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

May 2024 Issue 122



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See guide on page 20



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the **ColeshillPost**

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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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Protect your Home

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

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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.

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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

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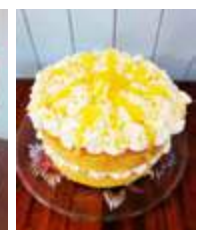
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Celebrating St Georges Day



The sun shone in Coleshill for St George's Day and the community came out to celebrate our patron saint in style. The parade commenced at the Coleshill Hotel, led by our very own St George, Town Mayor, Cllr Tony Battle, accompanied by our wonderful Town Band and our fabulous Sergeant at Arms, Simon Toon.

As the band played, representatives from the Coleshill British Legion, Councillors, Coleshill Partnership, the Squirrels, Beavers, Cubs, Scouts, Rainbows, Brownies, Coleshill Ladies Football Team, Medicare, Coleshill Women's Institute and Coleshill Fire Station all marched along the High Street adorned with flags and beautifully dressed in red and white balloons by Paul Pink, to continue the celebrations on the croft.

The Coleshill Partnership were incredibly proud to see so many join the parade and residents lining the path, the sight of the town coming out to wave their flags created the most amazing atmosphere and all those in the parade really enjoyed their support.

As the parade entered the croft, it was met with the beautiful mechanical dragon 'Fools Paradise' emitting bubbles. The croft was alive with colourful stalls, showcasing the first Teenage Market in North Warwickshire and local community groups creating fun activities and fundraising. The Town Band played and children from the local dance schools, Fusion of dance and S.L.E dance and fitness entertained us all, as well as Carl, MrEventsDJ keeping it lively with great music.

Pampered pooches and well trained dogs put their best paw forward in the show ring, with many and varied categories,

it's fair to say it was a roaring success, raising a great amount for EdibleLinks, Thank you Danny Cooper, from Rewarding Dog Training and Louise and Matt O'Keefe from Coleshill Pet Supplies.

The Partnership team really got involved with the celebration and tried their hand at Axe throwing, Lawn Green Bowls and enjoyed tea and cake in the Church. It was great to see so many residents and friends from further afield come and join in, making the event a great success for Coleshill.

Thank you Coleshill, for once again showing your support to events in the town, the committee is a small but very dedicated and talented group and deserve a huge THANK YOU. So, from me, as Chairman, I'd like to personally thank NWBC for their support, in particular lending us equipment and great people, the Town Council for the use of the Croft and their outdoor team, all those volunteers that helped with the road closures to enable the parade to march safely and to simply acknowledge those who work tirelessly for Coleshill.

To the people who make things happen... Deb Bromage, Donna Bilson, Steph Wagstaff, Rachel Stephens, Martin Bromage, Michala Pardoe and Jayne Battle, a massive THANK YOU!

THANK YOU to Mike Ford-Terry for taking on the role of the Town Crier for the celebrations and of course our fantastic Mayor, Cllr Tony Battle who led us all in celebration and really acted the part as a fabulous St George.



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

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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).

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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.



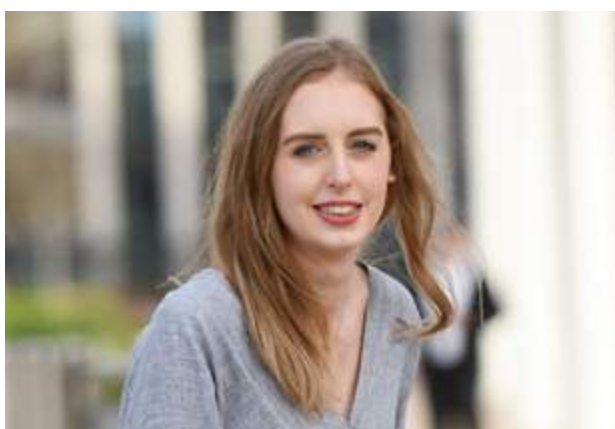
"The Oliver King Foundation" also provided training to 11 staff members in the use of the defibrillator at Melbicks Garden Centre.

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."

Water Orton Villager



Water Orton Parish Council update

General Council Meetings

The Council year runs from April to May. Full General Meetings of the Parish Council generally are held on the last Thursday of each month at the Pavilion, Openfield Croft at 7pm.

Members of the public are able to speak on any item which is on the agenda at the start of the meeting.

Water Orton Parish Council also run an additional "surgery" session where items which are not on the agenda may be raised by residents between 6.30 & 7pm. These items may appear at a subsequent meeting.

The final meeting of this council year will be held on Thursday 25th April and will cover, amongst other matters, a request made to the Parish Council to move part of the footpath on the village green as part of the proposed development for the old school site.

Annual Village Gathering

The one thing that Water Orton residents value highly is the sense of community spirit we have. Whether it is the Carnival, Sport Clubs, Social Groups, the library, Water Orton Heritage Group, Water Orton in Bloom, our churches and of

course the Parish Council amongst others, all are dedicated to keeping Water Orton a great place to live.

To this end the Parish Council is organising a Village Gathering on Saturday 18th May which will run from 12.00 until 17.00. The event will be held at Water Orton Primary School and is intended as a get-together to celebrate our village but also to share information, ideas and aspirations with the Parish Council and also between stakeholders.

There will be stalls from a wide range of community groups. Consultees such as HS2 and Carter Jonas have also been invited.

Please don't imagine this will be a School Hall filled with flip charts, we also want to have some fun. There will be lots of activities for all ages and a wide variety of food and drink to be had.

There will also be competitions for all, with prizes for the winners. "Bake a Cake" open to everyone and then two T Shirt design competitions for under 11 years and over 11 years.

There will also be some "Have-a-go" sessions from the various clubs in the village, let's hope it doesn't rain! When all is done there will be a meeting of the Parish Council to which you are all invited to share your views and bring your ideas.

Arrangements are ongoing but the Village Gathering should be fun, informative and a celebration of Water Orton – see you there.

Become a Councillor

There is currently a vacancy on the Water Orton Parish Council. If you have ever considered representing your local Community and being involved in making decisions to make your community and environment a better place, then this could be the just post for you.

Positions are traditionally not party politically affiliated, but people will obviously have opinions shaped by life experiences and a range of views is to be welcomed.

Application is simple and straight forward and training is accessible (even before you apply if you want!). The Present Councillors are a very welcoming group from all walks of life, and you will be joining a supportive team of people who are dedicated to protecting, serving and enhancing the village. Please contact the Parish clerk at the address below for more information or to begin the process – we look forward to seeing you.

Contact: clerk@wopc.gov.uk



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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

Community Growing

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. In each edition, Laura will share her knowledge and tips for anyone considering joining the growing ‘grow your own’ community.

You can follow Laura’s allotment diary on Instagram, @lottieonthehill



On 16th April, Zoe and Allan from the Coleshill Town Council hosted the spring AGM for local allotment holders. For the first time, we held a ‘seed swap’ at the meeting and provided information and goody bags so that our local growers can make changes for a more sustainable way of growing.

Fellow grower, Diane, and I have been collecting seeds for some months and pulled together some ideas for sustainable alternatives for plastic in our growing spaces. We reached out to Sutton Seeds ahead of the seed swap, and they generously donated an array of seeds to our event, including wildflower seeds for encouraging pollinators, and seeds to grow around wildlife ponds.

Tenants from across the Coleshill allotment sites attended the meeting to discuss events from 2023 and raise any concerns or requests to the Town Council for the year ahead. They brought with them seeds, plants, and even trees to swap. Coleshill Mayor, Tony Battle, also attended the event and was inspired to give growing his own food a try! It was a lovely evening, spent exchanging seeds, gossip and handy tips with likeminded individuals over tea and biscuits.

Buying seeds can become a costly exercise, and so community seed swaps are a great way for like-minded people to bring along their spare seeds and swap them! As someone with magazine subscriptions to gardening magazines, I often get seeds like cabbage and chard in my magazines, which I don’t grow on my plot so it’s great to know someone else will benefit from them!

Seeds which weren’t swapped at the AGM will be kept for our next seed swap event, and any leftover will be donated to local primary schools and charities. If you are from a local school or charity and would like be considered for a donation of the seeds, please contact the Coleshill Town Council in the first instance.

Sustainable alternatives to plastic in the garden:

- Toilet paper cores make great seed pots, and can be planted straight into pots or the ground once the plant is ready to be potted on.
- Coir coins and blocks make for easy storage even in the smallest of spaces, and can be planted straight into pots or the ground and will biodegrade.
- Wool pots are growing in popularity and can be used for growing seeds and seedlings.
- Lollipop sticks and wooden discs make great alternatives to plastic plant labels, and can be decorated to make a pretty addition to any growing space.
- Egg cartons can be used as alternatives to modular seed trays.

Things to grow this month:

- This month I have popped in a new set of seed potatoes, to ensure that I have a continuous supply. Later harvests will be stored in paper or hessian sacks in a cool, dark place to keep and use through the winter months.
- Sweetcorn and peas can be sown now, they like to have room for their roots to grow and toilet roll or kitchen roll cores make a great alternative to deep root trainer trays.
- Pumpkins can be sown now – if you have limited space to grow, consider miniature varieties such as Baby Boo and grow them vertically up an arch or trellis and make a feature of them.
- Salad leaves are relatively quick growers and can be enjoyed throughout the warmer months. (Lettuce leaves can be picked as needed, and new leaves will continue grow if you leave the plant in the ground.)
- Beetroot can be sown directly into the ground, or into deeper seed trays for smaller plants, and the leaves can be added to salads.
- Calendula and nasturtium seeds as companion plants, to draw away pests from my vegetable seedlings and plants.

If you are interested in becoming an allotment holder, check out <https://coleshilltowncouncil.gov.uk/council-documents/allotments> for more information.



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 'O' 'OO' '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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COLESHILL CIVIC SOCIETY

Missing Buildings and Spaces 12

By John Hoyle

There are many places and roads in Coleshill that have changed so drastically that no one alive today will recognise them. I have selected a view which could have been taken in about 1900. It is at the bottom of Church Hill and the photo is taken from what is now the Fish and Chip Shop. Nothing in the photo remains although the roof on the right could be Blades.



The shop in the right hand corner is Dales. It started as a chemist but developed into a general store. To the left is a private house and further left was the telephone exchange which was used until the new exchange was built below the cross roads.

A photo taken in 1967 shows the start of the development on Church Hill. The co-op have taken over at the corner with the High Street and have built the single story store at the rear of the premises. The Coleshill branch of the co-op was branch number 7, so it was an early branch which was started in about 1900



It would appear that the co-op did well and expanded along the High Street.



The main store has expanded considerably the last window being the butchers. The Co-op as many will remember expanded so that members had no reason to go to any other store, after the 2nd World War my family bought a car from them. In Coleshill they took over a furniture store. Under the name Co-Operative we now have House and Home in the first window and Café on the Hill at the second. They had dry cleaners, now Blades. Before leaving Coleshill to the Funeral Service they moved over the road to take over Summerfields Supermarket, next to Tuckley.



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.

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 or email me with any relevant information or photos. Johnhoyle707@gmail.com

Franklin Graham invitation for the community

Hi

My name is Peter Norman and I work with Paul Tullett the vicar at St Peter and St Paul's church in Water Orton and I have an invitation for the community.

It seems that winter has finally given way to the new life of spring and rain is at least easing with some sunny moments if not days.

I always find a renewed sense of hope at Easter, both because of the meaning of the resurrection and when I see the blossoms and spring flowers pushing through the damp soil. It makes me wonder how I can share that hope with others and brighten their lives too.

One thing I am particularly excited about is the upcoming Billy Graham association rally at resorts world. Many of you will have heard of Billy Graham as he was probably the greatest evangelist of the twentieth century.

There is an opportunity to go and see his son talk about Christian hope at the "God loves you" tour on

June 15th. There will be world class music from Taya (former Hillsong vocalist) and Michael W Smith plus a free bus from Water Orton church.

Franklin is an incredible evangelist like his father he leads mega rallies, TV shows and radio broadcasts across the globe. Just like his father Franklin has helped in countless people coming to faith and chairs the association charity "Samaritans Purse" which is most famous for the work on "Operation Christmas Child" or the Christmas shoebox appeal as we may know it. This delivers gifts and ministry to many needy countries and literally millions of grateful children.

Remember that most people who saw Billy Graham talk consider it to have been a once in a lifetime opportunity. So why not come for free and see for yourself. You can see more about the event online at www.godlovesyoutour.org.uk

Please email Paul to reserve spaces paulofwaterorton@hotmail.co.uk



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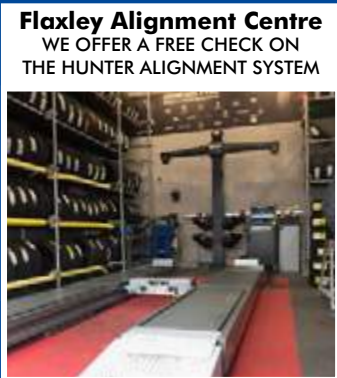
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Cllr Steve Stuart, Water Orton North Warwickshire Borough Council

Dear Fellow Villagers

Over Easter I was very fortunate to be able to go on holiday. My sister lives in Kansas City and I went over to see her for the first time in nearly 30 years. (She has visited here during that time).

Whilst I was there, there were some local elections.

The differences between the range of questions that were asked lead me to consider a number of questions myself.

For instance, whilst there I was able to access a fantastic new build library which contained amazing engaging resources and was the centre for a lot of activities for all in the community it served.

It was well used and well resourced. I was told that this was the result of a specific sales tax that was implemented locally and had been voted upon by the community.

The direct nature of the engagement with the community in planning and decision making seemed to have a direct impact too on the levels of subsequent level of community use. Where it is known exactly how and why something was paid for suggested that it had more value to those who could access it.

This isn't a posting about libraires per se. Although it should be noted that we wouldn't have a library provision within the village without the vision, commitment and spirit of amazing volunteers.

There are two points that I wish to make. Firstly, when we pay our council tax bills every month just how certain do you think that we are receiving appropriate services from Warwickshire County Council. North Warwickshire Borough Council,

Warwickshire Police and Crime Commissioner and Water Orton Parish Council?

Secondly, Do you feel that you have had your views on where money should be spent consulted? Do you think that the village has had a fair deal from the offices in Warwick and Atherstone? Or do you think that the money is being spent on matters of little concern to us and based a long way away?

On Saturday 18th May at the school to engage on village matters. Between 12-5 there is the chance to engage with village organisation and also to suggest what matters should be the priorities for the village going forward. Facilitated by the Parish Council, The Annual Village Gathering is a chance for you to put your voice and thoughts forward to inform future activities.

Its also the chance to engage with village clubs or to suggest clubs and activities you may want to see formed. There will also be the opportunity to learn about volunteering positions too.

When meeting people around the village I think that there is a latent desire out there for things to be better than they are. All too often we are apparently told by others, often based a long way away, what we want as a village – or what we are going to get.

I think that the greatest resource this village has is its residents. This is a great opportunity to positively impact on our community and its environment. I hope to see you there.

**All the best,
Steve**

Call for an urgent review of vetting of police officers

Rachel Taylor, North Warwickshire and Bedworth Labour Parliamentary Candidate and Sarah Feeney, Labour Police and Crime Commissioner Candidate are calling for a Code of Conduct and mandatory national police standards for vetting all applicants to the police service as soon as possible.

Two Warwickshire Police officers have been in court in 2024 for sexual offences against women. This follows on from Channel 4's Dispatches revealing the scale of sexual misconduct by serving police officers, some concerns reaching back 20 years. This highlights the need for an urgent review of the vetting process of people applying to be police officers.

The police force in Warwickshire has one of the lowest prosecution rates for rape and reporting rates for violence against women and girls. We need women to feel confident to report crimes and ensure that we have police officers of the highest probity to both investigate and support victims of these crimes.

Last year only 15 prosecutions were pursued by Warwickshire police and of these only seven cases resulted in convictions. This cannot continue and women who are victims of sexual crime need to be treated with respect and dignity.

An urgent review is needed. Right now, victims of rape are not likely to report it to the police or have any faith that in Warwickshire, they will get justice. We need to act to give victims their confidence back in the criminal justice system here.

Two years ago, Yvette Cooper, Labour's Shadow Home Secretary called for a Code of

Conduct and mandatory national police standards for vetting all applicants to the police service. This can't come soon enough now. This is important for Warwickshire Police which has national responsibility for vetting under its chief constable, the National Police Chiefs' Council lead for vetting.

We need to ensure that women and girls have trust and faith in the police service. The police must be a safe place to report crime and that all women should feel safe in the company of a police officer.



Rachel Taylor



Sarah Feeney

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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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Thursday: Coleshill Town Hall,
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Breakfast Event

Last Friday of every month
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The Dog Inn Pub

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- Free Parking • £15

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
 Monday 19th August – 11:30 till 13:00

Link to Gardens' Activity Calendar



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Pet Page

Birmingham Dogs Home - Forever homes



Rocco

Breed: Crossbreed **Gender:** Male (N)

Meet Rocco, a charming 1-year-old large brindle crossbreed, seeking a loving forever home.

Rocco is a smart boy who knows his basic commands. His affectionate nature shines through as he loves playing with toys. However, he can become a bit destructive when left alone. The good news is, Rocco has started crate training and is making great progress. He willingly tucks himself away and can be comfortably left shut in the crate for up to 30 minutes, with the

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 are a small but very busy home based rescue, run solely by volunteers. We are continually overrun with cats needing our help. We have lots of cats in the rescue but many of them are not ready for their forever homes as yet for various reasons including needing veterinary treatment such as neutering, ongoing health issues or being semi feral. If you are interested in rehoming a cat or want more information please email us with a contact number, address and who lives in your household. We can then contact you and inform you of any cats that may be suitable.

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.

Feral Cats

If any of our supporters own land or a farm with suitable outbuildings for feral cats to live we would love to hear from you please.

Compulsory Microchipping

Just a reminder to all owners that pet cats in England must be microchipped by 10 June 2024 and you will be given 21 days to get your cat chipped or face a fine of up to £500 if you don't comply.

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

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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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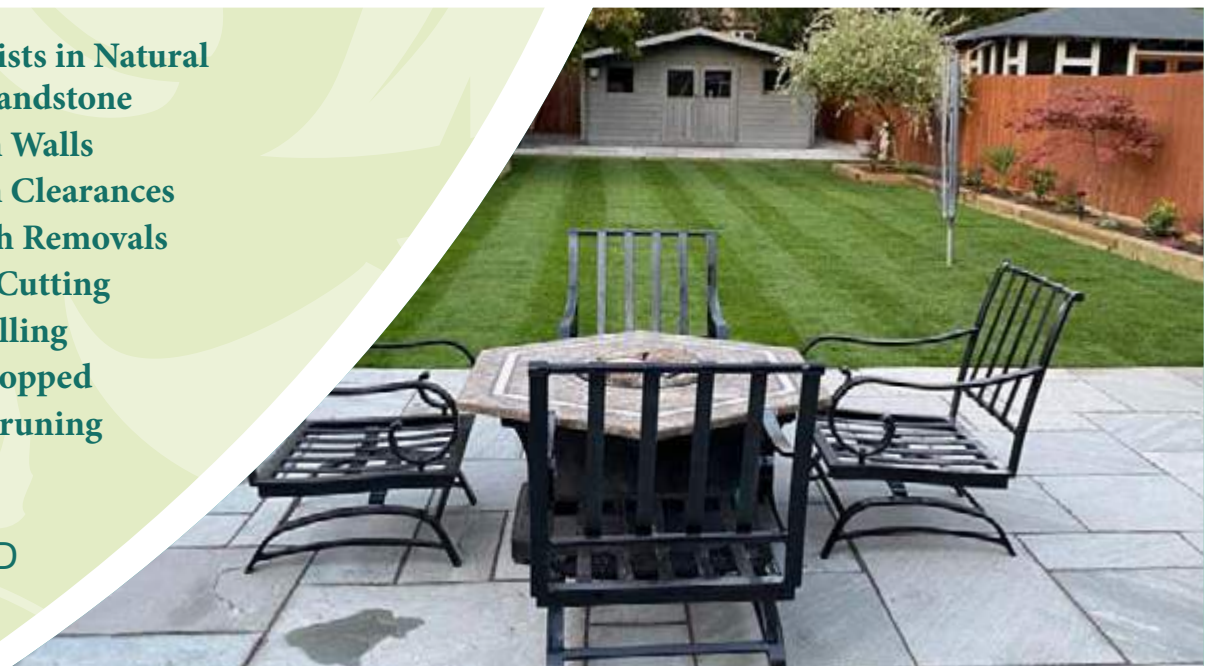
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Local Sports



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)



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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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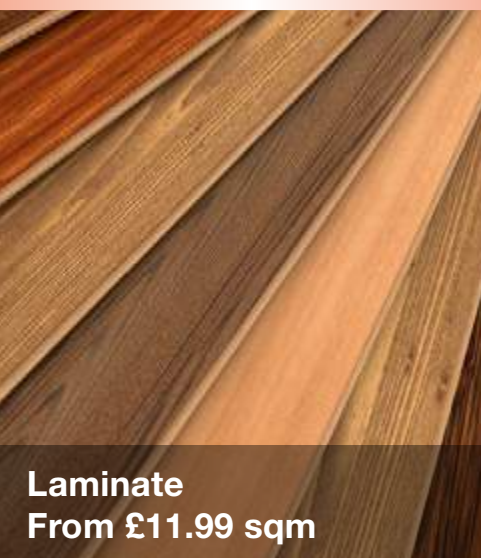
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