

THE Coleshill & Castle Brom POST



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March 2024 Issue 131



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High Meadow Community School - Whole School Library

The vibrant atmosphere of High Meadow Community School was palpable as Town Mayor Sue Wallace graced the school with her presence to officially open the newly reconfigured school library, on 27th January. The occasion marks a significant milestone in the school's commitment to fostering a love for reading among children from Nursery to Year 6.

Full Story Page 8

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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
07805 430191

General inquires:
serena.postgroup@outlook.com

WHY CHOOSE HYPER-LOCAL?

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

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Affordable and effective advertising packages to help small businesses promote themselves better and cheaper.

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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

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Water Orton
Shustoke
Maxstoke

Curdworth
Lea Marston
Marston

Bulk paper drops in Public places, including – Supermarkets, Schools, Garden Centres, Train Stations, Pubs and Local Convenience Stores.

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Saturday 15th March 2025



Coleshill Town Hall

7:30pm - Doors open 7pm

£8 Adult, £6 Concession

Tickets available from:
www.ColeshillTownBand.org



SCAN ME



COLESHILL & DISTRICT GARDENING CLUB

MONDAY 17th March

A talk by Simon Gulliver

"CLIMATE CHANGE AND YOUR GARDEN"

There will also be plants for sale on the night.

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

7.45pm

Members £4

Non Members £6 all welcome.

Refreshments will be available and included in the entry fee.

**For any further information
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**Cllr Martin Watson, Coleshill North & Water Orton
(includes Curdworth, Lea Marston, Marston & Wishaw)**

The 'Local' elections are on....

Following the uncertainty around the elections in May due to the new Governments Local Government Reform (LGR) white paper in Dec 2024, I can now confirm that these local County Councillor elections will now go ahead in May. The detail of exactly what this means for us in North Warwickshire is still to be clarified so I cannot provide any further information at this time, but I am sure there will be lots of ideas and debate over the coming months. The full proposals will need to be back to Government by 28th November 2025.

Despite these potential changes my original reasons for standing as your County Councillor back in May 2021 remain the same and are why I am re-standing again this year.

I live locally with my family and remain passionate about our local communities and want to ensure local issues remain prominent at the Council. I want to ensure they not only receive the attention and focus they deserve, but are dealt with in a timely and transparent manner. I am committed to trying to protect and maintain our way of life.

I have to say I have learnt a lot over the last 4 years and whilst I share many people's frustrations over how long some things take; I can now say I know whether it is the County or Borough Council and who I need to speak to and pester to try to get things done!

Reflecting on some of my commitments back in Jan 2022 I am delighted to have delivered all of the highway's schemes I talked about back then and others that have come along since. Some of the schemes that I am particularly pleased with are:

- Coleshill – Installation of the new traffic lights at the Greenman Crossroads, the new walkway between Morrisons and Park Road and the installation of new Bollards at the junction of Ravenswood Hill and Colemeadow Road
- Water Orton – Installation of the raised refuge at the junction of Marsh Lane and Minworth Road to protect the bridge over the river Cole and to stop HGV's, new guardrails along Birmingham Road opposite the shops (with support from the Parish Council), 3 speed surveys and new White Lining on all speed restriction installations.
- Curdworth – Footway resurfacing In Glebe Way and the new lamppost opposite St Nicholas Walk
- Lea Marston – Roadway resurfacing on Haunch Lane up to Blackgreaves Lane and the flooding in Marston. Plus, whilst only a small part of Kingsbury Water Park is in my patch I managed to get a number of new bins installed.

Although I recognise there is always more to do and things that I commit to continue fighting for if re-elected are:

- Protecting our local Greenbelt from development pressures
- Holding HS2 to account and ensuring residents issues are heard and considered, as this impacts all of my communities.
- Cleanliness & safety of the A446 and Station Road, installation of traffic lights on the Cole Bridge and resolving parking issues at High Meadow School in Coleshill
- Speeding & road safety and flooding issues in Water Orton
- Speeding and traffic in Curdworth
- HGV traffic and flooding in Lea Marston

Just picking up on HS2 I can advise that recently I managed to get the HS2 Complaints Commissioner to visit the area so I could bring him up to date on the impact this project has on people's daily lives. We toured Water Orton, the A446 and Lea Marston, finishing the visit with a meeting with the Special Management Zone (SMZ) that represents the local Parishes impacted by HS2.

Plus as residents of Water Orton will be aware there are concerns with dust and air quality and following a spike in respiratory issues reported by local residents I was able to successfully secure funding from the County Council and in collaboration with the Environmental Health team at the Borough Council I can report that 5 monitors have been installed and are now collecting data that will hopefully allow us to identify the cause of the issues.

If you are interested you can look at the locations and the data being collected from these monitors at the following link, <https://airly.org/map/en/#52.516314,-1.728211,i118484>. From here you can click on each of the monitors and see the data being collected.

And finally, I am delighted to confirm that over the last 4 years I have managed to support numerous worthy causes, allocating £30,000 via my County Councillor grants to organisations such as:

Beeline Community Transport	Coleshill Community Hub
Coleshill Forget-me-Not Memory Cafe	Coleshill Guild of Bellringers
Coleshill Parkinson's Cafe (CPC)	Coleshill Partnership
Coleshill Town Council	Coleshill Town Ladies Football Club
Coleshill Town Under 14s Football Club	Coleshill Warm Hub Community Centre
Communita Café, Lea Marston	Curdworth Parish Council
Father Hudson's Society	Lea Marston Parish Council
Local Vocals	North Warwickshire Area Committee of Parish Councils
Old Saltleians RFC Warm Hub	Parenting Project
Perkisound CIO	Scamps Playgroup
SOS Silence of Suicide	St Edward's PTFA
St Peter and St Paul's Church, Water Orton	The Link
The Whitacre's, Lea Marston, and Shustoke Youth Group	Warwickshire Vision Support (Warwickshire Association for the Blind)
Water Orton & District Tennis Club	Water Orton Cricket & Bowling Clubs
Water Orton In Bloom	Water Orton Library & Community Centre
Water Orton Parent Teacher Association (PTA)	Water Orton Parish Council
Water Orton Speedwatch	Young at Heart Group

I hope you can see I have worked hard to represent you over the last 4 years and hope I can count on your vote in May.

I plan to be out campaigning soon so I hope I will be able to say hello to many of you personally. In the meantime, if I can be of any help my email address is cons_candidate@icloud.com



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THE LITTLE BOOK FAIRY AND COLESHILL HIGH STREET'S

'LOOK FOR A BOOK'

EASTER EVENT

The Little Book Fairy will be sprinkling her magic book dust again for Easter!

Come and 'look for a book' along Coleshill High Street on Saturday 19th April (from midday) and take home your very own free children's book!

After all, books last much longer than chocolate and are healthier too!

All books have been sponsored by local shops and businesses in Coleshill.

For updates, follow @the_ littlebookfairy



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Next Town Council
Meeting : 26th March
7pm Venue Coleshill
Town Hall

Sumner Road, Coleshill
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Hours. Mon to Fri 10:00 to 13:00

www.coleshillhub.org.uk

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(Coleshill/
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GROUPS

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High Meadow Community School - Whole School Library



The vibrant atmosphere of High Meadow Community School was palpable as Town Mayor Sue Wallace graced the school with her presence to officially open the newly reconfigured school library, on 27th January. The occasion marks a significant milestone in the school's commitment to fostering a love for reading among children from Nursery to Year 6.

In an exciting development, the Key Stage 1 library, previously located in the hall, was relocated to the existing Key Stage 2 Burrow library area. This transformation has allowed the school to create a comprehensive whole-school library that is accessible to all children, providing a welcoming space for exploration and learning.

As part of this initiative, High Meadow has appointed 12 enthusiastic librarians through a rigorous application and interview process. These dedicated students open the library daily, allowing their peers to change books, ensuring that every child has the opportunity to engage with literature on a daily basis.

The library has been further enhanced with the installation of the software equipment 'Accessit', expertly managed by Mrs. Jones who oversees the running of the library. This innovative software has enabled the cataloguing of all books at High Meadow, effectively transforming what was once a simple set of bookshelves into a fully functioning library. The funding for this vital software was generously provided by a grant from The Coleshill Foundation, demonstrating the community's

commitment to supporting educational resources.

During the opening ceremony, Town Mayor Sue Wallace expressed her delight at the new library and shared her own love of reading with the children. She expressed how crucial it is for our children to have access to a variety of books, and she commended the school for its efforts in creating such an inviting and resourceful environment.

The new library is set to become a central hub for learning and creativity, encouraging children to explore different genres, develop their reading skills, and foster a lifelong love of books. With the support of the community, staff, and the newly appointed librarians, High Meadow Community School is excited to embark on this new chapter in its educational journey.

THE LITTLE BOOK FAIRY AND COLESHILL HIGH STREET'S 'LOOK FOR A BOOK' EASTER EVENT

The Little Book Fairy will be sprinkling her magic book dust again for Easter!

Come and 'look for a book' along Coleshill High Street on Saturday 19th April, and take home your very own **FREE** children's book!

After all, books last much longer than chocolate, and are healthier too!

All books have been sponsored by local shops and businesses in Coleshill.



**SATURDAY 19TH APRIL
FROM MIDDAY**



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

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- Autism Assessment
- Occupational Therapy
- Speech and Language Therapy
- Sensory Assessment

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Here at the Purple House Clinic, we offer support to navigate life's challenges and improve emotional wellbeing. We provide evidence-based therapies and specialist assessment for children, adolescents and adults from our peaceful clinic or online. Our service provides you and your loved ones with person-centred, compassionate care and offers a range of services:

Talking Therapy: Talking therapies provide a safe space to make sense of difficulties and explore life events, relationships difficulties, physical health problems, and to understand emotions such as depression, anxiety, anger, low self-esteem. Our team offers talking therapies for children and adults.

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Sensory Assessment: A sensory assessment can help children and adults who struggle to process the sensory environment and experience sensitivities to sound, touch, taste or smell. Difficulties processing the sensory environment can cause an individual to feel overwhelmed by daily activities and occupations, and a sensory assessment focuses on supporting someone to identify sensory strategies to engage in everyday activities.

Autism Assessment: Our autism assessments are available to both children and adults. We offer comprehensive assessments that provide an insight into an individual's strength, difficulties and practical life skills. We recognise that a diagnostic assessment is often the first step, and our team offer neuroaffirmative therapeutic support.

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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.

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

Act now!

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

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

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

Act today and protect those you love

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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.

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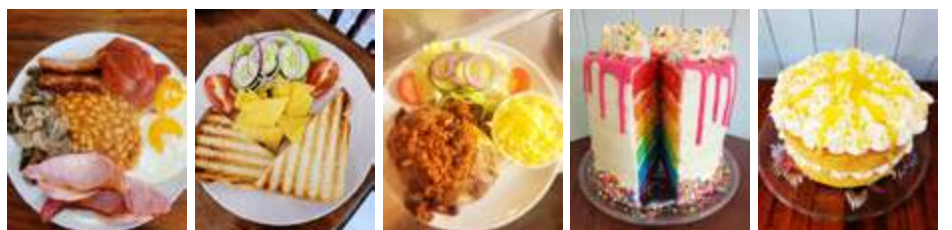
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Sunday 10.00 - 2pm

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BARNARDOS

**Changing childhoods.
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:

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



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CBS Did You Know?

Charles Bonnet Syndrome (CBS) is a condition that causes visual hallucinations in people who have significant vision loss, often due to eye diseases such as macular degeneration, glaucoma, or diabetic retinopathy. The hallucinations can vary widely, ranging from simple patterns or shapes to complex scenes or figures.

Despite the vividness of these hallucinations, individuals with CBS are typically aware that what they are seeing is not real, which distinguishes

it from other psychiatric conditions. The syndrome is named after the Swiss philosopher Charles Bonnet, who first described it in the 18th century.

The exact cause of CBS is not fully understood, but it is thought to be related to the brain's response to the lack of visual input. Treatment may involve reassurance, education about the condition, and sometimes addressing any underlying vision issues. If you or someone you know is experiencing these symptoms, it's important to consult a healthcare professional for guidance and support.

HS2 Poem

By Steven Graham.

Cutting up the countryside.
Nature has nowhere to hide.

Creating all this mess
All to get to London twenty minutes less.

Bridges and viaducts fill the sky.
The cost getting even more high.

Dust and smell blighting the community.
Flattened woodlands as far as the eye can see.

The orange army is everywhere.
Care for the community? They don't seem to care.

Coleshill Cemetery Garden of Remembrance

Coleshill Town Council conducts yearly audits of the Garden of Remembrance.

The 20-year lease on the following plaques has expired or will expire in 2025.

Any plaque with an expired lease will be removed and replaced in due course.

If you wish to extend the lease of your plaque on the Garden of Remembrance, or you wish to check the expiry date of your plaque please contact

Coleshill Town Council
on 01675 463 326 or email
zoë@coleshilltowncouncil.gov.uk

Wall & Row	Plaque No.	Plaque Name
BB	1	William George Wagg (Bill)
BB	2	John Truman
BB	14	Audrey Eileen Ling

BB	16	Roy Harold Seeney
BC	1	George Teale
BC	14	Stanley Francis Ling
CB	1	George Frederick Lindsey
CB	2	Nora May Cranmer
CB	10	Jack Wassall
CB	13	Walter John Poole (Jack)
CB	23	Walter Henry Clarke
CC	10	Bryan Abbott
CC	17	Marjorie Hackett
DB	2	Joan Spooner
DB	4	Sam Clarke
DB	8	Keith Fowler
DB	14	Pamela McHardy
DB	19	George Gilbert Watkins
DC	4	Margaret Cotter
DD	4	Thomas Cotter
Any	Any	Any

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Castle Bromwich
Hall Gardens

News from Castle Bromwich Historic Gardens



From Bricks to Blooms

We are now into our Spring opening times -
Wednesdays – Sundays from 10.30 am to 3.30pm.

We can't promise an end to grey overcast days, but we're certainly seeing how the longer daylight hours are sending a signal to the plants to trigger new growth of flowers and leaves.

Whether there will be daffodils out for St Davids Day on 1st March we can't be sure, but we know there will be a succession of varieties both within the enclosed Gardens and out on the Parklands stretching down to the Newport Road.

Lime mortar and ancient brick



It's not just plants we're looking after. With nearly a quarter of a mile of 300 year old walls enclosing the Gardens, staff and volunteers have not always been able to keep up with the regular maintenance. On the first weekend in March this year, some hardy souls will have the opportunity to learn some of the heritage skills of using lime mortar to help us with ongoing basic repair of the walls.



Following on from two training and working sessions last year, these weekend sessions will become a regular feature. Working with trainers from Society for the Protection of Ancient Buildings (SPAB) we're building a cohort of regular and occasional volunteers who can help look after these beautiful walls. See our website if you're interested in coming along and learning.

Wild food, moons and tracks

Up here on the hill our distant view of Birmingham city centre and of the hills to the north connects us to both the city and nature surrounding us. The sky seems extra big here, and the carpet of treetops apparently endless. We love the mixture of urban and rural, the wild and the cultivated.



Our formal 18th century kitchen garden: the Batty Langley, shows off food growing as it used to be done. Happily, the modern focus on eating healthily has revived interest in many of the older green and leafy vegetables we grow there. Over the last few years as our Trust has also been conserving the Nature Reserve of the Parkland, our food palette has increased further to incorporate other foods that grow wild and that have 'fallen off' our dinner plates.

This year our regular foraging walks will be expanded with a partnership with WildfoodUK one of the country's leading foraging and mushrooming teams. Together we're running three spring foraging, cooking and eating courses – across March, April and May. For more details of how to join the course, please look at our website or here www.wildfooduk.com/foraging-trips/west-midlands-castle-bromwich-gardens-spring-foraging-courses-2/



Also in March, we'll be looking down at the ground and through the undergrowth with Tracker AI for a Sunday morning wildlife tracking experience learning to spot the signs of wildlife close to home. On the evening of Saturday 29th we'll be looking upwards seeing the sky and celebrating the spiritual healing qualities of the moon. The Sacred Moon Circles events have been super popular over the last couple of years, make sure you book before the date.

Art in Nature: Re-discovering the artist Edith Holden



March finishes and April starts with a full day celebrating nature through drawing and art. Many readers will remember the popular books from the 1970s; 'The Country Diary of an Edwardian Lady' and 'Nature Notes'. The books were facsimiles of works by a forgotten and neglected woman artist Edith Holden. Did you know that Holden was a 'local gal'?!

Holden spent many days walking, cycling and drawing around Moseley, Castle Bromwich, Olton and North Warwickshire.

Join us on Saturday 5th April for talks, demonstrations and hands on opportunities to draw and paint nature in the Gardens. It is also our annual Fundraising day for the National Gardens Scheme, so as well as raising money for the Gardens we will be taking donations for the NGS nursing charities.

During the day: A talk about Holden from Rachel Smith Chopra, floral arrangement demo with Claire from Amber Jean Floristry, make your own nature cyanotypes (sun pictures) a great Victorian botanical pastime with artist Jake Lever and use our materials - or your own - to make drawings, paintings of plants and nature in the Gardens, there'll be gentle advice from other artists too, for those who want it. We hope to be create a couple of temporary exhibitions on the day and maybe there'll be prizes too.

All activities free with admission... but all donations for materials, the Gardens and for NGS nursing charities welcome.



Castle Bromwich Library Book Club

The house of sorrowing stars by Beth Cartwright

How do you heal a broken house? First you unlock its secrets. Alone on an island, surrounded by flowers that shine as dusk begins to fall, sits an old, faded house. Rooms cannot be rented here and visits are only for those haunted by the memory of loss. When Liddy receives an invitation, she thinks there must be some mistake - she's never experienced loss. But with her curiosity stirred, and no other way to escape a life in which she feels trapped, she decides to accept. Once there, she meets Vivienne, a beautiful, austere woman whose glare leaves Liddy unsettled; Ben, the reserved gardener; and Raphael, the enigmatic Keymaker. If Liddy is to discover her true purpose in the house, she must find the root of their sorrow - but the house won't give up its secrets so easily.

This is a cosy, beautiful book - enchanting, haunting and tender. It is about love, memories, forgiveness, loss and family. Full of secrets and mystery, this story kept me gripped completely. A sheer delight to read.

Review by Castle Bromwich Library member



The silk house by Kayte Nunn

1768. Rowan Caswell leaves her village to work at the home of an English silk merchant. Very soon, she finds herself thrust into a dangerous world, where her talent for herbs and healing starts to attract unwanted attention. Mary-Louise Stephenson dreams of becoming a silk designer, a path that has remained largely forbidden to women. A length of fabric she weaves with a pattern of deadly flowers will have shocking consequences for all who dwell at the Silk House. Present day. Thea Rust arrives at an exclusive boarding school in the British countryside to look after the first intake of girls in its history. She is to stay with them in the Silk House, a converted silk factory from the 18th century, where the shadows hide secrets waiting to be discovered.

This is a multi-layered gothic mystery, tying a centuries old secret to the present day. It is a beautifully written and intricately woven tale of history, witchcraft, healing, locked secrets, speculation and eerie happenings. I couldn't put it down and just kept turning the pages to see what would happen next.

Review by Castle Bromwich Library member

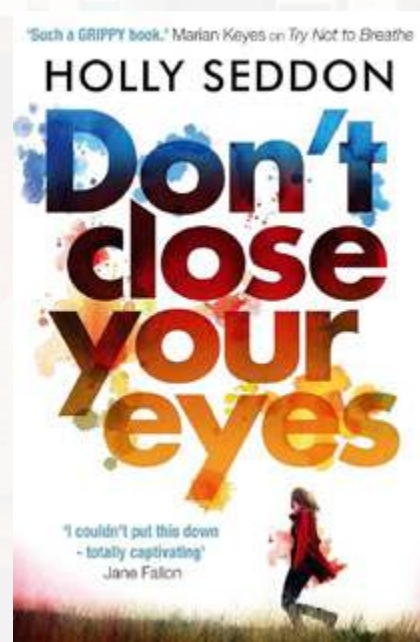


Don't close your eyes by Holly Seddon

Robin and Sarah weren't the closest of twins, but they loved each other dearly. Until they were taken from one another. Robin now lives alone. Suffering from panic attacks, she spends her days house-bound, watching the world from the safety of her sitting room. Until one day, she sees something she shouldn't. And Sarah? Sarah got what she wanted - a wonderful, perfect family. Then a shocking event forces Sarah to leave her beloved home in search of her sister, Robin. But Sarah isn't the only person looking for Robin. As their paths intersect, something dangerous is set in motion, leading Robin and Sarah to fight for much more than their relationship.

A brilliant psychological thriller by Holly Seddon that gripped me from the first page. This is a novel of families and relationships, jealousy, love and hate. It is a fabulously twisted and dark story that keeps getting better and better until the jaw dropping ending.

Review by Castle Bromwich Library member



Mother may I by Joshilyn Jackson

It's every mother's worst nightmare. 'If you ever want to see your baby again, GO HOME. Tell no one. Do not call the police. Do not call your husband. Be at your house by 5:15 PM. Or he's gone for good'. To get her son back alive, Bree must complete one small but critical task. It seems harmless enough, but this one action comes with a devastating price. And now Bree finds herself complicit in a terrible crime, caught up in a tangled web of secrets that threatens to destroy the perfect life she has built.

This domestic thriller with dark undertones grabbed me from the beginning. There are no confusing multiple points of view or timelines.

It is just a very tense, nail biting and gripping story that will keep you on the edge of your seat wondering what is going to happen next.

Review by Castle Bromwich Library member





Fastlove

By **Indira Mahun**

Like many people, I grew up with the notion that breakfast is the most important meal of the day. Breakfast like a king they said. My mom told me, and I told my own kids - 'eat your breakfast, it'll set you up for the day', or 'if you don't have your breakfast, you'll feel tired, and your brain won't work at school'. I'm sure you know what I mean and have no doubt that you have heard it yourself over the years.

Of course, for children - because they are still growing - this is undeniably true. They need sustenance in the morning to give them energy and help them function. For adults though, I'm not so convinced. Surely, it's a misconception. I did - once upon a time - believe that I couldn't possibly not eat something as soon as I got out of bed - or at the very least within the first hour. It was unthinkable that I should go without breakfast.

But stop right there! What is it that the word breakfast is actually asking you to do? If you can think of it as two separate words you get break and fast. Simply speaking it's when you break the fast

you've been on since the last time you ate your meal or snacked. That's it. It says nothing about the importance of eating first thing in the morning but says everything about breaking a fast. When you decide to do it is a matter of personal choice.

So, is it out of habit that we eat breakfast or rather break our fast first thing in the morning? Is it because we don't know any different and the idea of this first meal has been ingrained into our consciousness ever since we can remember? They say habits are hard to break but suppose you did just that and delayed partaking in your first meal of the day for just a little longer. It seems unthinkable right? I know that's how I felt. 'Oh my goodness, how will I last until 1.00pm without food?' I fretted and worried after I had decided to skip the 'most important' meal of the day. But for me, it was a decision that I had been considering for some time. I had been reading about it and filling my head with podcasts. My weight wasn't shifting, I felt tired all the time, and my eating habits were somewhat undesirable. As they say, 'something's gotta give'.

It turns out that I coped well and the first day that I delayed having food until 1.00pm wasn't as difficult as I had imagined. I continued the next day

and then the next and so on until I had completed a week. Why and what's the point, you may well ask. Our bodies need time to rest. They need a break from constantly being assaulted with food. In short, they need time to be able to carry out vital repairs that cannot happen whilst they are being fed. The longer your body is in a state of fasting, the more chance it has of undergoing a process known as autophagy. This is where the body destroys old or damaged cells and cell regeneration begins. For this to be truly successful a fast should last between 24 and 48 hours. However, your body will benefit from any break from food. Some call it intermittent fasting and some call it time-restricted eating. Whatever way you look at it, it means the same thing.

The one really good thing about this is that it is achievable and can be followed daily. It isn't a diet - it's a way of life. You can eat what you want (within reason of course). The only thing that changes is the management of time within which you eat your food. It may seem daunting to begin with but you could try and shorten your eating window by an hour to start with and then go on to gradually extend this until you get to a point where you feel comfortable to be able to go for a longer period. If you do a bit of research into this, you will see that there are different eating windows. The most popular one, and the one that works for me, is the 16:8 where you fast for 16 hours and eat within the 8 hours.

Have I noticed any changes in my health? I have been following this schedule of fasting for about six months now. There have been significant improvements in the way I feel. Coupled with a complete overhaul of food choices (abstaining from ultra-processed foods and incorporating more plants into my diet), I have been able to shed the stubborn weight that had refused to shift. I feel more active and able to use stairs without struggling to breathe. And, most importantly, I have said goodbye to the cocktail of pain-killers and anti-inflammatory medications that I had become reliant upon day in and day out. I don't need them anymore.

Remember, our bodies sometimes need a break too. They cannot do what they are supposed to if we don't give them the time to do it. When we are continually putting food into our mouths, we are restricting the regeneration and repair of cells. This will not happen because our body is too busy trying to deal with the onslaught of food that's coming its way. Give your body time to think, time to look after you, and time to be the best that it can be. It's the only one you will ever have.

Disclaimer: This is my own research and experience. I am not advising on what you should do or what is best for you. I do not claim to have any medical knowledge and you should consult your doctor if you are worried about making changes to your diet or regular eating habits.




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19.30pm - 20.30pm

Thursday: Coleshill Town Hall,
High Street, Coleshill,
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Akhurst Containers Amass Group, originally established nearly 30 years ago as a security company in Birmingham, has evolved into a leading force in the modular building industry. From its humble beginnings in Birmingham, the company expanded its reach to London and then across Europe, taking on contracts in Poland, Holland, Lithuania, France, among others.

Today, the modular division of Akhurst Containers Amass Group surpasses its initial security services, reflecting a significant shift towards innovative construction solutions. The company is passionately managed by Jon Akhurst and his son James Akhurst, who carry on a family legacy of entrepreneurship and dedication that dates back to Jon's father, Mark Akhurst a teacher who began his career at Coleshill Grammar School in the late 1960s.

Jon Akhurst, who ventured out of Coleshill in 1998, maintains his ties with the community, ensuring that the company's roots remain strong with three generations now calling Coleshill home. The company's modular buildings have been utilized in diverse settings, including ports, landfill sites, scrapyards, airports, and even as fire stations and government offices. They offer both new and used units with bespoke modifications tailored to meet the specific needs of their clients.

What sets Akhurst Containers Amass Group apart is not only their competitive pricing and prompt construction schedules but also their commitment to sustainable and efficient building solutions. Each modular unit can be equipped with solar power, custom carpentry, welding, electrical modifications, and even CCTV installations, showcasing their versatility and adaptability to modern demands.

The company's investment in a powerful crane and local property has further enabled them to enhance their operational capabilities, demonstrating their commitment to growth and innovation. Their ability to handle loaded shipping containers and lift them 18 meters is a testament to the advanced technology and strategic planning that drive their operations.

Jon Akhurst's personal journey with modular building systems began during a security contract in Poland, where he recognised the potential for fast, strong, and cost-effective construction solutions. This realisation has fuelled his passion for the industry, leading to the continuous expansion and success of the company.

Akhurst Containers Amass Group continues to lead with forward-thinking solutions in the modular building market, proving that a local company can achieve global impact while staying true to its roots. Their story is not just about building structures, but about nurturing a legacy of innovation, family values, and community involvement that spans generations.





Pet Page

Top Tips for a Well-Behaved and Confident Dog

Dogs bring so much joy to our lives, but understanding their needs and behaviour is key to a happy and stress-free life together. Whether you have a young pup, a newly adopted rescue, or a long-time companion, here are some top tips to help your dog feel confident, relaxed, and well-behaved.

1. Be a Great Communicator

Dogs are always watching and learning from us, but they don't speak our language! Instead, they rely on body language, tone of voice, and consistency. To communicate clearly:

Keep cues simple and consistent (e.g., use the same word for a behaviour every time).

Notice what your dog is telling you – a yawn, lip lick, or turning away can be signs they are unsure or need a break.

Reward behaviours you like rather than focusing on what you don't want. If they jump up, reward them when all four paws are on the floor instead of telling them off.

2. Sniffing is Not Optional

A dog's sense of smell is their superpower. Sniffing isn't just about checking the latest 'dog news'—it helps them relax and process the world. Letting them take their time on walks, sniffing grass, trees, and even lamp posts, is great for their wellbeing. If you're short on time, a simple 'find it' game (scattering treats or kibble for them to sniff out) provides enrichment at home.

3. Confidence Comes From Success

Dogs, like us, build confidence through positive experiences. If they struggle with something (e.g., being left alone, meeting new people, or walking in busy areas), break it down into small steps. Celebrate small wins—if a nervous dog calmly watches the world from the doorway before heading outside, that's progress! Rushing can lead to setbacks, so go at your dog's pace.

4. Training Should Be Fun, Not a Test

Training isn't about control; it's about

teamwork. Keep training sessions short and upbeat—just a few minutes at a time is enough. Use tasty rewards, a cheerful tone, and mix in easy wins to keep things enjoyable. Even well-trained dogs need to practise skills regularly, just like we'd forget a language if we stopped speaking it.

5. Rest is Just as Important as Exercise

Many people think that more exercise equals a calmer dog, but rest is just as important. Dogs need time to switch off and process their day. Having a quiet, comfy spot away from the hustle and bustle of the house can help them settle. Encouraging calm behaviours (like lying on a mat) with gentle rewards can help prevent overexcitement and stress.

6. Look After Their Emotional Wellbeing

Dogs have feelings too, and they experience stress, frustration, and excitement just like we do. A dog who barks, jumps, or pulls on the lead isn't being 'naughty'—they may be struggling

to cope. Instead of punishing, ask:

Are they scared? If so, help them feel safe before expecting more.

Are they frustrated? Give them a way to succeed, like showing them what you'd like them to do instead.

Are they overexcited? Allow them time to calm down before asking for focus.

By tuning into our dogs' needs, we can create a happy, trusting relationship that benefits both ends of the lead.

Final Thought

Every dog is an individual, and what works for one may not work for another. The key is to listen, adapt, and celebrate the small moments of progress. When we take the time to understand them, our dogs reward us with loyalty, companionship, and plenty of wagging tails.



Hello, I have little Desmond in Foster he's absolutely gorgeous but in such a mess bless him.



Abandoned dogs have always been a problem but it's becoming unmanageable. So many dogs ending up in the pound and in shocking condition. Dogs aren't just being dumped they are being neglected, dumped and left for dead.

Our latest stray Desmond is a small dog who's in such a state we can't even establish his breed. He spent his legal 7 days in the dog pound and no one claimed him. He is microchipped but no details were on there so absolutely pointless. The law and punishment needs to change to make people accountable for their animals, and more importantly they need to be enforced. Dogs throughout the UK are being put to sleep because of irresponsible owners and rescues not having the spaces to save them from the fate their owners deal them. Rescue is a heartbreaking place for us volunteers and we are stressed and have sleepless nights. We are a small rescue and we all give our time for free because we love dogs. Luckily we had a foster home available so he went straight there. His hair has had to be shaved to remove the matted mess and underneath the matts is a horrendous skin condition top to tail. He has trauma to his eye and teeth so has had an impact of some sort so his vision is currently affected. This may or may not correct with time and healing. He is terribly uncomfortable and biting and scratching himself. He has been to the vet and has had medication for mites and he's on antibiotics for a yeast infection in his skin. He is going to start a course of steroids and is having 3 medicated baths a week to help his irritated skin. He is the most gentle and loving boy with an incredible nature and deserves so much better than the treatment, or lack of! That he has received. For information on Adopting or Volunteering please contact us at www.facebook.com/share/163KDreygi/

Ward End Cat Rescue

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

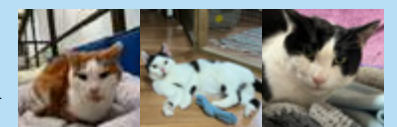
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If any of our supporters own land or a farm with suitable outbuildings for feral cats to live we would love to hear from you please.



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WARD END CAT RESCUE OFFICIAL or email us on wardendcatrescueofficial@outlook.com**

Birmingham Dogs Home - Forever homes



Montana

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

Meet Montana, a beautiful large crossbreed with a lively and energetic personality. She arrived at our centre as a stray, so we don't know much about her past, but what we do know is that she has so much love to give to the right home.

Montana can find kennel life quite stressful, so she's a friendly girl, though she sometimes gets a little mouthy and

excitable when she's feeling playful. With some continued training to work on her manners, especially around her mouthiness, she has the potential to really thrive in a home environment. When calm, Montana shows just how lovely she can be. She knows how to sit, takes treats gently, and walks well on a lead. She's very food motivated and loves human interaction, which will be great for continuing her training. A slow feeder could help with her enthusiasm at mealtimes, as she tends to eat quickly. Montana adores her toys, particularly balls, which she loves to grab and run off with. she also enjoys zoomies, so a secure garden where she can burn off energy would be ideal. Though she loves attention and fuss, she can sometimes be unsure of handling at first, so it's important to give her space to build trust.

Due to her lively nature, Montana is best suited to a home with older children aged 10 or older, and she would need to be the only dog as she can be reactive around other dogs. her new family will need to continue her muzzle training to ensure she feels comfortable and safe in all situations.

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

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Heart Of England Singers News

The Heart of England Singers are beginning a momentous year this year as we celebrate our 50th anniversary. Over the past five decades, we've touched hearts with our music and created cherished memories. To mark this milestone we have planned four concerts, each reflecting on our journey and the wonderful music that has been a part of it.

Our repertoire will include timeless pieces such as choruses from Handel's 'Messiah' and 'I Am a Small Part of the World' by Sally K Albrecht and Jay Althouse. These performances will remind us that, in the grand symphony of life, each of us plays a unique and invaluable role.

In April we will be singing alongside the Ex-Cathedra Academy of Vocal Music and in July we will join forces with The Band of the West Midlands Fire Service. November will see us welcoming James Banville on the organ as we perform The Snow by Elgar, The Seal Lullaby by Whitacre and the 'Easter Hymn' from Cavalleria Rusticana amongst many other beloved pieces. Our year will culminate in a traditional carol concert at Coleshill

Parish Church, a fitting end to our celebrations.

As part of our anniversary festivities we are also hosting a dinner and dance at the Grimscote Manor Hotel on 1st November. This formal evening will feature a three-course meal and dancing until midnight.

We would love for you to join us in celebrating this special year for the Heart of England Singers. Whether you once sang with us, a current or past patron or have a special connection to the choir, your presence would mean so much to us.

We start off the season with our Easter concert which will be at the beautiful church of St. Philip's and St. James' at Manor Road, Dorridge, B93 8DX on Saturday 12th. April from 7.30pm tickets priced at £15 (£7.50 for under 18's)

The main part of the performance will be the ever popular 'GLORIA' by Antonio Vivaldi plus other seasonal highlights such as the 'Cantique de Jean Racine' by Gabriel Faure and 'Ave Maria Stella' by Edvard Grieg.

Slimming world Food bank help



In January, as a team we asked our Slimming World members if they would be willing to bring in donations of food and toiletries to help the Emporium Food Bank restock their supplies.

AND wow did they ever !!!!. We were absolutely blown away (although not surprised) by the generosity of our members.

“When you join slimming World as either a member or Consultant you become part of a much wider community”, explains Maddy Wootton Team Developer for North East Birmingham and Castle Bromwich “Whilst losing weight and changing your lifestyle to a healthier long term way of life you also become part of the Slimming World family and together

as a family we can make a difference!

The Emporium Foodbank was originally funded by its founder Warren Dyson, however as it grew bigger it became increasingly difficult to fund so now relies on Food donations or food drives, along with peoples generosity and is run by volunteers.

Their main objective is to provide a parcel to cover a 3 day emergency, until the service user gets their payment (wages, Benefits).

Over the last 2 years the food bank has been supported by friends and family, along with Slimming world members especially during January when after Christmas the donations have dried up.



Slimming World feel *real* good

Monday

Castle Brom The Baptist Church, 5.30 & 7.00pm Claire 07917867577

Yardley St Edburghas Church Hall, 7.30 & 9.00am Jacqui 07814 675180

Tuesday

Shard End Aylesford Hall, 9.00 & 10.30am Claire 07917867577

Kingshurst Seeds Of Hope, St Barnabas CH, 5.00 & 6.30pm Diane 07432 123206

Tile Cross Mackadown Sports & Social Club, 4.00 & 5.30pm Nataley 07939 949136

Coleshill The Catholic Church (sacred Heart & St Teresa)
3.00pm, 5.00pm & 6.30pm Jacqui 07814 675180

Wednesday

Castle Brom Arden Hall, 9.00 & 10.30am Diane 07432 123206

Castle Brom St Clements Church, 3.00, 4.30 & 6.00pm Nataley 07939 949136

Marston Green The Parish Hall, 4.00 & 5.30pm Donna 07516 726534

Water Orton The Link, 4.00, 5.30 & 7.00pm Jayne 07453 348184

Thursday

Smiths Wood SJB Centre, 9.00am, 5.00 & 6.30pm Nataley 07939 949136

Castle Vale St Cuthberts Church, 5.30pm Diane 07432 123206

Hodge Hill Hodge Hill Church, 7.00pm Kirsty 07471 010977

Chelmsley Wood The Fordbridge Centre (by Asda), 5.30pm Jacquie 07957133435

Friday

Sheldon St Thomas More Church, 9.00am Claire 07917867577

Chelmsley Wood The Family Tree, 9.00am Jayne 07453 348184

Saturday

Chelmsley Wood Three Trees Community Centre, 7.30 & 9.00am Michael 07957 510533

Chelmsley Wood The Family Tree, 8.30 & 10.00am Jayne 07453 348184

Castle Brom The Baptist Church, 8.00 & 9.30am Donna 07516726534

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touching hearts, changing lives

Rachel Taylor MP, North Warwickshire and Bedworth



HS2 tried to silence local residents. That's not acceptable.

When I was elected as the MP for North Warwickshire and Bedworth last year, I knew that one of the most difficult tasks I had was tackling HS2's poor treatment of residents in Water Orton and Coleshill. People have been subjected to unacceptable levels of disruption for far too long, and all too often the complaints system feels like it was designed to prevent people from having their issues resolved, rather than to help them.

These are all issues I have raised with HS2 in our monthly meetings, and I am pleased to be making progress – although it can sometimes feel like two steps forward and one step back. But I won't let this matter rest because I have seen the toil these works are having on people, not just in terms of property damage and traffic chaos, but on people's health and wellbeing.

I was shocked when a resident of Water Orton came to me last year to tell me she had been asked to sign a 'gagging clause' as part of a compensation agreement for property damage by HS2. This legally binding 'non-disclosure agreement' would have forbidden her from speaking about the damage caused to her roof by HS2 and the compensation she had received, with a risk of being sued if she breached its terms.

Worse still, she had received no response from HS2 when she refused to sign and asked if the clause could be removed, meaning she had never received a penny in compensation. That's completely unacceptable.

I wrote to HS2 about this matter, but when they attempted to fob me off I called a meeting to demand answers, and wrote to them again to make clear I wouldn't take no for an answer.

I'm pleased they have finally conceded this should never have happened and have now confirmed they will be dropping the use of gagging clauses in compensation claims. They have also confirmed that they will withdraw any live requests that had been made for members of the public to sign these clauses and rescind any that are currently in effect.

I want to make sure that residents are aware that if they are asked to sign a non-disclosure agreement in order to access compensation by HS2, they are not required to sign one and this should not affect their right to compensation.

If you have already signed one, HS2 have committed to me that they will contact you to inform you that the terms of the gagging clause are no longer in force. If they fail to do this, please contact my office and I will be happy to assist you.

I am pleased to have secured this commitment from HS2, which ensures that local residents will be able to continue to speak out about the damage to their wellbeing, prosperity, and property that HS2's construction is causing.

However, residents of Coleshill and Water Orton continue to suffer unacceptable levels of disruption, and I know there is a lot more that needs to be done to bring these problems under control. Please rest assured that as your MP I will continue to do all in my power to hold HS2 to account and secure action from them to improve things.

And one more thing...

HS2 have committed to holding a joint drop-in event with me at The Link (New Road, Water Orton, B46 1QU) from 3pm to 7pm on 14 March, where I and HS2's representatives will be available to discuss any ongoing problems that need to be resolved. I look forward to seeing some of you there.

I have launched an HS2 constituent newsletter where I will be sharing updates of what I'm doing to tackle the unacceptable disruption experienced by residents. You can sign up to receive it by visiting www.rachel-taylor.co.uk/HS2/ I'll also be holding a constituent surgery in Coleshill on 29 March from 10am – midday, so please get in touch if you want to book an appointment.

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.

St Peters and Pauls Church Water Orton



As I write this article its half term and my thoughts are often with the parents and teachers whose routines are reversed at such times. Teachers grateful of a few days rest and parents wondering how to balance work or other commitments whilst managing to keep young ones entertained. It seems the pressures brought upon families to compete within todays culture leave little room for time with children. But Jesus said to his disciples "Let the children come to me" (Mark: 10.14). He was ensuring that the young people felt valued and worthy of his time and effort. That they had clear access to Him and that no-one would stand in their way.

For this reason as a church we are continually focussed on how we can reach out to children and young people. How we can relate to them and offer some form of God's love to them. Through various ministries we attempt to provide spaces where young people can eat together, learn together, play together, worship together, dance and sing together and pray. It's all about Kids stuff. We are thankful of a great relationship with the village school where Methodists and Anglicans come together to lead and run "Open the Book" bible story and other topical assemblies.

In the Methodist Hall there is a youth club on a Thursday after school as well as Boys Brigade and Girls Association on a Friday. A weekly Sunday club called Quest runs in the link alongside the parish church 11am service. We have a school club on a Monday and Wombats toddler stay and play on a Thursday morning.

We run regular evenings for teens called thrive and explorer studies for youth as well.

On the second Sunday of the month we get the whole family involved together at our Quest Family Church service. This is based around crafts, games, learning and singing and ends with a tasty meal together. You see for us, church is for everyone because God Loves everyone.

Father we pray for our children and young people. We pray that they will always feel loved by you and they can come to you.

We ask that you help us all make time for these precious ones and encourage them to spend quality time with others and with You. Amen.

For more information please contact Peter on 07766477188 or peter@extensify.co.uk

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



St Clements Community Update

Like many other churches, St Clements is not a rich Church and does not keep money on its premises—a fact clearly displayed on our front door. Recently, when we arrived to open for a service, we were dismayed to discover that our church had been broken into. This incident set in motion a challenging process: we promptly contacted emergency services (101, forensics, and the police), secured our front door, and began addressing insurance and repair issues and would we have to put anything towards the cost. The most pressing thing was to alarm the Church and this we are doing. What we do have is Priceless to the members of the Church but nothing of any great value. Sometimes it is hard to understand just “Why” some choose to follow a path that obviously will cause distress and have consequences that can be far reaching. BUT we will continue our work in the Community, so as we pick ourselves up our doors will remain open to all, through our Services, Groups and Café and we will not miss a beat as we share the love of Jesus.

Forget Me Not Memory Café

Our Forget Me Not Memory Café welcomes carers and individuals experiencing memory loss on the second and fourth Thursdays of each month from 1:00 to 2:30 pm in the Mary Bridgeman Tea and Coffee Lounge. If you are caring for someone with Alzheimer’s, dementia, or another memory-related condition—or if you have cared for someone and would like to share your experiences—or just chat—please join us. Our friendly team is here to listen, offer support, and guide you to additional resources.

Marie Curie Daffodil Appeal

From 1st to 31st March, St Clements proudly supports the Marie Curie Daffodil Appeal. Our launch event on Saturday, 1st March, will feature a delightful offering of soup with your choice of vegetable or tomato and a roll,

accompanied by a cake or similar treat, available from 11:30 am to 2:00 pm for just £3. Daffodils will also be on sale on the day and throughout March. In preparation, our foyer is being adorned with handcrafted daffodils, with the enthusiastic assistance of the Brownies and Guides who meet at St Clements on Monday evenings during term time.

Lenten Season and Ash Wednesday Services

Ash Wednesday, 5th March 2025, marks the start of the Lenten season and as always falls six and half weeks before Easter. It is a period of reflection and preparation for Christ’s Resurrection on Easter Sunday. St Clements will hold a Service of Ashing at 10:00 am, while St Mary and St Margaret’s will offer a Service of Imposition of Ashes at 7:00 pm on the same day. The Church of England’s Lenten theme for 2025 is Living Hope, inviting us to deepen our trust in God and join in bringing hope to the world. Giving up for Lent is a Christian practice of abstaining from certain things to honour Jesus’ sacrifice and to draw closer to God. St Clements has decided to once again, as in previous years, to focus on “giving” as well as “giving up” certain treats during Lent. Throughout the season, we will collect donated items such as toiletries, tinned foods, and Easter eggs to give to the local food bank. If you are able to donate such items please contact us at the church. Our contact details are at the end of this article.

Upcoming Events

Following our successful annual Beetle Drive on Saturday, 15th February—during which we enjoyed a delightful array of treats (and gosh, those puds were delicious, not to mention our much-loved trifle)—we are excited to share our upcoming events.

Mothering Sunday falls on Sunday, 30th March this year—a day when we once again extend a big thank you to all mothers and caregivers who look after us

throughout the year. In the UK, Mother’s Day is celebrated on a different date each year, though it always occurs in March. This variation is due to its dependence on the date of Easter, as Mothering Sunday is invariably the 4th Sunday of Lent. Please join us for the Mothering Sunday service at St Clements at 11:00 am as we come together in gratitude and celebration.

On 12th April, from 2:00 to 5:00 pm, we invite you to our Easter Cream Tea with Bingo. A highlight of the event is the eagerly anticipated Easter Bonnet Parade—my goodness the charity shops will be busy selling “hats” to decorate. Tickets for this festive gathering will go on sale at the beginning of March at £6 each. With bingo being a relatively new addition that has delighted attendees, it might become a regular feature at future events.

Looking ahead, our annual Quiz is scheduled for 17th May at 4:00 pm and will be accompanied by a fish and chip supper. In honor of the 80th Anniversary of VE Day on 8th May 2025, St Clements will also celebrate this significant milestone, so be ready for some engaging questions about the Second World War. Tickets for the quiz will be available for purchase in April, with costs to be announced.

And a fun fact to ponder: Is the Bible a book or a library? In truth, it’s a library composed of 66 books—39 in the Old Testament and 27 in the New Testament.

School Visits and Community Spirit

We were delighted to welcome Year 4 students from Castle Bromwich Junior School for a two-day visit on 10th and 11th February, just before the half-term break. Rev Fiona had to be on the “ball” to answer those questions from the children and my goodness there were plenty. Children have a way of asking questions that really make you think and of course you have to give the right answers (hopefully). Despite a bit of rain on Monday, the enthusiasm of the day was uplifting. The sight of children in their red

uniforms, smiling as they approached the church with their teachers and helpers, truly brightened our day. We eagerly anticipate welcoming Year 3 later in the year.

Welcoming Spring

How quickly time goes and by and as we look forward to warmer days, please remember that the clocks will go forward on the last Sunday in March at 1:00 am, marking the beginning of British Summer Time—even if it means losing an hour’s sleep.

Discovering the Natural World

We recommend the charming ABC book, God’s Amazing World from Apples to Zebras, which is filled with fascinating facts about the world around us. Whatever your age and whether you have children or grandchildren it’s well worth a read. It offers both education and inspiration. The natural world can offer peace and solace whether by the sea or sitting on a bench in the garden from Winter to Spring while we look forward to brighter days, under the ground a miracle is happening. Nature awakens with the first shoots of spring and birds fill the air with song. We encourage you to call a friend, share a meal, or simply take a leisurely walk to enjoy the beauty around you. Additionally, you are warmly invited to join one of our community groups, such as the Crafternoon or Twenty21 sessions held every Tuesday from 2:00 to 4:00 pm at St Clements. Don’t sit on that “sofa” come and join us, walk through that door, one small step gets you started. Come and experience the warm welcome of our community!

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

Phone: 0121 274 7120

Church Website:
www.stclementschurchcb.co.uk

Facebook: www.facebook.com/stclementschurchcastlebromwich

Email: office@stclementschurchcb.co.uk



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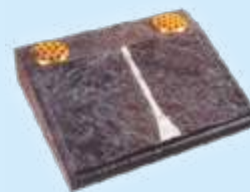
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1. Don't apply cream in-between your toes as the area doesn't absorb cream as well as under your foot, this can then cause a higher chance of fungal infection.
2. Stay away from foot peeling packs. These can make your feet sore and cause the hard skin to worsen. Moisturising will help soften the hard skin alone.
3. If you struggle to apply cream on your feet using tools such as a sponge or carrier bag and help.



Council sets budget with significant investment in Leisure, Planning Enforcement, Community Grants and VE Day celebrations, street cleaning and town centres.

At a Full Council Meeting on Wednesday 19th February 2025, North Warwickshire Brough Council approved its budget for the 2025/26 year which aims to deliver a balanced budget against a backdrop of uncertainty regarding Council reorganisation and funding, whilst investing further in its review of leisure services, even more street cleaning, planning enforcement and facilities and events in the Borough's towns and villages.

A Council consultation last year found that the vast majority of North Warwickshire Borough residents are satisfied with their local area as a place to live (88%), substantially higher than the national average. Over three-quarters (76%) of residents expressed satisfaction with the way North Warwickshire Borough Council runs things, which is 20 percentage points above the national average.

At the meeting, the Council committed a further £5m to the project to improve leisure facilities in Atherstone and Polesworth as well as £200,000 for new changing facilities in Mancetter. This is in addition to the £100,000 pump track that is nearing completion in Dordon, the second to be built in the Borough, and the ongoing work to upgrade the play areas managed by the Council.

Communities in every Ward in the Borough will again be able to benefit with funding for projects to improve life for residents as part of a £85,000 top up to the Community Grants scheme. And this year a further £10,000 has been allocated for small grants to encourage communities to come together to commemorate the 80th anniversary of the end of World War II.

The cleanliness and appearance of North Warwickshire's towns and villages will benefit from a further £125,000 for street cleaning and there will be a repeat of the highly successful fund of £100,000 to support the appearance of 'High Street' shops in our main retail areas and surrounding villages.

The Council has also allocated £15,000 for projects to improve residents' safety and has budgeted for a further Planning Enforcement Officer to boost the work the Council does to enforce planning and other environmental offences such as fly tipping.

At the meeting Councillors agreed to increase Council Tax for all households' equivalent to an increase of 2.99%, which is necessary given that the Government's funding for the Council assumes this level of increase.

For a Band D Council Tax this is an increase of £7.05 per year for NWBC services, which is approximately 14p a week.

Where your Council tax goes:	%	Total per year £
North Warwickshire Borough Council	9.98	242.75
Warwickshire County Council (WCC)	74.96	1,822.95
Warwickshire Office of the Police and Crime Commissioner	12.49	303.71
Various Parish Councils	2.57	62.37 on average

Leader of the Council, Cllr David Wright said, "The Council continues to face increasing uncertainty as the Government has announced a disruptive and rushed review of Councils which could see all services for our area delivered by one mega Council with fewer links to North Warwickshire. In addition, funding for Councils is set to be overhauled and it's likely that areas like North Warwickshire will end up with less money to support its residents and business.

Despite this, the Council continues to work very hard to manage its budget responsibly which gives us the opportunity to target investment in the areas that residents have said they value the most – leisure and recreation services, dealing with planning and environmental crimes, cleaner streets and safer communities.

I am also delighted that we have been able to top up the Councillor grant scheme to support groups and facilities in each area of the Borough as well as another £100,000 to support our High Streets. As an Army veteran, I am also delighted that we will be able to offer small grants to allow communities to come together to commemorate the 80th anniversary of the end of the Second World War."

Reaction to the latest inflation figures

Emily Stubbs, head of policy at Greater Birmingham Chambers of Commerce, said: "Today's data only highlights the mounting cost pressures facing businesses across the country - and the Chancellor's national insurance contribution increases will only add to the strain.

"Our Quarterly Business Report consistently finds that labour costs are already the most persistent source of cost pressures on Greater Birmingham businesses - something yesterday's wage data is yet another reminder of.

"We published additional research earlier this month which found that six in 10 local businesses are anticipating having to increase their prices further

to mitigate the impact of the Autumn Budget.

"Businesses desperately need some of these cost pressures eased in order to unlock investment and drive economic growth.

"The Bank of England is likely to continue proceeding cautiously with further interest rate cuts in the coming months, as it navigates the inflation landscape amid ongoing global risks and the impact of potential US tariffs."



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Cllr Martin McCarthy, Castle Bromwich Ward (Solihull MBC)

March update

Welcome to March in Castle Bromwich, the dark nights are beginning to shorten at last with the promise of spring to come. It has been a short but busy month as follows

Pedestrian safety improvements around local schools

A Proposed Traffic regulation order for Total prohibition of Pavement, footway and verge parking and waiting has been published, details can be found on the SMBC website at <https://www.solihull.gov.uk/roads-pavements-andstreetcare/Traffic-regulation-orders> consultation on this order is open until 25/3/2025.

The areas concerned are Hurst Lane North (West side), Hurst Lane North (East Side) Junction of Marlborough to Springfield, Bentley Court, Jensen Avenue, Reliant Close and Lanchester Way.

This may help to reduce damage to our grass verges and improve safety for pedestrians and disabled users.

Please tell us what you think about this.

Civil enforcement officers have visited school-time parking on Bentley road, PCN's were issued for parking

contraventions. We hope to see officers again over the coming weeks as they monitor this area.

Keeping our Highways and Byways clean.

The New Street to Wentworth Alleyway petition to council was submitted 4 February.

This involves getting encroaching vegetation cut back and confirmation of potential surface repair work in April.

We will continue to ensure that our alleyways are maintained in a clean and safe condition as far as possible, please do get hold of ourselves and council officers using the Councils 'Report it' web site if there are further problems.

The messy state of the Collector road locally has been shared with SMBC Street care officers, cleaning was scheduled for 24 - 27th February.

Water Orton Road service road Petition

SMBC Highways officers have made a site visit to take this forward, we will keep you updated.

we would like to thank planning enforcement officers for ably negotiating improvements in the street scene in the area of the Kyber Pass store.

Improving our environment Tree Planting.

A number of Replacement verge trees have been planted over the winter, we have worked with officers to look for a way forward for planting unfunded New Trees, A Tree sponsorship scheme has now been launched, as expected the trees cost £600 to plant and maintain going forward. Please contact us if you or a local group would like to sponsor one.

The page for this is available on the SMBC web site at www.lovesolihull.org/sponsor-a-tree

Regular Councillor Surgery at Castle Bromwich Library.

The next monthly surgery is scheduled for Monday the 3rd of March 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
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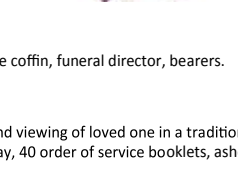
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*cost excludes cremation, burial, doctors or minister's fees. All costs are correct up until April 2021

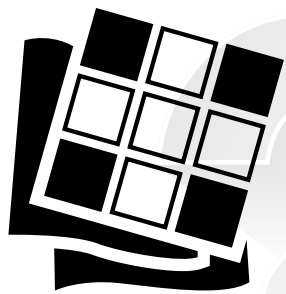


*cost excludes cremation, burial, doctors or minister's fees. All costs are correct up until April 2021

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- 1 Compass point
- 4 Vast number of celestial bodies
- 9 Hubbub
- 12 Distort
- 14 Cavity
- 15 Skidded
- 16 Type of cheese
- 17 Speak in public
- 18 Greeting _____
- 19 Pertaining to or characteristic of winter
- 21 Ends
- 23 Nervous system
- 24 Propel with oars
- 25 Talk about, with "over"
- 28 Stage of life
- 31 First letter of the Arabic alphabet
- 34 Caper
- 36 Ship initials
- 38 Couple
- 40 Accent mark
- 41 Dense

- 43 Supplication
- 44 Large van
- 45 Pain unit
- 46 Its own
- 48 Snaky fish
- 51 Aye
- 53 Acquired Immune Deficiency Syndrome (abbr.)
- 54 Tree
- 56 Tender loving care
- 58 Gully
- 61 American game played on rectangular field
- 66 Sounds of disapproval
- 67 Slender pointed shaft shot from a bow
- 69 Buckeye State
- 70 Tender and passionate affection
- 71 Feudal superior
- 72 Points
- 73 Stretch to make do
- 74 Snake
- 75 Still

Word Search

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

1	2	3	4	5	6	7	8	9	10	11			
12			13						15				
16									18				
19			20				21	22					
			23				24						
	25	26	27		28	29	30		31	32	33		
34					35	36		37		38		39	
40					41	42				43			
44					45			46	47				
	48		49	50		51		52		53			
			54		55		56	57					
58	59	60					61			62	63	64	65
66					67	68				69			
70					71					72			
73					74							75	

By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Southwest by west
- 2 Indonesian island
- 3 Small bird
- 4 Reject
- 5 Mother ___
- 6 College (abbr.)
- 7 Trail
- 8 Spread out
- 9 Winged
- 10 Unpaved
- 11 Chances of winning
- 13 Set
- 15 Frown
- 20 Reverberate
- 22 Snake
- 25 Netherlands' capital
- 26 Entertain
- 27 Compass point
- 29 Cunning
- 30 Escudo
- 32 Left out of gear
- 33 Combustibles
- 34 Gossip
- 35 Limited (abbr.)
- 37 Slide on snow
- 39 Clod
- 42 Used to attract attention
- 43 Pressure unit
- 47 Sensitivity
- 49 Free
- 50 Tell
- 52 Moe, for example
- 55 Marsupial bear
- 57 Under
- 58 Apt
- 59 Chessman
- 60 Wander
- 61 Wilma Flintstones' husband
- 62 Frame
- 63 Sailors "hey"
- 64 Low-cal
- 65 Astray
- 68 Free of

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.

- Arrow
- Friend
- Pallid
- Card
- Groundhog
- Presidents
- Chilly
- Heart
- Snowy
- Chocolate
- Kiss
- Tidings
- Cupid
- Lincoln
- Valentine
- Flowers
- Love
- Washington
- Football
- Moon
- Wintered



St Mary and St Margaret Church

Castle Bromwich

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Whats On This March

The Coffee Pot Bereavement Group
Monday 10th March 1.30 - 3pm
Community Hall

Everyone is welcome for refreshments and conversation, at this welcoming support group that provides help and companionship for anyone experiencing difficult times.

Wednesday Drop In
12th & 26th March 10.00 - 11.30am
Community Hall

Join us for a cuppa and a chat - everyone is welcome!

Soup & a Roll Lunch
Wednesday 12th March 12.00 - 1.30pm
Community Hall

Join us for our monthly Soup & a Roll Lunch for a £1 donation, on every 2nd Wednesday of the month following our Family Service and Wednesday Drop In

Mothers Union Friendship Afternoon
Wednesday 19th March - 1.30- 3pm
Community Hall

Join us for an afternoon of fellowship & fun with a cuppa, a piece of cake & a chat! All are welcome to join us - we would love to see you!

Morning Prayer
Thursday 6th, 13th, 20th, 27th March
9.30 - 10.15am Community Hall
 Join Revd Fiona for reflection & prayer

Family Activities



Warm Welcome is back!
Wednesdays (term-time)
3.30-5pm
 St Mary & St Margaret's
 Community Hall, Chester Road,
 Castle Bromwich, B36 9DE

Come and enjoy a warm and friendly FREE space for families with children

Games, fun, chat and meet friends, hot choc, table tennis, toast, jenga, arts & crafts, connect 4, activities and lots more! Come along and meet the Team :)

Children need to be accompanied and supervised by their adult

More info: info@stmaryandstmargaret.co.uk
 Tel: 0121 7471270 or 07507945720

 St Mary and St Margaret Church
 Castle Bromwich



Cafe Worship
Sunday 16th March
11am-12pm Community Hall

Join us for informal, all age worship which runs alongside our main Sunday Worship with refreshments, songs, activities and crafts.

Upcoming Services

Sunday 2nd March
 11am All Age Communion & Holy Baptism

Ash Wednesday - 5th March
 7pm Communion with imposition of ashes

Sunday 9th March
 9.30am Parish Communion & Messy Worship for families

Wednesday 12th March
 9.30am Family Communion

Sunday 16th March
 11am Sung Eucharist (Church)
 Cafe Worship (Community Hall)

Sunday 23rd March
 9.30am Parish Communion & Messy Worship for families

Wednesday 26th March
 9.30am Family Communion

Sunday 30th March
 9.30am All-Age Communion

How to Keep Up To Date



Official Church FB Page
facebook.com/stmaryandstmargarechurch

Church & Community Hall Group
facebook.com/groups/106452275854

Community Hall Page
facebook.com/stmaryandstmargaretcommunityhall



Or visit our website
www.stmaryandstmargaret.co.uk

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)

Cuppa with a Copper

Our cuppa with a copper events have been a roaring success so we are now looking to hold as many as we can.

These events give residents the chance to meet their local team, discuss any issues they are facing, be signposted, get crime prevention advice and packs, whilst doing this have a free hot drink.

If you would like to organise one of these events for your village, use the last page of this newsletter to email the team that covers your area.

Upcoming events as follows:

15/03/25 1000-1200 – Coleshill Library

26/04/25 1130-1330 – Corley Village Hall



Atherstone SNT attended Atherstone Library with North Warwickshire Neighbourhood Watch for the Cuppa with a copper event.

The morning itself proved to be really useful, between the PCSO's and Neighbourhood watch, with us speaking with almost 50 people.

Please keep an eye out for our next cuppa with a copper where you will be able to obtain lots of useful crime prevention advice and tools.



A fantastic attendance at Open Hands Community for the 'Cuppa with a copper' event this month.

It was great to speak to so many individuals around local concerns. Vehicle packs, safety accessories and an arrange of other crime prevention advice and tools were handed out.



On Saturday 8th Feb, PC 2300 Thompson, PC 1372 Breeze, PCSO 6360 Smith & PCSO 8810 Mitchell attended Curdworth village hall for our local community engagement event 'cuppa with a copper'.

Thank you to those who come down to meet the team and utilise the opportunity to bring local topics to our attention.

Thank you also to Neighbourhood Watch and Coleshill Fire Station for joining us.



Coleshill SNT were at Jubilee Court in Kingsbury for their Cuppa with a Copper event.

Thank you to the residents who attended to discuss local issues.

We look forward to the next one. Dates to follow



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



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.

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.

Nourishing The Soul

I’ve been keeping a secret for some time now, and I’m finally ready to share it with you: I’ve been selected to create a Beautiful Border at BBC Gardeners’ World Live this June!

The inspiration to submit a design came after I had the privilege of helping my good friend Leanne (@my_little_patch_of_earth) set up her border at GWL last summer. Her guidance and support throughout the submission process have meant the world to me. She cheered me on even when I doubted myself, and that helped me feel brave enough to hit the ‘send’ button on my submission!

For this project, I’ve drawn deep inspiration from the gardens at the Marie Curie Hospice in Solihull, West Midlands, where my mum, Marie, passed away in June 2014. The gardens there are so peaceful and comforting, designed to help patients and visitors connect with nature and find solace in their surroundings. I know I felt at peace after saying my final goodbye, and I will never forget that feeling of connection to nature in the moments I sat among the heavy scent of lavender and watched the bees flutter from flower to flower.

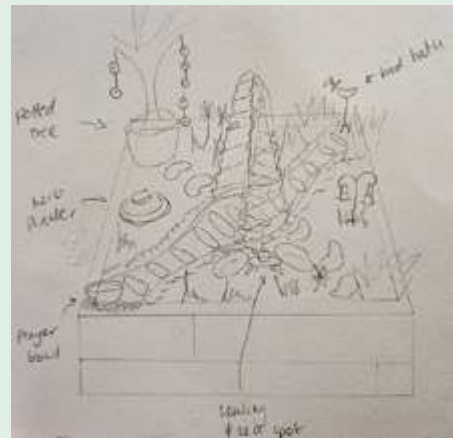


Inside the hospice, there is a multi-faith prayer room featuring a prayer bowl and pebbles—a simple yet powerful way for people to process their thoughts, prayers, and worries. I’ve always found this gesture beautiful, and I’ve wanted to incorporate it into my design. The bowl and pebbles will symbolize a place of reflection and connection.

I’m excited to share that after Gardeners’ World Live, I plan to donate much of the border’s contents to the hospice, ensuring

it continues to bring peace and comfort to others. I’ve been in contact with the hospice to ensure that the design of my border aligns with the tranquil spirit of their gardens. My hope is that my border will help visitors feel a sense of connection with nature, encouraging peace and reflection.

To say I’m both excited and terrified is an understatement, but I can’t wait to get started on turning my 3m x 3m border into a beautiful, meaningful space in memory of my mum. The team at GWL has been incredibly supportive, and it’s been a joy to see how my design has evolved since I first submitted it to them.



I’m so looking forward to sharing this journey with you—the highs, the lows, and everything in between. And I hope to see some of you at the event, please come and say hello!

BBC Gardener’s World Live takes place 12th to 15th June at Birmingham NEC – get your tickets here: [gardenersworldlive.seetickets.com](https://www.gardenersworldlive.seetickets.com)



Puzzle Page Solutions



Solution:

1	S	B	W		4	S	T	A	R	S		9	A	D	11	O					
12	W	A	R	P		14	C	E	C	U	M		15	S	L	I	D				
16	B	L	E	U		17	O	R	A	T	E		18	C	A	R	D				
19	W	I	N	T		20	E	R	E	D		21	A	B	O	R	T	S			
						23	C	N	S			24	R	O	W						
		25	H	A	26	S	H		28	A	G	29	E		31	A	L	32	I	33	F
34	G	A	M	B	O	L		35		36	U	S		37		38		39	D	U	O
40	A	G	U	E			41	T	H	I	C	K		42		43	P	L	E	A	
44	B	U	S			45	D	O	L		46	I		47	T	S	E	L	F		
		48	E	E	49	L	S		50		51	Y	E	52	S		53	A	I	D	S
						54	O	A	K			55		56	T	L	C				
58	A	R	R	O	Y	O			60		61	F	O	O	T	62	B	A	L	L	
66	B	O	O	S			67	A	R	R	O	W		68		69	O	H	I	O	
70	L	O	V	E			71	L	I	E	G	E		72		73	D	O	T	S	
73	E	K	E				74	A	D	D	E	R		75		76	Y	E	T		

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

Hidden message:
LIFE WITHOUT LOVE IS LIKE
A TREE WITHOUT BLOSSOMS
OR FRUIT

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Local Sports



Doyle Reaches Exhaustive 920 Career Titles

The cold winter months did not put off Paddy Doyle increasing his career sporting titles to 920. The former Paratrooper and ex reserve soldier mountain biked, completed cross country backpack speed marches and weight carrying shuttle walk/runs, not forgetting he had to deal with cold mornings, heavy rain, frost and deep hilly muddy footpaths paths.

Mountain bike results carrying 25 lb expedition kit, at Rowington Village Warwickshire are as follows: 7.5 km 26 min. 57 sec, 11 km 40 min. 08 sec, 11.5 km 42 min. 40 sec, 13.5km 50 min. 25 sec, 14.5km 57 min. 28 sec, 15.5km 1 hr. 52 sec, 16.5km 1 hr. 06 min. 14 sec, 17 km 1hr. 11 min. 17 sec.

Cross country speed march results carrying 32 lb backpack, venue Yarningale

Common Warwickshire: 7km 45 min. 06 sec, 8 km 51 min. 23 sec, 10 km 1 hr. 03 min. 04 sec, 11 km 1 hr. 07 min. 16 sec, 12km 1 hr. 17 min. 20 sec, 13km 1hr. 23 min. 37 sec, 14 km 1 hr. 31 min. 37 sec, 15 km 1 hr. 44 min. 51 sec, 16.5km 1 hr. 06 min. 14 sec, 17 km 1 hr. 11 min. 17 sec.

Weight carrying 30 meter shuttle runs carrying an overall weight of 72.51 lbs: 10 shuttle walk / runs 3 min. 26.47 sec, 20 shuttle walk / runs 6 min. 49.88, 30 shuttle walk / runs 10 min. 03.88 sec, finally achieving 6.5km cross country speed march carrying 51lb backpack in 54 min. 49 sec.

To compliment his lifetime achievements the World United Martial Arts (WUMA), recognised Paddy Doyle's mixed martial arts kumite feats entering him in the WUMA Hall of Fame Awards for his contribution changing people lives through the power of martial arts.





Coleshill Town F.C.

CTFC Match Reports

All Northern Premier League games unless stated:

Monday 13th January

Walsall Senior Cup Quarter Final

Coleshill Town 0 v 0 Rushall Olympic
Coleshill Won 4-2 on Penalties

Coleshill won the Walsall Senior Cup back in 1983 and during that run they beat Rushall Olympic in the Quarter Final. Could history repeat itself. Probably not because Rushall are a League above Coleshill and should have enough talent to progress into the Semi Final. BUT, no one told the Coleman that! Coleshill put in a great shift and although the visitors had plenty of the ball, a solid defence refused to allow decent goal scoring chances. A very entertaining game, although with very few clear cut chances, ended 0-0 and the tie had to be decided on penalties. Ben Usher-Shipway, Daniel Gyasi, Jack Hallahan and Harry Craven all scored for Coleshill but the main hero was goalkeeper Tyrese Warmington who saved two of Rushall's spot kicks.

Coleshill will now play Stourbridge in the Semi Final.

Saturday 18th January

Wellingborough Town 0 v 2 Coleshill Town

Wellingborough are in the promotion positions and it's a tough place to go, not many teams get a result at Wellingborough. Coleshill played one of their best games of the season, withstood the home teams pressure and came up with two goals, a cross from Ben Usher-Shipway was deflected into the home net by their centre back just after half time and a true team goal with a cracking finish by Jack Hallahan in the dying minutes secured the three points.

Tuesday 21st January

Anstey Nomads 2 v 1 Coleshill Town

Anstey Nomads is not a nice place to visit. Their win at all cost attitude, and the constant long ball, doesn't make for an enjoyable experience on a very cold night. The boot it as hard as you can tactic worked for the home team and they took a two goal lead by half time. Coleshill started to play some football in the second half and got a goal back through Ben Usher-Shipway, and then Usher-Shipway shot through a crowded box and saw his effort go in off the far post, 2-2, brilliant! But wait, the home side complain to the linesman who then calls over the referee who then disallows the goal. The game ends with a home win and the whooping and hollowing is soooo annoying. Will look forward to the return at Pack Meadow.

Saturday 25th January

Coleshill Town 1 v 0 Rugby Town

Rugby are in a relegation battle and worked really hard making life difficult for the Home team. Goalless at half time, well played Rugby but the man on the spot at the moment, Sam Tye popped up again with the only goal of the game on 56 minutes.

Saturday 1st February

Sporting Khalsa 4 v 1 Coleshill Town

It's been a long season and Coleshill have been brilliant at times, and also poor on the odd occasion, but this is the only game where they have been outplayed. Khalsa were better, stronger and deadly in front of goal and deserved to be 4-0 up before Sam Tye scored a consolation goal in the 93rd minute.

Wednesday 5th February

Darleston Town 2 v 2 Coleshill Town

Another big boot team on a poor pitch in freezing temperatures. The home teams tactics worked well for 45 minutes and were 2-0 up by half time. Second half was completely different with Coleshill keeping the ball on the deck. Dan Brookes scored his first goal for the club on 58 minutes, Shaquille Leachman-Whittingham scored a penalty on 73 minutes after Bassit Mandey was fouled inside the box, and Coleshill hit the post twice as they dominated play but just couldn't find the winner.

Saturday 8th February

Coleshill Town 2 v 0 Shepshed Dynamo

In the return fixture Coleshill battered Shepshed but lost the game 1-0. Dynamo have improved since then and have had some good results and played well in a very entertaining encounter. Harry Craven scored just before the break to give Coleshill a slender lead, but the second half was very even and in the dying minutes Shepshed were searching for an equaliser. They were awarded a corner and their whole team, including the keeper were inside Coleshill's penalty area. The cross came in and was cleared to Shaquille Leachman-Whittingham who ran the length of the pitch to score into an empty net. A well earned win.

Saturday 15th February

Quorn 3 v 0 Coleshill Town

Quorn are the team that are running away with the League this season, one defeat, 20 points clear! But, believe it or not, Coleshill dominated the first half but somehow went into the break 1-0 down. The second half Quorn showed their quality and scored two more but Coleshill can be proud of their performance, they gave the Champions elect a good game.

Saturday 22nd February

Coleshill Town 3 v 3 Worcester City

Worcester are candidates for promotion. They won't catch Quorn but they will make the Play-Offs. Coleshill got off to a great start when Shaquille Leachman-Whittingham scored in the 3rd minute but City hit back immediately and levelled on 7 minutes, and were 3-1 ahead by half time. A much better second half by Coleshill saw Ben Usher-Shipway score on 52 minutes and with just two minutes remaining Coleshill got what they deserved with Taylor Carter-Byrne heading home the equaliser.

FIXTURES: Pitching in Northern Premier League Midland Division

3.00pm kick off unless stated.

Saturday 1st March

Away to Coventry Sphinx

Tuesday 4th March

Away to Stourbridge. 7.45pm.

Walsall Senior Cup Semi Final.

Saturday 15th March

Home to AFC Rushden & Diamonds

Saturday 22nd March

Away to Corby Town

Saturday 29th March

Home to Anstey Nomads

Saturday 5th April

Away to Boldmere St Michaels.

Saturday 12th April

Away to Long Eaton United.

Saturday 19th April

Home to Bedworth United.

COLESHILL TOWN FOOTBALL CLUB MINI-SOCCER TOURNAMENT 2025

SAT 28th JUNE 9.30am

U7

5-A-SIDE UPTO 24 TEAMS

AGE GROUPS
25/26 SEASON

SUN 29th JUNE 9.30am

U8

5-A-SIDE UPTO 24 TEAMS

SAT 28th JUNE 14.30pm

U9

7-A-SIDE UPTO 24 TEAMS

AFFILIATED TO
BIRMINGHAM FA

SUN 29th JUNE 14.30pm

U10

7-A-SIDE UPTO 24 TEAMS

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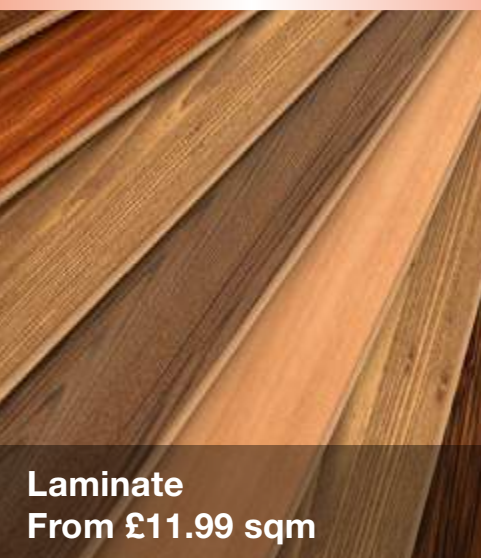
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