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August 2024 Issue 85



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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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Getting in touch

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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.



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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

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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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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.

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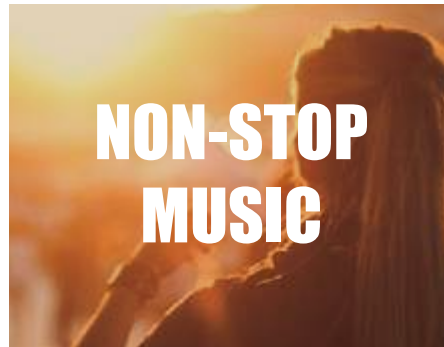
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We would like to give a big shout out and say a massive thank you to the following...

- Alan Hey from Floor 2000 who's help with the staging this year has been greatly appreciated.
- To Elsa's Catering Truck for keeping us all fed, with delicious Burgers, Hotdogs, Chips etc.
- Paul Bavin and his crew for providing all the backline from Ace PA Hire.
- Jamie Carrolan whose knowledge has once again made this event happen.
- Dave and his Security team for keeping everything in order on the day.
- To all the staff and management at The Dog for their hard work, and of course to all of the musicians who give us their time for free you are all amazing and we applaud you.

Fashion Blog August 2024



Every woman has her own unique flair when it comes to personal style. Whether you're channeling bohemian chic, strutting the streets as a city slicker fashionista, exuding confidence as a smart businesswoman, or embracing a calm and casual vibe, there are some essential wardrobe pieces that every fashion-forward lady should have in her wardrobe. These staples will ensure you're ready for anything, from important business meetings to spontaneous dinner dates. Let's dive into the fabulous must-haves for your closet!

1. A Statement Jacket - Whether you opt for a sleek blazer or a dramatic tan trench coat, a well-tailored jacket is a universal piece that complements nearly everything in your wardrobe. It's versatile for all body types and perfect for fall, winter, and spring. A jacket instantly elevates any outfit, making it a

quintessential item.

2. Classic Trainers - A timeless pair of trainers or pumps is a fashion must. These shoes are so versatile—wear them to a business meeting, a job interview, a date, or a family gathering. Trust me, you'll thank yourself every time you slip into these comfy yet stylish kicks. Check out the latest autumn styles at Liliann Styled by Ryan on Coleshill High Street—now is the perfect time to browse!

3. Black Trousers or Classic Leggings - The magic of black trousers lies in their effortless ability to match with anything while providing a slimming and sexy silhouette. They are a staple that can take you from the office to a night out without missing a beat.

4. A Versatile Button-Down Shirt - This piece transitions seamlessly from day to night. Unbutton a couple of buttons, layer it over a sexy tank top, and you're ready for an evening out. Plus, the variety of necklaces you can pair with it is endless, making it a flexible and fun option.

5. A Perfect Pair of Jeans - Finding the right jeans can be transformative. With the right length, wash, and style, jeans can turn heads and become the most versatile item in your wardrobe. Marble Fashions' 4-way stretch jeans, available at Liliann Styled by Ryan, come in various colors and lengths to suit everyone.

6. Black and White T-Shirts - These basics are the ultimate canvas for your creativity. Pair them with jeans, then go wild with accessories. Glitzy Bits offers a fantastic range of comfortable and affordable options.

7. Block-Heeled Boots - Stylish and functional, block-heeled boots give your legs a sexy, lean look. Whether paired with pants or a skirt, these boots are an investment piece that will pay off in style dividends for years to come.

8. A Cute Cardigan - This classic piece has been a wardrobe staple for decades. With a rainbow of colors available, cardigans can be layered over simple or contrasting outfits. Glitzy Bits has some stunning light autumn cardigans in various styles that are perfect for the season.

9. A Little Black Dress - Audrey Hepburn had it right—a little black dress is timeless. Dress it up or down to suit any occasion, and rest assured it will remain stylish for years.

10. Your Favorite T-Shirt - We all have that favorite tee we just can't part with. As long as you rock it with confidence, it doesn't matter what the fashion critics say.

These essential pieces will inspire you to curate a wardrobe that not only defines your style but also represents the wonderful person you are on the inside. Why not visit Liliann Styled by Ryan and Glitzy Bits Boutique in Coleshill to find your essentials for the change in season!



Ryan Evans of Liliann Styled by Ryan Wins Prestigious Retailer of the Year Award



Coleshill, North Warwickshire – June 30, 2024 – Liliann Styled by Ryan is thrilled to announce that its founder, Ryan Evans, has been honored with the Retailer of the Year Award at the esteemed Business Success Network Awards. The glittering ceremony took place on Saturday, June 29th, 2024, at The Eastside Rooms in Birmingham.

The award recognizes outstanding achievements and excellence in the retail sector. Ryan Evans emerged victorious, outshining a formidable field of competitors, including a close contender, Billy Sumner of Glitzy Bits. This accolade is a testament to the dedication, innovation, and exceptional service that Liliann Styled by Ryan brings to the community of Coleshill and beyond.

The Business Success Network Awards celebrate the best and brightest across various industries, and this year's event was no exception. Held at the luxurious Eastside Rooms, the evening was a night to remember, filled with inspiring stories of success, resilience, and entrepreneurial spirit. Ryan Evans' win highlights his commitment to providing unique, high-quality products and an unparalleled shopping experience to his customers.

Ryan Evans expressed his gratitude, saying, "I am truly honored to receive this award. It's a reflection of the hard work and passion of the entire Liliann team. We strive to create a memorable experience for every customer, and this recognition inspires us to continue pushing the boundaries of retail excellence."



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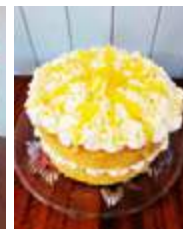
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Community Growing

Tropaeolum majus, widely known as nasturtiums, might be considered by some as the marmite of the gardening world but personally I love them! These versatile flowers come in a variety of beautiful colours, and they flower from summer to late autumn, producing masses of brightly coloured blooms.

In my opinion, their greatest characteristic is that they are an excellent companion plant at the allotment. Nasturtiums attract bees as well as drawing away pesky white cabbage butterflies from brassicas, and blackfly from beans! For this reason, I scatter seeds around my allotment and allow them to self-seed. Whilst I don't

mind allowing them free reign on my plot, they do tend to spread far and wide if left to their own devices, so you might wish to keep an eye on the seeds as they drop. I regularly have to relocate seedlings when they appear in paths during late spring and early summer.

I have actually only ever sown nasturtium seeds once at my allotment, and that was during my first season, back in 2021.

All of the flowers you see this year have self-seeded from that first year! This is another reason I love them – free plants, year on year. I just relocate any which grow outside of the beds – they even grow on my compost bays, making them look pretty for a few months of the year.

Nasturtiums are not only attractive and

helpful companion plants, but they are also fully edible! The unripe seed pods can be pickled and used in place of capers, leaves can be used to make pesto, and the flowers can be added to salads for that 'wow' factor. The plant has a slightly peppery taste, and the leaves are best eaten when young.

Here are a couple of really simple, tasty ways to start using nasturtiums in the kitchen.

Nasturtium Pesto

- 1 cup of nasturtium leaves
- ½ cup olive oil
- ¼ cup pine nuts
- 1 large garlic clove – peeled and chopped
- Salt and pepper to taste

1. Wash and dry the leaves

2. Toast the pine nuts in a saucepan over a low heat until lightly browned
3. Add all ingredients to a food processor and whizz until smooth
4. Spoon into a clean, sterilised jar (store for up to 10 days)

Summer Salad

- Handful of young nasturtium leaves
- 12 whole nasturtium flowers (remove stems)
- Handful of rocket or other lettuce
- Sliced beetroot
- Spring onions
- Feta cheese
- Add your dressing of choice

Laura Docker took on her first allotment plot in April 2021, and now has a large double plot in Coleshill, Warwickshire, 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.

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



If Everyone Cared

By Indira Mahun

"If everyone cared and nobody cried. If everyone loved and nobody lied. If everyone shared and swallowed their pride. Then we'd see the day when nobody died."

Quite unexpectedly and without any warning, things started happening really fast. Our lives took a turn that both saddened and shocked us. This got me thinking. Thinking about what we have and how we are towards one another. Because after all is said and done, we cannot take anything with us when we leave this world. My mind was filled with thoughts about everything that I should be thankful for and how I should treat other people. What legacy will I leave behind? Will people remember me in the way that I would like to be remembered?

Do you ever stop? Stop and think?

We all do it. We all take things for granted. We take life for granted. We forget to stop what we're doing to take a minute to appreciate the little things and we forget to be grateful and say a thank you. But why should we not stop and think? Nothing is forever and we just don't know what we've got till it's gone. So maybe just stop for a few moments and wonder in awe

at all the things that life has given us.

Life itself is a miracle. For me it is really simple. Being able to wake up each morning and breathe. To be able to stand up and walk after all the pain I have been through. I am so grateful. To be able to hear the birds in the trees, see the sun in the sky or the rain beating against the windowpane, knowing that I have another whole day ahead of me is nothing short of a blessing. The thanks I give for my children and the two little miracles in the shape of my beautiful granddaughters are genuine and forever. I can see them, hear them and hold them and I am tremendously lucky to be able to say that.

Gratitude is a quality that we often fail to take into consideration. What are you grateful for? Reflecting on and celebrating what we have instead of moping around and wishing we had more of this or more of that will result in a better and happier mindset. Just because someone has a better car or house than you means nothing. Money and material things don't bring happiness and if they do, it is fleeting. It's great to have nice things and there's no reason why you shouldn't want them. But don't make them your priority. Take a moment to reflect on what you have that doesn't cost a penny.

Even on the worst possible days, you can still find something to be grateful for. I know that if I started to make a list it could go on for several pages. It's just that when we don't think about it, we think we have nothing and feel sorry for ourselves instead of focusing on those little, or maybe big, things that we

should treasure. Look around you and see how lucky you are. What will you put on your list?

Another bugbear of mine is when people forget to be kind. Either they forget or they just don't know how to. It doesn't matter which one. It costs nothing. Kindness goes hand in hand with gratitude. It's easy really. All you have to remember is to treat people how you would want them to treat you. If you think that what you are about to say or do will upset, hurt, or sadden someone then don't say or do it. It's that simple really. Think before you speak and act. But then again, there are those who walk amongst us that couldn't care less about the feelings of others. Now that really upsets me. I see no reason whatsoever to cause another human being unnecessary suffering or anguish. Smile at someone, pay a compliment, ask them about their life, kids, or family, make them feel good. It'll make you feel good too.

Try not to judge and make assumptions about others based on what you see. It is not always the true picture. There is no way of knowing what someone is going through just by looking at them. Be kind and get to know them before you say things that might come across as harsh. Each person has a story, and each person is human. Remember that feelings matter, and people will remember you for how you made them feel. Everyone deserves a little kindness. Making someone smile or making them feel like they matter is the biggest boost that will come your way. Could it be any simpler?

Be grateful. Be kind. That's it.

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Sunflower.2@outlook.com

Coleshill teen turned entrepreneur



Like many college leavers, 19-year-old Alex Thompson has faced a real challenge in securing full time employment. As a hospitality professional and following 143 job applications and 3 interviews, he has only been able to secure part-time positions. However, Alex has not let that stand in his way of trying to build a career.

Frustrated by lack of opportunity, he decided to create his own opportunity and started his payments consultancy business,

PayOmni. Following an education programme in payments, Alex now visits local business to see if he can help them save money on ever increasing card terminal and payment acceptance fees. Alex said, "Every job I was going for I would always get the feedback that they were looking for people with more experience. But how can you get experience if businesses won't give young people opportunities." On his decision to create his own consultancy business, Alex explained "My dad is in the payments industry and introduced me to payments businesses that allow me to build my own business and re-sell their card terminals and payments products. You'd be surprised how much businesses overpay on their card acceptance solutions and by helping them save money, the business can reinvest those savings back into their business."

According to Youth Unemployment Statistics, there were 450,000 unemployed 18 to 24-year-olds in March to May 2024, while 1.81 million were economically inactive. The unemployment rate for people aged 18 to 24 is now 12%, up from 10.8% the year before. But that hasn't stopped Alex. Last week, Alex and PayOmni secured their first major partnership with Coleshill originated Web Design Agency business, KIJO. Alex will be providing consultation to KIJO to enable them to dramatically reduce their clients cost of accepting payments on their websites. Don't be surprised if you see occasionally see Alex on the streets of Coleshill and Castle Bromwich trying to help local businesses save money. You can check out his website at www.payomni.co.uk or email him at alex.payomni.co.uk.

Chamber announces shortlist for Solihull Awards 2024



Pictured: Solihull's Business of the Year 2023, Prime Accountants Group, receiving their award

Solihull Chamber of Commerce has revealed the shortlisted applicants for the Solihull Awards 2024, taking place at Hilton Birmingham Metropole on Friday, 13 September.

44 businesses have been shortlisted across 12 categories for the awards ceremony.

Samantha Frampton, head of Solihull Chamber of Commerce, said: "I am delighted to see the list of fantastic businesses that have been shortlisted for this year's awards. I would like to thank everyone that has taken the time to apply, and I look forward to seeing everyone on the night."

The shortlist for this year's 12 award categories are:

Solihull's Award for Excellence in Change & Sustainability

- Amtico International
- Polestar Solihull
- The Window Centre
- Touchwood Solihull

Solihull's Award for Excellence in Contribution to Community-sponsored by runyourfleet

- Birmingham Business Park
- Lil-Lets
- Solihull Summer Fest
- Visit Knowle

Solihull's Award for Excellence in Customer Services

- CAPE Coaching & Development Ltd
- Evac+Chair International
- Polestar Solihull
- Röhlig UK Ltd
- Runyourfleet

Solihull's Award for Excellence in Hospitality & Retail

- Hogarths Hotel & Restaurant LTD
- KIBOU Japanese Kitchen & Bar
- Touchwood Solihull
- Visit Knowle

Solihull's Award for Excellence in Professional Services

- Davisons Law
- Jerroms
- Prime Accountants Group
- Sydney Mitchell LLP
- Thursfields

Solihull's Award for Excellence in Sales, Marketing & Communications

- Eric Lyons Ltd
- K Hulse Consulting
- Perception Copywriting
- The Recruitment Duo

Solihull's Award for Excellence in Technology & Innovation

- Evac+Chair International
- runyourfleet
- Surgins

Solihull's Award for Excellence in Third Sector- sponsored by Birmingham Business Park

- Birmingham Dogs Home
- Sport 4 Life UK
- St Basils Charity

Solihull's Award for Excellence in Training, Education & Development in People

- Forward Education Trust
- Jerroms
- MAN Commercial Protection Ltd
- Solihull College & University Centre

Solihull's Outstanding Start-Up, Enterprise and Entrepreneurship

- Glam and Glow Beauty Lab
- Jim Kringle
- Solihull Virtual Assistant

- UB Healthcare Ltd

Solihull's Rising Star & Future Leader

- Zain Ahmend from Made Architecture
- Rory Pickin from Röhlig UK Ltd
- Sarah Breslin from Solihull College & University Centre
- Ian Rogers from Solihull Summer Fest

One business will also be crowned Solihull's Business of the Year, sponsored by Solihull Metropolitan Borough Council.

Judging this year's applicants were Ruth Pipkin, managing director at Rewired PR, Calum Nisbet, CEO at Kaleidoscope, Kingston Myles, director of Enterprise at Birmingham Museums Trust, Sarah Griffiths, head of Projects at Intercity Technology, Sam Watson, store director at Selfridges Birmingham, and Harvir Sahota, CEO at Mahirs Experience.

Speaking on judging the shortlisted applicants, Kingston Myles said: "It's clear that the business community is strong in Solihull. Despite the current economic conditions, it's been inspiring to see a range of international, national and local businesses all based in Solihull apply for a variety of awards. Judging these awards wasn't easy, all of these businesses are contributing to the economy and community in a wealth of ways - they're all worthy winners but I look forward to seeing the overall winners for these awards announced in September."

For more information on the awards, visit <https://www.greaterbirminghamchambers.com/event-calendar/solihull-awards-dinner-2024.html>.



Hosting Invictus Games a huge opportunity for the region



Greater Birmingham Chambers of Commerce chief executive Henrietta Breale said:

"Hosting the Invictus Games is a huge opportunity for the region to continue to showcase its strengths for delivering world-class sporting events. The city is home to exceptional sports and major events infrastructure through the NEC Group and key venues.

"Furthermore, it holds a deep connection to the Armed Forces community, particularly through University Hospitals Birmingham. As a Defence Employer Recognition Scheme Gold Award Holder, at the Chamber, we look forward to supporting the Invictus Games and championing the incredible athletes who have given so much in service to their countries."

The Story of Castle Bromwich Parish Church (pt12)

By David L Adams

I very much hope that my enthusiasm will be enough to convey what I feel is the sheer audacity of the work that was done to the old chapel of St. Mary at Castle Bromwich between 1726 and 1731.

We think that this complete encasement is totally unique in the British Isles – and perhaps in the world. I would be glad to know if any reader knows of another church which has within its outer walls, a Norman stone chapel and the full timber framework of a medieval nave including all the roof trusses.

It is an absolute privilege to have such a fascinating building to preserve for day to day use, not as an ancient monument, but it is so frustrating that there is no positive knowledge of who conceived the essence of the scheme.

The first two Bridgeman Lords of the manor, both Sir John, were great builders and both had forceful wives who were involved in their projects but no known record exists of the considerable debate that must have taken place to prepare for a scheme so complicated as this encasement.

The Bridgeman papers in Staffordshire Archives contain many orders and bills for building materials in quantity but no documents with evidence of design thought processes or any indication of the modus operandi for the work.

I am following up some “leads” from the County Archivist but we should bear in mind that we are discussing a project which, if carried out today,

would cost several million pounds. The work was of considerable complexity but was carried out by a “provincial” labour force with no modern equipment. All the scaffolding, of which there would have been a large quantity, would have been long poles of ash, alder and possibly pine, standing in timber barrels packed with sand, fastened together with rope lashings. It would have been the despair of a modern Health & Safety Inspector! The work started in 1724 with the demolition of the old steeple and the erection a new, classical style tower, set well away from the end of the existing half-timbered chapel. The new tower was possibly to the design of a Worcestershire stonemason with, supposedly, Sir Christopher Wren as his mentor!

There is, in the church records, a Treatise written by an architectural student in 1986, which includes a copy of “Articles of Agreement” referring to the new tower being built “according to the form and module thereof hereunto annexed” which may refer to either a drawing or a model and mentioning the name of Thomas White, the mason. I have queried the

whereabouts of the original of this document which was probably drawn up by a lawyer in beautiful “copperplate” script.

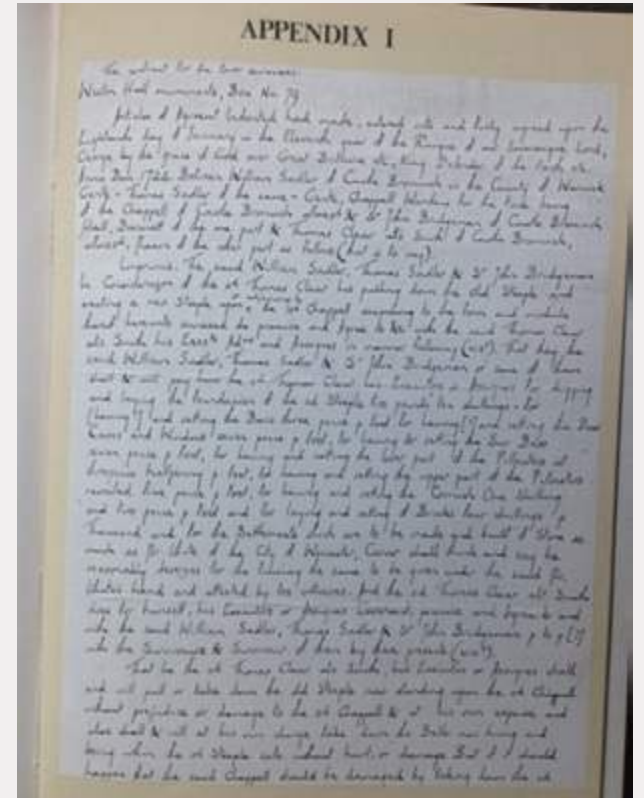
There is also a comment in this Treatise, which I suspect was made by the Rector of our parish in 1986, Canon W E Brooke MA, who had visited the Bridgeman archives when they were at Weston Park and obtained the copy “Articles”

He states that “the form and module annexed to the copy was a crude elevation – untypical of White when compared with his very competently drafted designs for

monuments in Blodwel Church.”

It seems to me that this was therefore probably a sketch copy done by whoever copied the original Articles. Just another “dead end” in our search for the true author of this impressive exercise.

This month’s illustration shows the first page of the copy “Articles of Agreement” for the building of the new tower.



Cllr Martin McCarthy, Castle Bromwich Ward (Solihull MBC)

August update

Welcome to the School Holidays In Castle Bromwich. With works commencing on Water Orton Road, please be aware of carriageway closures and the temporary traffic lights that will be deployed as the works progress.

Arden Hall Party in the Park.

Arden Park hosted a vibrant Party in the Park on Saturday 20th July.

Bumper family fun, from traditional village sports such as Welly Wanging and Tug of War To dancing and carousing was had by all, with the rain fortunately holding off until towards the end of the programme.

Lending a hand on the day was also fun, this great event is a credit to Parish Council Staff, members and volunteers who teamed up to do a Stirling job of delivering this successful day.

Water Orton Road safety improvement scheme commences

Following the period of consultation undertaken on Water Orton Road we can confirm that 14 representations were received of which all were supportive of the proposals with 13 of those 14 respondents raising concerns in addition to their support. It is noted however that no outright objections were received. The representations have been considered and responded to by council officers and a decision taken to proceed.

A start date for works has now been agreed with the contractor. Works should commence on Monday 22nd July 2024 and is programmed to last 6 weeks until Friday 30th August 2024. In order for the work to be carried out safely, temporary multi-way traffic lights will be in place for the period of work with resurfacing works taking place under phased road closures which are due to take place between Monday 19th August 2024 and Friday 30th August 2024. It is worth noting that some of the work aspects are weather dependant and therefore the dates are subject to change. We will however endeavour to keep you updated if those dates change and particularly the planned surfacing dates.

SMBC Officers have dropped letters to affected frontages from Monday (15th July 2024) to share the above details ahead of works beginning. Advance notice signs will also be placed on site early next week to inform motorists and road users that works will be starting on site on Monday 22nd July.

Please do contact me if you would like to see a copy of the plan of works.

Children's School Holiday activities

Local summer holiday events for children will be held at Our local Library and many more across the Solihull area.

Some of these are as follows:

Friday 2nd August 2:30. Magical Jellyfish wand making (3 to 6 years) pre book with the Library.

Friday 16th August 2:30. Decorate a Bumble Bee feeder (7 to 11 years)pre book with the library.

The Library events can be booked online at solihull.gov.uk/library/events.

New Play area opened in Arden Park

I was pleased to attend the opening of the new children’s playground by our parish Council chair Pauline Allen on 28th June, it was wonderful to see so many children busy enjoying the new equipment installed by The Parish Council at Arden Park, this complements the excellent junior age group facilities to provide an active and joyful experience for our children.

Regular Councillor Surgery at Castle Bromwich Library.

The next monthly surgery is scheduled for Monday the 5th August 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



Castle Bromwich
Hall Gardens

Summer of Adventure in the Gardens



We're all hoping for a warm and sunny August so everyone – big and small – can benefit from relaxing outdoors or getting active.

Even if you are planning to jet off somewhere hotter for a wee while, when you're closer to home during August, the Historic Gardens is there as a welcoming and safe space for families and local people to spend time.

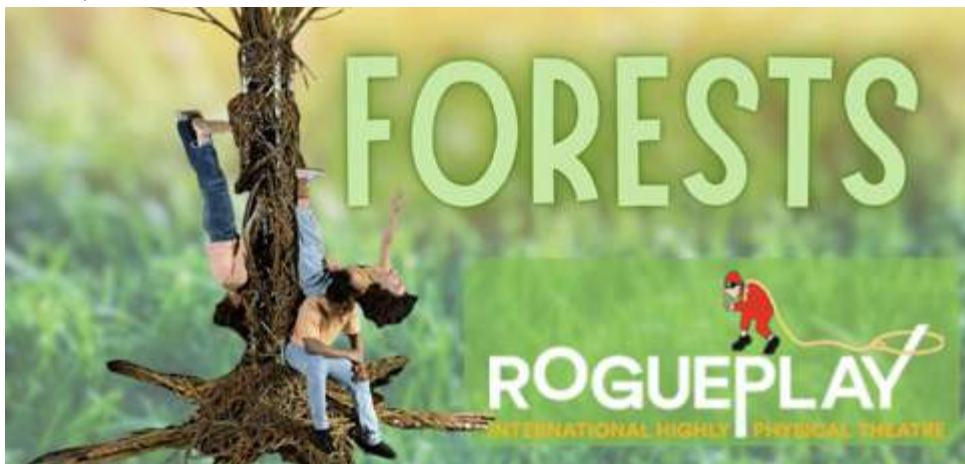
Throughout August we are open 6 days a week – Tuesdays to Sundays, 10.30 - 4.30pm

There are plenty of things in the Gardens to explore for the younger ones any day. There are bookable family activities and, as usual lots of music in the Gardens.

The Courtyard Café is always free to enter, and the Gardens are £6/£5 for adults and £3 for children over 3years old.

Pop down to look at the latest news and information about events and activities on the gate posters, follow us on facebook and Instagram or better still take out an Annual Pass and get news of all the wonderful activities regularly in your inbox.

An Annual Pass means you can roam the gardens anytime we are open and there are many add on activities which are free for Pass holders: eg. Family explorer trails, 'Forests' (4th August) aerial theatre and workshops and our popular Bank Holiday Monday Musical Chill.



For families (ideal for children between 2 and 9years) there will be nature explorer and self guided activities any day like Knot Tying Challenge, Obstacle Race, GeoCache adventure, Lawn Games, Mini Disco (Music Room), Doodle Boxes, Game Prompts and from time to time drop in craft activities.

Also bookable led workshops: Nature Clay and Play, Den Building and Family Bushcraft



For the grown up, music lovers check out Melon Ground Sessions, Jeff Lynne Celebration (3rd August) and much more.

Want to know more about the Gardens? Why not sign up to the Head Gardeners tour on Friday August 16th or a general history tour on Sunday afternoon on 4th and 18th August



To book on any of these activities ... see our website or pop down when we are open

Castle Bromwich Library Book Club

One step too far by Lisa Gardner

Hours stretch into days which stretch into weeks. Volunteers go home, police are assigned new missions and the missing hiker Timothy O'Day becomes one more missing person, vanished without a trace. Until Frankie Elkin - missing persons specialist - comes to town. Fresh off her case in Boston, Frankie heads to Wyoming, determined to find Timothy and bring him home - whatever the cost. Frankie joins a seven-day woodland search team, lead by Tim's father Martin, as they venture deep into the dark forest to uncover the truth. Broken tree limbs and traces of blood suggest a wild animal may be lurking nearby. Frankie knows better. But with secrets swirling and tensions raised in the group, it becomes clear that Frankie Elkin's newest case could be her last.

This is a super-fast paced psychological thriller which had my heart racing. In parts the tension was almost unbearable but I loved every minute of this book.

Review by Castle Bromwich Library member



The misadventures of Margaret Finch by Claire McGlasson

Blackpool, 1938. Miss Margaret Finch - a rather demure young woman - has just begun work in a position that relies on her discretion and powers of observation, when her path is crossed by the disgraced Rector of Stiffkey (aka Harold Davidson) who is the subject of a national scandal, and newspaper headlines. Margaret is determined to discover the truth about Davidson; is he a maligned hero or an exploiter of the vulnerable? But her own troubles are never far away, and Margaret's fear that the history is about to repeat itself means she needs to uncover the truth urgently.

This is such a different and unusual book. It's got a fascinating story line which I found enjoyable, engrossing and thought-provoking. I love the way the author has entwined fictional characters with true events. I really enjoyed reading this.

Review by Castle Bromwich Library member



The war artist by Jan Casey

London, 1940. Following a chance meeting with her former teacher, young painter Sybil Paige wins a coveted assignment from the War Artists' Advisory Committee, and so begins her journey across the length and breadth of the country, sketching everything from airfields and assembly lines to farms and factories. Sometimes it's milkmaids and poultry keepers, brave and hopeful; sometimes it's the harrowed faces of those digging through the rubble to find their loved ones and livelihoods. But armed with her sketchbook, Sybil captures it all, determined to tell the stories of the thousands of women fighting their own battles on the home front.

I really enjoyed this book and it kept me completely engrossed right to the end. It is written well and has likable, well-developed characters. I also learnt a lot about the role of women and artists during World War 2.

Review by Castle Bromwich Library member



The blackhouse by Peter May

'The Blackhouse' is a murder mystery that explores the darkness in our souls, and just how difficult it is to escape the savagery of the past. A brutal killing takes place on the Isle of Lewis, Scotland: a land of harsh beauty and inhabitants of deep-rooted faith.

This is the first book in a trilogy. The story is completely captivating and beautifully written. It is more than a murder mystery - it is also a family saga of the inhabitants of a small, isolated village. I thoroughly enjoyed this gripping, chilling, atmospheric tale and would highly recommend it.

Review by Castle Bromwich Library member



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



“Listening is being able to be changed by the other person.” – Alan Alda.

When both church organs decided to stop working it became time for the piano that had sat in the corner for some years to take centre stage, but before doing so it needed tuning. It turned out it wasn't as bad as we had at first thought, although we were informed this beautiful instrument should be tuned every year - who knew! So it's now in the Church diary for 2025. That old piano sitting in the corner was in fact a John Broadwood & Sons who are the oldest piano manufacturer in the world and still have the royal 'By Appointment' warrant. They are the only maker whose story spans the entire history of the British piano, from the experimental beginnings in the 18th century right up to the present day. Sometimes we do not always see what is in front of us and just take for granted things around us, so on taking a closer inspection the inscription inside the lid reads, "John Broadwood & Sons Ltd London estd 1728 By Appointment makers To The British Sovereigns from George 11 to Edward V11". Two hundred years ago Ludwig van Beethoven received the gift of a Broadwood grand piano. This instrument, now known as Beethoven's Broadwood, was much loved by the composer and is said to have inspired most of his late piano sonatas. Beethoven's Broadwood piano is now displayed in a museum in Budapest, Hungary.

Although our piano still needs a bit of TLC our organist Chris Budd for the time being, plays it during the services and my goodness really makes it "sing" and even his son William who is learning to play treated us to his playing during one of our recent services. Some weeks ago we celebrated the Admission of the Churchwardens at St Clements and received some lovely comments on behalf of Chris. When the organs "went down" during a service no panic, Chris just moved seats and carried on playing

and together with the guitarist we all without a pause just carried on singing!

St Clements' Mary Bridgeman Tea and Coffee Lounge has now been open since the start of April, every Monday (except Bank Holidays) from 9.30 am to 12.30 pm. What a learning curve this has been, after inspection gaining Level 5; all of our volunteers getting their Level 2 Food and Hygiene Qualification and understanding and being aware of Food Allergies, none of our volunteers had worked in catering so we have been on a very steep learning curve.

Our Forget Me Not Memory Café for those with memory loss and their carers is held every 2nd and 4th Thursday of the month from 1pm to 2.30 pm. We now offer on the 2nd Thursday gentle exercise and on the 4th Thursday hand massage. Here we are getting to "grips" with our first session and with funding from the Midlands Co op we are pleased to be able to offer this.

Janine takes us through all the exercises with some lovely music playing, keeping up now, that is another matter! If you are a carer or have been a carer or feel gentle exercise would be something that would help, then please come and join us, you would be very welcome.

St Clements' Crafternoon Group takes place every other Monday from 1 x 2.30 pm. Who doesn't like a "natter"? and if you are a knitter or a crafter then this is the group for you. The Poppy is a symbol of Remembrance and the group has played its part in previous years in the making of knitted poppies for the War Memorial in the Village which Castle Bromwich Parish Council dresses each year with the help of Sarah from Manor Park Brides.

Red poppy: The traditional symbol of remembrance for those who died in World War 1 and subsequent conflicts.

Purple poppy: Honors animals that served in wars.

Black poppy: Represents Black, African, and Caribbean communities who contributed to the war effort.

White poppy: Associated with peace and an alternative to the red poppy.

The year goes quickly so planning is everything and although November does seem a long way off, many knitted poppies will be needed to decorate the War Memorial, so with needles at the ready, let's see how many we can make.

Summer Fayre 13th July was it a good choice? Was the weather good and did the sun decide to shine? Well everyone was ready, teddy tombola ready, bottle tombola ready, cake stall ready, fancy goods ready and everyone held their breath!! We will update you in the next issue. Watch this space.

Twenty21 Group during August will be making a "beach in a jar" with the help of 4th Castle Bromwich Brownies. Jam jars and shells galore, what can go wrong? So if you can't make it to the beach this year, the beach will be coming to you!

Dates for your Diary

Saturday 7th September: Church Garden Party starting at 2pm

Saturday 5th October: Macmillan Coffee Morning starting at 11am and once again St Clements have registered to support this event which hopefully will be better than ever. A choice of cakes and refreshments so please come and support us on the day.

For all information about our Services, Groups and Events:

Phone: 0121 274 7120

Church Website: www.stclementschurchcb.co.uk

Facebook: www.facebook.com/stclementschurchcastlebromwich

Email: office@stclementschurchcb.co.uk



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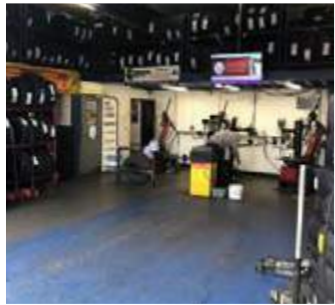
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Yardley Memorials are also based inside Widney Manor Cemetery for new memorials and flowers

Coleshill Shines as Young Entrepreneurs Take Center Stage at the Second Teenage Market

The heart of Coleshill buzzed with youthful energy on Saturday 29th June as the town proudly hosted the second Teenage Market at St Peter's Walk. This dynamic event, spearheaded by North Warwickshire Borough Council, provided an invaluable platform for young entrepreneurs to launch their businesses and showcase their creative talents. The market featured an impressive array of stands, offering everything from handcrafted jewelry and artisanal candles to innovative 3D-printed items and stunning resin flowers.

Adding to the vibrant atmosphere, performers from Nouveau Theatre School captivated the crowd with a surprise flash mob of dancers. This spectacular display not only entertained but also symbolized the supportive spirit among the teenagers, fostering interaction and sparking greater interest in the event.

Do you know a budding young entrepreneur? Encourage them to seize this fantastic opportunity and join the next Teenage Market. Applications are open now at The Teenage Market. <https://theteenagemarket.co.uk/>



Fitness and Wellbeing

Hi All, It seems that most of this summer so far, we have all been suffering with the glum weather blues. The lack of sunny days can demotivate a huge amount of the population. Exercise in any form is a great way to counteract this and kick off those natural endorphins. (as I write this it is still raining, by the time you are reading it in print it will probably be blazing hot- at least I hope so.)

There are so many local venues and classes available to go to, but often the getting to them is the hardest part. You may be a young parent without childcare or someone who doesn't have access to transport- but often it is merely the thought of going to an 'exercise class' or a 'gym' that puts you off. If it is that, then it is easier than ever now to do a little bit at home to get you started.

I should also say before you do start that a lot of the advice on social media should be taken with caution, and if you have any injuries/illnesses etc please check with a doctor first. But there are lots of free online classes/workouts and information sources for every level.

One easy thing to do at home is 'body weight conditioning'-

those 'plank/squat/burpee' etc challenges that you often see people posting online about, but there are also relatively cheap pieces of equipment that are easy to store and can help you get started, without spending a fortune.

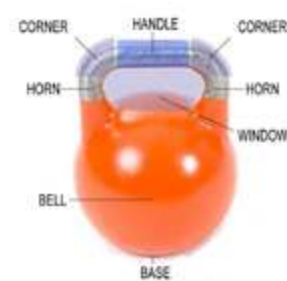
I thought this month I would do a bit of an intro to one of the popular pieces of equipment you can find easily and get a great workout from - 'kettlebells'.

You often see them in the middle aisle of Aldi, or used to see them on the old retro strongman pictures, but what are they really about?

They have been around since the 18th century and were originally used to weigh crops, then a century later became popular with strongmen performers.



Modern day kettlebells can be made of plastic filled with sand or cast iron and start from as small as 0.5kg, so there is a weight to suit every level. The idea is that unlike a dumbbell the centre of gravity is below the hand so they work well for swinging movements and are easier to grip for certain exercises. You hold them for most movements by the handle at the top, or sometimes by 'the horns' (when the handle meets the main weight section or 'bell').



A simple kettlebell swing works throughout the whole body in one movement and you just increase the amount you do, or the weight you use as you improve. The movement is performed by holding the kettlebell by the handle with both hands, bend the legs slightly with the weight hanging down in front of you towards the floor. Then you simply swing it forward to shoulder height (still holding with both hands and straightening the legs to standing position, then as the weight comes back down you bend the legs again to return to the original position).

It's not the easiest one to explain in writing, so a quick google will show you lots of videos on the correct technique for this and other exercises you can use them for. Alternatively you can attend a class (there are regular ones in Coleshill) and learn the basics with an instructor to help. In a class you will usually perform a warm-up (without the weights) and then go through a series of exercises with the bells, varying the weight to your level. As the moves are simple there is no complicated choreography you would get in some other fitness classes, it is all about getting the technique right.

Oscar Jackson, who teaches kettlebell classes said "Kettlebells are great for your overall strength and core strength too."

My kettlebell classes are designed to be fun, work your whole body and build strength and cardiovascular endurance all into once session"



The Coleshill Class in full swing!

The benefits of weights for exercise, particularly as you get older are huge, so buying one of these on your next shopping trip may be a great way to add a bit of strength training to your

day without needing a lot of space. If you are a total beginner depending on your fitness level etc you can buy a 2/2.5kg and work upwards. Some retailers sell fabric versions that you can fill with sand to keep increasing the weight, or adjustable ones that cover a selection of weights by taking sections on and off. These work great if you only have space for one and want to be able to adapt.

Whichever style you choose, they can all give a complete cardio and strength workout in each session. There are lots of plans on Youtube and other social media sites you can use to get you started. If you do a 30 second to 60 second set of each exercise it should help with mobility, flexibility, strength and cardiac fitness if performed correctly regularly.



There are even kettlebell juggling competitions (definitely DON'T TRY those at home), which look insane if you want to search up some inspiration for what can be achieved!

So what's stopping you giving it a go and taking "The Bell by the Horns"? (Sorry I couldn't resist!)

Tony Battle Fundraising distribution

Last year, the Mayor of Coleshill Town Council chose to fundraise for local groups and clubs. These are essential to the life and community of Coleshill, bringing people together, especially those who no longer work, or are unable to work, thus reducing isolation and loneliness, and to help build a great community spirit.

There are lots of groups in and around Coleshill, that keep going year after year, mainly due to the fabulous people who organize and run these groups, giving freely their time, energy and resources. In these financially challenging times, many of these club are struggling to keep their services going and fundraising, grants and people's private donations are paramount to some clubs survival and continuation.

As such, Cllr. Tony Battle has chosen to give his annual mayoral fundraisings total, for his mayoral year 2023-2024, between six groups that he feels are really helping lots of different spheres of people within our community.

Tony is allocating his total monies raised between:

- Coleshill Town Ladies Football Club
- Coleshill Partnership
- The new weekly Parents & Toddlers Group
- The Church-led Project "Lighting the Parish Church Spire"
- The Town Hall Warm Room and the Community Centre Warm Room



Cllr Tony Battle, exiting mayor of Coleshill Town Council (May 2023 – May 2024) handing over his mayoral donation cheque for £530.00 to Mr. Martin Bromage, the Treasurer of the Coleshill Partnership, to help with their work promoting and facilitating out town.



Coleshill Town Ladies Football Team receiving their £530 donation from Cllr. Tony Battle (Mayor of Coleshill 2023-2024)



Cllr. Tony Battle with Coleshill Town ladies Football Team's Coach James Turner, presenting the donation cheque for the team for £530.

Summer Feet

During the Summer we find ourselves wearing more open shoes such as sandals or sliders. Although these can help to keep your feet cool, they expose our skin to the hot weather which can make them drier. An open-backed shoe will also allow for more movement around your heels when you are walking which can in turn make the skin around your heels hard.

Our skin is elastic and needs to be able to stretch to allow us to walk comfortably. When the skin is dry and hard it becomes less stretchy and so is prone to splits and cracks. If these occur, they can be very painful and if left untreated may lead to an infection.



The way to treat and prevent these cracks is to essentially give your skin its stretchiness back! The best way to do this is for us to work together. We recommend regular routine treatments with one of our HCPC registered Podiatrists who can keep the hard skin reduced and regular cream application by yourselves daily. Our own Help4feet foot cream is a great cream

for helping to keep the hard skin soft as well as hydrating your skin. Please ask for more details at the practice. Another issue affecting many over the summer is aches and pains in the feet caused by wearing flat sandals with little or no support for the foot. We recommend for longer walks wearing supportive trainers, however we do sell our own help4feet Sandals which are fashionable and supportive. These are an excellent alternative to standard flat sandals and help the foot function better when walking. Please contact the practice for more details.



Fungal toenails can make us feel self-conscious and not want to show our feet in the summer in sandals. Why not come and see us and get that fungal nail sorted so you don't have to worry and get embarrassed about it anymore.

Many people also get in-growing toenails in the summer which can be very painful and can become infected. We can deal with these easily and effectively, we can cure the issue and prevent it re-occurring. 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.



Interiors & Decorating



Platinum August Update

Modern Advances in Painting and Decorating: Enhancing Homes with Innovation

In the realm of interior design and home improvement, painting and decorating stand as pivotal elements that define aesthetics, ambiance, and functionality within living spaces. Over the years, these practices have evolved significantly, driven by technological advancements, innovative materials, and changing design trends. This article explores the modern advances in painting and decorating, focusing on how they have transformed homes and enriched the experience of homeowners in contemporary Britain.

Technological Integration: Precision and Efficiency

Technological innovations have revolutionised the painting and decorating industry, offering solutions that enhance precision, efficiency, and overall quality of work. One of the most notable advancements is in automated painting systems. These systems utilise robotics and computer-guided mechanisms to apply paint with unparalleled accuracy, reducing human error and ensuring consistent results. This technology is particularly beneficial in large-scale projects such as commercial buildings and public spaces, where speed and uniformity are critical.

Furthermore, the advent of digital design tools and software has empowered decorators and homeowners alike to visualise and experiment with different colour schemes and patterns before committing to actual paint application. Virtual reality (VR) and augmented reality (AR) applications allow users to virtually 'paint' walls and spaces in real-time, helping them make informed decisions about colour choices and design concepts. This not only saves time and effort but also minimises the risk of dissatisfaction

with the final outcome.

Sustainable Practices: Eco-Friendly Choices

In recent years, there has been a growing emphasis on sustainability and eco-friendliness in every aspect of life, including home improvement. The painting and decorating industry has responded by developing environmentally responsible products and practices. Water-based paints, for example, have largely replaced traditional solvent-based paints due to their lower levels of volatile organic compounds (VOCs), which are harmful to both human health and the environment. These paints emit fewer odours and contribute to improved indoor air quality, making them a preferred choice among environmentally conscious consumers.

Moreover, manufacturers have introduced eco-friendly paint options made from natural ingredients such as plant extracts and minerals. These paints not only reduce the carbon footprint associated with production but also offer homeowners a safer and more sustainable alternative without compromising on performance or aesthetic appeal.

Smart Coatings: Functional and Protective

Beyond aesthetics, modern advancements in painting have introduced smart coatings that serve functional purposes, enhancing the longevity and durability of painted surfaces. Anti-microbial paints, for instance, incorporate additives that inhibit the growth of bacteria and fungi, making them ideal for healthcare facilities, schools, and residential kitchens where hygiene is paramount. Similarly, heat-reflective coatings are designed to reduce the absorption of solar heat, thereby improving energy efficiency and lowering cooling costs in buildings located in warmer climates.

Furthermore, advancements in nanotechnology have led to the development of self-cleaning paints that repel dirt, water, and stains. These innovative coatings not only simplify maintenance but also extend the lifespan of painted surfaces by preventing the accumulation of grime and moisture. Such technological breakthroughs underscore the multifaceted role of modern paints in protecting and preserving the structural integrity of buildings while enhancing their visual appeal.

Artistic Expression: Blending Tradition with Innovation

In the realm of decorative painting, artisans and decorators continue to push the boundaries of creativity by blending traditional techniques with contemporary design concepts. Murals and wall art, once confined to the domain of skilled craftsmen, have now embraced modern tools and materials to create stunning visual narratives within homes and public spaces. Digital printing techniques allow for the reproduction of intricate patterns and artwork on various surfaces, offering homeowners endless possibilities for customisation and personalisation.

Moreover, the resurgence of artisanal craftsmanship has seen a renewed appreciation for hand-painted finishes and bespoke decorative elements. Faux finishes that mimic the appearance of natural materials such as marble, wood, and metal have gained popularity, adding a touch of luxury and sophistication to interior spaces. These techniques not only showcase the skill and creativity of decorators but also celebrate the timeless allure of artisanal craftsmanship in an increasingly digital world.

Accessibility and DIY Culture: Empowering Homeowners

Advancements in painting and decorating have also contributed to the rise of a DIY culture among homeowners who seek to personalise and transform their living spaces independently. User-friendly paint

formulations, along with comprehensive instructional resources available online and in hardware stores, have empowered individuals with the confidence and tools necessary to undertake home improvement projects themselves. From pre-mixed paints that eliminate the need for complex mixing to innovative application tools that simplify the painting process, DIY enthusiasts can now achieve professional-quality results without professional assistance.

Additionally, the availability of eco-friendly and low-VOC paints in a wide range of colours and finishes has further incentivised homeowners to embrace DIY decorating projects as a means of expressing their personal style and values. This accessibility has democratised interior design, allowing individuals to experiment with trends and techniques that reflect their individual tastes and preferences.

In conclusion, the evolution of painting and decorating in modern Britain exemplifies a synergy of innovation, sustainability, and artistic expression. Technological advancements have not only improved the efficiency and precision of painting processes but have also introduced eco-friendly practices and functional coatings that enhance the functionality and longevity of painted surfaces. Moreover, the marriage of traditional craftsmanship with contemporary design trends has enriched homes with bespoke decorative elements and personalised touches.

Looking ahead, the painting and decorating industry is poised to continue its trajectory of innovation, driven by advancements in materials science, digital technology, and consumer preferences. As homeowners increasingly prioritise sustainability, functionality, and aesthetic appeal in their living spaces, the role of painting and decorating in shaping modern interiors will remain pivotal, offering endless opportunities for creativity, self-expression, and enhancement of the built environment.

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Ward End Cat Rescue

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.



Smidge is a very shy cat who needs a nice quiet home to call her own.



Luna and her handsome son Felix need their forever home.



Jenny needs a forever home

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.

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

Birmingham Dogs Home - Forever homes



Narla

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

Meet Oakley he is a resilient and sweet Schnauzer cross who is eagerly waiting for his forever home. At 8 years old, Oakley has faced a lot in his life, but his spirit remains unbroken. He arrived at our centre as a stray in very poor condition, but with love and care, he has made a remarkable recovery.

As a stray we don't know much about his history, but we did discover that he has a foreign microchip, suggesting he was imported from Romania. When Oakley first came to us, he was suffering with fleas, cataracts, and several lumps.

Oakley was promptly treated for fleas and is now flea free. While his vision might not be perfect due to cataracts, Oakley doesn't let it hold him back. He also had a benign mass on his side, and a high grade MCT on his scrotum, but fortunately, it had clear margins and no vascular invasion. Oakley is now in good health and ready to find his new family. All his medical history will be explained more to any potential adopters at the centre.

Oakley is a calm boy who walks well on a lead and loves having zoomies off lead. He does have the potential to live with other dogs if they are calm and not too young. Oakley can be vocal if spooked by something but his gentle nature makes him a wonderful companion.

Although Oakley doesn't seem to know any commands and has no recall, we believe he would be a good fit for first time owners.

He shows no interest in treats and doesn't appear to know any basic commands, but his loving personality more than makes up for it.

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

Castle Bromwich and District Lions Club



By Terry Higgs

The Lions year starts on 1st July. This is the time when newly elected officers take over. It happens in all Lions Clubs and is simply called the changeover. This year we had new President Lion Carol Herbert take over from Lion Graham Wooldridge. It took place on 7th July and was held at our treasurers home where it was celebrated with a BBQ. I am pleased to say that it was well attended by all including friends of Lions. It was a most enjoyable afternoon and we thank our treasurer Maureen for hosting the event and our ever generous Lion Femi Onabolu who picked up the bill. We thank Graham for his service as President and welcome Carol to her new role. We wish them both well.

Immediately after taking up her new job Carol conducted another ceremony - the induction of a new member - a

Mr Andrew Terry. Many of us know Andrew through his work with British legion poppy selling. We welcome him aboard and look forward to working with him.

On the home front we continue to support the social supermarket Around Again with £100 worth donation of food per month. We have been asked to help out from an organisation that are teaching children CPR at various schools. The cost apparently £3.55 per head. We have asked for more details.

Hodge Hill scouts group have approached us with an appeal to assist in financing much needed work to their ground. The work required is very expensive and I understand that several organisations have also been approached for help. Our club have agreed to donate £500.

Finally we are always looking for new members. Anyone interested can give us a ring or simply turn up to one of our meetings. We meet every first Thursday of the month, 7.30pm at Castle Bromwich Hall Hotel.



Lion President Carol Herbert and newly inducted member Andrew Terry.

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Water Orton Cricket Club Social Events

We are continually adding more events to our social evenings and here is the updated list of special evenings.

If there are any shows which you would like come to, you can always get tickets from behind the bar in the Cricket Club or from Pete Coles at the Cricket Club or Paul Messenger at the Tennis Club.

Saturday 14th September "Re-modified"

Great Live Band, excellent night out.
Tickets £7.50

Saturday 28th September Lionel Ritchie Tribute

With the fabulous Hamilton Browne. All the classic hits from the Commodores and Lionel Ritchie
Tickets £10

Saturday 12th October Rod Stewart Experience

With the fantastic Gary Pease. Brilliant tribute act Tickets £10

A Friday Evening Football Special

An Aston Villa Night with Des Bremner and Gary Shaw Date to be confirmed over the next two weeks but definitely a Friday night in October. Tickets £10

Saturday 16th November The Tina Turner Show

With the amazing Millie Munroe
Tickets £10

Saturday 30th November The ABBA Experience

Brilliant ABBA Duo and their amazing tribute show
Tickets £10

Watch out for more live bands and our special Quiz Nights they will all feature in future editions of your local Posts.

Come and join us for future major sporting events, come and watch them on our new super king-size screen, you will be very welcome.

Doors open to all the shows at 7.15pm.

Thank you for your valued support, it is so much appreciated.

Water Orton Ladies

Well half the year has slipped by – doesn't time fly, when one is busy and having fun!

Our Craft & Table Top Sale Day, in support of the Water Orton Scout Group, went so well and we sincerely thank all the local businesses, who supported us by donating raffle prizes – The Dog Inn, Water Orton Fish Bar, O'Connors on White City, Lavish Look and Helen's Hair and Beauty, Tesco Local, Coopers Farm Shop, Drinks 4 U in Coleshill and Planters Garden Centre. We've put a lovely amount into the savings pot for the Water Orton Scout Group, for which we will be continuing to raise funds throughout the rest of the year. Our lovely Scout Bears, complete with their neckerchiefs and with Water Orton on their feet, will be working hard at fund raising by ongoing name the Scout Bear, Guess the Scout Bear's Birthday and where is The Scout Bear going on holiday draws. And in November, to round off our fund raising, we have a fun family Skittles and Jacket Potato Supper evening to look forward to – more details of this later!

We have just enjoyed a 'cruise' up the River Trent at Nottingham on a lovely sunny day, just ideal weather for a river

trip. The day was leisurely and relaxing, lovely scenery and company of course and we enjoyed a great lunch and a glass or two of wine – a must when 'cruising'!!

And to look forward to in the coming months – in July our speaker will tell us about the life of Judy Garland, a life, some would say was sad and tragic, but she left behind, talented daughters and some wonderful films and music. Then in August, an intriguing mystery talk, titled 'You can't abdicate and eat it' and September brings a fun musical quiz afternoon.

September, we are off on another trip to The British Iron works Museum, a truly wonderful place, with a park full of life-size iron sculptures of animals and a lovely shop showcasing the many talents of the 'iron workers', as well as lots of small shops selling lovely bits and pieces, and of course there's a café as well. Our trips are always open to all, so if you fancy to join us for the day, just give us a call.

Our club meets from 2 to 4pm on the third Thursday of the month at The Pavilion in Openfield Croft in Water Orton. Come and join us – tea and cake too and lots of new friends to meet!

Liz Tranter 07811 147728

Local Sports



Fixtures 2024/2025

Coleshill Town – pitching in Northern Premier League – Midlands

Sat 7 Aug	H	Eastwood CFC	Isuzu FA Cup Preliminary Round
Sat 10 Aug	H	Loughborough Students	NPL Midlands
Tue 13 Aug	A	Racing Club Warwick	NPL Midlands
Sat 17 Aug		Emirates FA Cup Preliminary Round	
Mon 19 Aug	H	Long Eaton United	NPL Midlands
Sat 24 Aug	A	Walsall Wood	NPL Midlands
Mon 26 Aug	H	Sutton Coldfield Town	NPL Midlands
Sat 31 Aug	A	Bedworth United	Emirates FA Cup 1Q
Sat 7 Sep		Isuzu FA Trophy 1Q	
Sat 14 Sep	H	Darlaston Town	Emirates FA Cup 2Q
Sat 21 Sep	A	Hinckley LRFC	Isuzu FA Trophy 2Q
Sat 28 Sep	H	Wellingborough Town	Emirates FA Cup 3Q
Sat 5 Oct	A	Grantham Town	Isuzu FA Trophy 3Q
Mon 7 Oct	H	Sporting Khalsa	NPL Midlands
Sat 12 Oct	A	Rugby Town	Emirates FA Cup 4Q
Sat 19 Oct	H	Quorn	NPL Midlands
Tue 22 Oct	A	Shepshed Dynamo	NPL Midlands
Sat 26 Oct	H	Coventry Sphinx	Isuzu FA Trophy 1
Sat 2 Nov	A	Worcester City	Emirates FA Cup 1
Sat 9 Nov	A	AFC Rushden & Diamonds	NPL Midlands
Sat 16 Nov	H	Corby Town	Isuzu FA Trophy 2
Sat 23 Nov	A	Anstey Nomads	NPL Midlands
Sat 30 Nov	H	Boldmere St Michaels	Emirates FA Cup 2
Sat 7 Dec	A	Darlaston Town	Isuzu FA Trophy 3
Sat 14 Dec	H	Hinckley LRFC	NPL Midlands
Sat 21 Dec	A	Loughborough Students	NPL Midlands
Thu 26 Dec	H	Lye Town NPL Midlands	NPL Midlands
Wed 1 Jan	A	Sutton Coldfield Town	NPL Midlands
Sat 4 Jan	H	Racing Club Warwick	Isuzu FA Trophy 4
Sat 11 Jan	H	Grantham Town	Emirates FA Cup 3
Sat 18 Jan	A	Wellingborough Town	NPL Midlands
Sat 25 Jan	H	Rugby Town	NPL Midlands
Sat 1 Feb	A	Sporting Khalsa	Isuzu FA Trophy 5
Sat 8 Feb	H	Shepshed Dynamo	Emirates FA Cup 4
Sat 15 Feb	A	Quorn	NPL Midlands
Sat 22 Feb	H	Worcester City	NPL Midlands
Sat 1 Mar	A	Coventry Sphinx	Emirates FA Cup 5/Isuzu FA Trophy 6
Sat 8 Mar		Free Week	
Sat 15 Mar	H	AFC Rushden & Diamonds	NPL Midlands
Sat 22 Mar	A	Corby Town	NPL Midlands
Sat 29 Mar	H	Anstey Nomads	Emirates FA Cup Quarter Final
Sat 5 Apr	A	Boldmere St Michaels	Isuzu FA Trophy Semi Final
Sat 12 Apr	A	Long Eaton United	NPL Midlands
Sat 19 Apr	H	Bedworth United	NPL Midlands
Mon 21 Apr	A	Lye Town	NPL Midlands
Sat 26 Apr	H	Walsall Wood	NPL Midlands
Sat 10 May		Isuzu FA Trophy Final	
Sat 17 May		Emirates FA Cup Final	

NPL - Northern Premier League

Water Orton Bowling Club

All of our teams continue to have a successful season to date, Our A team in the East Birmingham over 60's league are currently top of division two and our B,C and D teams all occupy upper half league positions, our C and D teams have also progressed in the cup competitions.

In the Warwickshire County parks league both our Morning and Afternoon teams have progressed to the Quarter finals of their Cup competitions.



On Sunday 23rd June a team from Water Orton took part in a charity competition at Coleshill bowling club to support the Wizzafest festival which is raising monies to support the Marie Curie trust.

Water Orton were competing against teams from Goldeslie and Coleshill bowling clubs, emerging as winners on the day, congratulations to our winning Captains Gary Smith and Mark Blundell seen here after being presented with the trophy, well done to all the players who took part.

On Sunday 21st July the club have been granted another county game against a South Yorkshire side. 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.

Refreshments will be available on the day to purchase from the clubhouse.



On Sunday 30th June the club held a Newbies competition, for those players new to bowling who have been registered with the club for less than three years. This year the competition was won by Chris Baker seen here being presented with his trophy by Club Chairman Kevin Hackett.

On Sunday 14th July we will be holding our Individual handicap competition, and we will follow that with the Pairs handicap on Sunday 4th August, both competitions starting at 11:00.

During the season all leagues run Merits competitions for both single or doubles matches.

This year our club captain Paul Johnson qualified for the EBOS Singles Merits final which was held at the Raven Bowling club, Paul won his semi final 21 to 16 to qualify for the Final.

In the Final Paul played a very good game despite going 2 -7 behind. Finding his mark on the green Paul then went into an 18 -7 lead before winning the Merits with a score of 21 -12, Congratulations to Paul.



Paul can be seen in the photo with the Chairman of the EBOS league Chris Hall.

We are always looking 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)

Doyle Surpasses 850 Sporting Feats

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 & District Tennis Club



Our summer season is now well underway and all we want now is a summer. (Please)

Our junior groups are having an excellent season working hard with our clubs LTA coaches. We recently entered a team of eight junior players into a club tournament in Sutton and this was our first for the group and they won the tournament. For the next tournament possibly in September we will enter some different young players so they all get a taste of these special club tournaments.

Our membership is going really well and we have welcomed several new members this year. We still have a few spaces in the following groups,

Adult Beginners

Monday Evenings 7pm until 8pm

This is with one of our LTA Qualified Coaches. It introduces you to tennis and improves fitness.

Adult Improvers

Tuesday 6pm until 8pm. This is for mixed adults who possibly have played before but not for a while. We currently have a few spaces available.

Ladies Night

Thursday 6pm until about 9.00

This is for Ladies who have played before and keen to play again. Its a very welcoming group and a chance to make new friends and enjoy the tennis. We currently have about 4 spaces available.

Cardio Tennis

Friday evenings 6pm until 7pm

This is for player interest in tennis but the emphasis is on fitness. If you want to stay beyond 7pm we continue with adult mixed doubles if you want to stay until around 8.30pm

We are an all year club with floodlights and membership is really good value.

All members have their own key and a special link to our on line booking system. This allows you to book a court for an hour or two and you have no one waiting for you to finish. We welcome all ages and abilities and if you would like more information our contact number is 07538 601246. Why not give it a go?



Old Saltleians RFC

Mens Preseason Match Fixtures

10th August is a combined 1st and 2nd team game at Home

Old Saltleians v Littleborough.

17th August is a Double header at Home (2nd team Followed by 1st team)

Old Saltleians v Moseley Oak.

Old Saltleians 2's v Moseley Oak

24th August

1st Team are away

Old Coventrians v Old Saltleians

2nd Team are at home

Old Saltleians 2's v Camp Hill 2's

Womens Section

Following the extensive development of the facilities following the relocation and the club's return to Water Orton, it seemed like the perfect time to relaunch the Women's and Girls Section. We have a mixed ability of talent within the section that ranges from never picked up rugby

ball to playing since children. Despite the difference between each and every player, the section is thriving. There is a mix of touch and contact with a dual focus in the sessions for all to be involved. If ever there is a time to take part in Women's Rugby – the time is now !! The game is growing and we would like the encourage as many people regardless of age/experience or background to come along and take part.

Mini and Youth Section

We have had a very successful season with our Mini and Juniors with numbers growing each week. Our Saltasaurus are thriving at the minute with over 40 children aged 3-7. Whilst we have built our youth section which now we have ages from under 8s to under 16s. We are recruiting players and will be more than welcome to come down and join us in September when we start our training back up. Any queries don't hesitate to get in touch Ashley Bardsley M&Y chairman on 07976971917.

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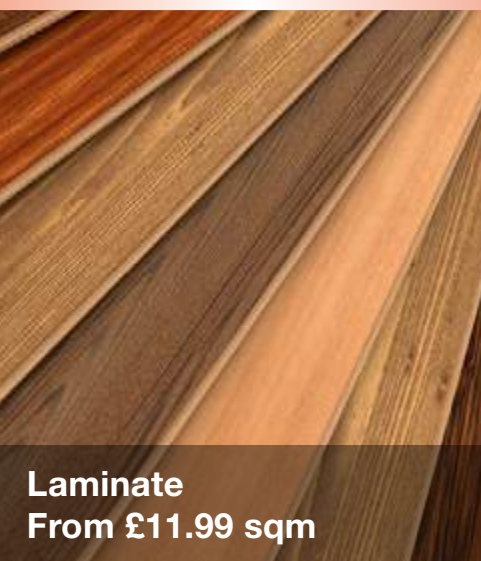
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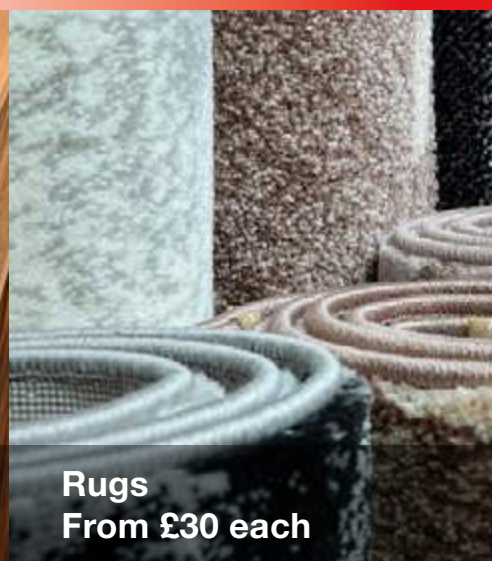
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