

# THE Coleshill & Castle Brom POST

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February 2024 Issue 130



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## LOCAL LADY MAKES A CENTURY

**100th Birthday Celebration** - On the 01/01/2025 local resident Patricia Woollams celebrated her 100th Birthday receiving a card from HRH King Charles III and Queen Camilla.

Pat originally from Tyseley, Birmingham moved to Castle Bromwich with her late husband Bernard in 1955. She enjoyed a family get together on her birthday with her three children, six grandchildren and two great grandchildren together with their partners.

This was followed by a tea party at Arden Hall, Castle Bromwich with all her friends from a weekly keep fit class that she attends and then celebrated with a special party at The Belfry Hotel, Sutton Coldfield where family and friends enjoyed a trip down memory lane with songs from The Tammy Land Girls a Midlands based vintage vocal group specialising in hits of the 1940's. A great time was had by all.



Pat is pictured here with the ladies from TLG.



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**THE Coleshill &  
Castle Brom POST**

The Post Newspaper Group is an independent hyper-local tabloid newspaper publisher distributing 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.

## Advertising in our publications

**In order to deliver The Post free to our readers we rely on advertising revenue from local companies.**

We work with you to create the most appropriate package for your business, after all it's in our interest to make each advert work and keep everybody happy.

We can design professional artwork if needed and offer sound advice based on years of knowledge.

By choosing to advertise with us you are also showing your support for the community and the customers you hope to serve.

## Getting in touch

**Sales:**  
[editor.postgroup@outlook.com](mailto:editor.postgroup@outlook.com)  
**07805 430191**

**General inquires:**  
[serena.postgroup@outlook.com](mailto:serena.postgroup@outlook.com)

## WHY CHOOSE HYPER-LOCAL?

People prefer to buy locally and they trust local print media above all else.

Show support for the community where your customers live.

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Bringing the community together by making all information available in one place.

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Help to increase footfall on the High Street and boost attendance at local events.

Give groups, clubs and organisations space to promote themselves and let local people know exactly what is available on their doorstep.



## THE Coleshill & Castle Brom POST

## CIRCULATION

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## Timetable



Tuesday; St Mary & St Margaret's Church Hall, Chester Road, Castle Bromwich, Birmingham, B36 9DE	4.00-4.30pm 4.30-5.00pm 5.00-5.30pm 5.30-6.00pm 6.00-6.30pm	Mini Groovers Aged 2-5yrs Irish Dancing Aged 4-16yrs Street Dance Aged 5-16yrs Cheerleading Aged 5-16yrs Contemporary Dance Aged 5-16yrs
Wednesday; Connection Church Centre, Fordbridge, Birmingham, B37 6NP	4.00-4.30pm 4.30-5.00pm 5.00-5.30pm 5.30-6.00pm 6.00-6.30pm 6.30-7.00pm 7.00-7.30pm 7.30-8.30pm	Mini Groovers Aged 2-5yrs Irish Dancing Aged 4-16yrs Street Dance Aged 5-16yrs Cheerleading Aged 5-16yrs Contemporary Dance Aged 5-16yrs Advanced Street Dance Aged 13yrs + Advanced Contemporary Dance Aged 13yrs+ Calypsocise (Adult Fitness Class) Aged 18yrs+
Thursday; Coleshill Town Hall, High Street, Coleshill, Birmingham, B46 3BG	4.00-4.30pm 4.30-5.00pm 5.00-5.30pm 5.30-6.00pm 6.00-6.30pm 6.30-7.30pm	Mini Groovers Aged 2-5yrs Irish Dancing Age 4yrs-16yrs Street Dance Aged 5-16yrs Cheerleading Aged 5-16yrs Contemporary Dance Age 5-16yrs Calypsocise (Adult Fitness Class) Aged 18 yrs+
Friday; Coleshill Town Hall, High Street, Coleshill, Birmingham, B46 3BG	4.00-4.30pm 4.30-5.00pm 5.00-5.30pm 5.30-6.00pm 6.00-6.30pm 6.30-7.30pm	Pre Primary Ballet Age 4-6yrs. Primary Ballet Age 6-8yrs. Grade 1 Ballet Age 8-10yrs. Grade 2 Ballet Age 10-13yrs. Grade 3 Ballet Age 13-15yrs. Adult Irish Dancing (Age 18yrs +)

For further information, contact Jayde:

Telephone: 07789 188 381

Email: fusionofdance@hotmail.co.uk

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# PUBLIC NOTICE

**PUBLIC NOTICE OF AN APPLICATION TO VARY A CLUB PREMISES CERTIFICATE UNDER SECTION 84 OF THE LICENSING ACT 2003** Notice is hereby given that an application was made to Solihull Metropolitan Borough Council for an application of premises license under the above act on 30th January 2025.

**Applicant:**

Castle Bromwich Mens Club,  
78 Chester Road, Castle Bromwich, B36 9BU.

**Proposed variations:**

- To convert snooker storage room into a disabled toilet.
- To erect internal wall in snooker room to divide room from the main bar
- To allow music, karaoke, live entertainment and prerecorded music 11am until 01.00am Monday to Sunday.
- To provide an outdoor seating area.

The postal address where the register will be kept and the application may be inspected is: Solihull Metropolitan Borough Council, Licensing team, The Core, Theatre Square, Homer Road, Solihull, B91 3RG.

Any person wishing to make representations on this matter shall give notice, in writing, stating the nature and grounds for making such representations to the licensing team at the above address or by email to licensing@solihull.gov.uk on or before the 27th February 2025

It is an offence under section 158 of the licensing Act to make a false statement on or in connection with an application and the maximum fine on summary conviction of such an offence is £5000



# Local Independent Indian Takeaway Wins "Best Takeaway in England" at the Prestigious English Curry Awards 2024

Chutney Express, a family-owned and independently operated Indian takeaway located at 8 Hurst Lane, Castle Bromwich, B34 7HR, is delighted to announce its victory as the overall winner of the "Best Takeaway in England" at the 13th English Curry Awards. The highly anticipated awards ceremony took place on Monday, December 2, 2024, at Walsall FC's Poundland Bescot Stadium.

After entering the competition earlier this year, Chutney Express quickly captured the hearts of its local community, where it has been serving authentic Indian cuisine for over a decade. Renowned for its vibrant flavors, fresh ingredients, and dedication to quality, the takeaway has become a beloved staple for customers in Castle Bromwich and beyond.

This prestigious recognition reflects the hard work and passion of the family behind Chutney Express, whose mission has always been to deliver exceptional food and service to their customers.

Owners Mahmud Rahman and Sohail Ahmed expressed their excitement and gratitude:

"We are absolutely over the moon to have won. As a small, family-run business, this recognition means the world to us. We've poured our heart and soul into every dish we serve, and this award is a huge milestone for our team. We are deeply grateful to our loyal customers and everyone who has supported us along the way."

The English Curry Awards celebrate excellence in the curry industry, spotlighting the talents and contributions of restaurants, chefs, and takeaways across the country. Winning the "Best Takeaway in England" award is an extraordinary achievement, underscoring Chutney Express's unwavering commitment to culinary excellence and community connection.

**For more information about Chutney Express, visit 8 Hurst Lane, Castle Bromwich B34 7HR**

**Telephone 01217493377 Website [www.chutneyexpress.net](http://www.chutneyexpress.net)**



## St Peters and St Pauls Water Orton

### Lent reflection

**by Peter Norman, Assistant Curate at Water Orton Parish**

It seems that even before the new year fireworks go up, retail shelves are beginning to be loaded with easter eggs. But in the christian calendar there are a couple of things that would be missed if we focussed so quickly on easter. So although it's really important, perhaps even the most important festival for Christian's we will write about that next time.



As I write this we are in the season of

epiphany which marks the time when the magi (wise men) arrived to pay respects to the young child Jesus and we are heading towards the season of Lent.

Lent is traditionally a time of Christian fasting and learning, it remembers the period of time which Jesus was tested in the wilderness. Lent begins on Ash Wednesday. This year that is 5th March and some Christian's still mark the day with a special service in their church and can have crosses of ash marked on their foreheads. Water Orton will be offering an asking service at our 10am communion that day and a shorter service of ashing at 7pm Ash Wednesday is the day after Shrove Tuesday also called pancake day. Shrove Tuesday was an opportunity to use up excess food before the fasting of lent. Some of you may well be familiar with "giving up" something for lent such as a favourite treat like chocolate, wine or biscuits. This helps us consider what it was like for Jesus without food for forty days. Imagine the strength of will he must have had to go without for that long and even then at the end to say no to food offered to

tempt him into sin.

Lent can also be a time for taking up something, friends have sometimes taken up extra times of prayer or they have promised to do something nice for another person every day.

I have also used Lent to take up extra study with friends on a Lent course.

The original meaning of Lent is rooted in a sense of lengthening or being drawn out. The idea of drawing nearer to Jesus in study or discipline



If you would like to take part in a Lent study group there is one running in Water Orton for people from the Coleshill, Water Orton and Castle Bromwich area. This year

it is focussing on Journeys and suffering. The course was put together by the charity "Embrace" who work predominantly in the middle east. Its at the White City Community Centre for five weeks starting 14th March at 10.30am one week after the World day of prayer service in Water Orton Parish Church. For more details or to book on please get in touch with. Gill Day on 07818 060900

However you choose to mark Lent I pray that it will lengthen your reach to God and allow you to draw near to Jesus before Holy Week when we celebrate Jesus as King, sacrifice and redeemer.

**God Bless you**

**Parish Church contacts:**

Water Orton - Rev. Peter Norman  
0121 7302081

Email: [peter@extensify.co.uk](mailto:peter@extensify.co.uk)

Coleshill - Rev. Sarah Tillett  
01675 462188

Email: [ColeshillVicar@gmail.com](mailto:ColeshillVicar@gmail.com)



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# CURDWORTH WI

It's the start of a new year for us girls at Curdworth WI and a great new programme of events.

Our year always begins with our New Year Lunch at Grounds Farm, a lovely way to begin the year and an event that is always so eagerly anticipated and enjoyed, setting the scene for the year to come!

If you've not 'investigated' us yet, make 2025, the year that you do. A ladies cub has such an important place in a woman's life – a place where she can forget the chores and cares of everyday life and take a couple of hours off, a couple of hours of 'me' time! A time to share a cuppa and a chat with other women, make new friends, listen to an interesting speaker and a time to relax.

Take a look at the first half of our year's programme and come along and join us at one of the events. We meet at 7.45pm on the first Thursday of the month at Curdworth village Hall. Looking forward to seeing you!

**FEBRUARY 6th RESOLUTIONS MEETING** / History of the Circus and Juggling

**MARCH 6th Life of a Smallholder and Self-Sufficiency Illustrated Talk**

**MARCH 14th ANNUAL SKITTLES EVENING & SUPPER**

Curdworth Village Hall – prompt 7.30pm start.

**APRIL 3rd The Domestic – A Woman's Role**

1st Part 1900 – 1930

**MAY 1st Richard III – From Villain to Hero**

**JUNE 5th Therapy Dogs**

Charity Donations Welcome

**JULY 3rd ANNUAL SUMMER SHOW**

Evening Speaker – Barn, Spun Yarn & Farm



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**26<sup>th</sup> March 2025**

**Curdworth Village Hall B76 9HH**

**Time: 7:30pm**

**Ticket Price: £7 inc glass of prosecco**

**For tickets call Liz 07811 147728 or Sue 0121 747 4366**

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# THE HUB NEEDS YOU!!

**So, are you up for a New Year Challenge?**

**Have you got 3 or 4 hours each week that you could give back to others in your local community?**

Here at the Hub, we listen, we support, we assist, we look things up for others, we find a phone number, we help compile a difficult email. We signpost people to other agencies, often specialist services, we care, we are here for others when needed.

Everybody needs some help sometimes, and often the most difficult thing is actually asking for assistance, but we – here the Hub, are kind, patient, accepting and welcoming, we are ordinary people, who do all of the above. We'd like you to join us.

Whilst volunteering at the Coleshill Community Hub you will also make new friends, feel part of the team, learn new skills and maybe find a flair for something new to expand your life. Come along and

just meet us, pop in to chat or just to see where we are, you'll be surprised how open, friendly and informal we are. We are still professional and structured, and work within clear parameters, but we are also proud that we have a heart, a conscience and time to provide others with the information, time and support that they might need.

All in all, we are simply doing the best we can, with the issue or challenge that comes to us, to support, care and facilitate the person in front of us. If it sounds to good to be true, just pop in and see what you think, you'll always be made welcome.

**The Coleshill Community Hub,  
through the Green Door on  
Sumner Road, Coleshill, North  
Warwickshire, B46 3BG. Tel 01675  
462517. [www.communityhub.org.uk](http://www.communityhub.org.uk)  
Open: 10.00 am to 1.00 pm Monday  
to Friday. All are welcome.**

**Contact Helen on [helen@coleshilltowncouncil.gov.uk](mailto:helen@coleshilltowncouncil.gov.uk)**



## HALL FOR HIRE

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**TWO WARM HUB'S**

**Community Centre  
(Tue only) 10 to 1  
and at**

**Town Hall Tue to  
Thu 10 to 1**

**Come in for a chat  
and activities if you  
wish.**

**Free refreshments.**

**INFORMATION**

**Help and support for any issues or  
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**All welcome, come and visit us  
for a chat and see how the Hub  
could help you.**



**Full Town Council  
Meeting – 26<sup>th</sup> Feb  
Town Hall -  
Old Court Room**

**Sumner Road, Coleshill  
Tel. 01675 462517**

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

**[www.coleshillhub.org.uk](http://www.coleshillhub.org.uk)**

**[coleshillcommunityhub@gmail.com](mailto:coleshillcommunityhub@gmail.com)**

**GROUPS**

**Parkinson's Cafe  
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(Coleshill/  
Water Orton)  
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**GROUPS**

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# What A Super Coleshill Christmas Charity Fair...

*We decked the hall with lots of stalls,  
With tinsel and glitter, and festive balls.*

*We encouraged young singers from two local schools,  
Whose voices & faces were like beautiful jewels.*

*Food was a plenty, and the face painting seasonal,  
The laughter and mood was above 'simply reasonable'!*

*The Youth Band was uplifting, they played from the  
heart, And the dances all grooving and playing their part.*

*Good money was raised for local clubs and groups,  
Tombola's and raffles – enough for the troops!*

*At the end of the fair, everyone was weary,  
But the cause was beneficial, 'cos that was the theory.*

*Coming together as a community and as friends,  
Enjoying Christmas together, is not just the means  
to the ends!*

Wishing everyone who helped, contributed, donated,  
attended and got involved a huge THANK YOU and a  
very Happy New Year.

**Thank you too** – Fusion Dance, Coleshill Youth Brass Band, St. Edwards R.C. School choir and Coleshill C. of E. Primary School choir. SANTA for finding time in his busy schedule to come along to our Grotto and join us for 4 hours of his precious time. The elves and pixies who manned the grotto! The Town Mayor for supporting and opening this Fair. All the stall holders. All the volunteers and helpers who worked hard (and staff). Jen Baker for the refreshments. Sam Hirons for the Facepainting. Chantry House for the car park. All the 'setter-uppers' and the 'clearing downers!!' The parents and carers who transported and supported their singers, dancers and players. Adam Smith & Dan Birds for the posters. The local Fire Service officers who joined us and the local Police and PCSO's who attended too. The generous and amazing grotto-prize-donators – Donna Shingler, Contracts Manager CBRE GWS, Elisha Gray & Amelia Rose Marples of Boden Group, Georgia Cichuta & Robert Haydon of Sync Energy and Manager Leon Exton-Rusell and Lorna Hickey at Sainsburys Hams Hall Distribution Centre. (CSR Corporate Social Responsibility – what does your business give back into the community?)



## SHARE A STORY

contact:

[serena.postgroup@outlook.com](mailto:serena.postgroup@outlook.com)



## COLESHILL & DISTRICT GARDENING CLUB

We will be holding our **ANNUAL GENERAL MEETING** on **Monday 17th February** at:

Coleshill Community Centre  
2 Temple Way, corner of Station Road  
Coleshill, B46 1HH

7.30pm

We will be taking annual membership fees of **£15 per member**. We will not be taking monthly subs at the meeting.

New members are more than welcome. Refreshments will be a "Bring and Share Supper", tea, coffee, wine will be included.

For any further information contact Meda on **07549037477**



# BOOKINGS NOW BEING TAKEN

FRIDAY 14<sup>TH</sup> FEBRUARY 2025

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## Protect your Home

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

For most people, the answer to both of those questions will be a resounding yes. So with that said, why have so many people still not safeguarded their home the RIGHT way?

**Imagine this...**

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

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

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

**Don't leave your home open to any risks.**

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



**For Couples**

If you jointly own your home, we can protect your property with one of our powerful Protection Wills. These wills provide your partner/spouse with a right to continue to occupy the property and buy a replacement property if necessary. The capital share you have in the property will also be protected. The property is also safeguarded from local authority means testing.

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

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

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

**Act now!**

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

**Do you have Savings?**

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

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

Act today and protect those you love

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

**Accord Legal Services Ltd will help you every step of the way.**

For more information please contact....

**Paul Palmer**

**0845 055 9415 or email;**

**paul.palmer@accordwills.co.uk**



**To GOD be the GLORY for ever and ever. AMEN.**

We are an Assemblies of God (AOG) Pentecostal Church who meet every Sunday for praise and worship, and to spend a time of intimacy with God.

**Searching for answers to the big questions of life?**

**Are you hungry for more of God?**

**Or simply curious to know how we "do church"?**

**All are welcome to join us**



**Sunday 5pm**  
**Victory Hall**  
**76 Chester Rd**  
**Castle Bromwich**  
**B36 9BU**

Car parking available at The Men's Club next door.

X12 bus stop close by

We have various Bible study and prayer groups during the week as well as a Craft Club at Victory Hall.

Or join us at The Filling Station at Knowle Village Hall, St John's Close Knowle B93 0NH on the first Monday of each month for a joint worship meeting with various church denominations around the area.

For more details see our website on: [www.mcflifechurch.com](http://www.mcflifechurch.com)



# Coleshill Conservatives - Working for local residents.



Happy New Year from your local Conservative County and Borough Councillors for both North and South Coleshill (L to R) Martin Watson, David Humphreys, Peter Fowler, Colin Hayfield and Caroline Symonds.

We work as a team to represent and support the residents and interests of Coleshill. The County Council border extends as far as Arley, and includes, Maxstoke, Fillongley and Shustoke for Cllr David Humphreys covering the South Coleshill Ward.

The North Coleshill County Ward area includes, Water Orton, Curdworth, Lea Marston, Nether Whitacre, Middleton and Wishaw for Cllr Watson.

Cllr Watson is the Borough and County representative for HS2. Cllr Watson recently brought Sir Mark Worthington, the independent construction commissioner to our area to show him first hand the scale of the issues felt by residents. Get in touch with Martin on martinwatson@warwickshire.gov.uk for

all things HS2. Watch this space for a local councillor surgery specifically on HS2.

Both David and Martin have worked to deliver a safer solution for the Green Man crossroads, and are continuing to pursue the delayed, and much needed High Street re-surfacing as well working with highways on road safety concerns by High Meadow School, Station Road and the Roman Way estate. Contact Cllr David Humphreys on davehumphreys@warwickshire.gov.uk.

Cllr Colin Hayfield is the current Mayor of North Warwickshire, an archaeologist and historian with a long standing involvement with the Coleshill Civic Society. Get in touch @ Mayor@northwarks.gov.uk to get him involved in local events.

For any individual concerns, issues and support – get in touch or come along to a surgery. We will be publishing our monthly drop in sessions here in the Coleshill Post and on B46 Facebook pages or contact peterfowler@northwarks.gov.uk

We are keen to engage with the local community and have spent time recently working with the police to share the impact on the community of the recent spate of vehicle crime, and anti-social behaviour.

We wish to invite residents to an informal drop in session to chat to us as Councillors with our Local Safer Neighbourhood Police Officers.

**Drop In @ Coleshill Cricket Club**  
**On Thursday 27th February**  
**Between 6:30-8:30pm**

## Borough Council shop Front grants and increasing the work of Streetscape

Our Town is very important to us and we recognise that it is important to get residents back to the High Street. One of the grants from the 2024 budget that is starting to be seen in Coleshill, is the Shop Front support grant, which enables small retailers to apply for a grant towards the improvement of their Shop front, so far £25k has been allocated to Coleshill.

Streetscape – One of our biggest complaints is about litter and street cleaning, we have put an additional £100k into the North Warwickshire budget for additional street cleaning and have planned for additional jet washing and street cleaning to support a 'spring clean' and refresh to get our town looking the way it deserves. Look out for our Litter Picking and Town Tidy Up events in the coming weeks and join with us.

## Are you an NWBC Housing Tenant?

Please get in touch if you are interested in being part of a Tenant representative group. We would like to see more of our Coleshill Tenants being represented to feedback to us on housing issues such as repairs and maintenance and communication with NWBC.

Contact me at carolinesymonds@northwarks.gov.uk If you would like more information.



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HIGH STREET, COLESHILL



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# BARNARDOS

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Changing lives.**

Barnardo's in Warwickshire are running a series of virtual webinars, aimed at parents, to raise awareness of the many forms of exploitation including County Lines, Child Sexual Exploitation and Online Exploitation.

The webinars intend to educate about the different forms of exploitation as well as tell parents how they can spot the signs and get help. It's a chance for parents to speak to an experienced professional and learn about support available in their area.

They are completely free of charge.

The sessions will be 60 minutes long over Microsoft Teams on:

Wednesday 29 January 2025 – 7pm-8pm

Thursday 10 April 2025 – 7pm-8pm

Tuesday 3 June 2025 – 7pm-8pm

To book a place on one of the sessions email:  
Rebecca.hill@barnardos.org.uk or Natalie.turner@barnardos.org.uk

## Yoga & Qigong

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[www.smallworldyoga.co.uk](http://www.smallworldyoga.co.uk)

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## Join our team at St Catherine's Bungalows Senior Care Leader

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Closing date: 14th February 2025

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# Community Growing

Laura 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 2024, Laura won the “Biodiversity” award at the North Warwickshire Allotment Federation awards for the work she has done on encouraging wildlife on her allotment and awarded “Best Allotment” by Coleshill Town Council in 2023. You can follow Laura’s allotment diary on Instagram, @lottieonthehill.



## Plotting for Success

One of the most valuable items in my allotment toolbox is my allotment planner. To me, it has become as important, if not more so, than a trowel or shovel when it comes to planning and working on my growing space. It keeps me on track throughout the growing season and reminds me of what is due to sown or planted and when.

Over the last few years, I have tried several different techniques for tracking my growing diary, including a regular notebook, and buying planners from professional gardeners. But for me, my favourite and most successful method has been a 6.9 x 6.5-inch sketchbook. I am a doodler. I doodle my plans; I like to look back at something visually pleasing that isn't just bullet points or lines of handwritten or typed out notes.



This is something which is enjoyable, for me, to look back on throughout the season and especially at the end of the growing year. My 2024 planner is probably one of my favourites! I extended it to include plot to plate ideas, what I'd sown during peak growing months, and my successes and challenges during the year.



My 2025 planner is currently a work in progress but it does have a slight change in that I am including some digital images – such as “games” like a scavenger hunt and a bingo card (which includes some non-allotment goals). I have copies of them on my phone so I can refer to them “on the go”, but also wanted to have them in my physical planner as a reminder when I look back on the year in December. These are fun things which you can use to engage younger gardeners throughout the season – you can make your own or I can share blank ones for you to create together as a family! For me, I'm an eternal big kid

and so I like to have fun games to keep myself engaged and enjoying my allotment journey even during those dry spells where it can seem a little bit boring. You know those periods – when we're waiting for those seeds to shoot out of the soil and it's taking too long!

The idea of my planner is going to be vital to keeping me on track this year, as it's potentially going to be my busiest and most exciting year yet. I am planning some 'tweaks' to the design of my plot as well as challenging myself to make the most of my growing space to become self-sufficient with the supply of seasonal vegetables all year round. And that doesn't include the challenges I have set for myself outside of the plot this year!

So when you are writing out your 2025 shopping list, perhaps you could consider adding a sketchbook and some pencils to it? You never know, it might also become one of the most important tools in your growing kit too.



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Castle Bromwich  
Hall Gardens

# News from Castle Bromwich Historic Gardens



The Gardens have been open to Members during January and we go back to normal opening days on February 15th. Wednesdays to Sundays from 10.30 – 3.30pm.

As always through we will be open every day during school holidays so from Sat 15th to Sun 27th we'll be open EVERYDAY.

The Courtyard Café, free to enter, is becoming a popular place to meet up for a warming hot chocolate and a lunch toastie. Find a bright day and pop by.

Why not combine it with one of our Parkland Ranger Guided Walks (Feb 6th) or our Winter Tree ID Walks (Feb 8th and 22nd), they really help you feel connected with the surrounding landscape. Forest School Saturday mornings start again in February.

## Family Activities

We have added a few new family focussed areas to the Gardens for 2025; a new shelter near the Mud Kitchen for more group and school nature based activities and a few woodland climbing frames under the walnut trees in the other corner of the site - helping the very young (3- 9) to stretch their limbs, and grow their physical confidence.

In the Courtyard you'll also see a new 'shed' where you can pick up and borrow a Nature Explorer Kit Bag any day we are open. Ideal for those first encounters with the wild for younger children.

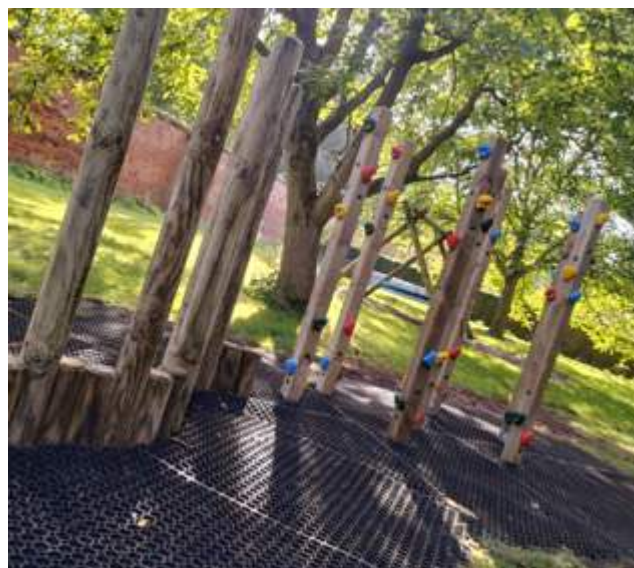


## Winter vs Spring in the Gardens

Despite the wonderful thought that the daylight is getting longer, I suppose we shouldn't expect too many fine days in the early months of the year.

Strange storm events apart we have had some glorious and stunningly beautiful days already in 2025. The ground is beginning to warm up just a teensy bit and those cheeky snowdrops are showing their heads...they really are 'harbingers of Spring'.

Over the last ten years or so the Gardens team have planted and nurtured hundreds of snowdrops in the formal beds and spinney areas. Year on year these have become naturalised and clumps have grown bigger. This month they should keep popping up and their white heads create clouds of lightness within the darker hazel twigs. The snowdrops will be joined by low growing Aconites, Hellebores and Cyclamen, bringing a little colour to our lives.



We are grateful for funding from both regional authorities (WMCA) and local businesses (Arconic in Kitts Green) for supporting these new structures... and of course our wonderful volunteers who have done a lot of the actual construction work.

As usual over school half term holidays we have lots of activities for young families to get out and get ahead with their 'more hours outdoors' goals. Find out more on our website or pop down when we're open.

We're open every day during February Half Term - from Sat 15th to Sun 23rd with self guided trails, a drop-in 'make a heart' on Sat 15th and pre-bookable Fires and Smores and Hapa Zoma sessions during the week.



We look forward to seeing you this month...

For times and booking please check the events pages on our website [www.castlebromwichhallgardens.org.uk](http://www.castlebromwichhallgardens.org.uk) Facebook, Instagram and Bluesky @cbhallgardens.bsky.social



# A new treatment for aches, pains and Injuries!



**Our skilled Musculoskeletal Podiatrists utilise Extracorporeal Shockwave Therapy to enhance treatment outcomes, helping you return to your favourite activities. Whether it's walking your dog, enjoying a round of golf, or training for a marathon!**



## What is shockwave treatment?

At Walsh Podiatry we offer Extracorporeal Shockwave Therapy (ESWT), a cutting-edge, non-surgical treatment designed to alleviate pain and promote healing without the need for downtime or side effects commonly associated with surgery and medication.

### Immediate Relief and Broad Applications

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5. - Delayed bone healing
6. - Hip bursitis
7. - Muscle injuries
8. - Sever's disease
9. - Osgood-Schlatter disease
10. - Morton's neuroma

# Free Foot Check ups for February

We all get regular check-ups for our teeth but when was the last time you had your feet checked?

It is something many of us overlook and neglect, and often we don't think about looking after our feet until there is a problem.

So many things can go wrong with our feet, from fungal nails to heel pain, that it pays to have an occasional check-up.

At **Walsh Podiatry** we are trying to change this for February by offering anyone a **FREE** foot check-up appointment. This is a 10 minute assessment of your feet where we will look at your circulation, sensation and motion and then give you any specific advice you may need.

Just give us a call and book in for your free assessment in February! **0121 749 6313**  
**Walsh Podiatry, 329 Chester Road, Castle Bromwich, B36 0JG, reception@walshpodiatry.co.uk**



## Radiant Dance Studio

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radiantdancestudio1@gmail.com

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## Life is a Minestrone

**By Indira Mahun**

**Do you know that you have two brains? Yes, it's true. Not many of us, because it is not a well-known fact, think about or know this. For most of us, the simple and learned fact is that we have one brain. It governs us, tells us what to do, what to feel, how to act and react, feel pain, and when to eat and sleep and carry out all other bodily functions.**

So where is our second brain? You may be surprised to learn that it is located in your gut. How many times have you heard someone say, 'I've got butterflies in my tummy', or 'I have a sick feeling in my stomach'? This happens when you are excited or nervous or even scared or emotional. This second brain is called the ENS - the enteric nervous system. This could explain why people say they have a 'gut feeling' about something. The brain and the gut are constantly talking to each other. The ENS controls your digestion and releases enzymes and controls your blood flow. The neurotransmitters it produces help to control and regulate your mood.

It makes sense then that we look after our gut as poor gut health can lead to many problems including a shift in our mood because it influences how we feel. A diet that is poor and lacking in the essential nutrients and a wide variety of foods (especially plants) can often lead to a 'leaky gut'. There are trillions of microbes that live in your gut and this collection of microorganisms make up your microbiome. Each person has their own individual microbiome, and this is affected and altered by your lifestyle, the choices you make in terms of diet and drugs, and even the environment in which you live. The leaky gut happens when the lining of the gut is damaged and some of these microbes - which are fine in the gut

but can cause damage elsewhere - leak out into the bloodstream.

So how can you ensure that you have a healthy gut? Diet is the key when it comes to a happy and productive community of microbes. This is where you can make a real difference, and you can start straight away. Wrong food choices can lead to gastrointestinal problems which will determine how you feel.

### **This is what I have learnt:**

1. Ultra-processed food is not real food.
2. Eating at least 30 different plants a week will keep your gut happy.
3. What you eat will determine how you feel - physically and mentally.
4. Eating low-fat and sugar-free foods does more harm than good.
5. All fats do not belong under the same umbrella.

### **Let's unpick this.**

What are ultra-processed foods? These are 'foods' which you would find it difficult to recreate in your own kitchen. They contain additives, artificial flavourings, stabilisers, emulsifiers, colours, artificial sweeteners and preservatives. If there is anything in the ingredient list that you wouldn't find in your own kitchen cupboard, then the chances are that the food is ultra-processed. According to the Zoe website, they also undergo a range of industrial processes such as hydrogenation and moulding and contain additives like dyes, stabilisers and deforming agents. They have high levels of unhealthy fats, refined sugars and salt. 'Diets high in ultra-processed foods have been linked with increased risk of heart disease, weight gain, cancer, and even mortality' (Zoe).

You can start to limit how much of these 'foods' you eat by choosing wisely. Read the ingredient list of what goes into your shopping basket. If you don't recognise it, avoid it. Buy whole foods - fruit,

vegetables, nuts and seeds, and dairy such as eggs, yoghurt and cheese. Even bread is highly ultra-processed, and you may be surprised by what goes into making it.

30 plants a week is good for the gut. Unbelievably, it is possible to eat 30 different plants a week. It may sound like a lot but it's perfectly doable. Plants are not just fruits and vegetables but also include nuts, seeds, olive oil, the whole variety of spices, pulses and legumes, wholegrains like black or brown rice, quinoa, and couscous, oats and whole wheat, and dark chocolate - yes, dark chocolate! Team the dark chocolate with a cup of coffee and add them both to your plant count. And, even better is that different plants means that you can count the same plant twice if it is another colour - like red, green, and yellow peppers. Download the Plantversify app and start counting today.

We really are what we eat. If we eat a diet that is mainly made up of ultra-processed foods, take-aways, anything high in sugar and salt, unhealthy carbs and some saturated fats, we are likely to feel tired, lethargic and even hungry all the time. These foods are designed to profit the people who produce them and that is why they are made to taste so good. The high content of fats, sugars and other additives make them addictive so we eat more of them. This results in weight gain and health problems. We all know the popular Pringles slogan - 'once you pop, you just can't stop' - and this is exactly as it is. It is not easy to adapt and change but, if you really want to feel better, give it a go. Say no to anything which looks like it will likely cause you harm in the long term.

Eating low-fat/fat-free and low-sugar/sugar-free foods does more harm than good. This is a con tactic designed to manipulate the shopper into buying foods that are labelled low in fat and sugar or free from fat and sugar. We are conditioned to believe that these foods

are healthier and better for us than the full sugar and full fat varieties. In fact, and this may surprise or shock you, the opposite is true. Just think about it. Does the free-from sugar and fat food still taste good? Of course it does otherwise we wouldn't eat it. How can this be though? Simply speaking, the real fat and sugar content that has been taken out has been replaced by other artificial fats and sugars to give it the same taste. However, these additional additives may mean that you are missing out on other essential vitamins and nutrients. Just think - what has gone into my low-fat yoghurt to make it taste this good? The Zoe website provides lots of useful information on this topic.

All fats do not belong under the same heading. That's right - all fats are not going to be harmful and make you put on weight. There are good fats and bad fats. The good fats can be found in foods like nuts and seeds, avocados, eggs, nut butters, fatty fish (mackerel, salmon, herring, trout, and sardines) and extra virgin olive oil. These have even been found to reduce the risk of heart disease and lower cholesterol levels. Avoid fats which are labelled 'saturated' and 'trans' and choose the ones that are 'monounsaturated' and 'polyunsaturated'. Saturated fats can often be found in processed and ultra-processed foods like sausages, ham, burgers and red meat. Trans fats are those fats that are in take-away foods and fried foods, cakes, biscuits, pies and margarines.

Looking after your gut doesn't have to be a chore. Adopt one thing that you might change and go from there. Giving up foods that you have eaten all your life will not be easy, but it can be done. A healthy and happy gut - remember, it's your second brain - means a healthier and happier you. So feed your microbes the food they love and let them party!





Contact details:  
Tel: Jayde 07789188381  
Email: calypsocise@hotmail.com



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11.15am - 12.15pm

Wednesday: Connection Church Centre,  
Cooks Lane, Kingshurst,  
Birmingham B37 6NP  
19.30pm - 20.30pm

Thursday: Coleshill Town Hall,  
High Street, Coleshill,  
Birmingham B46 3BG  
18.30pm - 19.30pm

Friday: Water Orton Methodist Church,  
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12.00pm - 13.00pm



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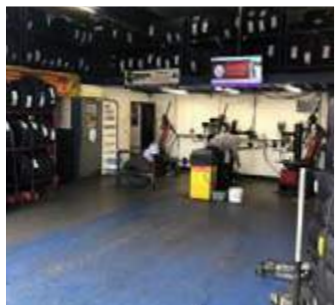
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# Pet Page

## Big Moves to Small Spaces: Selling and Downsizing with Pets in Tow



Moving to a smaller place is a big change, and when you have a pet, it can feel a little more complicated. It's not just about packing boxes and figuring out where everything goes—it's also about keeping your furry friend happy and calm through all the chaos. Pets pick up on their owners' emotions, so planning ahead and focusing on comfort can make a big difference for everyone. Let's break it down and talk about how to downsize with less stress, a lighter environmental footprint, and a happier pet by your side.

### Stay Calm So Your Pet Stays Calm

Your pet can sense when you're stressed out, and it can

throw them off balance too.

If you're feeling overwhelmed about the move, try to carve out some time to relax and keep things as normal as possible for your pet. Maybe you work from home a day or two to give them some extra company, or you could hire a pet sitter to stop by if things get hectic. Keeping their routine consistent—like feeding and walk times—can help them feel secure. When you're calm, it rubs off on them, making the move easier for everyone.

### Make Your Move Eco-Friendly

Moving can create a ton of waste, but it doesn't have to. Instead of packing everything with plastic bubble wrap or foam peanuts, check out biodegradable packing supplies. Recycled paper, cornstarch-based packing peanuts, and even old towels or blankets can protect your stuff while keeping things eco-friendly. It's better for the planet, and these materials work just as well as traditional options. Plus, knowing you're making greener choices can add a little extra feel-good factor to your move.

### Find the Right Spot for You and Your Pet

When you're downsizing with a pet, finding a place that suits both of you is key. Look for apartments or smaller homes that have features like dog parks or green spaces nearby. Some places even offer pet washing stations, which can make life a lot easier when your dog gets muddy after a walk. Proximity to trails or parks is a bonus, giving your pet plenty of opportunities to stretch their legs and explore. Take the time to research your

options to make sure your new spot will be a good fit for both of you.

### Brighten Up Your Space Before Selling

Getting your home ready to sell? Mirrors can be your secret weapon. Placing them across from windows can reflect light and make your rooms look bigger and brighter. A well-lit, open-looking space feels inviting and can help potential buyers feel at home when they walk through. It's a simple trick, but it can really make a difference, especially if your home doesn't get a lot of natural light.

### Let Go of Sentimental Clutter

Downsizing usually means letting go of some stuff, which can be tough if you're holding onto sentimental items. Instead of keeping everything, pick a few meaningful pieces to save. A memory box can be a great way to hold onto the most special things without overloading your new place. Another idea is to take photos of items you want to remember but don't need to keep. It's all about finding that balance between honoring your memories and making space for the next chapter.

Downsizing with a pet doesn't have to be overwhelming. With a little planning and a focus on what matters most, you can turn this process into an opportunity for a fresh start. Stay calm, choose eco-friendly options, and find a cozy new spot that suits both you and your pet. Before you know it, you'll be settled into your new space, ready to enjoy the next adventure together.

## Birmingham Dogs Home - Forever homes



### O'Malley

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

Meet O'Malley, our incredible Malinois who's looking for a loving and capable home! This handsome boy has had a bit of a tough start in life, but we're certain that he will make an amazing addition to the right home – he just needs someone who's willing to give him the time and understanding he needs.

O'Malley arrived into our care as a stray after being found tied up outside the centre, and despite his rocky start, he's still a very friendly and loving dog, who does enjoy fuss and cuddles once a bond has been established. He just needs an owner that can offer time and patience for O'Malley to come out of his shell. O'Malley is nervous and very under-socialised especially around new people in particular, so his future home will need to be patient and understanding as he adjusts to a new environment and learns to trust again.

He's super smart and eager to learn, and while he's not the fastest learner, he's definitely willing to put in the work! So if you're someone who's willing to commit to his training, then O'Malley will make a truly loyal and devoted companion.

It's essential that O'Malley is placed with someone who is active and experienced with dogs. Whilst also willing to give him the training and support he needs. O'Malley does thrive on routine, as he is a large dog with lots of energy and does need consistency in his day-to-day life. He can be known to startle quite easily on walks, so his future home will also need to be patient and understanding as he adjusts to a new environment and learns to trust new people. But he's such a sweet and intelligent dog, and we know he'll make a fantastic companion to the right person.

In our care, we have successfully Halti trained him for walks, but we do feel it's essential to continue his training in his

new home. O'Malley has also received muzzle training which is used for both introductions to people as well as vet visits, as he can be fear reactive.

O'Malley has received lots of vet socialisation over a few months, in our care to build up his confidence, and has come a long way since his arrival. However he is still be a bit wary of new people, at least at first, because of this he does wear his muzzle during vet visits as a precaution.

\*\*Any potential owners will be shown and given information regarding O'Malley's training. \*\*

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



# CURIOUS ABOUT CRUFTS? Win tickets to the world's greatest dog event taking place in Birmingham next month!

**More than 20,000 dogs are expected to head to the NEC Birmingham for Crufts 2025 from 6-9 March, with various exciting and action-packed canine activities like fast-paced agility, heelwork to music, flyball, obedience, and gamekeepers' competitions held across all four days. Whether you're a lifelong dog enthusiast or just looking for an unforgettable day out, there's something for everyone at Crufts.**

For those feeling inspired, the Dog Activities area will be running demonstrations and explaining how to get started in these areas. It's the perfect opportunity to explore new hobbies and meet the experts who can give unparalleled insights into getting started.

Tickets are free for under 9's, making Crufts the ultimate family day out. For young dog lovers aged six to 24, the Young Kennel Club, celebrating its 40th anniversary this year, offers a dedicated ring where visitors can discover how to begin their Crufts journey at any age.

Each day of Crufts will conclude with one dog earning their place in the prestigious Best in Show final on Sunday evening. The Terrier and Hound groups will compete

on Thursday 6 March, Utility and Toy groups on Friday 7 March, Gundog group on Saturday 8 March, and Working and Pastoral groups on Sunday 9 March. Just one canine Crufts competitor will be awarded the coveted Best in Show trophy, which in 2024 was taken home by Viking, the Australian Shepherd.

The popular Discover Dogs area will welcome over 200 different breeds, showcasing dogs of all shapes, sizes, and personalities. Visitors can meet a diverse range of four-legged friends, learn about their unique traits, and find out which breed could be your perfect match. Each breed booth has experts on hand to provide essential advice on responsible puppy buying, training, and care.

For dog owners seeking advice on training, The Kennel Club's expert trainers will be running engaging and interactive sessions full of practical tips and guidance in The Kennel Club's Good Citizen Dog Training scheme ring. Whether you're tackling basic commands or advanced skills, these sessions are not to be missed!

Meanwhile, the family-favourite Scrufts final will be held on Saturday and sees some of the nation's crossbreeds – who earned their place in heats across the country throughout the year – compete for the 'top dog' title.

On Sunday evening, one of five very special finalists will be crowned as the winner of the prestigious Kennel Club Hero Dog Award which celebrates extraordinary unsung canine heroes and is supported by The Kennel Club Charitable Trust. At Crufts 2024, Vesper, a heroic search and rescue Belgian Malinois, was announced as the winner. Four-year-old Vesper, and Niamh Darcy, a dog handler from Merseyside Fire and Rescue Service, were part of the chosen UK International Search and Rescue Team and were deployed by the Government to aid in the rescue mission following the horrific earthquakes in both Turkey and Morocco, where they worked tirelessly to locate survivors.

Crufts will also be home to a wide variety of trade stands, offering everything from luxury dog accessories and bespoke pet products to treats, toys, and gifts for dog lovers. Whether you're spoiling your four-legged friend or treating yourself, the shopping opportunities at Crufts are unmissable.

More information and tickets for the event are available on the Crufts website: [Crufts.org.uk](https://www.crufts.org.uk). Tickets are free for under 9s, and advance tickets start at £15 for children (aged 9-15) and concessions, and £22 for adults (fees apply). Please note

that tickets are only available through Crufts official ticketing partner AXS.

Win a pair of tickets to Crufts 2025

We've teamed up with Crufts to offer our readers the chance to win a pair of tickets to the event.

There are two pairs of tickets up for grabs. For your chance to win, send your answer to the following question by the 14 February to:

[editor.postgroup@outlook.com](mailto:editor.postgroup@outlook.com)

**What breed won Best in Show at Crufts 2024?**

- A) Labrador Retriever
- B) Border Collie
- C) Australian Shepherd
- D) Border Terrier

**T&Cs**

- Tickets are valid for any one day of Crufts between 6th and 9th March 2025
- This ticket does not include access to Best in Show or any separately ticketed events
- Prize includes 2x general admission tickets - no travel, expenses or accommodation is provided
- Winners will be picked at random and notified via email
- There are no cash alternatives or substitutions, the prize is not transferable.



**Suki's Canine Rescue Crew is a Charitable organisation, (CIC) operating solely with unpaid volunteers.**

Based in Coventry, we set up in 2012 to help educate dog owners & promote responsible dog ownership. Rescuing dogs out of time in the pound (Primarily in the Nuneaton and Bedworth District) & taking in owner relinquishment. We also provide safe, temporary foster homes for dogs while their

owners are in hospital, homeless or in need of any kind of respite. We go above and beyond to help the dogs coming into rescue by assessing their needs, ensuring essential vet care is given (neutering, vaccinating, flea/worm treating and microchipping where needed, and any training needs met. Then once ready, rehoming the dogs into an appropriate environment. We also work towards reuniting stray dogs with their owners, searching for missing/lost dogs. **OUR FACEBOOK PAGE** <https://www.facebook.com/SukisCanineRescue> **OUR SUPPORTERS GROUP** <https://www.facebook.com/groups/sukiscaninerescue> **OUR LOST AND FOUND GROUP** <https://www.facebook.com/groups/162312900483689> **OUR WEBSITE** <https://www.sukiscaninerescuecrew.com/> **OUR EMAIL ADDRESS** [sukiscaninerescue@gmail.com](mailto:sukiscaninerescue@gmail.com) Many Thanks Sioux Sioux Perkes Managing Director



SIoux



# My Slimming world journey



My journey started because I was going to become a surrogate; to start the fertility treatment a surrogate must have a healthy BMI, as I was 16stone 6lbs with a BMI of over 37, I needed to change, I started to cut down on foods I thought were unhealthy and lost a stone. I then began to struggle doing it on my own.

I had continuously spoke about my weight at work and my friend mentioned to me she was going to a local slimming world group and did I want to join her. I had heard about slimming world before as I have had friends join before and had great results, but I didn't understand the concept. However, I thought I would give it a go. On the 22nd of September 2021, with a starting weight 15stone 2 ½ lbs I went to my first slimming world group and there my weight loss journey began.

I learnt how to food optimise and stayed to group every week where I received help and support from my consultant and fellow slimming world members. After only 11 weeks I reached my Club10 at 13stone 9lbs. I started to feel the benefits of the weight loss, I suffered with back pain, as the weight dropped off, I felt the pain easing. A massive difference was changing our king size bed, I used to really struggle and get out of breath. But once I

started to lose the weight, I managed to change the bed with ease.

I went on to lose over 4 stone and reached my personal target after 10 months and became a target member 13th July 2022. I went from a dress size 18 to a size 12, I felt amazing in myself. The weight loss has changed my life, I have a young daughter and to be able to run around and play with her makes it all worth it. As I continue to maintain my target weight, I always found myself talking about my journey and recommending people to slimming world, it always made me feel good to inspire people with my weight loss and encourage them that they can do the same, my consultant made me aware of an opportunity event that was coming up so I decided to pop along to see if it was something I would be more interested in, so I took the next steps to become a consultant myself so I can inspire and motivate more people on their journeys.

Kirsty launched her brand new group on Thursday 30th January at Hodge Hill United Reformed Church. Coleshill Road, Birmingham B36 8BG

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Rachel Taylor MP, North Warwickshire and Bedworth



## Coleshill needs a reliable Post Office again

January might not be everyone's favourite month, but I've really enjoyed getting stuck in to a new year as your MP. I'm determined to make sure Britain has turned a corner and that a brighter future lies ahead. In parliament that has meant voting to create a new Armed Forces Commissioner who will stand up for military families, and for new rules cutting school uniform costs for parents and safeguarding vulnerable children.

In North Warwickshire and Bedworth, I have continued to hold HS2 to account for the disruption they are causing to residents. This month, I wrote to HS2 demanding answers about their unacceptable use of non-disclosure agreements for constituents trying to access compensation, and attended a residents' meeting at the HS2 site in Gilson Road where I pushed for them to unblock their dysfunctional complaints process and to open up the special cases scheme. When making a complaint to HS2, please make sure you put 'complaint' in the subject line of any letter or email.

Last year, I launched an HS2 constituent newsletter, where I will be sharing updates of what I'm doing to tackle this problem. Sign up to receive it at [www.rachel-taylor.co.uk/HS2/](http://www.rachel-taylor.co.uk/HS2/)

Campaigning in Coleshill, one issue that comes up a lot is the closure of the Post Office Counter and Post Box, and the poor service and sporadic hours at the replacement Post Office desk inside the One Stop shop on Coleshill High Street. It's not unreasonable for residents in Coleshill and the surrounding villages to expect to have a functioning Post Office.

This was an issue I took up straight away after being elected last July, when I wrote to the Post Office, Royal Mail and One Stop demanding improvements.

Since then, I haven't let the matter rest, and it was fantastic to see many Coleshill

residents at my community meeting at Coleshill Town Hall on 10 January. Nearly 100 people attended to hear from representatives of One Stop and the Post Office on what action they would be taking to fix things.

I'm pleased to have secured their commitment that the Post Office counter will now be open from 9am to 5:30pm Monday to Friday, and from 9am to 1pm on Saturdays, with plans to train more staff to build towards longer operating hours. One Stop will also be installing a new post box in the shop to replace the one that was removed from the High Street by Royal Mail, and One Stop will be introducing new security measures in the store.

While we did experience a small hiccup when the very next working day the Post Office counter didn't open on time, since then things seem to have greatly improved and I have not had any further issues reported to me. But if you do find the Post Office counter closed when it should be open, please do contact me because I am determined that from now on the people of Coleshill will have a functioning Post Office at the heart of their community.

**And a few more things...** We have local elections coming up in May. I am continuing to oppose Conservative-controlled Warwickshire County Council's attempts to delay them until next year – voters deserve to have their say.

I will be holding a drop-in surgery at Water Orton Community Library on 14 February 11am – 1pm and an appointment surgery in Coleshill on 29 March between 10am – midday. If there's something you think I could help with, please come along or make an appointment with my office.

**And finally, whether it's a policy question or a casework issue, I'm keen to hear from you – you can contact me at [rachel.taylor.mp@parliament.uk](mailto:rachel.taylor.mp@parliament.uk).**



## Coleshill Drama Group new production

A new year and a new play presents the latest challenge for Coleshill Drama Group. "Fate's Thread" by Stephen Bean is an intriguing play, which is a ghost story, a murder mystery and a light comedy all at the same time. With a cast of six, the Group welcomes some new members. Directed by Debbie Wall, the play presents challenges of atmosphere, lighting, performance and settings with scenes in an apartment and in a graveyard. It will be performed in Coleshill Town Hall on Thursday 6th, Friday 7th and Saturday 8th March at 7.30pm and also on Saturday 8th March a matinee performance at 2.00pm.

The play will be followed by a short, fun quiz.

Debbie said "we are meeting the challenges head on and are thoroughly enjoying rehearsing this play, it is great fun". Be sure to get your tickets for this fun night presented for you by local people, who love to entertain you.

Car parking is available opposite the Hall in Chantry House and doors open at 7.00pm. The usual licensed bar with Church End ale, and tea and coffee will be available. All tickets are priced at £12 (except under 16 years £10) and are available from Coleshill Library, Gascoignes of Coleshill, online at [coleshilldrama.co.uk](http://coleshilldrama.co.uk), or telephone Sue Wallace on 01675 462674.

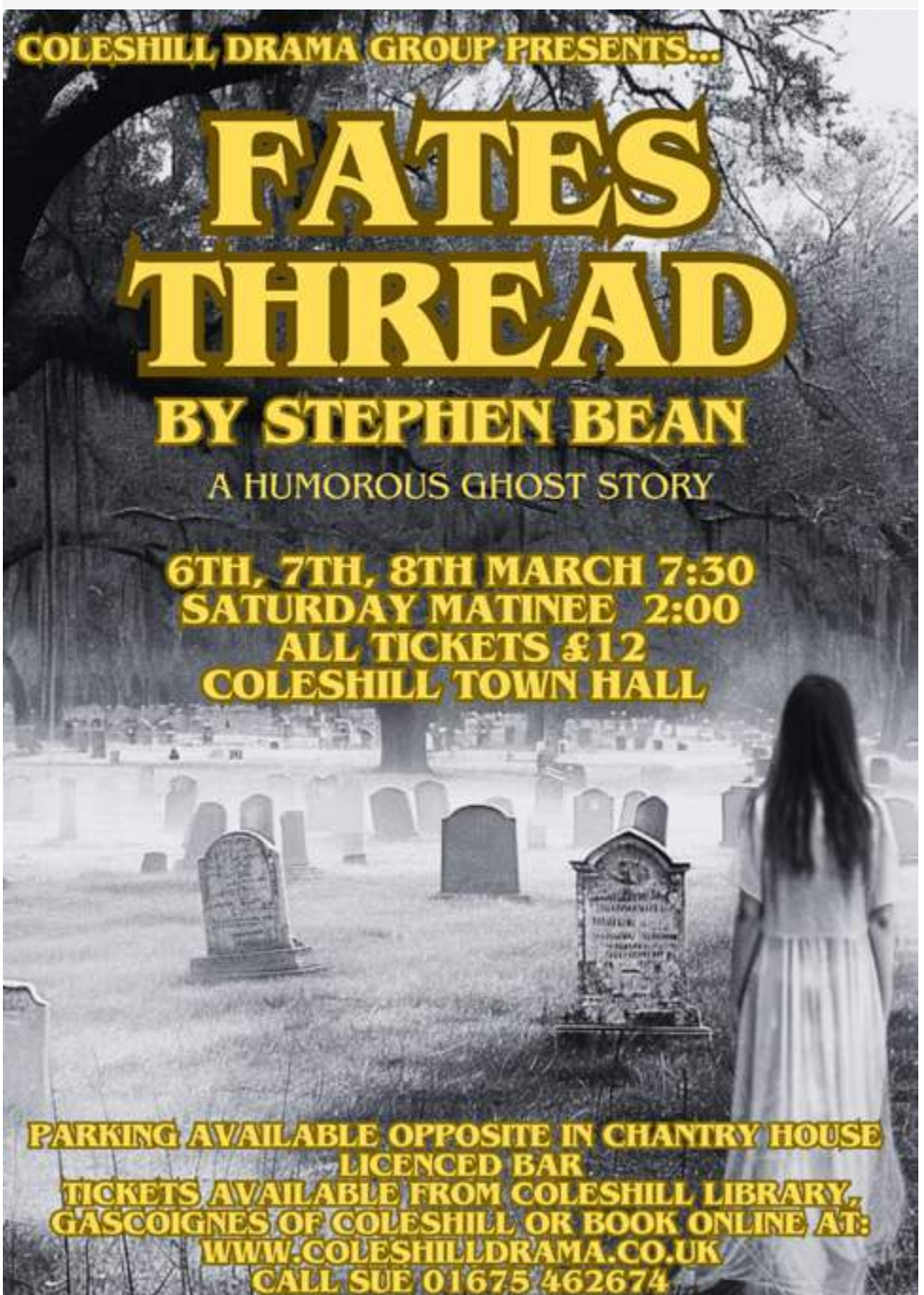
**COLESHILL DRAMA GROUP PRESENTS...**

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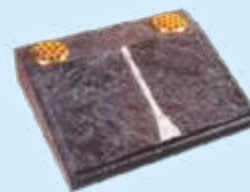
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# News from St Clement of Alexandria Green Lane, Castle Bromwich (known locally as St Clements Church)



*A poem by Spike Milligan starts:*

*Smiling is infectious,  
You catch it like the flu*

*When someone smiled at me today  
I started smiling too.*

When asked a question he said: I thought about that smile, then I realized its worth. A single smile, just like mine, could travel around the earth. So, if you feel a smile begin, don't leave it undetected. Let's start an epidemic quick, and get the world infected!

How often do we sit and listen, to ask questions of someone older who although they are no longer agile have led an interesting life and when they are no longer with us we wish we had taken the time to ask those questions. Why, what, when and how? From the generation that served in two World Wars to those that were left at home.

St. Clements Church, built in the 1960s, holds a rich history. Although we have some archival records, we are often reminded of the many important questions we wish we had asked.

Memories of the Sunday School, with its four classes of 12 children each, bring smiles to our faces. One snowy day, the Christmas Party seemed impossible; we trudged up the road, convinced no one would come. But they did—and what a wonderful time we had!

The youth group's participation in the 26-mile Birmingham Walkathon was another highlight. A van was essential to support them, ensuring the day's success. The Boys' and Girls' Brigade added their own flair, exploring the world, performing with a vibrant band, and, of course, having their own 'football' team.

Then there were the camps, where participants were explicitly told to bring only plastic plates—yet someone

inevitably brought metal ones. The clatter they made in the middle of the night when someone got up was unforgettable! Outings to places like the American Theme Park, with everyone piling onto the coach, were the foundation of cherished memories.

Those truly were the days, filled with laughter, adventure, and moments we'll never forget.

While we still create memories, the ways in which we do so have changed over time. In the past, there was no such thing as Safeguarding Policies or Data Protection, both of which are vital today. As you enter the church, you'll find our Safeguarding Policy displayed on the noticeboard, having been re-adopted by the PCC in September 2024. It's also available on our website and Facebook page. We encourage anyone with concerns to reach out to our Vicar or Safeguarding Co-ordinator. As a church, it is our mission to ensure everyone feels safe, valued, and appreciated.

At the end of November, a group of intrepid adventurers visited Worcester Victoria Market. Blessed with good weather, they returned tired but happy after a delightful day. December is always a busy month for churches, and ours was no exception. From the Festive Tea and Entertainment at the start of the month to the Christingle service led by the 4th Castle Bromwich Brownies, the season was filled with joy.

A stand out event was the evening of December 22nd, when St. Mary and St. Margaret joined St. Clements under the direction of Stuart Jeffs, who wrote the inspirational "Born to Love." The talent on display from the band and singers was remarkable, and the opportunity to sing beloved carols together was truly uplifting. We hope this becomes a cherished annual tradition.

The Crib Service and the Nine Lessons and Carols brought the congregation together to hear passages from the Bible in anticipation of the birth of Christ. The stable was lovingly prepared and waiting, symbolizing the moment when there was "no room at the inn."

Standing still is never an option for St Clements. We have various events planned. Our annual Beetle Drive on the 15th February with those delicious puds is certainly one that has become a fixture in our calendar. Laughter is the order of the day and those puds, well what can I say 'master chef here we come'.

A slight change to one of our long running Groups in 2025. Crafternoon now runs every other Tuesday from 2 - 4 pm. Dates for February are: 4th and 18th and then every other week. On the other Tuesdays in any month is the Twenty21 Group which also runs 2 - 4 pm. For those that want to make new friends, enjoy knitting, crafting, exchanging books or just want to natter then these Groups are for you.

St Clements Forget Me Not Memory Café for those with memory loss or their carers group runs twice a month on the 2nd and 4th Thursday from 1 - 2.30pm in the Church café area AND then but not least our Mary Bridgeman Tea and Coffee Lounge (café) runs every Monday from 9.30 to 12.30 pm. Except bank holidays. Don't stand on the threshold, come in and join us, you will be made very welcome and the café does do a 'mean' bacon or sausage sandwich.



We try to stay open, but all our Groups are run by volunteers from the Church

and occasionally we do have to close for reasons beyond our control.

Like many others, we take down the Christmas tree and decorations at Epiphany on January 6th. However, tradition holds that manger scenes should remain in place until Candlemas, the final feast of the Christmas cycle, which falls on Sunday, February 2nd, 2025. Visitors to St. Clements during January will find our manger scene still lovingly displayed. This special feature includes Mary, Joseph, and all the other "characters," beautifully hand-knitted by members of our congregation.

As the new year begins, keep an eye out for the first snowdrops blooming in the small garden beneath the church noticeboard. Soon after, the cheerful daffodils of spring will follow. These simple sights remind us of the cherished memories of those who came before us, weaving the rich tapestry of life we enjoy today.

**Here's to a bright  
and blessed 2025!**

**For more information please  
get in touch in all the usual ways:**

**Phone: 0121 274 7120**

**Church Website:**

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# Interiors & Decorating



## Platinum February Update

We thought for this month we'd have a more in-depth look at wallpaper and the various ways it can be used in your home. Choosing a wallpaper can be a minefield, there are literally thousands of different designs to choose from and as if that isn't enough it's also worth taking into consideration the quality. A poor quality paper will be far less likely to leave a good finish, regardless of how experienced you are, this is further complicated by it not being as simple as getting what you pay for- it's not always the case that more expensive papers are higher quality. With that in mind we'd suggest reading any available online reviews that focus specifically on difficulties in working with the paper. Better still, if you get the chance then seek the advice of a professional decorator- we've worked with all of the most commonly used brands and will be able to advise you whether or not you're going to have any problems.

Now, let's get back to deciding on a wallpaper. For a long time it was fashionable to just have one or two papered feature walls in a room but over

the last couple of years we've been seeing a bit of a shift back to having whole rooms papered. The first thing to decide is whether you want to make a bold statement or simply add a bit of subtle texture to a room. Using a wallpaper with a neutral colour but some texture can add interest and warmth to a room without taking the focus away from decorative features such as fireplaces. Textured papers are often considered to be more traditional but there are many modern variations available that feature subtle patterns that appear to change depending on lighting conditions. Another advantage of textured paper is that it can disguise uneven walls and due to being thicker is usually easier to work with.

Another option is to look at patterned papers. If you are tempted but nervous about using flamboyant patterns then it can be good idea to try something out in a room that isn't used as much such as a spare bedroom. This can give you an idea of what it's like to live with while not being in your face on a daily basis. A commonly held belief is that larger patterns are better for bigger rooms and small patterns are better for small rooms. While this can be the case it's also true that using a large pattern in a small room is great for creating a sense of drama. It's important not to feel restricted when

considering paper for small rooms. We've seen many examples of small cloakrooms that have been papered using busy and intricate patterns to great effect. Pattern designs that run vertically can have the visual effect of extending the walls from floor to ceiling, this can be useful in rooms with low ceilings to create the illusion of more space. Using a paper with a dark, bold pattern in a small room or a bedroom can really enhance the feeling of a cosy, relaxing environment, on the other end of the scale a busy, intricate pattern is not always the best option for bedrooms as these can be less relaxing and are better suited to rooms or areas you spend less time in. In rooms with poor light metallic papers can bounce any available light around the room which can greatly improve the natural light available. On a large flat wall in a big room a soft, delicate pattern that looks less distinct from a distance can have a softening effect and create interest across an otherwise flat and uninteresting walls.

Some technical aspects to take into account when choosing wallpaper are whether or not you will be lining the walls prior to papering. It is a misconception that if walls are in good condition they don't need lining, it is often the case that lined walls will provide a better, higher quality finish to your wallpaper by

reducing the risk of the seams opening. If you check the back of the label for the hanging instructions most wallpaper manufacturers will recommend or even insist on lining prior to hanging the paper. This means that if there is a problem with the paper once you've hung it and you haven't lined the wall the manufacturer won't accept any responsibility and you'll be left out of pocket. Also think about the manufacturing process- most modern papers are produced using laser printing but some more traditional papers such as Farrow and Ball are still manufactured using traditional processes. While this often means a beautiful, hand finished quality it also means that they are susceptible to discrepancies in the pattern. If you are a perfectionist then this might not be the type of paper for you. Before hanging the paper read the label to check if a certain type of paste is recommended. Generally ready mixed paste will be more effective and help you achieve better results than powdered adhesive. Due to their higher performance and they are suitable for the majority of wallpapers. Finally always remember to check the batch numbers on the rolls of wallpaper. If they are from different batches there can often be discrepancies in the pattern and colour of different rolls.

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# Castle Bromwich Parish Council News



## Welcome February

This new year, Arden Hall will host a variety of events including table tops, quiz evenings, tribute performances, wrestling and our **FIRST CAR BOOT SALE** in April. Information will be added to our village green notice board, website or Facebook page for more details.

## Annual Parish Assembly – Wed 5th March 6:30pm – Windsor Room

All Castle Bromwich residents are welcome to attend this meeting in order to talk about local concerns, share their views, ideas and opinions about their area. We'll also hear from local professionals, clubs and societies of their work in the community. Additionally, grants from the Chairman's Charity Fund will be presented.

## Car Boot

Our first and hopefully not the last.... This April we will be hosting a car boot which will be situated at the rear playing fields' carpark.

Save the date – Saturday 26th April, open to the public at 9:00am.

If you wish to reserve a pitch then payment of £10 is to be made. We can accept Cash /Card /BACs Call 0121 747 7150

Sell from the rear of the vehicle, bring your own table. All packaging and unsold items to be taken home. CCTV in operation.

## PLEASE NOTE - NO VANS

Counterfeit products and bootleg media will not be tolerated on our premises. If found, you will be asked to leave.

## Table Top

On Saturday 1st February 10:00am – 12:30pm – our doors will open for the public. Many bargains to be had and a space to enjoy a cuppa in the Spencer lounge. If you require a table, then please contact Arden Hall front office on 0121 747 7150. Payment guarantees a table. All packaging and unsold items to be taken home.

## Party In the Park (PIP)

The Community & Leisure Officer Janine, is preparing for this busy annual event which is on Saturday July 19th between 12pm – 5pm. There will be craft stalls along with bouncy castles, local clubs that offer fantastic activities for young and old, those who use our hall and playing fields on a weekly basis plus the food village with various hot and cold foods, ice cream, donuts and more.

Volunteers are needed for PIP to make the day flow with ease. Under the guidance of the Community and Leisure Officer, we need help with multiple tasks, such as:

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

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

## Tribute Acts

Abba – 1st Feb. Rod Stewart 15th Feb.  
Pink 1st March Soul & Motown 5th April  
All tickets through tribute nights  
Call 0121 270 5886. / Email: tickets@tributenightpromotions.co.uk / Visit website <https://tributenightpromotions.co.uk/>

## MAKE A CHANGE BECOME A COUNCILLOR

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

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

## What do local councils and councillors do?

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

Local councils run numerous services, depending on the size of the council. Many of them you will see day-to-day, but some are less known. These include

setting up community groups, organising facilities for sports, recreation, and social events, making decisions on local planning applications, looking at traffic schemes to address congestion, parking, speeding, etc., establishing youth projects, and managing open spaces.

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

## How to become a councillor

A Parish Council can only be as helpful, connected and energetic as the people elected to run them, so we need councillors capable, enthusiastic and engaged to reflect their communities. You can find out more about becoming a councillor on The Electoral Commission and Local Government Association website. There are three ways that you can become a councillor; standing for election, filling a vacant seat after an election (co-opted) or filling a casual vacancy.

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

## Do you enjoy singing? Come and join us Castle Bromwich Singers

We sing a wide variety of music so come along and have fun whilst raising money for charity.



Rehearsals every Tuesday 7.30pm at The Baptist Church, Timberley Lane. B34 7HU

Contact Stella: 07973 676 761 or Greg: 07951 562 907

[www.castlebromwichsingers.org.uk](http://www.castlebromwichsingers.org.uk)

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# Little book giveaway

On Monday 20th January, children went out to 'look for a book' along Coleshill High Street. The event was organised for Blue Monday, which is supposedly the saddest day of the year, but not for Coleshill! Hundreds of books were found, bringing lots of smiles to the town.

The event was organised by The Little Book Fairy (Grace O'Malley) and the books were funded by local shops and businesses on the High Street.

The Little Book Fairy will be organising another book hunt for Easter. For updates, follow her on Facebook and Instagram @the\_littlebookfairy



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

## January update

Welcome to 2025, the new year is with us, although our environment remains within winters grasp for the time being, spring is only just around the corner. This is a time to consider our New Year's resolutions.

### New Year's resolutions

Coming into the new year this is a time to consider the future of our area and maintaining our local character.

When we want to influence our future, it helps to have a plan for it, A village plan for Castle Bromwich.

Village plans if well written cover the appearance and character of the area and seek to shape and manage the development of the area, these may carry significant weight in defending our area against unsuitable development proposals. If you think that residents and local Castle Bromwich organisations should collaborate to develop this, please share your thoughts.

Castle Bromwich Parish Council could be a wonderful resource in developing our Parish Plan but needs more Keen Castle Bromwich residents to drive it forward.

### Public Transport

We continue to push the combined authority for the return of bus services that connect Park hall area to our local shops without having to change buses to get there, minor changes continue to occur as given below: -

96 Airport - Birmingham Business Park - Chelmsley Wood - Smiths Wood - Erdington - Kingstanding

Services that are currently operated by Diamond will in future be operated by National Express West Midlands with some minor timetable changes to better co-ordinate services between the Airport and Chelmsley Wood. Let's see how this works out in practice

Further changes may happen in April.

### Water Orton Road

#### Safety scheme

The petition to address Water Orton Road service road rat running drivers attempting to avoid the new speed bumps on the highway was presented to Solihull MBC Main Council meeting on the 10th December and has now been acknowledged by SMBC, Several proposals have been suggested by residents:-

These are blocking off entrances, making this service road one way against the flow of traffic and adding speed bumps like the new ones on the highway.

The road surface is damaged in several places and speeding vehicles do not help! Watch this space !

### Fly Tipping

Fly Tipping of what appears to be cable theft waste and other items continues to be a problem reported to SMBC, much of this has now been cleared from opposite Park Hall School, we continue to work this with them.

### Regular Councillor Surgery at Castle Bromwich Library

The next monthly surgery is scheduled for Monday the 3rd of February 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

The Only Family Owned Funeral Directors in Castle Bromwich

# Hickton Family Funeral Directors

Trevor E.W. Hickton Ltd



### About Us

Established in the Black Country in 1909, the Hickton family have been serving the community through four generations.

The business currently in its 3<sup>rd</sup> and 4<sup>th</sup> generation of ownership, identified the need for a new modern independent funeral director to serve the Birmingham and Solihull areas.

Many of the long established funeral homes in the local area have been sold to much larger corporations over the past 15 years and have no family members left involved in the business. W.H. Painter, for example, are owned by Funeral Partners, a large nationwide corporate company.

We are the only family owned funeral director in the area now.

With our family ownership we feel in a position to give a much more caring service when called upon, compared to large corporate companies. We also feel we can be much more cost effective in comparison to the corporate funeral homes.

### The Basic Funeral Package £1400.00\*

Including - Professional services, transfer from place of death, care of loved one, hearse, simple coffin, funeral director, bearers.

### The Traditional Clent Funeral Package £2350.00\*

Including - Professional services, transfer of your loved one from place of death, preparation and viewing of loved one in a traditional coffin, care of loved one, hearse, one limousine, funeral director & bearers. 4ft floral coffin spray, 40 order of service booklets, ashes scatter tube, donations box and 6 bereavement support sessions.

\*cost excludes cremation, burial, doctors or minister's fees.

All costs are correct up until April 2021



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Smart Planning for Later Life

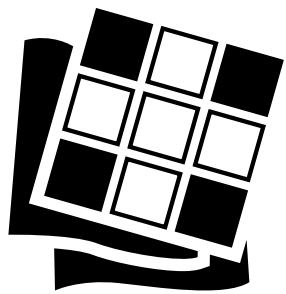


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# Puzzle Page

**ACROSS**

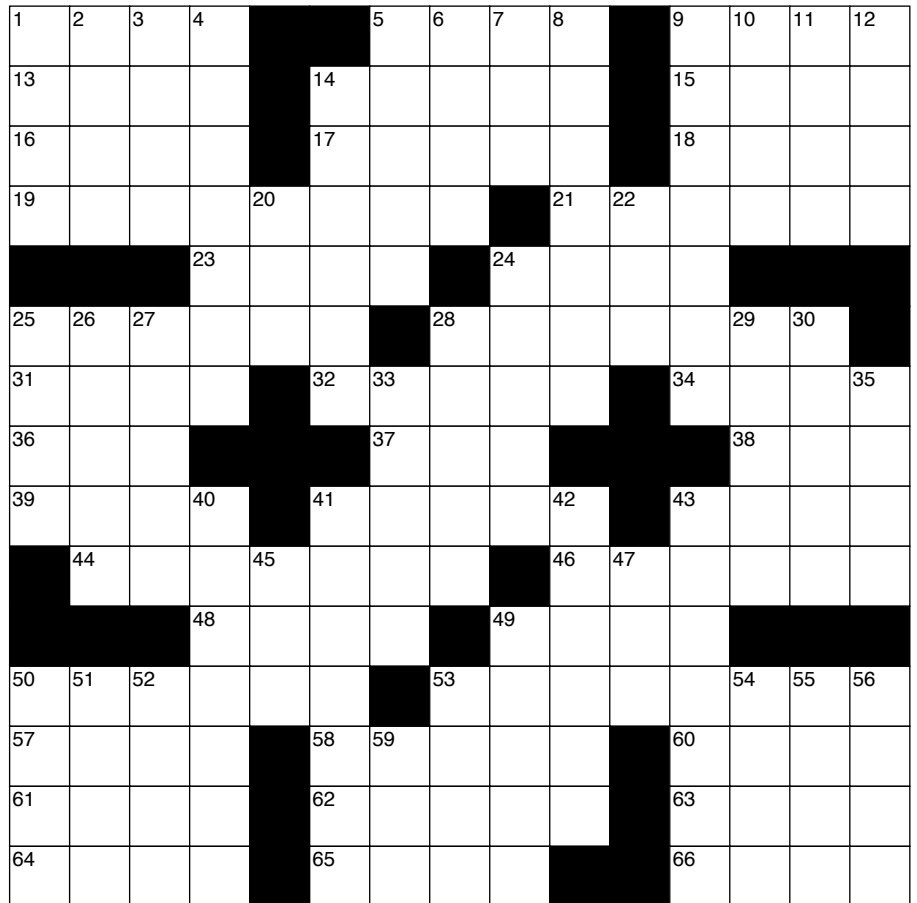
- 1 Carbonated drink
- 5 Wire projection
- 9 Small ground plot
- 13 Among
- 14 Keyed
- 15 Air (prefix)
- 16 Seed
- 17 Japanese car
- 18 Shallow area
- 19 Love to loneliness
- 21 Capital of the Bahamas
- 23 Professional football team
- 24 Similar
- 25 Tropical fruit
- 28 Person from Flanders
- 31 Not fake
- 32 Shoot clay pigeons
- 34 Popular American desserts
- 36 Make a mistake
- 37 Neither's partner
- 38 Spiritedness
- 39 Large freshwater fish
- 41 After fourth
- 43 Recess
- 44 Protective covering for ears
- 46 Minded
- 48 Not well cooked
- 49 Engage in a boxing match
- 50 Bach's first name
- 53 Group of Protestant

57 Iraq's neighbor

- 58 Lessen
- 60 Billions of years
- 61 Allow to borrow
- 62 Chest wood
- 63 Comedian Jay
- 64 Duds
- 65 Paradise
- 66 Alter

**DOWN**

- 1 Soap Opera
- 2 Bode
- 3 Mud
- 4 Navy Rank
- 5 Coverings for the feet worn for protection
- 6 Green Gables dweller
- 7 Radiation dose
- 8 Used on bed for warmth
- 9 Edible white root
- 10 Dregs
- 11 Region
- 12 Meat alternative
- 14 Doubting \_\_\_ (an apostle)
- 20 New Year's \_\_\_\_\_
- 22 Place
- 24 Warn
- 25 Secondary
- 26 Eagle's nest
- 27 Warm outer jacket, often with a hood



By Jimmy and Evelyn Johnson - www.qets.com

- 28 Give away a fief
- 29 Sharp cold
- 30 Birds that make a gaggle
- 33 Sharp weapon
- 35 Rushed
- 40 Missions
- 41 Apparatus in which heat is generated
- 42 Receptacle
- 43 In the air (pl.)
- 45 Woman's partner
- 47 Cave dweller
- 49 Devil

- 50 Break up
- 51 Dunking cookies
- 52 Execute
- 53 Ordered
- 54 Look for
- 55 Firm up muscles
- 56 Frozen form of precipitation that falls as flakes
- 59 Pillow place

## Word Search

W R I H I T M E T I T O N Y  
 N Y O C I I A E U S R B O R  
 H E E K T B N K N A R O I A  
 T T S T Y R E E R H A O T U  
 T E E V A R L R E A R T U N  
 Y N D G A O E W N Y P S L A  
 S Y T S O R F T I A I S O J  
 T H E W B E S T S N T D S A  
 C A R N A T I O N U T E E Y  
 I N T B L A N K E T L E R T  
 H E E A R M U F F S S B R L  
 E T I B T S O R F Y N E A I  
 R N R Q S M R O T S O Z L U  
 V B L I Z Z A R D Q W F G Q

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

- Blanket
- Frosty
- Quilt
- Blizzard
- Garnet
- Resolution
- Blustery
- Hibernate
- Ski
- Boots
- Ice
- Snow
- Carnation
- January
- Storms
- Earmuffs
- Mittens
- Winter
- Frostbite
- Parka
- Woolens

Answers to the puzzles if struggling are on page 33



# Coleshill On Stage Presents "Beauty and the Beast - The Pantomime" at Coleshill Town Hall

This February, Coleshill On Stage invites audiences to experience the magic and excitement of the beloved fairytale *Beauty and the Beast*, as the talented local theatre group brings this classic tale to life at Coleshill Town Hall from February 13th to 16th.

After months of rehearsals, the cast are ready to take the stage and deliver a heartwarming, family-friendly show, full of twists and turns, laughter, and unforgettable characters. With colourful costumes, catchy songs, and a generous dose of slapstick humour, this production promises to captivate audiences of all ages.

The story of *Beauty and the Beast* has long been cherished by children and adults alike. Alan P Frayn's Pantomime

on this renowned story presents these iconic characters like you have never seen before. Coleshill On Stage's Production puts their own spin on this classic narrative. Expect plenty of surprises, audience participation, and an unforgettable performance from both returning actors and some fresh new faces.

The talented team behind the production have worked tirelessly to ensure that the magic of the fairytale is brought to life through every detail, from the stunning set designs and projections to the enchanting musical numbers. Whether you're a regular attendee of Coleshill On Stage's performances or a first-time visitor, this pantomime promises to be an event not to be missed!

Tickets are available now, with shows running from Thursday, February 13th, through Sunday, February 16th. With affordable prices and a warm, welcoming atmosphere, this is a perfect opportunity to treat the whole family to an evening of entertainment.

Don't miss out on the fun — join Coleshill On Stage for a fantastical adventure as they bring *Beauty and the Beast* to life at Coleshill Town Hall this February! You won't be disappointed!

For more information and to book tickets, visit the website [www.coleshillonstage.co.uk](http://www.coleshillonstage.co.uk) or contact the team via email [tickets@coleshillonstage.co.uk](mailto:tickets@coleshillonstage.co.uk) or phone on 07935351539.



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16:00

All tickets to be purchased by Monday 31 March

£15 p.p including buffet style Afternoon Tea

All proceeds going to our 2025 chosen charity

To book tickets call Greg on 07951 562907, Stella on 07973 676761 book them online using the QR above

Please inform us of any dietary requirements when booking



# BEAUTY AND THE BEAST THE PANTOMIME

BY ALAN P FRAYN

A TALE AS OLD AS TIME ITSELF

COLESHILL TOWN HALL  
HIGH STREET, B46 3BG

Thurs 13<sup>th</sup> - Sun 16<sup>th</sup> February 2025

Thurs, Fri 7.30pm Sat 2pm & 7.30pm, Sun 12 noon

Tickets £15 each or Family £52  
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[tickets@coleshillonstage.co.uk](mailto:tickets@coleshillonstage.co.uk)  
 John Kerr 07935351539



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# Police News



All your latest news and information from the Warwickshire Police Local Policing Team for North Warwickshire South (Coleshill) and West (Water Orton/Curdworth)

## Good Result

Whilst on OP TRAVAVO vehicle crime patrols, officers in North Warwickshire got some good results in Kingsbury.

Two males from the Birmingham area have been charged and remanded in custody for a house burglary in Kingsbury where two vehicles were stolen from a property.

Officers were quick to detain the two suspects and recover the vehicles.

The incident occurred early hours on Friday 17th January 2025.

Incident number 25 - 17/1/2 relates.



We will NOT tolerate people offending in North Warwickshire and we will continue in our efforts to get these criminals off the streets and make the neighbourhoods as safe as we can.

If you have been affected by vehicle crime or would like some advice on how to keep your property safe, please come along to one of our Cuppa with a Copper events (details on following page) or email the team for your area using the emails on the last page of this newsletter.

## OP PLENTY

[#OpPlenty](#) has now launched in Atherstone and the surrounding villages.

The scheme was already running in Nuneaton and Bedworth, and since last year, there were 35 people visited as a result of Op Plenty.

Op Plenty involves our Safer Neighbourhood Team officers dropping by the homes of vulnerable people in our community for a cup of tea and a chat to check whether they are OK and if there's any further support that can be provided.

Inspector Andi Gibbons of North Warwickshire Safer Neighbourhood Team said "We're very happy to announce our support of Op Plenty in Atherstone and the surrounding villages. "We are in quite a rural part of the county, and we're aware that this can sometimes make the loneliness of older people in particular who find travelling difficult more pronounced. "Op Plenty gives us a way of finding out where those who would appreciate us dropping by are, and a reason to check in."



If you know someone in your community, be it a neighbour, friend, or relative, who would appreciate a visit from one of our officers for a cup of tea and a chat, fill out a form and send it to [sntreachout@warwickshire.police.uk](mailto:sntreachout@warwickshire.police.uk). There is a link to the referral form in the comments.

Please make sure that you have asked them for their permission first!

## Get Connected with Warwickshire Police

Atherstone and Coleshill SNT have been promoting Warwickshire Connected.

Get connected with what is happening in your local area, keep up to date and get involved in shaping what goes on where you live or work. Warwickshire Connected is a free messaging service brought to you by Warwickshire Police where you decide when and how you hear about the issues that matter most to you, whether that be getting regular crime updates, the latest information on ongoing incidents and emergencies or learning more about what your local police are doing.

This is also the place where you can get involved in helping to make your local area a safer place, tell us what police should be doing in your area, shape the initiatives that help to keep people and property safe and tell us what matters are causing your communities harm.

Follow the link to sign up today:

[www.warwickshireconnected.com](http://www.warwickshireconnected.com)



Also please follow our Facebook page where we put updates of what Atherstone and Coleshill Safer Neighbourhood Teams get up to.

There are updates on going incidents, appeals and much more. We will be posting about upcoming events also so please take a look, see when they are and come along. We like to be as accessible as possible so using our social media page is a great way for us to communicate with our communities.



# 5 Stars for St Joseph's



Pictured (left to right) are Annie, Deputy Manager, Linda, Kitchen Assistant, Dejan, Chef Joanne, Kitchen Assistant Shelley, Manager

Staff at St Joseph's Care Home are ecstatic after being awarded the maximum score of 5 following their recent food hygiene inspection by North Warwickshire Borough Council.

Dejan has been the Chef at St Joseph's for 5 years, he delights in preparing delicious food for our residents. When there's an occasion to celebrate, he creates special menus and makes homemade cakes for residents' birthdays. He makes the effort to cater for all dietary requirements while making sure taste isn't compromised. We couldn't be prouder of Dejan and his kitchen team of Ericka, Linda and Joanne for this achievement!

Dejan was delighted with the result saying, "I am proud of the kitchen team and all we have achieved, I feel the 5 stars reflects the passion and commitment we have to the residents."



St Joseph's Manager, Shelley Perryman said, "I am extremely proud of all the hard work and dedication from the kitchen team, they work together to ensure the standards of the kitchen are high. Dejan goes above and beyond to ensure all residents needs are catered for including individual preferences and nothing is too much trouble."



## Puzzle Page Solutions



Solution:

1	S	O	D	A		5	B	A	R	B	9	P	L	A	T			
13	A	M	I	D		14	T	O	N	A	L	15	A	E	R	O		
16	G	E	R	M		17	H	O	N	D	A	18	R	E	E	F		
19	A	N	T	I	D	O	T	E		21	A	S	S	A	U			
					23	R	A	M	S		24	A	K	I	N			
25	P	A	P	A	Y	A		28	F	L	E	M	I	N	G			
31	R	E	A	L		32	S	K	E	E	T	34	P	I	E	S		
36	E	R	R			37	N	O	R			38	P	E	P			
39	P	I	K	E		41	F	I	F	T	H	43	A	P	S	E		
					44	E	A	R	M	U	F	46	O	B	E	Y	E	D
					48	R	A	R	E			49	S	P	A	R		
50	J	O	H	A	N	N		53	B	A	P	T	I	S	T	S		
57	I	R	A	N		58	A	B	A	T	E		60	A	E	O	N	
61	L	E	N	D		62	C	E	D	A	R		63	L	E	N	O	
64	T	O	G	S		65	E	D	E	N		66	S	K	E	W		

W	R	I	H	I	T	M	E	T	I	T	O	N	Y					
N	Y	O	C	I	A	E	U	S	R	B	O	R						
H	E	E	K	T	B	N	K	N	A	R	O	I	A					
T	T	S	T	Y	R	E	E	R	H	A	O	T	U					
T	E	E	V	A	R	L	R	E	A	R	T	U	N					
Y	N	D	G	A	O	E	W	N	Y	P	S	L	A					
S	Y	T	S	O	R	F	T	I	A	I	S	O	J					
T	H	E	W	B	E	S	T	S	N	T	D	S	A					
C	A	R	N	A	T	I	O	N	U	T	E	E	Y					
I	N	T	B	L	A	N	K	E	T	L	E	R	T					
H	E	E	A	R	M	U	F	F	S	S	B	R	L					
E	T	I	B	T	S	O	R	F	Y	N	E	A	I					
R	N	R	Q	S	M	R	O	T	S	O	Z	L	U					
V	B	L	I	Z	Z	A	R	D	Q	W	F	G	Q					

**Hidden message:**  
WRITE IT ON YOUR HEART  
THAT EVERYDAY IS THE BEST  
DAY IN THE YEAR



## SHARE A STORY

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# Local Sports



## 900th Sporting Career Milestone Accomplished

History was made again at the Royal British Legion Knowle Solihull by Paddy Doyle, who eventually completed his career 900th physical fitness challenge and World Record, crossing the arduous 12 km cross country finish line whilst carrying a 40 lb backpack. Doyle was paced by his support team every step of the way who made sure all of the checkpoints were reached, he was also applauded at the entrance of the

Legion club by West Midlands Deputy Lord Lieutenant Everton Burke, Solihull Lord Mayor Shahin Ashraf and Coleshill Town Mayor Sue Wallace. Friends, family and loyal supporters also turned up to witness the historical achievement.

"It was great to see so many supporters at the 12km finish, although the last eleven month's have been physically tough the injuries and bruises have been worth it all, I have to stay focused for the 901 fitness endurance challenge and keep producing the winning results throughout 2025."



## Water Orton & District Tennis Club



A belated Happy New Year to you all and lets all hope its a good one for all of us.

We will be starting back in a few weeks and we are looking forward so much, to having all of our members back on court with us.

From the start of March we will be taking on new members for both adults and juniors. If you want to get back into tennis or are beginners, our qualified LTA Coaches will be available to help you. We have Beginners Groups for Adults and Coaching Groups for our young juniors and youth members. We also have coaches running Cardio Fitness Tennis to

get you back into peak condition.

If you would like further details please get in touch via text or e-mail listed below. When our juniors start back after the Easter School Holidays why not come along on Saturday morning between 9.30am and 1.00pm. Just call in and have a look round and see what you think. You will be made very welcome and have a tea or coffee with us. If there is anything you want to ask then we are here for you.

Best Wishes,

Paul Messenger Club Chairman.

Text 07538 601246 or

e-mail: paul.messenger82@hotmail.co.uk



## Water Orton Cricket Club

A belated Happy New Year to all our members, supporters and local residents.

We would love to have you join us for some of our regular social events. You don't have to be a member, just get a ticket and come and see us, you would be very welcome. Our social nights are always displayed in the monthly editions of The Coleshill & Castle Bromwich Post and on the club notice boards and Facebook.

**Saturday 15th February CLUB QUIZ NIGHT Teams of 4/5/6 players £2-00 each player.**

Tickets are not required for this night just come along and register your team by 7.45pm ready for an 8.00pm start. Doors open at 7.15pm

**Saturday 22nd February GARY BARLOW TRIBUTE NIGHT.**

Fabulous show with a great entertainer. All the hits from Gary Barlow & Take That.

Tickets now on sale £10-00 each from Pete Coles at the Cricket Club 07812 241046.

Tickets also on sale from the bar or from Paul Messenger at the Tennis Club 07538 601246. Doors open 7.15pm Tickets admission only please.

Hope you can come and join us, you will be very welcome. There are social nights every month, Bands, Tribute Nights, Quiz Nights and others. Just keep watch on the Club Facebook pages and in the future editions of The Coleshill & Castle Bromwich Posts.

## ADVERTISE YOUR BUSINESS WITH US

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# Old Saltleians RFU



# Coleshill Town F.C.



**NEW PLAYERS WELCOME**  
SENIOR MENS TEAM

**1XV - REGIONAL MIDLANDS NORTH**  
**2XV - COUNTIES 3 MIDLANDS WEST (EAST)**

**MENS TRAINING - TUESDAY AND THURSDAY 7PM**

**WATER ORTON/COLESHILL, BIRMINGHAM**  
WITH EASY ACCESS TO MAJOR  
MOTORWAYS M6/M40/M42

**GREAT TEAM OF PHYSIOS WITH ONSITE PRIVATE CLINIC**

**EXCELLENT GYM AND STRENGTH AND CONDITIONING**

**GREAT FAMILY CLUB ATMOSPHERE AND FACILITIES**

FOR MORE INFORMATION DROP US A MESSAGE THROUGH SOCIAL MEDIA OR CONTACT DIRECTOR OF RUGBY ALEX WILLIS  
ALEXWILLIS4@YAHOO.CO.UK

**JUNIOR RUGBY AT OLD SALTLEIANS**

We are looking for boys and girls from the ages of 3-7 and 7+ to come and join us to help grow our Mini and Junior section at Old Saltleians Rugby Club.

We have a fantastic club house and pitches. We also have some great coaches who are ready to coach brand new players and experienced players!

Sundays  
3-7yrs 10:30am - 11:15am  
7+ 11am - 12pm

Coleshill Road,  
Water Orton,  
Birmingham B46 1QE

**For further information contact:**  
**Ashley Bardsley, our Mini and Youth Chairman**  
**07976 971917 or come along to one of our Sunday sessions!**

## FIXTURES: Pitching in Northern Premier League Midland Division 3.00pm kick off unless stated.

**Saturday 1st February**  
Away to Sporting Khalsa.

**Wednesday 5th February**  
Away to Darlestone Town 7.45pm

**Saturday 8th February**  
Home to Shepshed Dynamo

**Saturday 15th February**  
Away to Quorn

**Saturday 22nd February**  
Home to Worcester City

**Saturday 1st March**  
Away to Coventry Sphinx

**Saturday 15th March** Home to AFC

Rushden & Diamonds

**Saturday 22nd March**  
Away to Corby Town

**Saturday 29th March**  
Home to Anstey Nomads

**SEMI FINAL of the WALSALL SENIOR CUP**

Coleshill beat Rushall Olympic in the quarterfinal of the Walsall Senior Cup and will now play either:  
Stourbridge or Litchfield  
Date yet to be confirmed.

**Coleshill won the Walsall Senior Cup in 1983.**

## Women & Girls rugby

### Old Saltleians RFC



**Teamwork**



**Enjoyment**



**Friendship**



**Respect**

**Where?**  
Old Saltleians RFC  
Coleshill Road  
Water Orton  
B46 1QE

**When?**  
Wednesday  
7-8.30pm

**Who?**  
Women aged  
17-99

**How?**  
To sign up or for more information scan the QR code and register your details



**Where?**  
Old Saltleians RFC  
Coleshill Road  
Water Orton  
B46 1QE

**When?**  
Wednesday  
6-7pm

**Who?**  
Girls aged 12-17

**How?**  
To sign up or for more information scan the QR code and register your details





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