a new head of policy.

Emily Stubbs (pictured) has been promoted to the role, having been part of the Chamber’s policy team since 2017.

In her new position, Emily will have full responsibility for development of the organisation’s policy, campaigns and research activity.

The University of Birmingham law graduate joined the

GBCC in 2017 as policy and patron advisor and earned a promotion to policy and projects manager four years later.

In her most recent role as senior policy and projects manager, Emily managed the delivery of research and engagement projects with specific focus areas including education, employment and skills and business productivity.

During her time at the Chamber, Emily has also spearheaded the annual Growth Through People campaign, as well as delivery of the Birmingham Economic Review in partnership with the University of Birmingham’s City-Region Economic and Development Institute (City-REDI).

In the past 12 months, Emily co-authored the West Midlands and Warwickshire Local Skills Improvement Plan (LSIP), funded by the Department for Education and produced by Coventry and Warwickshire Chambers of Commerce in partnership with Greater Birmingham and Black Country Chambers.

She said: “I’m honoured to have been given the opportunity to lead the GBCC’s policy activities.

“My predecessors in this role have left big shoes to fill but I am immensely grateful for the support, knowledge

and experience they have shared throughout my time at the Chamber.

“The Chamber serves a pivotal role as steadfast advocates and the foremost voice for Greater Birmingham’s businesses.

“I am committed to maintaining this legacy and look forward to working with my talented team to conduct independent, business-led research, facilitate the sharing of best practice between local businesses, and engage stakeholders on behalf of our members.”

Raj Kandola, director of external affairs at the GBCC, said: “Since joining the Chamber in 2017, Emily has played a crucial role in shaping our policy output, with a particular focus on growing the reach and profile of the Birmingham Economic Review and Growth Through People campaign over the years.

“I’m delighted that she will be stepping up to lead the team that is responsible for our policy, campaigns and research activity.

“Under Emily’s leadership, I’m excited to see the development of the team as we continue to drive forward the Chamber’s External Affairs activity in the months and years ahead.”

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



“Nothing ever seems impossible in spring, you know”

Although the clocks had gone forward we came together (some a bit bleary eyed) and were treated on Easter Sunday to breakfast and yes you have guessed it, we had bacon or sausage sarnies courtesy of Annette, Anne and Gail not to forget a choice of cereal, toast and plenty more. To be able to share a meal together is so important as Jesus shared a last meal with his Disciples. Today, the meaning of Easter, for millions of Christians, is that of honouring and recognizing Jesus Christ's resurrection from the dead, and His glorious promise of eternal life for all who believe in Him.

The Holy Dusters had certainly done us proud on Holy Saturday, the Altar dressed in white and the Church beautifully decorated with masses of flowers (Janet Coleing had worked her magic) together with our organist Chris Bubb the singing sounded more joyous and louder than ever

and with a cup of tea or coffee after the service to round off the morning, what a special time had been had by all.

All of our groups, Crafternoon, Twenty21 and Forget Me Not (for memory loss and carers) although run by volunteers are open throughout the year and so on Easter Monday, Gail who runs the Crafternoon Group, was there with “teapot” in hand ready to pour that welcome cup of tea or coffee. Did they have biscuits? you bet !!.

Jenny Watts’ with news from the Allotment

The growing season is getting off to a slow start and we are all longing for sunshine and warmer weather! Things are beginning to happen however and our cherry and plum trees are beginning to show some beautiful blossoms. We are hoping there will be no frost as this can damage them and prevent as much fruit forming later in the season. We have already begun to harvest some rhubarb which we make delicious crumbles with and this will increase as we move in spring.

Our seed potatoes will be planted out this month. As they grow, we have to earth the potatoes up by piling earth around the plant's shoots to protect from frost but also to allow the potatoes that are forming underground to be protected from light as this turns them green. Beetroot, tomatoes, lettuce, kale and cabbage seeds have been sown and these are beginning to germinate. Beans and courgettes will be sown later this month as these are more tender plants and can't be planted out until May.

Our pond has plenty of frogspawn in it so we should have lots of tadpoles. Hopefully the frogs will help with any slug problem as slugs are one of their favourite foods!

The Mary Bridgeman Tea and Coffee Lounge

St Clements opened The Mary Bridgeman Tea and Coffee Lounge on Monday 8th April from 9.30 am 12.30 am. Some of you may remember The Oasis Café that we ran from 2012 until 2020. This was very successful, but unfortunately because of the pandemic we had to close. This gave us time to take a step back and rethink as a Church what we wanted to achieve and after a great deal of discussion and with the support and backing of the PCC and congregation it was decided to refurbish the storeroom and Bridgeman Room at the rear of the Church and go back to the original plan we had in 2012 of opening a small Tea Room. Well after many sleepless nights and “stepping out in faith” we achieved our goal. We were very grateful for the support we had received with our first venture. The Oasis Café was amazing and made us realise that as volunteers we were perhaps “victims of our own success” and just maybe “age” had caught up with us.

The Mary Bridgeman Tea Room is a small space that is set-up as a tearoom and will therefore be serving a scaled down menu, from what some may remember. Bacon and sausage sandwiches, teacakes, toast and a latte or two will be on offer. Access to the tearoom is via the front door and through the Church, which is now left set-up as the Church ready for services. You may notice the Easter Candle which was first lit on Easter Sunday.

This new refurbished space is used regularly and we moved the Forget Me Not Memory Café for those with memory loss and carers into the tearoom. On Maundy Thursday it was used for the “last supper”. St Clements Church was built after the people of Castle Bromwich came together in the 1940's and raised the money to build a Church on land that was given by the Earl of Bradford at that time. The Mary Bridgeman Tea and Coffee Lounge is the next step on that amazing journey, one which was started all those many years ago. Where will the next 50 years take them? Who knows!!

Just as a reminder our next social event is on Saturday 18th May, which is a Quiz with fish and chip supper. The cost is £7 each. Tickets are available so do get in touch if you would like to join us. Oh forgot to say it starts at 4pm with supper at 5.15 for 5.30 pm.

Last year a Church group visited Lichfield Cathedral and enjoyed a guided tour. They enjoyed a pub lunch. Later in the year they all got together for a Christmas lunch, so I wonder what they will get up to this year. I have heard that the Holy Dusters are planning an outing to a well known eatery!! If you are interested in knowing more about our Services, groups at St Clements or Hope on Smith Wood and any of our social events then do get in touch or just pop into any of our Groups for a cuppa and a chat.

You can contact us by:
Phone: 0121 274 7120

Church Website:
www.stclementschurchcb.co.uk

Facebook: www.facebook.com/stclementschurchcastlebromwich

Email: office@stclementschurchcb.co.uk



Saqib Bhatti MBE, MP for Meriden

May update

Dear Resident,

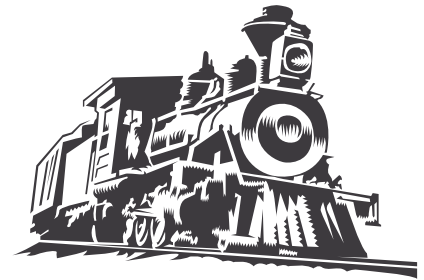
In March the Chancellor unveiled the Spring Budget, announcing changes to the high-income child benefit system. Having spoken to the Chancellor about the pressure families are facing I am so pleased that over 12,000 families within the Meriden constituency will be positively impacted by these changes. The benefit will be amended to consider household income instead of individual income as was the previous practice. In real terms, this means that families with 2 children, previously receiving no child benefit could receive an extra £2,212 per year and a family with three children could receive an extra £3,094 per year. In adapting the child benefit system, the government aims to keep more families' money in their pockets and make the system more equitable. The extra money families will receive will be a lifeline to help them deal with additional costs and to support more parents back into work.

Improving healthcare provisions within the Solihull borough continues to be one of my main priorities. Through several successful campaigns, I have secured an Urgent Treatment Centre (UTC) at Solihull Hospital and a suite of new state-of-the-art surgical suites. The

UTC offers medical services for minor injuries and illnesses, 7 days a week, for those who do not need to access A&E. The introduction of these facilities is added to by the opening of a Community Diagnostic Centre in Chelmsley Wood, helping to ease pressure on GP appointments by providing 116,000 tests, checks and scans. I have always championed healthcare in my constituency and will continue to do so.

I am continuing to fight against the closure of the Solihull police station and the removal of the front desk at Chelmsley Wood police station. The Labour Police and Crime Commissioner (PCC) is continuing with these closures against the will of residents. I am deeply disappointed in this decision as I believe that a visible police presence is needed to deter crime and ensure that residents are confident in the police's ability to serve them effectively. With record government funding for the West Midlands police and over 1,300 new police officers, there is no excuse for the failure to provide a plan to secure both police stations. I am committed to keeping our community safe and I will continue to campaign on this issue.

As ever, my office remains open and we are conducting surgery appointments, so do not hesitate to book a slot. My contact details can be found below:
 saqib.bhatti@parliament.uk 0121 711 7029



The Birmingham Model Railway Club

Model Club Open Day

The Birmingham Model Railway Club Based in Castle Vale have an open day on May 6th between 10.00am and 4.00 pm

Entry is just £1 adult 50p child.

There will be several models running in '0' '00' 'N' 'HO' and other gauges. Modern image and steam days will be represented. A trader will be selling a wide range of goods and the club will have its own sales stall. Bargains Galore! Refreshments will be available.

There is free car parking on the swimming pool car park next door.

The club is in Cadbury Drive off Farnborough Rd B35 7 JE

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SOCIAL GROUP

Hello my name is Peter

I have lived in Curdworth for the past 8 years. My wife sadly passed away last year. Life can get very lonely sometimes so I looked for a group I could go to, to spend time with other people. Unfortunately there are no social groups at all in Curdworth.

So I thought why not start one up? We have a village hall and a church hall. I think it would be nice to socialise with other people and I'm sure I'm not the only one that would value some company.

Can you please let me know if you think this is something that we could do or if it's something you might be interested in. If you have any ideas of what people might like I would be very interested to hear them.

In the first instance I am just looking to see if there are enough people who would be interested in setting up a group.

My address is Number one Beehive Lane, Curdworth.

My phone number is 01675 475213.

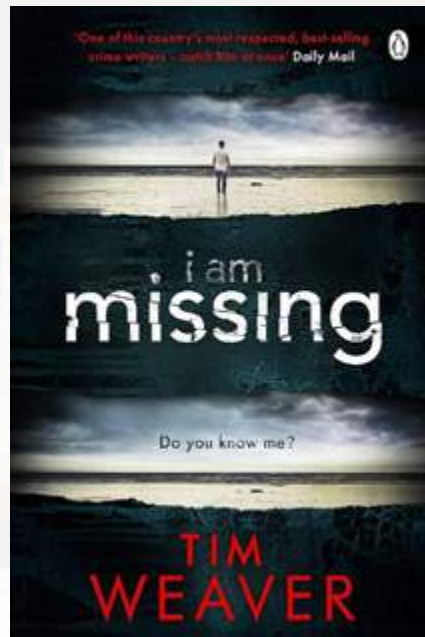
My email address is peterwright606@gmail.com.

Hope to see you soon. Thank you. Peter

Castle Bromwich Library Book Club

I am missing by Tim Weaver

When a young man wakes up bruised and beaten, with no memory of who he is or where he came from, the press immediately dub him 'The Lost Man'. Naming himself Richard Kite, he spends the next 10 months desperately trying to find out who he is. But despite media appeals and the efforts of the police, no one knows him. Richard's last hope may be private investigator David Raker - a seasoned locator of missing people. But Raker has more questions than answers. Who is Richard Kite? Why does no one know him? And what links him to the body of a woman found beside a London railway line 2 years ago? Could Richard be responsible for her death - or is he next?



This is the eighth book in a series but can easily be enjoyed as a stand-alone read. It has a brilliant opening which hooked me straight away. If you like a powerful and tense thriller - this is a book for you.

Review by Castle Bromwich Library member

Open Your Eyes by Paula Daly

Haven't we all wanted to pretend everything is fine? Jane doesn't like confrontation. Given the choice, she'll let her husband, Leon, fight their battles. She'd prefer to focus on what's going well, the good things in life. But when bestselling crime author Leon is brutally attacked in the driveway of their home, in front of their two young children, Jane has to face reality. With her husband in a coma, Jane must open her eyes to the problems in her life, and the secrets that have been kept from her, if she's to find out who hurt her husband - and why.

A great twisting psychological thriller. It's fast paced and unpredictable and had me guessing right up to the last page. I will be looking for more books by this author.

Review by Castle Bromwich Library member

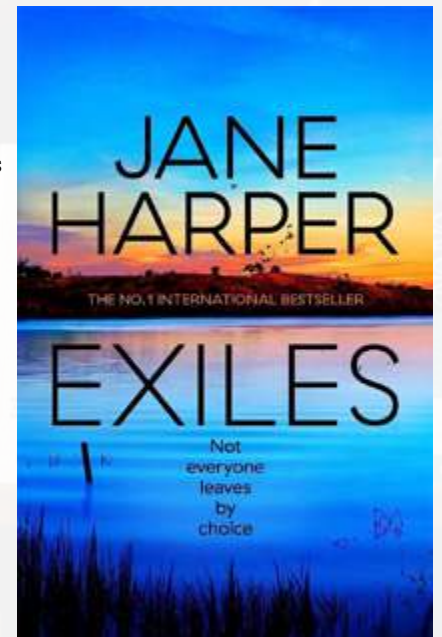


Exiles by Jane Harper

A mother disappears from a busy festival on a warm spring night. Her baby lies alone in the pram, her mother's possessions surrounding her, waiting for a return which never comes. A year later, Kim Gillespie's absence still casts a long shadow as her friends and loved ones gather to welcome a new addition to the family. Joining the celebrations on a rare break from work is federal investigator Aaron Falk, who begins to suspect that all is not as it seems. As he looks into Kim's case, long-held secrets and resentments begin to come to the fore, secrets that show that her community is not as close as it appears. Falk will have to tread carefully if he is to expose the dark fractures at its heart, but sometimes it takes an outsider to get to the truth.

An engaging, gripping and dark crime read which I became totally immersed in. It is wonderfully written and should not be missed.

Review by Castle Bromwich Library member

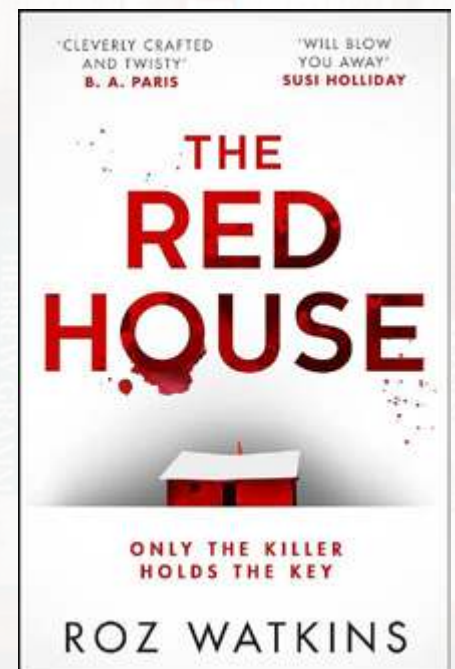


The Red House by Roz Watkins

The Flowers were the perfect family. Until the day 15-year-old Joseph shot dead his parents and baby brother whilst his younger sister Eve hid. The family home became known as 'The Red House', the place where the walls were covered in blood. No one knows why Joseph murdered his family: the following day he crashed his car and has been in a coma for two decades. Eve's always known he did it; she saw the crime, after all. But how reliable a witness is a five-year old? Now an adult, Eve is forced to re-examine her memories when disturbing new evidence about the case comes to light. Because if Joseph didn't do it, then the killer's still out there - and they're coming back for the girl who escaped.

This is an absolute page turner - atmospheric, mysterious, creepy and chilling with unexpected twists and a shocking ending I really didn't see coming. A great book!

Review by Castle Bromwich Library member





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

May update

Welcome to May in Castle Bromwich with the days getting warmer we should soon see the threat of frost recede and bright summer bedding plants thriving in our Gardens.

Local Elections

There will be important SMBC local elections and West Midlands Mayoral elections to be held in our area on the 2nd of May.

You will need to show an accepted form of voter ID when voting at the polling station.

Examples of these are Passport, Driving Licence, older persons bus pass, as full list of these can be found on your poll card or the electoral commissions website.

Bus Services

Many thanks to all those residents that signed the 240 person No 96 Bus Service petition, this was presented at the SMBC main council meeting on the 9th April and will also go to the combined authority Transport Delivery Overview and Scrutiny Committee.

It is essential to residents to have an easily accessible direct bus service to get to local supermarkets and services without intermediate bus stop delays with full shopping bags.

Tree planting

We have met with the SMBC tree planting officer with the result that future verge tree planting is divided between the replacement of missing or dead trees for which funding is available and new trees which may to be funded by Grant application for which there are a number of sources. The Council also offers planting of individual trees at a set cost.

Regular Councillor Surgery at Castle Bromwich Library

The next monthly surgery is scheduled for Monday the 13th May and takes place at the Library at 14:00, no appointment is required, please email, or call me if anything urgent comes up in the meantime.

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

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About Us

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*cost excludes cremation, burial, doctors or minister's fees. All costs are correct up until April 2021

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Do you enjoy singing? - Come and join us!



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

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

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

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



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The Story of Castle Bromwich Parish Church (pt9)

By David L Adams

At the end of the previous article, I arbitrarily placed the date of building the last feature of the medieval church, that is the Western tower and spire, at 1509, the year of the accession of Henry VIII.

History is shaped by the "prime movers" of the ages and in this article I wish to touch on some of those who have affected Castle Bromwich.

In 1509 the manor was owned by the Lords Ferrer whose seat was at Chartley in Staffordshire.

At that time the holder of the title was Walter Devereaux.

The Devereaux had come to England with William the Conqueror and had settled in the Welsh Marches – Weobley in Herefordshire.

Walter had married Anne the Ferrers heiress in 1450. Their son, John, married the sister of the last Bouchier Earl of Essex thereby adding to his title the names of Bouchier and Lovaine.

In 1509 Walter Devereaux (II) was 24 years old. Four years earlier he had married the sister of the Marquis of Dorset. He was working his way up the

hierarchy of Henry VIII's court for the next few years.

In 1525 he was made a Knight of the Garter and became Chancellor of Princess Mary Tudor's household at Ludlow Castle.

Not long after this he was administering the disposal of monastic buildings and estates as part of the Dissolution of these establishments. From this he accrued considerable wealth.

In 1541 his grandson, also Walter, was born but also, sadly, his first wife died.

Subsequently he remarried in and in 1545 his youngest son, Edward, was born – Walter (II) was 60 years old at this time.

In 1550 he was created Viscount Hereford but in 1558 he died aged 73 – Queen Elizabeth I came to the throne later in the year.

The first Viscount Hereford was succeeded by his grandson – also Walter (III) – who also came to the Royal Court and became a favourite of the Queen.

In 1561, aged 20 he married Lettice, the daughter of Sir Francis Knollys, one of the Queen's chief ministers. This didn't please Elizabeth and she hated Lettice, as a rival for Walter's affections. He and his bride retreated to Chartley Manor where they produced five children – one died in infancy.



The heir to the Hereford title, Robert, was born in 1567. Two years later Sir Walter was required to raise troops to guard Mary Queen of Scots when she was held at Tutbury Castle near Chartley.

In 1572 he became a Garter Knight and subsequently Earl of Essex - "of the 6th Creation" - following his Bouchier ancestors.

The young Earl (31) needed to further his ambitions with Royal Service and volunteered to colonize the Northern parts of Ireland, sharing the costs with the Queen.

I think that to help raise funds he sold the Manor of Castle Bromwich to his (younger) half-uncle Edward, subject to a lifetime interest for the latter's mother –

Castle Bromwich and District Lions Club

By Terry Higgs

By the time you read this report I'm afraid our Annual Old Folks night of 18th April will be all over. I can tell you that at the time of writing all of the 200 plus tickets have now been allocated. Not totally surprising because it's such a good free night out for local pensioners. Our grateful thanks to all those that helped including Kingshurst Labour Club, The Seeds of Hope (who provide the food at cost) and Linda Williams, an absolute wonderful Entertainer/singer.

Our brilliant fundraising Chairman Steve has asked me already to remind you of our next Quiz in November. This follows another successful quiz at the Family Tree in March when we raised over £550. It maybe early to talk about November but its worth keeping in mind as tickets go so quickly.

We helped out at the Marie Curie daffodil Appeal in March and did a few hours at Tesco's Hodge Hill and Morrison's Castle

Bromwich raising a respectable £765 approximately. The Club have also recently decided to donate £100 per month to the social charity Around Again. This is in conjunction with Aldi at Castle Bromwich who let us have £100 worth of food at cost.

Two recent appeals we have had were from a recently widowed lady in the district who needed a mattress replacing following her husbands death. This appeal coincided with a supporter of the Lions donating a practically new bed and mattress. The lady concerned was very grateful.

The second appeal was from David (pictured with our excellent secretary Phil) who found himself in extremely straightened circumstances. Because of ill health he was virtually housebound with no way of getting out and about and asked for our help with buying a mobility scooter. In the event we were happy to buy him an almost new one (illustrated) at the bargain price of £600. He is a very happy man and we wish him well.

Thank you for all your support and best wishes to everyone.





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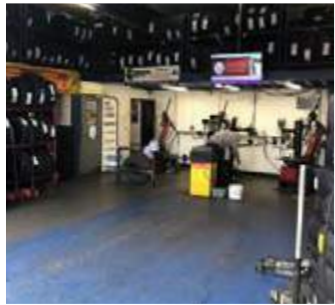
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Supporting Your Child Through Exam Stress: A Parents Guide



Exams are a challenging and stressful time for any young person, and can leave parents wondering how best to help. As exam season approaches, parents play an important role in helping their children navigate exam stress and build resilience for the future.

Provide Emotional Support: It can be difficult for children to talk about their feelings. Support your child to know it ok to share their worries, and provide an ear to listen and shoulder to lean on. Encourage your child to notice their emotions and use strategies to keep their anxieties in check. For example, relaxation, distraction, breathing exercises. Building the self-awareness to understand mental health will support your child to feel confident to manage their own emotional wellbeing as they make the transition into adulthood.

Manage Expectations and Keep Perspective: Support your child to set realistic goals and expectations. If your child finds exams difficult and starts to view themselves through a self-critical lens encourage them to be compassionate, problem-solve and identify ways to seek support. As parents we want our children to succeed, and at times, we might need to be mindful about how we respond to setbacks. Take time to understand your child difficulties rather than being critical or compare them to peers. Encourage your child to remain focused on their efforts and progress rather than becoming bogged down by the pressure to achieve the perfect grade.

Healthy Body, Healthy Mind: Mental health and physical health are interconnected. Exercise can boost energy levels, act as a distraction from studies,

relieve stress and improve sleep. Regular exercise will not only support your child's physical and emotional wellbeing, but can also provide an opportunity to spend time together. Sleep plays a key role in a healthy mind, and improves concentration and memory. Support your child to build sleep routines, allowing time to wind down from their studies to engage in activities that promote sleep including reading, relaxation, a warm bath.

Take a Break: It's easy to fall into the trap that 'more is more' and non-stop studying will lead to exam success. However, incorporating regular breaks can support learning and memory retention. Support your child to take regular breaks and plan time away from the revision guides to enjoy activities and spend time with friends and family. A balanced diet is vital for your child's wellbeing, and planning regular break will provide an opportunity to maintain a healthy diet.

Celebrate: Celebrate your child's efforts and progress throughout the exam period. Praise their hard work and resilience, and let them know that you're proud of them no matter what.

For some young people exams might coincide with other challenges and worries, making it difficult to cope. If you are concerned about your child's mental health it is important to seek professional support. Make an appointment with your GP or 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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 19.30pm - 20.30pm

Thursday: Coleshill Town Hall,
 High Street, Coleshill,
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Friday: Water Orton Methodist Church,
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Fungal Infections



May is fungal awareness month, so we thought to explain and show you all fungal skin infections that can be affected in your feet.

What it is and what it looks like:

A fungal nail can present itself in a number of ways. It can appear yellow/white or brown in colour and sometimes the nail can grow thick. In some cases, part of the nail can become loose meaning debris can gather behind it. Sometimes, it can just appear as a patch and other times the whole nail can be affected. It can affect one or multiple nails on either foot.



How to treat it:

There are a few different treatment options available depending on the severity of your infection. In most cases we recommend a nail lacquer called amorolfine which you apply weekly to the infected nail. Alternatively, you can use Emtrix once a day - ideally at night. Both treatments can be successful but only if applied regularly, as they can take 9-12 months for the fungus to clear and see the results. You can purchase both products from us.



Another treatment option would be a tablet called terbinafine. However, this tablet is very strong and can have side effects

so is only reserved for very severe infections.

We also offer a treatment called the Lacuna Method which involves drilling small holes in the nail plate and spraying an anti-fungal treatment directly onto the nail bed, allowing the anti-fungal solution to penetrate to the nail bed where the fungal infection is.

With all treatments we recommend regular routine Podiatry treatments to thin the nail and monitor the infection. We can use digital photographs to monitor the treatment's progress.

If you are unsure which treatment would be the most beneficial for you, you can book in with one of our Podiatrists who can give you the appropriate advice.

Fungal skin infections:

What is it and what it looks like:

Athletes foot is a fungal infection

of the skin. The fungus that causes athletes foot live naturally on our skin all the time however it is our skins natural balance (pH) which stops us from constantly getting infections.

Athletes foot can present itself in lots of different ways. It can appear as wetness in between the toes (especially the small toe and the 4th toe), flakiness, redness on the bottom and edges of the foot and sometimes with small blisters. It is often itchy, however sometimes it is possible to have athletes foot and it not be itchy at all.

How to treat it

There are lots of different types of treatments for athletes foot. Treatments can be in the form of sprays, powders, or creams. Our Podiatrists will be able to advise you on which treatment option they think is the most appropriate for you. You can purchase these products from us for added convenience. It is important to use the treatments

regularly.

We would also recommend that you treat your socks and shoes too. You can use athlete foot sprays directly inside your shoes and socks. Also, washing your socks or stockings/tights on a higher temperature (around 60°C) will help to kill off any remaining fungus.

Our **Klenz unit** kills fungus, bacteria, and all microbes. We can treat your shoes and socks for you whilst you have your feet done for the additional cost of just £4.00.



If you have foot issues you would like to see a Podiatrist about please give us a call on 0121 749 6313 and book an appointment.



Castle Bromwich
Hall Gardens

News from Castle Bromwich Historic Gardens



May blossoms

Some readers may know the phrase 'Cast ne'r a clout till May is out' or one of its many variations. The meaning is the same - keep your winter clothes on until you can trust the weather when 'May is out'. Now whether that mean the month of May or the beautiful May flowers of the Hawthorn hedges, who knows..

Either way the Gardens, gardeners and all our activities really get going in May when there is at least a little more confidence about running activities outdoors.

The month starts off with a celebration of blossoms.. this time it's apples and pears. Our two heritage fruit orchards have been bursting since mid April and hopefully through to mid May.

An English Hanami

As befits our global Garden, we will be borrowing, yet again, a wonderful custom from Japan of having family picnics under the blossoms to celebrate the coming of Spring and hopefully a good harvest.

Picnics are welcome any time, but we have a dedicated weekend Saturday 4th and Sunday 5th May) for our Japanese food pop-up and takeaway.

Birmingham based Japanese chef Yumi (from the Mount Fuji restaurant) is taking orders for sushi, curry, donburi and other delights... see our website for ordering links. (A limited range of food available on the day).



Come and join us to celebrate

Across May we will be continuing some free activities to get you out and about in Nature and growing good food. The regular EcoGym and Get Growing workshops are free (but please pre-book to confirm your place).



Saturday Morning Forest Schools for families continue too, discover nature, new skills and your self! Child centred learning that grown-ups can feel good about too.

Why not get up early to join us for the Dawn Chorus on Sunday 5th May at 4.30am

**"Music is the food of... love"
and pretty well every good thing!**

With the longer days our music programmes start up again.

The first of our Saturday Sounds' evenings is 'A Spring Soul Picnic' on Saturday 4th May from 6pm with our partners from SoulSessionsBum

The fortnightly Thursday evening Melon Ground Sessions start on May 16th with Vo Fletcher and guest Ric Sanders (Fairport Convention's violinist) – on his last visit to the Gardens the blackbirds sang along beautifully.



Gardener's Tips for May

It is now time to give your borders some attention. All the sunshine means the garden should now be at its vibrant best. Remove any faded spring bedding at the end of the month, it's served you well but it's time for a change and old bedding can be put in the compost bin to go back on the garden next year as mulch. Once the risk of frost has passed, plant out summer bedding and ensure it is kept well watered so it can establish. Ensure any perennial weeds are swiftly removed and hoe off any annual weeds, ensure they don't get the chance to flower and seed as this will greatly increase your workload. Tie in any shoots of climbing plants in your border plants like clematis are easier to manage when offshoots are short and young, if you allow them to get too long it's almost impossible to prise them away from other plants they get tangled up in without snapping.

If you want hanging baskets plant them up now and allow them to establish for a few weeks in a frost free space make sure that when you put them out you keep them well watered, pick off the dead flowers and give them a liquid fertiliser feed every few weeks this should keep your hanging baskets flowering throughout the summer.

You can start to harvest rhubarb this month, twist the stem at the base of the plant but ensure you leave a few stems on each crown. Don't strip it bare as the plant needs to be able to feed its own crown. Continuing with this theme on the vegetable plot, if you have asparagus ensure that you stop cutting to leave some spears to grow at the end of the month. They produce a lovely ferny foliage which is needed by the asparagus crown to capture sunlight to replenish its crown for next year. Potatoes that were planted in April can now be earthed up, by drawing up mounds of soil up around the plant this will help the potatoes create more tubers from the buried stems and increase your crop.

How about going for a NO Mow May

The international conservation organisation Plantlife's annual campaign advises you to leave your lawns and open spaces uncut for May. A rainbow of wildflowers in your lawn doesn't just look pretty, but it's also the sign of a healthy and thriving garden. Gp to their website <https://www.plantlife.org.uk/> for good advice on increasing the beneficial wildflowers in your gardens After May don't forget to go slowly with the mower with your first June cuts: that grass and those

wildflower seed heads can be tough on your machine blades.



Why NoMow May? We've lost nearly 97% of flower rich meadows since the 1970's and with them gone are vital food needed by pollinators, like bees and butterflies.

A healthy lawn with some long grass and wildflowers benefits wildlife, tackles pollution and can even lock away carbon below ground – and best of all, to reap these benefits all you have to do is not mow your lawn in May!

There are over 20 million gardens in the UK so even the smallest grassy patch adds up to a significant proportion of land which, if managed properly, can deliver enormous gains for nature, communities and the climate.

The Gardens are obliged to maintain the manner and style of the Gardens from over 350 years ago - which was certainly less concerned with conserving the 'natural and the wild than we are. But we nevertheless embrace #NoMowMay in our wilder areas, but have to cut the main lawn to keep the grass healthy and accessible for you visitors. Even so we continue to do as much as we can to naturally attract bees and insects to the Gardens... for the benefit of us all on this planet.

Additionally this year there are some more adventurous musical experiences: Relaxed summer evenings to wander and explore the Gardens coming across immersive and ambient soundtracks as your dusk stroll takes you to different spaces. Relax, doze, be inspired by nature, music, friends. The series starts off with live music from Birmingham Contemporary Music Group on Saturday May 18th from 3pm which will drift into the evening musical soundscape (ordinary entry fees/ Free for Members)

Half Term and Childrens Gardening Week

The month ends with a jam packed half term week with the usual mix of outdoor and creative activities for families... and another Lego build day (1st June)

As always the Gardens staff and volunteer teams are busy keeping this unique piece of green a place for you to share and enjoy. We hope to see you soon. Don't forget the café is free to enter come for a chat with us.

Cuppa with a Copper



As well as helping keep the Parkland and Gardens safe, our lovely local community police officers love to have a bit of calm respite by popping by the Gardens and they will be here on a monthly basis to listen and chat with you too...

come and have a Cuppa with a Coppa on
 Wednesday 15th May – 12:00 till 2pm
 Saturday 8th June – 11:00 till 12:30
 Sunday 7th July – 11:30 till 13:00
 Saturday 3rd August – 11:00 till 12:30
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Link to Gardens' Activity Calendar



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duration gradually increasing over time.

Rocco has also been fully Halti trained in our care and does walks well. While he can be strong, the Halti training makes walks more manageable, ensuring an enjoyable experience for both Rocco and his future owners.

Rocco does still need some basic manners training to curb his enthusiasm for jumping up. With consistent guidance and positive reinforcement, he will quickly adapt to house rules. Rocco truly is a full of life boy who would thrive in an home. He does have potential to live with children

aged 13 and older. He can also potentially coexist with another female dog, provided they match his active energy levels.

Rocco has spent some time on kennel rest due to intermittent lameness, which has been thoroughly examined and resolved by our caring vets. For more details about his medical history, our team at the centre is ready to provide all the information you need.

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

Spring is starting to spring



Spring is on its way finally – the sun is out a little more and the days are getting warmer. Longer days so dark walks will be behind us soon, just that thought makes you feel better. With the warmer weather it's exciting to start getting out and about to places, visiting old favourites and exploring new ones. As the weather gets warmer your packing list for trips out changes, you now need to be thinking about taking the following useful items with you;

- Travel bed for if you stop in a café for refreshments.
- Water bottle

- Treats
- Poo bags
- Towel

There are lots of organised breed walks that start back up too, Greyhound Walks, Sighthound Walks, check out breed groups on Facebook to stay update on what's happening.

A number of Springtime flowers can be toxic to dogs, and you will need to be careful if you have a nibbler or a digger as both the flowers themselves and often the bulbs too can cause an upset stomach (or worse) for your dog. Lilies, daffodils, tulips and buttercups are just a few of the beautiful blooms that you need to be mindful of.



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We have a small fundraising team who are always looking for ideas and help to raise much needed money, the rescue depends solely on the generosity of our supporters as we receive no funding or other financial support. Our vet bills are vast and expensive particularly as we tend to specialise in older and harder to rehome cats who often need ongoing vet treatment.

We are always very grateful indeed for food donations for our cats as we go through a lot of food as you can imagine.

For more information contact Suzy at the rescue for details of drop off points for donation's.



This is cheeky Charlie who is just one of many resident cats living at the rescue due to ongoing significant health issues.

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The Evolution of Colour Trends in UK House Decorating

From the quaint cottages of the countryside to the bustling streets of its cities, the United Kingdom boasts a rich tapestry of architectural styles and interior design preferences. Among the myriad elements shaping the aesthetic appeal of British homes, none is perhaps more influential than the ever-evolving palette of colours adorning their walls. Let's embark on a journey through time to explore the fascinating history of colour trends in UK house decorating.

Victorian Opulence:

The Victorian era (1837-1901) heralded an age of opulence and extravagance in British interior design. Deep, rich hues such as crimson, emerald, and royal blue adorned the walls of affluent households, reflecting the prosperity of the period. These bold colours were often complemented by intricate wallpaper patterns, ornate furnishings, and heavy drapery, creating a sense of grandeur and sophistication.

Edwardian Simplicity:

With the dawn of the 20th century came the Edwardian era (1901-1910), characterised by a shift towards simplicity and elegance. Soft pastel shades such as pale pink, powder blue, and mint green became increasingly popular choices for interior walls, reflecting a desire for lightness and airiness in domestic spaces. This aesthetic was further enhanced by the use of light-coloured wood furniture and delicate floral patterns, evoking a sense of serenity and refinement.

Art Deco Glamour:

The interwar period of the 1920s and 1930s witnessed the rise of the Art Deco movement, which brought a newfound sense of glamour and modernity to British interior design. Vibrant hues such as coral, turquoise, and sunflower yellow graced the walls of fashionable homes, often accompanied by geometric patterns and metallic accents. This bold and luxurious aesthetic captured the spirit of the Jazz Age, exuding energy, optimism, and sophistication.

Post-War Optimism:

The aftermath of World War II saw a shift towards a more optimistic and vibrant colour palette in British home decorating. Pastel shades gave way to bolder hues such as teal, mustard, and burnt orange, reflecting a renewed sense of hope and vitality. This era also witnessed the emergence of DIY culture, with homeowners embracing the opportunity to personalise their living spaces through paint and wallpaper choices.

Swinging Sixties:

The swinging sixties brought a burst of creativity and experimentation to British interior design, with bold colours and psychedelic patterns taking centre stage. Acidic hues such as electric blue, lime green, and hot pink became synonymous with the era's youth culture, reflecting a spirit of rebellion and individuality. Pop art-inspired motifs and geometric prints adorned everything from walls to soft furnishings, injecting a sense of fun and whimsy into domestic spaces.

1970s Earth Tones:

The 1970s saw a return to nature-inspired colour palettes, with earthy tones dominating interior design trends. Shades of avocado green, harvest gold, and burnt sienna adorned walls, evoking a sense of warmth and comfort. This era also saw the widespread use of textured finishes such as terracotta tiles and exposed brick, adding depth and character to living spaces. The overall aesthetic was relaxed and organic, reflecting a growing emphasis on environmental consciousness and sustainability.

Minimalist Nineties:

The 1990s witnessed a shift towards minimalism and understated elegance in British interior design. Neutral colour schemes featuring shades of white, beige, and taupe became increasingly popular choices for walls, creating a sense of calm and serenity. Clean lines, sleek surfaces, and uncluttered spaces defined this aesthetic, reflecting a desire for simplicity and order in the home.

Contemporary Eclecticism:

In the present day, British interior design is characterised by a spirit of eclecticism and individual expression. Homeowners are increasingly embracing a mix-and-match approach to colour, combining bold statement hues with soft neutrals and earthy tones to create dynamic and personalised spaces. From Scandinavian-inspired pastels to industrial-chic greys, the possibilities are endless, reflecting the diverse tastes and lifestyles of modern Britons.

In conclusion, the history of colour trends in UK house decorating is a vibrant tapestry of styles and influences, reflecting the changing tastes and societal trends of each era. From the opulence of the Victorian era to the minimalist elegance of the nineties, the colours adorning British walls tell a captivating story of cultural evolution and artistic expression. As we look to the future, one thing is certain: the palette of British interior design will continue to evolve and inspire, reflecting the ever-changing landscape of contemporary life.

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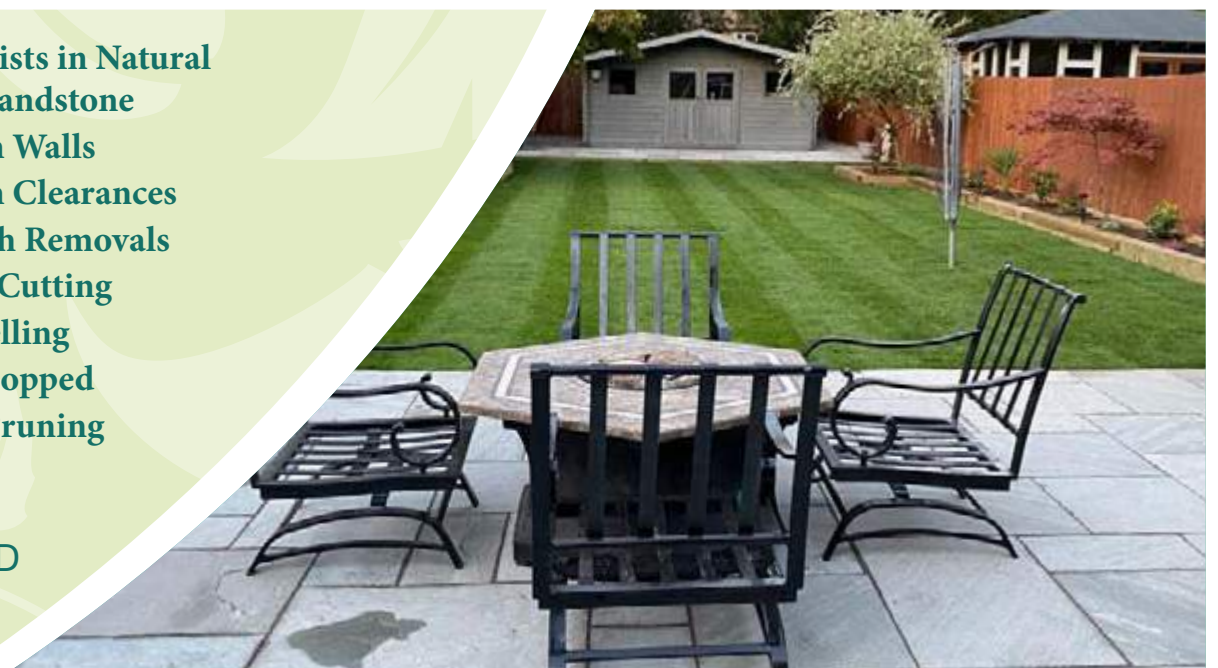
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Local Sports



Doyle On Target for More Fitness Endurance Challenges & World Record Honours



Showing his supreme levels of strength speed stamina skills thus far . Paddy Doyle has achieved nine hard fitness endurance challenges and World Records beating Russian, Chechen Republic and Swiss strength athletes Records, the coming months will test Doyle's mental strength where he will have to raise his game, as the titles he will be going for will be far tougher as he aims to beat more World physical fitness endurance feats. 2024 Records and challenges profile to date

Forward hold strength challenge (standing position arms locked out) holding 35 lb backpack. Achieved in 2 min.

41.13 sec. Beating Russian endurance athlete Rogachev Yuri Vladimirovich record of 45.01 sec. (Set 03 Dec 2023). UK Venue – Rowington Village Warwickshire UK. 20 Feb 2024.

6 km cross country run /walk carrying 35 lb backpack. Achieved in 1 hr. 08 min. 59 sec. Venue – Rowington Village footpaths and Heart of England Way footpath Warwickshire UK.

Conditions – Windy, cold, muddy, waterlogged fields, with steep inclines plus lifting bike over gates, stiles. 20 Feb 2024.

3.5km mountain bike cross country challenge carrying mountain bike Instructor expedition kit (with extra added weight) totalling 40lbs. Achieved in 19 min. 21.38 sec. Venue – Lowsonford Village footpaths and Stratford Upon Avon Canal Warwickshire UK. Conditions – Windy, cold, muddy, with short steep inclines plus lifting bike over stiles, gates. 26 Feb 2024.

4 km mountain bike cross country challenge carrying mountain bike expedition Instructor kit (with extra added weight) totalling 40 lbs. Achieved in 24 min. 22.32 sec. Venue – Lowsonford Village footpaths and Stratford Upon Avon Canal Warwickshire UK. Conditions – Windy, cold, muddy with short steep inclines plus lifting bike over stiles, gates. 26 Feb 2024.

7 km mountain bike cross country challenge carrying mountain bike expedition Instructor kit (with extra added weight) totalling 40lbs. Achieved in 33 min. 44 sec. Venue – Lowsonford Village footpaths and Stratford Upon Avon Canal Warwickshire UK. Conditions- Windy, cold, muddy with short steep inclines plus lifting bike over stiles, gates. 26 Feb 2024.

7.5 km mountain bike cross country challenge carrying mountain bike expedition Instructor kit (with extra added weight) totalling 40 lbs. Achieved in 37 min. 42 sec. Venue – Lowsonford Village footpaths and Stratford Upon Canal Warwickshire UK. Conditions – Windy, cold, muddy with short steep inclines plus lifting bike over stiles, gates. 26 Feb 2024.

Most number of weightlifting repetitions, lifting a total 32 kg in one minute. Total 102 reps. Beating Magomadov Khamitovich (Chechen Republic) total of 100 lifting repetitions set on 17 Sept 2019. Venue – Coleshill , North Warwickshire UK. 25 March 2024.

Most 10 kg (x 2) dumbbell bench presses (from floor position) in ten minutes. Total 324 lifts. (10 bench press lift were deducted for incorrect technique). Beating Martin Kaftan (Switzerland) record of 303 bench presses (floor position) which he set at the World Impossible Games Starnberg Germany 2004. Venue – Coleshill, North Warwickshire UK. 25 March 2004.

Most cumulative bench presses (floor position) in five minutes holding two 5kg dumbbells. Total 242 reps (11 bench presses deducted for incorrect technique). Venue – Coleshill , North Warwickshire UK. 25 March 2024.

He puts his mental strength down to serving in the Parachute Regiment and Army / RAF reserves, including being involved in amateur boxing and completing his WUMA black belt mixed martial arts 5th Dan.

" I train six days per week which has helped me to maintain my endurance stamina levels which has given me the confidence not just to set new records and challenges but beat many arch rivals this year."



Water Orton Bowling Club

The new Crown green bowling season for Water Orton has started.

The East Birmingham league started on Tuesday 2nd April. The A team had an 11 point win at home to the Bradford Arms, our B team won away at Old Knowle by 7 points and our C team lost by 11 points away at Towers and provided 3 winners.

The D team lost by 12 points at home to Glascoate.

On Thursday night the Sutton Benevolent league started with both teams off to winning starts, the A team winning away at Banbury by a single point and the B team beating Beeches by 9 points.

The Saturday morning and afternoon teams were both playing in a Home and Away friendly fixtures against Hollyfields.

If you're passing the green and want to know upcoming fixtures, in the cabinet outside the clubhouse there will be a two weekly fixture planner to show the games planned for the green, all are welcome to come and watch.

This month we have welcomed 6 new bowlers to the club, all living locally, 4 are new to bowling so will be taking up the opportunity for introduction and coaching to bowling on a Tuesday afternoon at 1:30PM.

If you fancy coming along and would like to have a go, contact:-

Club captain - Paul Johnson
(paul.wobc@gmail.com)




GIVE TENNIS A GO

Saturday 18th & Sunday 19th May. 12-3pm. Taster sessions for all the family, from absolute beginners to seasoned pros! Special offers for Coaching and New Membership. Licensed bar/food.

Coleshill Tennis & Sports Club
Glebe Farm, Off Maxstoke Lane
B46 3DG

Book your free place at:
<https://rb.gy/lysz95>




Water Orton Cricket Club Social Events



Just an update of forthcoming events at Water Orton Cricket Club. We are working on our entertainment programme for 2024/25 and are pleased to announce the following for you.

Saturday 1st June 2024
Nicola T. Presents
Beyonce Ladies Night
Tickets Now on Sale £10-00 each
Doors open at 7.00pm.
Tickets on sales at the Cricket Club


Saturday 28th September 2024
The Fabulous Hamilton Browne
Lionel Richie Tribute
All the hits of the Commodores & Lionel Richie
Tickets £10.00 each and on sale July

We have also booked
Saturday 12th October 2024
The Fantastic Rod Stewart Experience
Saturday 16th November 2024
The Tina Turner Tribute with the brilliant Millie Munro
Saturday 22nd February 2025
The Gary Barlow Show.

Tickets are all £10-00 each and available from the Cricket Club or from Pete Coles at the cricket club or Paul Messenger at the tennis club in Vicarage Lane.

We are also aiming to book two bands and there will be another Quiz Night & Football Night.
Thank you for your continued valuable support, it really is appreciated, and helps us enormously.

Water Orton & District Tennis Club



At last our Spring & Summer season are getting underway and we are raring to get started now. We still have a few spaces to fill and we would welcome new potential members to our club. You can come and see us at any time there is something on to suit you. You can join in and have three "Taster" sessions before you decide if you want to become a member. You can join in a group you feel would be good for you and be very welcome. Our Annual Membership is very reasonably priced and numerous advantages including insurance cover while you are with us.

We have Junior Coaching Groups on Saturday mornings. An Adult Beginners Group. Adult Improvers Group, this is for adults who have played before and would like to get back into it. Men's Night is on Wednesday's from 6pm until 9pm. Ladies Night of Thursdays from 6pm until 9pm and on Friday evenings we have a Cardio Fitness Group from 6pm until 7pm followed by an Adults Mixed Doubles session from 7.00pm until 9.00pm. Once you become a Member you will get a key, and you can book a court on line to play.

If you would like any further information please contact our Club Secretary, Paul, either by text or e-mail as listed below. Come and give us a try, you will improve your fitness and make new friends.

Text Paul on 07538 601246 or email me on the following paul.messenger82@hotmail.co.uk and I will get straight back to you with the information you need.

Thank you, we hope to see a few of you soon.



Coleshill Town F.C.

COLESHILL TOWN FOOTBALL CLUB - SEASON REVIEW

When the 2022/23 season ended with Coleshill just missing out on promotion, the then manager Cameron Stuart thought he could go one step further and gain automatic promotion. 12 months on and by the time you read this Coleshill will have finished their season, as I write they have just one game left, and lie in 15th place, just 6 points above the bottom two places who will be relegated.

So where did it go wrong? Stuart had put together a squad that he thought was good enough to go for the title but after just 9 games he left and took all his staff and some players with him to a close rival. Since then it's been a stop start season with a turn over of three more managers and 60 players. Current manager Craig Nichols is confident that he is the man to turn round the Coleman's fortunes and is working tirelessly to prepare for the 2024/25 season which begins in August. Performances against a couple of the top teams in the league have been encouraging, Harborough and Anstey Nomads, both title contenders, were pushed all the way by a very hard working Coleshill side still getting to know each other. Both games ended in a 2-1 defeat but hopefully we are on the right track. So to summarise, farewell to a disappointing 2023/24 season and looking forward to a better 2024/25 season.

2023-2024 Northern Div 1 Midlands								
Pos	Team	P	W	D	L	F	A	GD Pts
1	Harborough Town	37	28	4	5	85	24	+61 88
2	Spalding Utd	37	27	5	5	90	33	+57 86
3	Anstey Nomads	37	25	10	2	94	39	+55 85
4	Leicester Road	37	19	10	8	63	48	+15 67
5	Quorn	37	19	8	10	80	53	+27 65
6	Loughborough Dynamo	37	18	8	11	69	60	+9 62
7	Lye Town	37	17	7	13	54	46	+8 58
8	Corby	37	15	11	11	79	48	+31 56
9	Sutton Coldfield	37	15	6	16	54	56	-2 51
10	Bedworth United	37	14	8	15	49	44	+5 50
11	Walsall Wood	37	15	5	17	57	68	-11 50
12	Sporting Khalsa	37	15	5	17	52	71	-19 50
13	Boldmere St. Michaels	37	14	6	17	65	54	+11 48
14	Shepshed Dynamo	37	11	6	20	46	61	-15 39
15	Coleshill Town	37	10	5	22	53	85	-32 35
16	Coventry Sphinx	37	6	14	17	38	69	-31 32
17	Cambridge City	37	8	8	21	45	79	-34 32
18	Rugby Town	37	8	5	24	42	82	-40 29
19	Rushden & D'mnds	37	8	5	24	36	78	-42 29
20	Gresley	37	6	8	23	37	90	-53 26

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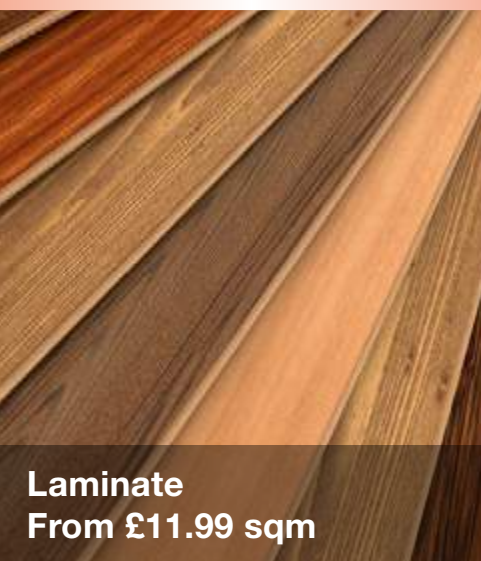
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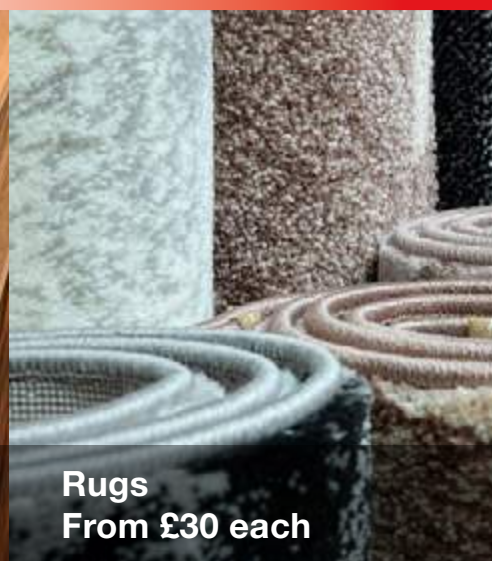
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