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August 2024 Issue 125



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Head of School Rebecca Brindley and Year Leader Amani Rodriguez-Thomas at Coleshill – which is part of the respected Arthur Terry Learning Partnership – helped Team GB win the bronze medal in the FIMBA Masters European Championships, which took place in Pesaro, Italy.

Full Story on page 14

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

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

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

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

Act now!

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

Do you have Savings?

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

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

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If you want to be certain that your assets will pass down your loved ones or children you'll need more than a basic Will.

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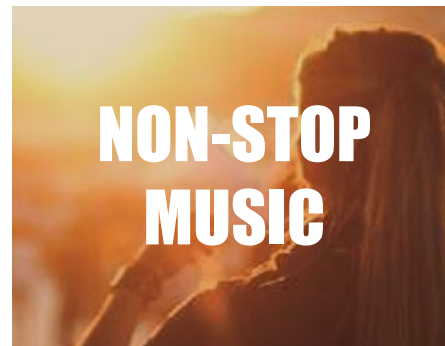
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We would like to give a big shout out and say a massive thank you to the following...

- 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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Meet Rachel Taylor your new Member of Parliament: local, experienced, passionate.

Rachel was born and raised in Warwickshire, going to school in Atherstone and, after briefly moving away from the area, returned in order to build a career and give something back to her local community, which helped forge the person she is now. It's fair to say that throughout her life Rachel has fought for equality and justice, she doesn't just stand aside and watch, she engages and gets involved.

As a leader of the National Union of Students, she stood up for young people, their right to education and a good future. On leaving University she worked as a charity manager in Warwickshire & across the Midlands to ensure vital funding reached those who needed it most.

Most recently, as a solicitor, she has worked with businesses of all sizes, to grow, create jobs and regenerate our area.

Having owned a retail business Rachel understands the challenges our high street businesses face and as a community campaigner and local councillor she has stood up for local people and fought to save valued local facilities. She is very much a part of our community, she lives and works here and knows the issues that concern us and what makes this area tick.

Of course even a hard-working M.P has to relax and Rachel is still a keen tennis player at Coleshill Tennis Club. Before politics took over, her love of the sport even led to her being selected as a Wimbledon championship umpire some years back. You could say that Rachel is used to making the right calls under pressure!

Rachel's personal message to you:

I would just like to say a huge "thank you" to the voters across North Warwickshire and Bedworth and particularly to you, the people of Coleshill and surrounding areas, who have put your trust in me and made me your new Labour Member of Parliament. I know that many of you have voted Labour for the first time at this election and I want you to know that I will do everything I can to deliver the change you have voted for. Whether you supported me or not, I promise I will work tirelessly for all of you. I will make sure your voice is heard in Westminster and that the whole community is represented. I will stand up for you all.

I ran my campaign to make things better and I thank you for putting your trust in me to help change both the country as a whole and also our much cherished part of Warwickshire. I will fight for economic security, cheaper bills, safer streets, secure borders, getting the NHS back on it's feet, better rights for you at work, respect, dignity, fairness and better treatment for everyone and opportunities for your children.

I am realistic about the scale of the challenges we face and what we need to do to fix things and the common-sense, practical steps we will have to take. I know there is no magic wand but I am determined to get Britain's future back. Never again will you have to put up with the chaos, dysfunction and sticking plaster solutions of previous administrations and cynical, hollow promises of the populist Right.

I believe that politics should serve the public and that politicians are there to serve you. I now want to get on with the job that you have sent me to Westminster to do. It's time to rebuild our country together. It's time for a better future for North Warwickshire and Bedworth. My work starts now.

Contact: 07488 271477

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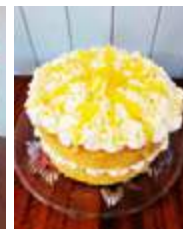
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Community Growing

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.

Life off track, we've got your back!

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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.

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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.

WARM HUB

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

INFORMATION

Help and support for any enquiries or
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Signposting to many groups, partner
services and agencies – see some
examples in boxes below

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Old Court Room
Coleshill Town Hall

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Tel. 01675 462517

Hours. Mon to Fri 10:00 to 13:00

www.coleshillhub.org.uk

coleshillcommunityhub@gmail.com

GROUPS

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

SIGNPOSTING

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

GROUPS

Walking Group
Keep Fit & Natter
Walking Sports
Art & Crafts
U3A
Parent & Toddler

COLESHILL CIVIC SOCIETY

Missing Buildings and Spaces 15

By John Hoyle

From the crossroads down to the bridge most of the old buildings and history has been lost. This is a shame for it has much interesting history, many saying that there is more of interest below the cross roads than above. I am not as familiar with this area so welcome any corrections or additions and memories that you may have.



The white house is Norwood and was owned by Ted and Audrey Sheldon who held out to the developers of the High Street in order to reach a good deal. This house was the entrance to what is now Wood Close and the first house on the left as you enter the close is somewhat larger than all the other houses. That was the Sheldon's reward.



A slightly different version of the earlier photo. The car is parked outside Ellen Tilley's newsagents. She also sold sweets and was noted to be very patient in weighing out small quantities of sweets for children. The abandoned shop on the right used to be a butchers.



A photo of Tilley's shop when it was in operation. The flag and decorations are for the Silver Jubilee in 1935



Linforths paper shop and general stores. I remember in the 1960's going in for a magazine and seem to remember a large pile of apparently disorganised papers. Laburnam House may be seen on the right of the photo. This house is of course nearer the cross roads. All the houses above Laburnam House were demolished in the great redevelopment of the 60's and 70's. From the cross roads Graham Darby estate agent office with a yard just after was followed by what for years was the Bridal Shop and then Penns Lane and just before Laburnam House is Old Penns Lane

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 Colehill Post Editor or Colin Lewis at House and Home on the High Street or email me johnhoyle707@gmail.com.

The modern day teenager

by Lauren Wilson

The medias lies

The truth is, being teenagers in a modern society is not always easy. With not a single tax to pay, mortgage, or mouth to feed. My elders would say that is the very definition of an easy life. Yet the chaotic, unruly, electrifying years of rebellion I was promised in the movies seem to be swapped with expectations, rules and mountainous piles of A-level work. They really don't lie when they say A Levels aren't for the faint hearted.

If you haven't started revising in year five, there's not much hope for your exam results. Only yesterday I had completed my last GCSE now it is what university are you applying to? You haven't been to any open days? When will you submit your personal statement? At the ripe old age of sixteen, yes I am the youngest in my whole sixth form. Younger me would be wildly offended if she found out I was not partying till the early hours of the morning and clothes shopping with the girls every Saturday. Instead it's an endless whirlpool of scrolling on social media seeing others live their lives.

Meanwhile I'm clearing away a gentleman's dirty plate. Just the reward after a five day week of studying. Not even the glass of red, you adults seem to anticipate could soothe the week of brainrott I have just survived. The media commonly portray teens, as careless human beings. Lazy and come with a mandatory accessory; their phones. Now I can't deny all of these allegations, but I can certainly dispute them.

The media constantly corrupts the perception of today's teenagers. When in reality we work most weekends, babysit siblings, balance schoolwork and oh look, post another photo of our "amazing social lives" on Instagram.

Social media

Nowadays, it seems we have formed a stronger attachment to our phones than actual people. Sometimes I ask myself why ever did my parents let me get social media and not let me run wild painting and playing the drums everyday, instead I and other teenage girls are left feeling hopeless if our vitamin D scarcity skin isn't as influencers. Or if our skincare routine doesn't take five hours of our evening, yet it sickens me to watch children, children cross Barbie's off their Christmas list and replace them with Spf and toners.

It sickens me that I can't complete an assignment without getting carried away engrossing in other people's lives, left with nothing but the punishment of cramming. It's addictive. I argue it to be worse than drugs. It corrupts the way us teenagers think and develop, as now the first thought before leaving the house is not have a I got my bag, but have I made a TikTok? Just to be endlessly stalked, critically analysed and humiliated by other girls.

A life without a team of jealous FBIs would be pleasing to say the least. Only at sixteen, I can finally side with my parents on something. That a life without social media certainly would bring a much happier teenage experience. And that mobile phones wouldn't be used as weaponry for schoolgirls to bully others. Or for keyboard warriors to pounce on your insecurities. I know from personal experience many other girls would be much a brighter and healthier modern day teenager. The battle doesn't end between teenagers though, grown adults are still shaming others and children online.



Coleshill School - Team GB Basketball



Two star members of staff from the Coleshill School swapped the classroom for the basketball court last week when they played for Team GB in Italy.

Head of School Rebecca Brindley and Year Leader Amani Rodriguez-Thomas at Coleshill – which is part of the respected Arthur Terry Learning Partnership – helped Team GB win the bronze medal in the FIMBA Masters European Championships, which took place in Pesaro, Italy.

Ms Brindley said: *“I’ve been playing for Team GB for 2 years now, and we recently won the gold medal in Croatia in the World Cup. To win bronze in Italy was another unique and unforgettable experience, both in winning the medal and in getting to compete internationally again.”*

According to Ms Rodriguez-Thomas, the tournament was both physically taxing and rewarding, and the team’s success was a testament to their strength and dedication.

She said: *“It was an amazing experience, and to come away with a medal was just out of this world.”*

“I knew it would be tough, but the physicality was like nothing I’ve ever experienced. We were all covered from head to toe in bruises by the end of the tournament!”

For both teachers, the tournament in Pesaro was the apex of a lifelong passion for the sport.

Ms Rodriguez-Thomas started playing basketball in Year 7, receiving a scholarship to East Durham Basketball Academy when she was sixteen. In her hometown, she played for three national league clubs – Ealing Tornados, Richmond Jaguars and London Westside – before moving to the West Midlands and joining Worcester Wolves, Birmingham Mets and Bromsgrove Bears.

While she wasn’t able to compete in Croatia last year due to a broken ankle, she continued to train and made the squad for Italy.

This spirit of hard work and persistence is one of the most valuable things Ms Rodriguez-Thomas has learned from basketball, and something she says contributes to her work as an educator.

She said: *“Growing up in London, basketball helped me stay focused and achieve so much academically.”*

“Now, the experience of international sport has given me a mindset of working hard and never giving up. We lost our first two games but kept practicing and made it to the semi-finals. When one of us hit the deck, no matter how tired we were, we ran to scrape them up and motivate them to keep going.”

“To be able to use this experience to inspire young people as an educator is so important – to show them you can achieve so much through perseverance and teamwork.”

Ms Brindley began playing basketball in Year 9 and has seen many achievements throughout her sporting career. Every step in her education was marked by success in the sport, playing in the School Championships, joining the Taunton Tigers Academy, being national college champions while at Richard Huish College, and even playing National League for Plymouth Racers while at university.

Even as she left to pursue her career in education in Birmingham, Ms Brindley continued to play National League, winning Division 2 with Birmingham Mets and currently playing for Bromsgrove Bears.

She says the skills she has learned from the sport permeate her work as an educator.

She said: *“There’s a huge link to education through skills like leadership, resilience, working through setbacks, managing emotions and organisation – things that make you a good role model for the students.”*

And, according to both teachers, the students at the Coleshill School have congratulated them with pride.

Ms Rodriguez-Thomas said: *“The students have been amazing and it’s been lovely sharing the experience with them. A lot of them have now shown a huge interest in basketball and want to know how they can get into playing!”*

Ms Brindley added: *“It’s about being a positive role model for all. The students are proud of our success, which is humbling.”*

“I want to show them that no matter your stage in life, you can continue to do the things you love, with people who share the same passion and compete at the highest level.”



Miss Brindley



Miss Rodriguez-Thomas

CURDWORTH WI

Well, here we are, half way through our WI year and looking forward to lots of meetings and occasions, yet to come.

Our June Craft & Produce Show was a great success, with record entries, in all categories – flower arranging, plant care, baking, preserves, knitting, sewing, poetry, photography and beading! What a talented and creative lot we are – well, if you don’t blow your own trumpet, who else will? Seriously, our judges were full of praise for the skills and talents exhibited, so you can’t blame us for feeling pleased with ourselves. The winners were as follows; Produce Samantha Ireland: Floristry Alison Bidgood: Craft Section Sandra Bullivant: Art & photography Samantha Ireland: Best

in Show in the Craft Section was awarded to Julie Cooper for a lovely piece of poetry and Best in Show in the Produce section to Muff Atkins for a perfectly baked Barabrith cake.

We’ll all take a well-earned rest at our July meeting and sit back and learn how we could take part in a TV Quiz Show, should we ever be brave enough! Our speaker was and will tell us of her ‘adventure’ into the scary world of TV knowledge!

We’re looking forward to our August afternoon outing and cream tea at Arbury Hall near Nuneaton and keeping fingers crossed for fine weather, so we can enjoy the lovely gardens too. Then in September with the evenings beginning to draw in, we’ll be Salsa dancing and in October, we’ll be happily sampling chocolates.



Muff Atkins & Julie Coope receiving their Best In Show awards from President Sandra Bullivant



And of course in October, there is our so eagerly awaited and popular Trivial Pursuit Quiz – the date for your calendar is Friday 4th October – more details next time – but time to start polishing up those grey cells up and getting your winning team together!

Don’t forget, you are always welcome to pop in at any of our monthly meetings – if you want any further info about us, just call Sandra on 01675 470079.

Press Officer Liz Tranter

Arriving in Style at the Year 11 Prom!

Year 11s from The Coleshill School celebrated their Prom at Drayton Manor Park on Friday 12th July 2024.

Proud parents came at the start of the evening to watch the students arrive in all types of transport and an array of fantastic vehicles including horses, a tractor, limousines, classic cars and various luxury cars.

Year 11s were unrecognisable, they certainly 'dressed to impress' and looked stunning in their fantastic dresses and suits.

Both staff and students danced the night away and a great time was had by all.

Miss Brindley, Head of School, said: *"This has been a fantastic evening. We are so proud of our Year 11s and the hard work and dedication they have put in over the past few months. It has been a pleasure teaching them and watching them develop into amazing young adults with their futures ahead of them. We wish them all good luck for the future and will see many of them in our Sixth Form in September"*.



Warwickshire Connected

Have your say on Community Safety concerns in Warwickshire so they can be tackled together

People who live, work or study in the county can have their say on how they feel about community safety in a survey by the Safer Warwickshire Partnership.

The survey will help to shape the work of the partnership, which includes representatives from Warwickshire's councils, Fire and Rescue service, Police, the Police and Crime Commissioner, the Probation Service, Health, and charitable organisations.

The survey will ask people to give their views about current community safety issues, to find out about any concerns.

It will help to give the partnership a bigger picture of what issues there are, what needs to be prioritised and how the partners can best work together to tackle them, with the aim of increasing how safe people feel in the county.

You can complete the survey online at <https://ask.warwickshire.gov.uk/>

Warwickshire Police and Crime Commissioner Philip Seccombe is encouraging all residents to complete the survey.

He said: "This survey will help community safety partners to understand your community safety concerns and guide the development of targeted solutions. It will also help me as Police and Crime Commissioner as I work on shaping the priorities of the next Police and Crime Plan for the county."

"What you say now will help all partners to develop the right strategic plans to meet local needs, ensuring that public feedback is at the heart of what we do."

"By sharing your thoughts now, you're therefore directly influencing how we approach policing and community safety in Warwickshire. So please don't miss this opportunity to make your voice heard over the next month."

The results will be analysed in the summer of 2024, and used to inform the setting of local community safety priorities from the autumn onwards.

The survey is running until Sunday 4 August.

Domestic Abuse Victim Survivor Engagement

Warwickshire County Council would like to engage with those with lived experience of domestic abuse to help shape support services in Warwickshire.

They would like to understand the barriers to accessing support or if the support received could have been better.

There are a variety of ways for you to engage with them:

- an online engagement forum
- a face to face engagement forum (These will be small, closed and confidential forums)
- an online survey.

You can indicate your preference by registering your interest via this link <https://www.talk2someone.org.uk/victim-survivor/victimsurvivor-engagement/1>.

PUBLIC NOTICE

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

If you've experienced
domestic abuse, we want to
hear from you.

We would like your views about the
support available in your local area.

Has anything
ever stopped you
from telling
someone about
what's
happened?

Are you aware
of the domestic
abuse support
services in
Warwickshire?

Could your
experiences of
support have
been better?

Is there any
support you feel
people need that
is not currently
available?

Is there more
that we can do
to help?

Whatever your experience, we want to learn from you
to ensure we are delivering the best
service possible for everyone.

Visit www.talk2someone.org.uk,
email VAWG@warwickshire.gov.uk, or
scan the QR code to register your interest.





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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.

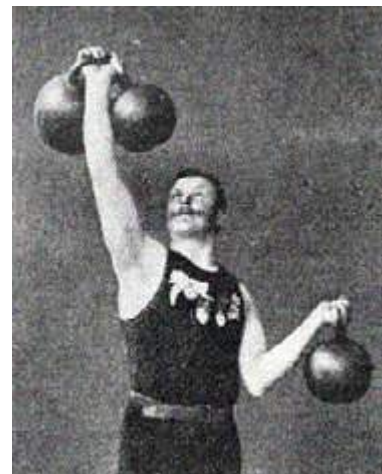
One easy thing to do at home is 'body weight conditioning'-

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.



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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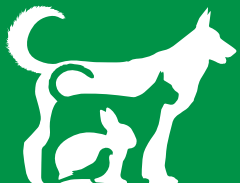
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Pet Page

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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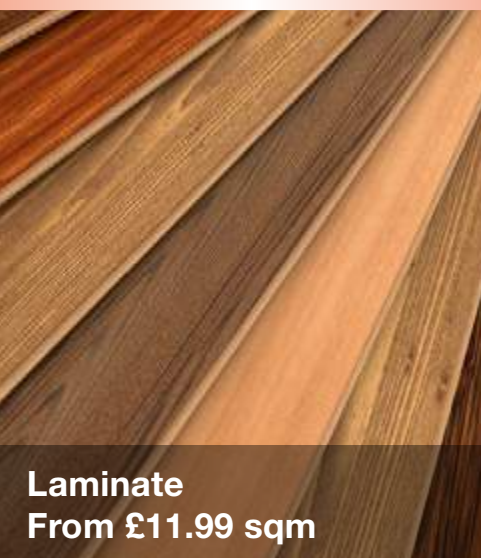
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