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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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Castle Bromwich Parish Council News



Party In the Park

The preparations for this annual event, which is open to the public on Saturday July 20th between noon and 5 p.m, are nearing completion. 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.

We have had a good response to the "Shout Out" for volunteers and we will be meeting soon to go through the order of the day.

FREE Tea and Coffee

Our warm hub, which started a few months ago, has grown with new friendships being formed by many. Bingo has been added to the group, it's £1 to play and you could win a £10 Morrisons voucher for a full house.

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.

Annual Civic Service

The Chairman of the Parish Council, Cllr. Pauline Allen and Vice-Chairman Cllr. Steve Beechey welcomed the Mayor for Solihull, Shahin Ashraf MBE to the Civic Service at St. Mary & St Margaret's Church in Castle Bromwich on Sunday 9th June.

The service was led by the Rector Revd. Fiona Harrison-Smith who reflected and gave thanks to those supporting residents across the borough.



Chairman Cllr. Pauline Allen, said: "It was wonderful to see everyone at the Civic Service and I'd like to thank the Church for making us so welcome on this special occasion and an extra thank you to everyone who attended".

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 CANNOT 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.

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 which were 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/>

**NORTH SOLIHULL 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 6th July with free admission to the public and are open between 10:00 a.m. and 12:30 p.m.

- 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

Arden Hall Junior Play Area

Our new play area will be opening in the very near future. We look forward to welcoming you to play! There's a new multi-play tower, basket swing, flat swings and an accessible swing. We're especially excited about the new rope swing & the roundabout and zipwire are still in place.

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

For more information, contact the Parish Council on: Telephone: 0121 747 6503

Email: leisure@castlebromwichpc.gov.uk

Contact us for events or hall hire on: Telephone: 0121 747 7150 Facebook: www.facebook.com/castlebromwichpc.gov.uk/

Email: ardenhall@castlebromwichpc.gov.uk Webpage: www.castlebromwichpc.gov.uk/

The Story of Castle Bromwich Parish Church (pt10)

By David L Adams

As I have written previously, it is quite likely that no building work was done on the old chapel here for around two centuries.

For some of this time of course, the Manor's builders would have been engaged with Sir Edward Devereux's replacement of whatever constituted the "Old Manor House" with what we know today as Caste Bromwich Hall. He started this in 1599 but it was only partially completed when the family sold the whole estate to Sir Orlando Bridgeman.

The Bridgeman family originated in Devon – the name indicating their comparatively humble origin – by 1563 however one was elected Sheriff of Exeter, which at that time constituted a County in its own right. His son joined the 'changing' Church of England and by the early part of the seventeenth century a Bridgeman was Bishop of Chester.

It was his son Orlando who trained for the law and during the Civil War he dealt with many disputes between divided families, and became very prosperous.

On the occasion of his son John's marriage to Mary Craddock in 1657, he purchased for them the Manor of Castle Bromwich from Lady Anne, the widow of Sir Essex Devereux and his father Sir Walter, Viscount Hereford.

The Hall, when he bought it, was only two storeys in height and Sir John embarked on an ambitious improvement

scheme. His wife had connections with "society" and was able to depend on advice on fashionable decorations from her cousin Sir William Winde.

He was a soldier and dilettante Architect who had associations with all the best craftsmen in their respective fields. They carried out a considerable correspondence on the choice of fireplaces, door casings and suitable timbers for the floorings being installed in the improvements in the hall.

The eldest son of Sir John and Lady Mary, also John, was born in 1667 and in 1687 he married Ursula Matthews of Llanybodwell in Shropshire, Their heir Orlando was born in 1696 and as the work on the Hall neared completion and a new century dawned, someone seems to have had a revolutionary idea.

When I started writing this history, I mentioned our late-lamented historian Bill Dargue. He and I had many discussions on when and with whom the idea of encasing the old ramshackle medieval chapel may have originated.

After several hours in Staffordshire Archives with the Bridgeman family papers I was sadly no wiser. I did find a letter from the Bishop of Coventry and Lichfield. This was in answer to Sir John's query in 1727

and confirmed that, if the floor plan was unaltered, no further consecration was required.

I have suggested that it could have been Lady Ursula who

was concerned how badly the contrast between the up-to-date improvement work done to the hall and the probably rundown state of the old chapel reflected on the social standing of this very ambitious family.

Her Ladyship would have told her husband she no longer wished to see the view I have included for this month's illustration when she looked out of the rear windows of the Hall.

He probably arrived at the final adventurous solution through discussion with Thomas White, an aspiring mason/architect he met at Court in London – or was someone else involved?



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



Cllr Martin McCarthy, Castle Bromwich Ward (Solihull MBC)

July update

Welcome to July in Castle Bromwich. Our summer has been a little wet so far, this may be a good year for our gardens and fruit trees perhaps but is making hedges and lawns grow a little fast!

Water Orton Road update.

The new traffic Road Safety Improvement scheme for Water Orton Road between Green Lane and Park Hall School is out for consultation and if it is successful work is scheduled to begin during the school holidays.

The Damaged verge Trip fencing on part of Water Orton Road has also been reported for repair.

The rapid central verge growth is being monitored, please contact us if you have any questions or concerns, Driver Visibility concerns in several places are being addressed by SMBC.

Transport.

The Petition for restoration of the 96 bus service to the Water Orton Road and Parkfield Drive areas continues to progress, being passed by the SMBC Cabinet member for Transport. The petition will now be considered by the WMCA's Transport Delivery Overview and Scrutiny Committee.

Footpath links.

I have received several complaints about the condition of our paths and gulleys, these have been passed on to officers, I will be walking many of our footpaths this month to assess their condition and ensure remedial action is put in place to address the issues.

Contractors have been instructed to clear the overgrown path between a Parkfield Drive and Park hall School.

Residents may also contact SMBC officers with path concerns direct using the Council website based "Report it" site. This makes it easy for us to follow up any overdue actions.

Regular Councillor Surgery at Castle Bromwich Library.

The next monthly surgery is scheduled for Monday the 8th July 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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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!

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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.

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Paul Palmer
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Never rains, but it pours... smiles at Water Orton Carnival!



What a wonderful Summer we're having so far this year! And Saturday 15th June was no exception when Water Orton Carnival literally had 4 seasons ... in 3 hours.

The Carnival Procession was led off by our Royal Court, made up of King Mike, Queen Barbara, King George, Queen Beau and our Princesses Evie and Imogen. Their adoring citizens lined the streets (in rain macs) as they made their way through the very damp streets of Water Orton, followed by our music float, staffed by Luv2Disco pumping out any and all water/rain/weather related tunes. 'It's raining men' got a repeat playing apparently...

Following them were floats from Helen's Boutique, Water Orton Gaming Club and Fusion of Dance... who really enjoyed the experience, even if they were a bit soggy by the end! Helen's Boutique's channeled the Mad Hatter's Tea Party and won best float... but all should be applauded for the effort they put in to decorate ahead of time and participation on the day! As should Water Orton Scouts, the ever present Central Legion Superheroes and the classic cars that joined the procession. A massive Water Orton thank you to Flowers Landscaping for sponsoring the Royal Court and to WHS Plastics and PBS for providing the floats and allowing us to stick glitter and balloons to them.

As ever, Water Orton Carnival provided free entertainment for the young and the not so...

By 12.30 the rain had stopped (thankfully!) and Carnival moved to Carnival field and SUN... to be entertained by Local Vocals, Fusion of Dance, The Jo Baldwin Project and Coleshill TAGB Tae Kwon-Do. And, for the eagle-eyed readers... yes, Elvis did leave the building ... to be replaced by Neil Diamond! A huge thank you to the artists, community groups and performers for bring their A game... you were amazing!

Returning again was the ever popular Water Orton Dog Show, sponsored with huge thanks by Charlies & Co. Dogs of all shapes, sizes, ages and abilities paraded themselves (and their owners) around our arena and thoroughly enjoyed themselves too. A big woof-you to £ounds For Hounds for the unenviable job of picking winners across the 6 classes. 2025's Dog Show is already in the planning stages!

Water Orton Carnival's Craft Tent is a mainstay of the event, providing all little ones with a chance to express their creativity and take away memories of their Carnival experience. With thanks to Old Salts Rugby Club for their sponsorship, all were encouraged to create around this year's Carnival theme of 'Storytime'... and they were so creative! The Carnival also provided free face painting for all children, sponsored by Tomato Energy, to spread the creativity across the whole carnival site.

Dodging the showers was the main sport in Water Orton on the day, and thanks to our Village Cake and Tea Stand, supported by Gascoignes of Coleshill, families and neighbours came together and new friendships were made.

A huge THANK YOU to all of the sponsors, the shops who sold programmes, the volunteers who every year 'appear' to put up a marquee or marshal, all the stall holders who stood with it and ended up having a very productive day and to the people who believed in Water Orton Carnival and came out in their wellies, their waterproofs, their sunglasses and who brought their smiles. THANK YOU!



Fitness and Wellbeing

Sorry to repeat myself from last month, but in case you didn't see my previous article then let me introduce myself. I'm Linsy and I have worked on and off in the fitness industry for too many years to admit! This column will hopefully give you an idea of Fitness & Wellbeing classes, venues and events locally (or even in your own home).

Now, more than ever, it is important to give yourself a little time to work on your physical and mental health with all of the stresses and strains of day to day life. Whether it's just going for an evening stroll, jumping around in an exercise class, sweating in a game of 5aside or snoozing in a gong bath, there is lots to do in the area or at your finger tips online.

I will try to give you an insight into different classes and venues available each month and if you are someone who has a venue/class you would like to introduce please let me know and I'll do my best to cover it in a future piece.

This week I decided to try one of the classes held at the Link in Water Orton (and also in Castle Bromwich at St Marys & St Margaret's)- 'Qigong' I'll be honest, I didn't have a clue what it was, but after a quick google I got the gist. It was along the lines of Tai Chi, working with simple flowing movements, designed to use the various parts of the body in smooth, controlled patterns. Nothing high impact, generally a feel good class.

So off I trundled, yoga mat at the ready (turns out you don't need a mat, but most did use one to avoid risking dusty floor feet!).

The group were lovely and so welcoming, a mixture of ages and abilities, and it was nice to see several men as well as women at something like this. Some people did the class from chairs too, so there is that option if you have mobility issues (no excuses)

Each movement was really simple to follow. Denise the teacher explained the meaning and purpose behind each movement and gave options to make it easier/harder for the different levels. For those who like the idea of the mind/body connection of yoga- but don't yet fancy trying to bend themselves into a pretzel, this would be a great starting point.

Given the time of the class, the majority of the people there were retired and looking for a gentler class as well as meeting new people. But after a day at a desk or for those with a stressful job this would be a lovely way to wind down and relax.

Denise explained-

Qigong (pronounced chee gung) is a practice of ancient Chinese health and wellbeing. A session might include movement forms (flowing or held positions), taichi and other internal martial arts forms, breathing exercises, meditation and energy work. The techniques can be done from standing or seated on a chair.

Some Qigong is based around the Chinese five elements and seasons, and the techniques can help support particular organs and meridians within the body.

Studies are showing that these practices can help lower blood pressure, improve balance and stability, support mental health and improve memory. Practicing amongst others helps to reduce loneliness and encourages new friendships at any stage of life.

Speaking to the people at the class, some had been coming for several years for 1-2 sessions a week at least. Barbara, who has been finding her 'Qi' for 4 years, said she found it 'Brilliant for her mind'. Another regular, Jill Morrissey said that she 'Feels about 6ft tall when she leaves' and loves learning about the 'science and reasons behind the movements'.

Dotty had started last week and came back for more as she had felt the benefits straight away the week before.

I myself really enjoyed the slowing down of movements and the 'warmth' in the joints being worked. It's a definite one to try if you are not keen to go into a regular gym type class or venue too. I intended to take lots of photos and not do the whole class, but I got carried away with it and forgot to take them until the end I'm afraid.

The slogan of the class is-

Where your intention goes your Qi flows!

Well my intention went out of the window when my Qi started flowing, so I only got a lovely shot of the group at the end of the session and one of Denise demoing!



Teacher Denise demonstrates the rainbow dance (and yes we did have sunshine at that moment!)



Re-creating the 'crane' pose (after I forgot to take the photo during the class!)

How to Talk to Your Child About Seeing a Therapist

It can be difficult to see your child struggle with their emotional wellbeing. As parents we recognise the importance of seeking support, yet can feel concerned about how a child will react to the idea of seeing a psychologist. Understandably, parents can feel anxious that talking to a child about attending therapy could lead to further worries. Seeing a psychologist should not be scary, and parents can have supportive conversations.

Keep it Simple: Talk to your child using language they will understand. Share the reasons for seeing a psychologist by sharing how you have noticed that they have been struggling. Spend time talking about how a psychologist will support them to make sense of their tricky feelings and help parents and other grown-ups understand ways to offer support.

Normalise the Experience: In a similar way to visiting the doctor if we feel physically unwell, it is important to visit a psychologist to take care of our mental health. Let your child know many people see a psychologist, they will first take the time to get to know them and will then talk about their challenges and difficulties.

Explain the Process: It can be a big step to share our thoughts and feelings, and your child might be worried about what other people will think or don't know what to expect. Walk them through a therapy session; they will arrive at the clinic and sit in the waiting room, the psychologist will then invite them into a nice, comfy room that feels like a lounge, they will ask questions to learn more about them and they will be able to bring their parents or caregivers along.

Find the Right Time: Parents can feel unsure about when to talk about seeing a psychologist. Find a calm moment and the right time for an uninterrupted conversation. Encourage your child to ask questions, answer honestly and reassure them that it's ok to feel nervous or unsure. Speak to your child with enough time so you can help them prepare for the appointment.

Dr Danielle Grey is a Clinical Psychologist and the Clinical Director for the Purple House Clinic, Birmingham. The clinic is located in Coleshill and offers sessions Monday-Saturday.



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The Benefits of an Autism Assessment: Unlocking Potential and Providing Support

For those with autism (ASD), the world can feel out of sync. Difficulties interpreting relationships, maintaining conversations or understanding social norms can lead to feeling isolated or frustrated. Without a clear insight into their experiences, a young person can internalise negative feelings and hold critical beliefs they are 'weird' or 'different'. Understanding their own ASD can be a bedrock for self-compassion, and an ASD diagnosis can support a young person to understand themselves and nurture self-esteem and self-identity.

The journey to seek an ASD assessment can feel daunting and filled with uncertainty. Parents can feel overwhelmed and anxious about how to offer support and advocate for their child. There are understandable concerns about seeking an autism assessment and worries about being faced with possible stigma, yet living with undiagnosed autism can be a challenging and often confusing experience. It is important to remember a diagnosis doesn't change your child, it provides a framework to understand their unique experiences and develop strategies to navigate the world. Self-awareness fosters resilience and self-advocacy, that can empower your child to seek the resources and support they need. The experience can connect parents to a support network that can

offer valuable advice, emotional support and practical strategies, and provide an insight into accommodations needed at school.

The value of an autism assessment goes beyond a diagnosis. Receiving an ASD diagnosis can be a pivotal moment filled with a mix of relief, confusion and questions about the future. Post-assessment support can provide a young person with the opportunity to understand and build an insight into ASD, provide resources and strategies to navigate the world and their emotional wellbeing. Post-assessment support can make a difference to a young person and their families, paving the way for a young person to reach their full potential.

Here at the Purple House Clinic, we recognise the value of a neurodevelopmental assessment and supporting someone to compassionately understand themselves. We offer comprehensive assessments delivered by a multi-disciplinary team of highly experienced psychologists and mental health professionals that meet NICE 'good standards'. The team, comprising of clinical psychologist, speech and language therapist, and occupational therapist support child and their families every step of the ways through the assessment and post-assessment support.

If you would like to learn more about our neurodevelopmental assessments and the ways we can support your loved ones please contact us.



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Happy second birthday for Coleshill Parkinson's Cafe

For people with Parkinson's Disease and their carers in North Warwickshire, Coleshill PD Café is a monthly event not to be missed - an opportunity to get out of the house and spend social time with others over coffee or tea and biscuits.

Some useful problem solving occurs. Information leaflets and news about PD are available, with occasional advice from expert visitors.

About to start its third year, the cafe meets on the third Tuesday of every month at Hudson Avenue Community Centre, Coleshill, from 10.30 to about noon. No need to book. Spin-offs from meeting at the Cafe include dance-exercise sessions (Thursdays) and a Nordic walking course (Mondays).

Parkinson's is a progressive neurological condition which causes mobility problems that get worse over time. It is the fastest growing neurological condition in the world, and around 145,000 people in the UK are living with it.

North Warwickshire residents are lucky to have a locally based Parkinson's Nurse and neurology team. In May this year University Hospital Coventry & Walsgrave was the first trust in England to deliver a new Parkinson's outpatients treatment recently approved for use in the NHS.

www.uhcw.nhs.uk/news/uhcw-becomes-first-trust-in-england-to-deliver-new-parkinson-s-outpatient-treatment/



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One of our success stories was when we were instructed by a lady near the end of her unfair dismissal claim. She had already missed several deadlines set by the Tribunal. She had not served (provided) any evidence in support of her claim to her employer. Her case looked likely to be dismissed. We worked tirelessly with her, reviewing documents, and taking her detailed instructions regarding the circumstances of her claim. We felt confident we could achieve a result to get her life back on track!

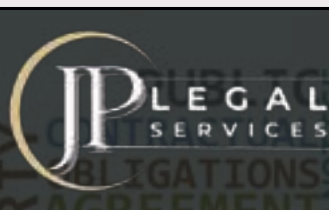
We wrote to her employer setting out the key strengths of her claim and vigorously attacking their witness evidence. We offered to settle her claim at £9,000 to avoid the hearing. After reviewing the letter, the employer accepted our offer of settlement.

Like our previous client above, we want to help you get your life back on track.

We do not hide the fact that we are not solicitors. What we cannot do is detailed in s.12 Legal Services Act 2007. Practically, this means we cannot come on the court record or submit immigration claims on your behalf (although we can and will advise you every step of the way). We cannot act in the purchase or sale of a property, and we cannot act in the administration of a deceased estate.

However, if you are looking for successful and affordable legal advice then let JP Legal Services help you get your life back on track!

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Mental Health & Neurodiversity Services

At the Purple House Clinic we understand that psychological health is as important as physical health. We believe that everybody deserves to be happy and fulfilled in life, and we are committed to helping people overcome, or adapt to, life's challenges.

Our Services

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- Psychological Therapy
- Autism Assessments
- ADHD Assessments

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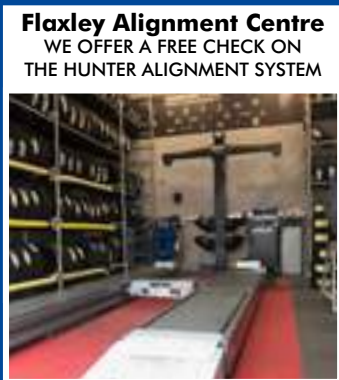


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Signposting to many groups, partner services and agencies –
see some examples in boxes below:-

GROUPS

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

GROUPS

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

SIGNPOSTING

Carers Trust
CAB (Citizens Advice
Bureau)
MIND
Vision Support
Wellbeing

WARM HUB

Town Hall Tue to Thu 10 to 1 and Community Centre (Tue only).
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COLESHILL CIVIC SOCIETY

Missing Buildings and Spaces 14



Looking across the cross roads from the East side of the High Street just above the Green Man. There are now traffic lights and just by the lights an amenity area. Just below the Green Man may be seen a road which is the main road from Birmingham to Norfolk once known as the A47. A cottage which had already been demolished from the end of the building may be seen on the second photo which shows part of a procession for the 1911 Coronation of George V.



The remains of the building shown here. Essentially retaining the old shop which was for many years the offices of Graham Darby, Estate Agents. It is really surprising that while the building on the corner over the road from the Green Man has been involved in two widening schemes we now have traffic lights and the Green Man cellars are in danger of becoming unusable due the weight of the HGV's which use the junction. The third photo shows part of the 1911 procession, the signpost, just visible on the right, states A47 Castle Bromwich. The car at the front of the group has a loudspeaker on it's roof and is followed by at least 6 people representing horses.



In time the whole of this building was demolished up to the shopfront with the people in white outside, I think that was the Darby Estate offices. A large amenity area was built on this corner and although the traffic, including many HGV's still use this road it is now a B road. The A47 carries on seamlessly into Birmingham from near the end of the collector road and restarts near Hinkley.



This photo, taken in 1957 shows the houses between the crossroads and Laburnum House. On the left, just visible is Frank Wear's grocery shop. The low roofs held Sturmeys' saddlers, and Ivor Hughes animal dispensary. Below those houses was Linforth's newsagents and general store. I leave it to you to compare the old and the new.

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 to this 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.



**Cllr Steve Stuart, Water Orton North
Warwickshire Borough Council**

Dear Fellow Villagers

We've had a couple of significant village events since I last wrote this column. I am writing this in the days after the Village Carnival. Despite the inclement weather hundreds of villagers visited, volunteered, enjoyed and organised this fantastic event.

When so many aspects of the village character and culture are seemingly under attack events like this are even more important. Not only do they provide a focus for community, but they remind us of what can be achieved when motivated individuals work together.

To everyone that made that happen...thank you. A few weeks previous to this the village gathering provided a showcase for so many other groups and clubs in our community. Again, many people came and found out so much about the opportunities for engaging with others in so many different ways.

This event was a great success, it also provided an opportunity for many more to visit our new school building and all of the improvements which have been made there. Staff, volunteers, kids and parents have seen the building be transformed by the creation of (amongst other items) new sensory rooms, a natural outdoor gym, a revamped library and the new music cabins.

The village gathering also invited residents to come and give their ideas about what they would like to see in the village going forward. What activities, events, groups and equipment are required to build a better village.

Feedback is always welcome and yes, your ideas need to be heard too.

As some of these ideas are developed you will hear about them. It is important to remember though that not every idea may meet with your personal approval, things for those that are 18 may not appeal to those that are 80; and vice versa. (Although why not try?)

Everyone should have something, but not everything has to be for everyone.

The Annual Meeting of the Parish Council saw a complete review of the committee structure which allows for a much more progressive outlook. For example, the Maintenance sub-committee is now the Resources and Facilities committee and has the task to look to enhance and develop areas under the Parish Council's control. Obviously, finances are tight, but planning for next year's budget commences in the autumn and the need for joined up thinking is paramount.

In my role as Borough Councillor, I have been working with groups in the community joining up ideas and resources; looking for the maximum sustainable impact from the resources that we have been able to bring in. Keep your eyes peeled for new community activities over the summer. There will be opportunities to support either as a participant or organiser and I hope that you find something that tickles your fancy.

If there is something you'd prefer to do, see or engage in then please let me know.

Please feel free to contact me either at one of my surgeries, via my website at www.waterortonsteve.co.uk, via email at stevestuart@northwarks.gov.uk, on twitter/x @waterortonsteve or on 07999777345.

See you round the village.



Raj Kandola, director of external affairs at Greater Birmingham Chambers of Commerce, said: "It's reassuring to see the headline rate of inflation fall to the Bank of England's target rate for the first time in almost three years.

"Nevertheless, service inflation remains a sticking point, coupled with strong wage growth - all of which makes an imminent interest rate cut unlikely, especially in the midst of a General Election campaign.

"Early analysis from our latest Quarterly Business Report survey underlines the persistent cost pressures local firms continue to face. Whichever party forms the next Government will inherit a challenging fiscal landscape, so reducing cost pressures for businesses and unlocking firm-led investment will need to figure highly in growth plans moving forward."

New Rustic Venue in Warwickshire Countryside: Ideal for Weddings, Parties, and Corporate Events

The Highland Barn Open Day: Discover Warwickshire's New Premier Event Venue

Open Day Invitation – Sunday, July 28th

Nestled in the picturesque Warwickshire countryside, Old Rail Farm is thrilled to announce the opening of its newly converted Dutch barn. This beautifully transformed space offers a relaxed, rustic, and stylish venue perfect for a variety of events, including weddings, parties, and corporate gatherings.

The Stibbs family, owners of Old Rail Farm, have meticulously designed the venue to showcase the area's natural beauty. Guests will enjoy breathtaking views of the countryside, complemented by the farm's charming highland cows. The venue also features a fishing lake and a sunken seating area with a firepit, providing a fabulous backdrop for photos.

Venue Highlights:

- Accommodates up to 100 seating, 200 standing
- Stunning natural landscapes and countryside views
- Fishing lake and sunken seating area with firepit

Old Rail Farm is also excited to announce a new partnership with Silver Tree Bakery. This collaboration will elevate events with exquisite catering services, including everything from a continental breakfast with fresh bakery goods to a gourmet BBQ. This bespoke catering experience perfectly complements the farm's enchanting atmosphere.

Accommodations:

- Three beautiful, cosy cottages on-site with great views of the lake
- Two luxury shepherds huts with en-suites, private wood-burning hot tubs, and fire pits

Open Day Details: Date: Sunday, July 28th Time: 12:00-17:00 Location: Old Rail Farm, Hurley Common, Warwickshire.

Join us for an open day to explore our stunning venue and see if it is the perfect setting for your next event. We invite you to experience the unique charm of Old Rail Farm and envision your special day in this idyllic countryside location.

For more information or to book an appointment for the open day, please contact: Nadine Stibbs on 01827 873 548 or email hello@oldrailfarm.co.uk

About Old Rail Farm Located amidst rolling fields, Old Rail Farm offers a unique backdrop for weddings, celebrations, and special events. With its rustic charm and stunning natural surroundings, it is the ideal venue for creating unforgettable memories.

About Silver Tree Bakery Silver Tree Bakery is known for its artisan baked goods and personalized culinary offerings, enhancing events with exquisite catering services tailored to each occasion.

We look forward to welcoming you to Old Rail Farm!



What role can a Podiatrist play in Sports Injuries



July is set to be a very busy and athletic month. We have the Euros, Wimbledon as well as the Olympics. Playing sports can sometimes lead to injury and pain and you may not be aware that a Podiatrist can help you with this. We specialise in the foot and lower limb and so can treat injuries from your hips all the way down to your feet. Sometimes, if we do not move efficiently this can lead to over-use, injury and pain. What we aim to do is address the reason why you aren't moving very efficiently so that we can then address the cause as well as the symptoms. This not only eases your pain but also helps to prevent issues in the future, keeping you active.

If you are suffering with a sports injury or any kind of pain in your back, hips, knees, ankles or feet then we would recommend a biomechanical assessment. During this appointment we will assess the position of your feet when you stand, we will assess the way you walk and how your joints move when you walk and the range of motion in your joints. A biomechanical assessment is like a puzzle, once we have completed and we have all our pieces we can start to put it all together to find out what is causing your pain. By doing this, it allows us to treat the cause as well as the symptoms.

Following your assessment, we will give you a treatment plan of how we move forward. This may include using an orthotic device, completing a stretching regime or perhaps having a course of laser or foot mobilisation therapy. Laser is fantastic at speeding up tissue repair and therefore your recovery, while foot mobilisation therapy is amazing for helping your feet to function better. Obviously, during your assessment we will recommend which course of action we feel is most beneficial for you. You can learn more about laser and foot mobilisation on our website or by grabbing one of our leaflets next time you are in clinic.

If you think you may benefit from seeing a Podiatrist, you can give us a call on 0121 749 6313 and book in to see one of our HCPC registered Podiatrists.

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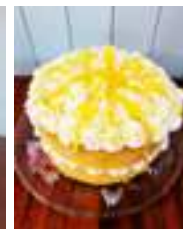
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Castle Bromwich
Hall Gardens

News from Castle Bromwich Historic Gardens

Music, theatre and summer adventures start in the Gardens as the weather hots up... we hope

Check out the Gardens Events calendar and make sure you don't miss balmy summer evenings in the gardens with all the young talent at Summer Soul Picnic on 6th July, established musicians at the Melon Ground Sessions and a chance to experience adventurous soundscapes during relaxing Musical Meanders (July 19th) as the sunsets on the green spaces.



We're gearing up for a family friendly Summer of Adventure starting with a brand new Open Air Theatre re-

imagining of the classic Frances Hodgson Burnett book, The Secret Garden on July 28th

As the summer holidays start its time for the young ones – and the not so young – to get outdoors and start exploring. The gardens will be packed with fun, games and adventure activities for you to discover. Test your mind and body with challenges and see what you can discover about nature. Plus check out our pre bookable workshops for Nature Clay and Play, Den building, pond dipping and Forest School.



www.castlebromwichhallgardens.org.uk/events-calendar



Just One Chance

By Indira Mahun

Life is fleeting. It is so true that you will never know what's around the corner. What we do know is that death is inevitable. However, when it happens without warning or unexpectedly it is even more devastating. That is not to say that losing a loved one is easier when you are better prepared for the loss. It is never easy. Sometimes we are even affected by the death of people we have never met.

The unforeseen and untimely passing of Dr Michael Mosely got to me. It got to me in a way that was also unexpected. I felt I had lost a dear friend. Someone I had relied upon to give me advice and tips about my health and well-being had suddenly gone. His presence had permeated my journeys to and from work whilst I listened to him telling me what to eat and drink and how I could make my life better. Of course, I can still do this but the fact that he will no longer generate new content lingers at the back of my mind.

This is it. The only life we have. There are no second chances.

It is not a rehearsal. It is the real thing. One shot. Get it wrong and that's it. Doesn't it make sense then to look after this one life that we have? Should we not do whatever is in our power or capacity to take care of it? Naturally, this should be the case.

But there are so many temptations. So many ways in which we make the wrong decisions and choices because it is not always easy to make the right ones. Life can get in the way too. The hecticness and headless chicken syndrome as we run around desperately trying to fit it all in often makes it seem impossible to do the right thing and follow a routine that would provide a healthier lifestyle. Life is busy and it's true that we take on far more than we can manage.

Not only this but to take time out to exercise, shop wisely, plan meals, and find a way to de-stress means giving up the time we use to watch television, browse social media, scroll meaninglessly and needlessly, and agonise over why no one has liked our post.

I do it. We all do it. I sit on my phone at times and think 'why am I doing this?' Why do I not pick up a book and read that instead, take a walk in the garden, or plan a healthy meal for my lunch tomorrow. Because it is so much easier to sit and browse. No thinking, no hassle, no energy. But, and I stress that but, it is not acceptable behaviour when it is not making any difference to our lives. We know what the right choice is but the act of physically doing something about it

takes effort and time that we are not willing to give up.

Put that effort in now to reap the rewards later. Make those changes in your life and make the right choices. Life is fleeting remember. Don't give up on it. Live it to the max. Enrich your life with the things that make you happy. I woke up last night around midnight to a phone call that changed my whole perspective on life. Dad telling me 'don't cry, we all have to die one day.' That's just it. What we can do, what is totally within our grasp, our control, and what is so important is to look after our own health and well-being.

This we can all do. We can make a choice about what we put onto our plate, what drops into our shopping basket, how much time we give to our phones, and whether we go for a walk or slump on the sofa. Rest is important too but so is exercise.

So be the happy that you want to be without worrying about what other people will think. Do it your way. I have spent so much of my life doing things that will make others happy. To some extent, I am still doing it. I never thought about my own happiness. Until now.

So do it for yourself but do it in a way that gives you optimum health and vitality. As Micheal Mosely says, do 'just one thing'. Making those little little changes in your life will give big big results. Give it your best shot because it won't come round again.



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Interiors & Decorating



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Platinum July Update

In the United Kingdom, the influence of nature on painting and decorating trends is profound and enduring. From the rolling hills of the countryside to the rugged coastlines, the diverse landscapes of the U.K. have long served as a wellspring of inspiration for artists and interior designers alike. This article explores how the natural world continues to shape and influence painting and decorating trends across the U.K.

1. Nature-Inspired Colour Palettes

The vibrant hues found in nature often serve as the foundation for popular colour palettes in interior design. In the U.K., these palettes frequently reflect the diverse landscapes of the region.

Woodland Retreats: Drawing inspiration from the lush forests of the U.K., earthy tones such as forest green, warm browns, and deep oranges are commonly used to evoke a sense of tranquility and harmony within living spaces. These colours are often paired with natural materials such as wood and stone to create a cozy, rustic ambiance.

Coastal Vibes: The mesmerising beauty of the U.K.'s coastline is reflected in colour schemes featuring shades of serene blues, crisp whites, and sandy neutrals. These colours capture the essence of the sea, sky, and sand, bringing a refreshing coastal feel to any room. Coastal-inspired decor often incorporates elements like seashells, driftwood, and nautical accents to complete the look.

Moorland Majesty: The dramatic landscapes of the U.K.'s moors inspire color palettes that are rich and moody. Deep purples, heather grays, and misty blues reflect the rugged beauty of these expansive vistas. When incorporated into interior design, these colors can add a sense of depth and sophistication, creating a cozy and inviting atmosphere reminiscent of the moors.

2. Botanical Prints and Patterns

Botanical motifs have long been a staple of interior design, and their popularity shows no signs of waning in the U.K. Inspired by the country's lush gardens and verdant landscapes, botanical prints and patterns are commonly used to bring a touch of the outdoors inside.

Floral Elegance: Floral prints are a timeless classic in interior design, and they continue to be a popular choice for decorating homes in the U.K. Whether it's delicate roses, bold peonies, or exotic orchids, floral patterns add a sense of elegance and charm to any space. From wallpaper to upholstery, these botanical motifs can be incorporated in various ways to create a fresh and inviting ambiance.

Leafy Greens: The trend for incorporating leafy greens into interior decor has surged in recent years, inspired by the growing interest in biophilic design. From large-scale palm fronds to delicate ferns, leafy green prints bring a sense of vitality and freshness to living spaces. Whether used as a focal point or as subtle accents, these botanical patterns help create a connection to nature within the home.

Wildlife Wonders: In addition to botanical prints, wildlife-inspired motifs are also popular in U.K. interior design. From majestic stags to whimsical songbirds, these motifs celebrate the rich diversity of the U.K.'s

fauna. Whether depicted in wallpaper, textiles, or artwork, these wildlife-inspired designs add a playful and enchanting touch to any room.

3. Natural Materials and Textures

Incorporating natural materials and textures into interior design is another way in which the influence of nature is evident in the U.K.'s decorating trends. From raw wood and stone to woven fibres and organic textiles, these elements add warmth, depth, and character to living spaces.

Rustic Charm: Rustic decor celebrates the beauty of imperfection, embracing natural materials with raw and unrefined textures. In the U.K., reclaimed wood, weathered stone, and distressed metals are often used to create a cozy and inviting atmosphere. Whether it's a rough-hewn dining table or a reclaimed barn door, these rustic elements bring a sense of authenticity and charm to any home.

Textural Touches: Texture plays a crucial role in interior design, adding depth and visual interest to a space. In the U.K., natural fibres such as jute, sisal, and wool are commonly used to introduce texture into decor. From chunky knit throws to woven rattan furniture, these textural touches create a tactile and inviting environment that is both comfortable and visually appealing.

Organic Accents: Bringing the outdoors inside, organic accents such as live plants, natural stone, and handmade pottery are popular in U.K. interior design. These elements add a sense of freshness and vitality to living spaces, while also fostering a connection to the natural world. Whether it's a potted fern in the corner or a collection of beach combed treasures on the mantel, organic accents help create a harmonious and balanced environment that promotes well-being and relaxation.

4. Nature-Inspired Artwork and Accessories

Artwork and accessories inspired by nature are a key component of U.K. decorating trends, reflecting the country's deep appreciation for the beauty of the natural world.

Landscape Paintings: From the picturesque countryside to the rugged coastlines, landscape paintings are a popular choice for bringing the beauty of the U.K.'s natural scenery into the home. Whether it's a traditional oil painting or a contemporary watercolour, landscape artwork adds a sense of depth and perspective to living spaces, creating a visual escape to the great outdoors.

Botanical Illustrations: Botanical illustrations have a long and storied history in the U.K., dating back to the Victorian era. Today, these intricate and detailed drawings continue to be a beloved choice for decorating homes. Whether framed and hung on the wall or printed on decorative textiles, botanical illustrations add a touch of vintage charm and sophistication to any room.

Nature-Inspired Sculptures: Sculptures and decorative objects inspired by nature are another popular choice for adding a touch of the outdoors to interior spaces. Whether it's a hand-carved wooden sculpture, a ceramic vessel inspired by organic forms, or a whimsical metal sculpture depicting wildlife, these nature-inspired pieces

add a sense of artistry and personality to the home.

5. Sustainable and Eco-Friendly Design

In recent years, there has been a growing emphasis on sustainable and eco-friendly design in the U.K., driven by a desire to minimise environmental impact and promote responsible consumption. As a result, many painting and decorating trends in the U.K. are now influenced by nature in a more direct and tangible way.

Natural and Non-Toxic Paints: Traditional paints often contain harmful chemicals and volatile organic compounds (VOCs) that can have negative effects on indoor air quality and the environment. In response to growing concerns about health and sustainability, there has been a surge in demand for natural and non-toxic paint options in the U.K. These paints are made from renewable resources such as plant oils and natural minerals, making them safer and more environmentally friendly alternatives to conventional paints.

Upcycled and Recycled Materials: Another trend in U.K. interior design is the use of upcycled and recycled materials to create unique and environmentally friendly decor. From reclaimed wood furniture to vintage textile accessories, these one-of-a-kind pieces add character and charm to living spaces while also reducing waste and promoting resourcefulness.

Biophilic Design: Biophilic design, which seeks to incorporate elements of nature into the built environment, has gained popularity in the U.K. as a way to promote health, well-being, and sustainability. This approach to design draws inspiration from the natural world, incorporating elements such as natural light, indoor plants, and views of nature to create spaces that are both aesthetically pleasing and supportive of human health and happiness.

The influence of nature on painting and decorating trends in the U.K. is undeniable, shaping everything from colour palettes and patterns to materials and accessories. Whether it's the serene hues of the coastline, the vibrant blooms of the countryside, or the rugged textures of the moors, the natural beauty of the U.K. continues to inspire and captivate homeowners and designers alike. As the demand for sustainable and eco-friendly design grows, the connection between nature and interior design in the U.K. is likely to become even more pronounced, reflecting a deep-seated appreciation for the environment and a commitment to creating spaces that are both beautiful and responsible.

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Luna and her handsome son Felix need their forever home.

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Birmingham Dogs Home - Forever homes



Narla

Breed: Staffordshire Bull Terrier

Gender: Female (N)

Meet Narla, a charming staffie x Bulldog who's eagerly searching for her forever home. Narla's journey

with us began when she was surrendered due to not getting along with another dog in her previous home.

Despite her initial shyness, Narla is a sweetheart waiting to blossom with the right companions by her side.

Narla may seem reserved at first, but underneath her initial hesitation, she is truly a golden girl who warms up to people gradually and thrives on trust and affection. Once she feels secure, she adores cuddles, treats and playtime with her beloved tennis balls. However, she can be a bit vocal when she's excited, especially during treat time!

Narla is currently learning commands like Leave it, showing her willingness to adapt.

Narla would flourish in a patient and understanding environment, where her new family is willing to invest time and effort into her well-being. While she's not suited to a home with other dogs due to her reactive nature, she could be a perfect match for a household with teenagers (16+) who are dog-savvy and respectful of her boundaries.

Narla's new family should be prepared to provide her with plenty of enrichment, including indestructible toys, which would be perfect for her! Additionally, introductions to new people should be gradual, allowing Narla to build trust at her own pace.

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



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

Believe you can and you're halfway there - Theodore Roosevelt

There have been times when someone has said "never say never" so where did this saying come from - it was first recorded in Charles Dickens' Pickwick Papers written in 1837, meaning nothing is impossible and anything can happen, as it does so often in our lives.

This is so true, on the 18th May St Clements held one of their Quiz evenings with 72 coming to take part and a fish and chip supper. Our thanks go to Cola's Fish and Chip Saloon. They were delicious. What a lovely evening we had. Did we know what the highest mountain was, well we knew Sir Edmund Hillary had climbed Mount Everest in the 1950's so that was our answer - at least one was correct - hooray !!

4th Castle Bromwich Brownies

We took 12 of our Brownies away for an activity weekend to PGL, Boreatton Park in Shrewsbury over May Day bank holiday weekend. We were extremely lucky with the weather, although our girls got "slightly damp" after they had built their raft and paddled it around the lake. Most of them ended up in the water, at their request, at a very picturesque spot surrounded by tall trees, ducks and swans. Other activities included campfire sing songs and an assault course which was a bit muddy, but lots of fun. For the first time our Brownies enjoyed rifle shooting in an enclosed "shoot" with targets. Whoever said Brownies don't do anything exciting?! The PGL instructors were very professional with safety being the first thing on their minds, as well as being kind and extremely patient with the Brownies. During the weekend our girls enjoyed taking part in aeroball, rock climbing, zip wire and sensory trail. On our last night we had a pamper session and our girls enjoyed having their nails painted in a variety of colours (most of them a different colour on each nail!),

their hair done and eating popcorn. We are happy to report another successful weekend with our girls and we now look forward to our next pack holiday in October.

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

St Clements is very much part of the community and as such was pleased to be able to welcome Smith Wood Academy Year 2 children on Thursday 16th May and Thursday 5th June. 60 children in all came with their teachers and helpers. Then on a very wet Wednesday 22nd May, 120 children from Castle Bromwich Juniors year 3, came with their teachers and helpers. Since February we have been pleased to be able to open our doors to over 300 children, all of which have been a credit to their schools and teachers. We look forward to being able to welcome them back next year.

The Altar cloths are very much part of the history of St Clements having been made by members of the Church who are no longer with us. In particular the white one with the angel was made and designed by the Revd Pauline Sillitoe in memory of Ann and Ian Wright's daughter Suzanne Joy who died aged 3 at the end of December 1979. Although throughout certain times in the Church's calendar the white Altar cloth is used, every year at Christmas, Ann and Ian feel very blessed that Suzanne's frontal in memory of her is on the Altar. As a church we are now in the process of having all the Altar cloths cleaned and repaired where needed, so that in future years these previous items can still play an important part in the worship of the Church. Olive Payne was Sacristan for over 30 years and at the Altar rail there are 14 kneelers

still used during communion, one of which was stitched by Olive and another by Mary Irving. The kneelers have all been cleaned and re-upholstered over the years and continue to serve as a reminder of those founder members who did so much to make St Clements the church it is today. As you sit in Church there are so many reminders from the banners that serve as our stained glass windows, to the cross-stitched last supper and we can now add the opening of The Mary Bridgeman Tea and Coffee Lounge on Mondays from 9.30 am to 12.30 pm (except bank holidays) as part of the next chapter in the history of St Clements. I wonder what those that came before us would have to say?

Have you noticed the roses in our Memory Garden, red for Remembrance, yellow in memory of Andrew Clowes and Pink/yellow in memory of Dorothy Cotterill. Other roses have been planted in memory of those that people in the community have lost and all seem to be thriving. We must be doing something right when pruning, or is it that roses just love the rain!

As a reminder: Services at St Clements

1st and 3rd Sunday of the Month @ 9.45 am Praise Service

2nd and 4th (including if there is a 5th Sunday) @ 11 am with Holy Communion

Every Wednesday Holy Communion @ 10am

For all information about our Service, Groups and Events:

Phone: 0121 274 7120

Church Website: www.stclementschurchcb.co.uk

Facebook: www.facebook.com/stclementschurchcastlebromwich

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What role can a Podiatrist play in Sports Injuries



July is set to be a very busy and athletic month. We have the Euros, Wimbledon as well as the Olympics. Playing sports can sometimes lead to injury and pain and you may not be aware that a Podiatrist can help you with this. We specialise in the foot and lower limb and so can treat injuries from your hips all the way down to your feet. Sometimes, if we do not move efficiently this can lead to over-use, injury and pain. What we aim to do is address the reason why you aren't moving very efficiently so that we can then address the cause as well as the symptoms. This not only eases your pain but also helps to prevent issues in the future, keeping you active.

If you are suffering with a sports injury or any kind of pain in your back, hips, knees, ankles or feet then we would recommend a biomechanical assessment. During this appointment we will assess the position of your feet when you stand, we will assess the way you walk and how your joints move when you walk and the range of motion in your joints. A biomechanical assessment is like a puzzle, once we have completed and we have all our pieces we can start to put it all together to find out what is causing your pain. By doing this, it allows us to treat the cause as well as the symptoms.

Following your assessment, we will give you a treatment plan of how we move forward. This may include using an orthotic device, completing a stretching regime or perhaps having a course of laser or foot mobilisation therapy. Laser is fantastic at speeding up tissue repair and therefore your recovery, while foot mobilisation therapy is amazing for helping your feet to function better. Obviously, during your assessment we will recommend which course of action we feel is most beneficial for you. You can learn more about laser and foot mobilisation on our website or by grabbing one of our leaflets next time you are in clinic.

If you think you may benefit from seeing a Podiatrist, you can give us a call on 0121 749 6313 and book in to see one of our HCPC registered Podiatrists.



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Local Sports



Paddy Doyle - 858 Career Sporting Feats Achieved

Warwickshire Endurance Athlete Paddy Doyle took on a tough cross country sprint duathlon challenge to claim his career 850 strength speed stamina fitness challenges, at Claverdon Village Warwickshire. The former Paratrooper and ex RAF Reservist had to wade through muddy ankle high waterlogged footpaths, completing the following disciplines:

7 km (40 lb) , 16 km mountain biking (40 lb backpack) , 11 km (40lb backpack) totalling 34 km in an overall combined time of 3 hrs. 38 min. 12 sec.

Doyle was paced and monitored to every checkpoint by the support team who were responsible for taking action photos, film evidence, some of the permanent footpaths was thick in clay, but the team made sure he stayed on time from start to finish.

"to be honest I was under a lot of pressure as the previous weather conditions made the cross country course tough to negotiate, my legs were tired on the 11 km speed march, but the support team were pushing me all the way."

Doyle still had to maintain his fitness levels, because ten days later he attempted 8 short course kayak challenges, carrying 35lbs of instructor expedition kit along the River Leam Royal Leamington Spa , the finishing times were. 2.5 miles - 38 min. 32 sec. 3.5 miles - 50 min. 18 sec . 4.5 miles - 1 hr. 02 min. 59 sec. 5.5 miles - 1 hr. 17 min. 52 sec.

6.5 miles - 1 hr. 30 min. 19 sec. 7 miles - 1 hr. 38 min. 12 sec. 7.5 miles - 1 hr. 45 min. 05 sec. 8 miles - 1 hr. 52 min. 28 sec. Beating the cut off time by 8 min. 32 sec, increasing his career fitness endurance challenges and world records to 858.

"the support along the bank side of the River Leam helped a lot from the walkers who clapped and encouraged me , including the support team who made sure my paddling strokes were quick and fast, it has been a tough ten days mentally and physically but I recover quick and I am ready for my next endurance attempt."

Currently Doyle is well ahead of the Scottish endurance Athlete William Cannon who has 650 World Records and rated by the Scottish press as Britain's Fittest Man. Cannon said in 2021 that he wanted to achieve 1000 strength challenges and World Records, so the race is on for Paddy Doyle and team to get there first, if Doyle stays on target he will be the first GB endurance athlete globally to of reached 1000 fitness endurance challenges and World Records spanning eleven different sporting categories.

Water Orton Bowling Club

On Saturday 18th June two members from the Bowls club committee attended the Village gathering at the Primary school. The event was well attended and interest was shown in the Bowls club display. Leaflets were handed out which explained the benefits that bowls can bring to you, also a simplified explanation on the game itself, leaflets are available in the clubhouse.

During the Water Orton carnival on Saturday 15th June, the club will again be running its 'Big Bowls' event where you are welcome to drop by and have a go at bowling.

Water Orton bowls club had two representatives playing in the county team at Manchester, the Warwickshire team losing on the day.

On Sunday 21st July the club are hoping they have been granted another county game against a Manchester side, The granting of this game by the County association is reward for the efforts put in by all at the club and is an opportunity for the club and the village to showcase our superb facilities. A large crowd is expected with representatives from our own club taking part in the match. Please feel free to come along to witness some top-class bowling and hopefully a Warwickshire victory on the day.

On Sunday 2nd June we held our second in-house competition, this time being a pairs competition. We had a fantastic turn out with over 20 pairs taking part, we saw some fantastic bowling throughout the day, and this year's pairs Champions were Kevin Hackett and Peter Costello seen here being presented with their trophy by Club captain Paul Johnson.



Our next competition day will be Sunday 30th June when we will hold our 'Newbies' competition at 11:00.

We are always look ing for new members, those who would like to play in a team or anyone that would like to take up social bowling so if you would like to try the game, we have equipment available for you to use during our free coaching sessions on a Tuesday afternoon at 1:30 PM.

If you re interested, please just call in or contact: Club captain - Paul Johnson (paul.wobc@gmail.com)



PHOTO credits David Hastings (Rugby Warwickshire UK)



Coleshill Town F.C.

Coleshill Town Football Club 2024/25

After a torrid 2022/23 season, everyone connected with CTFC is excited about the forthcoming season. New Manager Grant Joshua has breathed fresh air into the club and the talent he is bringing in is fresh, young, talented and attacking. If you want to see goals this season, Pack Meadow is the place to be. Pre-season starts on 6th July with Hednesford Town the visitors. We are all waiting for the release of Fixtures but the anticipated start to the 2024/25 season is 10th August. You really need to come and see this new team representing YOUR town! COME ON THE COLEMEN!

Manager Grant Joshua



Firstly, I am delighted to be here at the football club, A big thanks to the chairman for the trust he's put in me, the support I have had since I came through the door has been brilliant, from everybody, I hope I can repay all of that trust and backing. There's no secret that this was close to happening back in October time, last season, I just felt timings were not right for me to come across and I had a job to finish at Lye, but to be in a place where we could do it in the off season this season suited me a lot better and the chairman and I had kept in contact at times throughout the season and I had a sense of how much he wanted to get this done.

The football club has a fantastic reputation and has fantastic facilities for myself and staff to be able to hopefully deliver what the chairman and the directors want at the club. In truth I have never been this far along in a pre-season in terms of players signed and everything is geared up and set up for us to start on Saturday. Wherever we end up in April, Saturday will be the starting point for that. My staff are about to deliver an outstanding pre-season and the players are going to have to start to accept a new way of doing things and a new process, They know this from my conversations with them during the meetings we have had.

The squad is going to look completely different, again that shouldn't be a surprise to anybody due to the results and performances last season, The squad wasn't up to the required standard for where the club aspires to be, so we've had to make sweeping changes for the better. The first

job, which has already started is to change the culture at the club and change the mind-set in where everybody sees Coleshill Town for what it is, and that is a big football club. Consistency and commitment are going to be key if were to reach our goals during my time at the football club because without commitment you'll never start, and without consistency you'll never finish.

There's going to be a lot of expectations on these players and myself and I am looking forward to see how my lads deal with the pressure because pressure changes everything, some players you squeeze them, they focus, others fold. Pre-season, the results are irrelevant, I have won every game pre-season and then lost the first 4 in the league, on the flip side we have lost most the pre-season games and then won our first 5/6, Its going to be about making it all gel and getting the style of play across to the players and creating an environment for them that they are comfortable in.

Lastly, I hope I will see you all at the first pre-season game against Hednesford Town at home on July 6th!

PRE-SEASON HOME FRIENDLIES

Saturday 6th July v Hednesford Town. 3pm

Tuesday 9th July v Coventry United. 7.45pm

Saturday 27th July v Hanley Town 3pm

Tuesday 30th July v Tividale. 7.45pm

New season fixtures not released yet but first game is expected to be on 10th August.



Water Orton Cricket Club Social Events



Hello everyone, we are just finalising our social events for the rest of 2024 and have some fantastic nights in store for you. Tickets will be on sale usually six weeks before each of these events, and are available from Pete Coles at the Cricket Club or Paul Messenger at the Tennis Club.

Tickets also on sale behind the cricket club bar.

Saturday 28th September

Lionel Ritchie Tribute

With the fabulous Hamilton Browne.

All the classic hits of The Commodores & Lionel Ritchie

Doors open from 7.15pm and tickets £10-00 each.

Saturday 12th October

The Rod Stewart Experience

Back by popular demand the fantastic Gary Pease

Doors open at 7.15pm Tickets £10-00 each.

A Friday Evening Football Special

An Aston Villa Night with Des Bremner & Gary Shaw

The date for this special night in October, will be confirmed within the next two weeks and announced in the next edition of the Post. Tickets are £10-00 each.

Saturday 16th November

Tina Turner Tribute

Featuring the amazing Millie Munroe

Doors open at 7.15pm and Tickets £10-00 each.

In addition to these special nights, we are arranging a Quiz Night and Live Bands so keep watching and the dates will be announced shortly. We also have all the important forthcoming sports events on our new super kingsize T.V. Screen. The Euros and the Olympics as well as the Cricket, Football and Wimbledon, so come and join us, you will be most welcome.

Thank you for your continuing support it's so much appreciated. We look forward to seeing you back with us very soon.

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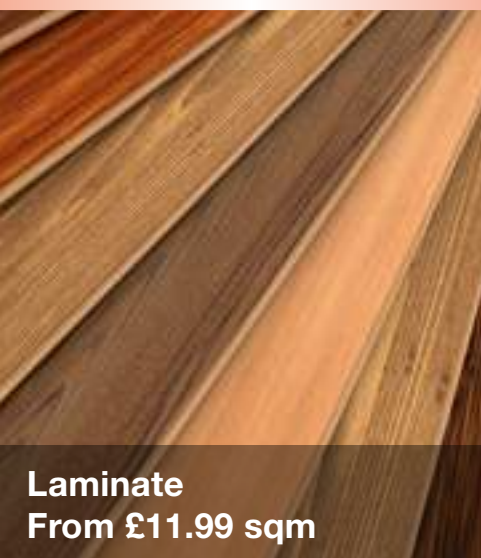
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