

THE Coleshill & Castle Brom POST



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March 2026 Issue 141



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Chutney Express Wins Prestigious Nations Curry Awards 2026 – Outstanding Takeaway of the Year

Chutney Express is proud to announce that it has been crowned Outstanding Takeaway of the Year at the highly respected Nations Curry Awards 2026.

The award recognises excellence within the UK curry industry and celebrates the very best restaurants and takeaways across the country. Winning this national title marks a major achievement for the Chutney Express team and highlights their commitment to quality food, exceptional service and customer satisfaction.

See page



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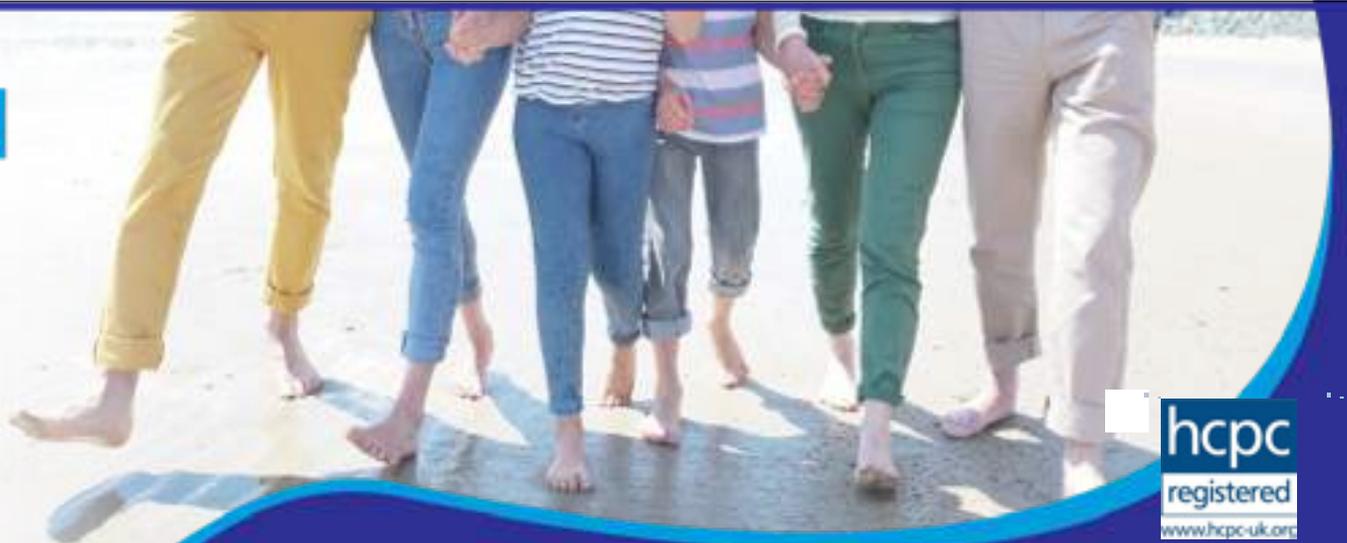
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**THE Coleshill &
Castle Brom POST**

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.

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Getting in touch

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THE Coleshill & Castle Brom POST

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Purple House Clinic Birmingham grows as NHS neurodevelopmental waiting times stretch across Warwickshire

Rising demand for autism and ADHD assessments across Warwickshire is placing increasing pressure on NHS services, with children, young people and adults seeking alternative pathways to diagnosis and support.

In Coventry and Warwickshire, pressures are growing with NHS services reporting that children and young people wait an average of 49 weeks for an autism assessment, while access to ADHD assessments has become increasingly restricted. Since May 2025, new NHS-commissioned ADHD referrals in the area have been limited to under-25s only¹, leaving many adults unable to access local diagnostic pathways.

These pressures are reflected in the growing demand seen by Purple House Clinic Birmingham, which is based in Coleshill, Warwickshire and supports individuals and families across both Warwickshire and the wider West Midlands. The clinic has seen a significant increase in demand for neurodevelopmental assessments over the past year, alongside rising requests for post-diagnostic support on how to understand or live well with it.

Dr Danielle Grey, Clinical Director and Clinical Psychologist at Purple House Clinic Birmingham, said: "We are seeing a clear rise in people seeking assessments for autism and ADHD because NHS waiting times are so long. But just as importantly,

we're seeing a need for support beyond the diagnosis itself as people want help understanding what it means for them and how to navigate everyday life. Without the right guidance, and follow-up, it can feel confusing or even overwhelming.

"What we're seeing locally reflects a wider national picture - rising demand, long waits, and a lack of support once a diagnosis is given. Our focus is on quality, clearness and compassion, ensuring people are supported not just to receive a diagnosis, but to live well with it."

Nationally and locally, there is increasing discussion about the quality and value of neurodevelopmental assessments, with professionals emphasising the importance of robust, evidence-based assessment

processes and appropriate post-diagnostic support. When services are overstretched, there is a risk that assessments become reduced to a label rather than a pathway to understanding and support to help individuals and families make sense of their experiences.

"A diagnosis should be meaningful. Without the right support, it can feel confusing or even isolating. Over-simplifying assessments risks taking away their value, and we know from our clients, that they are looking for reassurance and guidance. Our focus is on helping individuals and families make sense of what they're going through and supporting them to move forward with confidence. We see the assessment as the beginning of a journey, not the end," adds Dr Grey.

Purple House Clinic Birmingham offers a clear neurodevelopmental pathway from age seven upwards, combining comprehensive assessment with access to ongoing psychological and therapeutic support. This integrated approach aims to help children, young people and adults understand what their diagnosis means for them in the context of their lives, relationships and emotional wellbeing.

As demand continues to grow across the region, Purple House Clinic Birmingham plans to continue expanding its multidisciplinary team of therapists and services to meet the needs of the local community.

For more information about the Purple House Clinic Birmingham and the therapies and services offered, visit www.purplehouseclinic.co.uk/psychologists-birmingham or call 0121 820 7851.





Mental Health & Neurodiversity Services

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

Our Services

Delivered by a team of highly qualified and registered healthcare professionals, our services include:

- Psychological Assessment
- Psychological Therapy
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Health & Wellness



Mind Matters – Simple Ways to Boost Mental Wellbeing in Everyday Life

In the fast pace of modern life, it's easy to forget to look after our mental health. But just like physical health, your mind needs care, attention, and rest. The good news? You don't need a therapist or expensive app to get started – there are simple, practical things you can do right here in Coleshill.

Start with Small Habits

Mental wellbeing isn't about big overhauls. It starts with small, daily habits:

- Sleep well: Aim for 7-9 hours and stick to a routine.
- Eat mindfully: Balanced meals help support a stable mood.
- Take breaks: Even 5 minutes away from your screen or task can help reset your mind.

Step Outside for a Boost

Nature is a powerful mood booster. A walk in Cole End Park or the surrounding countryside can:

- Reduce stress and anxiety
- Improve concentration
- Encourage mindfulness

Try the "5-4-3-2-1" technique on your walk: Name 5 things you can see, 4 you can hear, 3 you can feel, 2 you can smell, and 1 you can taste. It helps ground you in the present moment.

Stay Connected

Talking helps. Don't bottle things up – share with a friend, neighbour, or loved one. Join a local group or community event. Even a quick chat over the garden fence can make a big difference.

Do One Positive Thing Each Day

Whether it's journaling, walking the dog, gardening, or even tidying a room – achieving something gives a boost. Write down one thing each evening that went well.

Know When to Seek Help

Mental health challenges are nothing to be ashamed of. If you feel overwhelmed or low for more than a couple of weeks, talk to your GP or contact services like Mind or Samaritans.

You matter. Looking after your mental health is a daily act of self-respect – and here in Coleshill, you're never alone.



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FRIDAY 13th MARCH 2026

7.00pm for a prompt 7.30pm start

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WARM HUB

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

INFORMATION

Help and support for any enquiries or issues such as:-
Blue Badges, Driving Licence, Passport Applications, Online Benefit Forms (including Pension Credit Checks) and much more

All welcome, come and visit us for a chat and see how the Hub could help you.
Signposting to many groups, partner services and agencies



BREAST FRIENDS

Coffee Morning
Sat 14th Mch 10 to 1
Cakes and stalls
Charity supporting the breast cancer community



Next Town Council Meeting : 25th Mch
7pm Venue Coleshill Town Hall

Sumner Road, Coleshill
Tel. 01675 462517
Hours. Mon to Fri 10:00 to 13:00
www.coleshillhub.org.uk
coleshillcommunityhub@gmail.com

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Protect your Home

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

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

Imagine this...

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

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

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

Don't leave your home open to any risks.

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



For Couples

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

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

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

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

Act now!

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

Do you have Savings?

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

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

Act today and protect those you love

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

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

For more information please contact....

Paul Palmer
0845 055 9415 or email;
paul.palmer@accordwills.co.uk

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NOTICE OF AN APPLICATION FOR A PREMISES LICENCE UNDER SECTION 17 OF THE LICENSING ACT 2003

Notice is hereby given that an application was made to
NORTH WARWICKSHIRE BOROUGH COUNCIL for a premises
licence under the above Act on: 16th February 2026

Applicant: Evermore Gifting Ltd

Address of premises: 1 MALKINS WAY, BIRMINGHAM B46 2BW

Proposed licensable activities: Sale of alcohol by retail
(off the premises only – online sales)

Proposed days and hours of licensable activities:

Monday – Sunday: 00:00 – 23:59.

Anyone wishing to make representation regarding the application must give notice in writing to Licensing Administration, North Warwickshire Borough Council, The Council House, South Street, Atherstone, Warwickshire, CV9 1DE (Tel: 01827 715341) or Email licensing@northwarks.gov.uk WITHIN 28 DAYS specifying the ground of opposition. The application & register can also be viewed at the above address during office hours.

It is an offence knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is £5000.

Should representation be received a public hearing will be held.



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This Mother's Day, why not give her something that genuinely makes a difference?

A Walsh Podiatry Gift Voucher is a thoughtful way to say:

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Sometimes all it takes is a little nudge. We often hear,

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"I'll sort it next month."

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This isn't an extravagant gift.

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One that shows you care about her comfort and wellbeing.

Because sometimes the best gifts aren't flashy —

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You can buy a gift voucher in the practice or online via our website

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Walsh Podiatry 329 Chester Road, Castle Bromwich, Birmingham B36 0JG **0121 749 6313**

Water Orton Community Library

Water Orton Community Library is a welcoming local space run by a team of dedicated volunteers who are passionate about keeping the love of reading and community connection alive.

The library is open on Fridays from 10.00am to 4.30pm and Saturdays from 10.00am to 12 noon, offering a relaxed and friendly environment for all ages.

Regular events take place throughout the year, including every Friday Rhyme Time

for children for under 5s between 2.00-2.30pm making it a lovely opportunity for little ones and their carers to enjoy stories and songs together. Creative adults are also well catered for with Knit and Natter, held every Saturday and open to all ages — come along whether you're a seasoned knitter, crafter or just fancy a chat.

For more information, you can contact the library on 0121 747 7460 or email waterortonlibrary@gmail.com. Be sure to visit their Facebook page to keep up to date with upcoming events and activities.



Chutney Express Wins Prestigious Nations Curry Awards 2026 – Outstanding Takeaway of the Year

Chutney Express is proud to announce that it has been crowned Outstanding Takeaway of the Year at the highly respected Nations Curry Awards 2026.

The award recognises excellence within the UK curry industry and celebrates the very best restaurants and takeaways across the country. Winning this national title marks a major achievement for the Chutney Express team and highlights their commitment to quality food, exceptional service and customer satisfaction.

Receiving the award, manager Moe at Chutney Express said:

"We are absolutely delighted and honoured to win Outstanding Takeaway of the Year. This is a huge achievement for us and a proud moment for the entire team. We would like to thank all of our loyal customers for their

continued support – this award is as much theirs as it is ours."

Since opening, Chutney Express has built a strong reputation for delivering authentic, high-quality cuisine and outstanding customer service. This award reflects the hard work and dedication of the entire team, who strive every day to provide the best possible experience for their customers.

The Nations Curry Awards celebrate excellence within the curry industry and are regarded as one of the most prestigious accolades in the sector. Being recognised at this level is a testament to the passion and commitment behind Chutney Express.

The team would like to extend their gratitude to their customers, staff and suppliers who have all played a vital role in this success.



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Castle Bromwich
Hall Gardens

Gardens in March



Back and Brimming with Bustle

From the end of March, we return to our Summer opening times - Wednesday-Sunday from 10:30 to 16:30, with full cafe operations resuming.

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 Mothering Sunday on 15th 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.

Wild Food and Blossom Days

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.

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, May, June, July and August. For more details of how to join the course, please look at our website.

Our formal Eighteenth-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. It is part of our intention to emphasise what grows here by focusing some of our events towards the Batty Langley Kitchen Garden and our heritage orchards. We celebrated Potato Day in February, and on 22nd March we will see the National Trust run a 'Blossom Bash'. We will then Morris Into May later in the Spring, and celebrate all things grown with a Harvest event in late September. It can be a tad early for the full blossom displays, those gorgeous bouquets of bounteous flowers, and it is increasingly difficult to predict when our heritage fruit trees will indeed bloom. Climate change, with warmer, wetter winters, and pummelingly hot summers, are causing immense strain to all of our trees so the old flowering times cannot be relied upon. It is yet another change that we must adapt to.



Mothering Sunday, a Marking of Mother Nature

Nestled in March is the joy of all floristries, Mother's Day. Traditionally formed from reverence to the Virgin Mary and the returning to the church in which people were baptised, the modern associations are far more floral in their marking. More centred on spending time with our wonderful mums, they suggest ways of championing all mothers as indeed we are on 15th March. Join us for a Cream Tea in a Box and Gardens Tour package. Indulge in our Silver Tree Bakery scones and explore the Gardens' wonderful specimens of 'mother trees' in a tour led by our Chair of Trustees, Gardeners' Question Time's

Bethan Collerton. Learn about the canopies above our heads, as well as the creatures and plants that keep the soil enriched. But that's not all! If the tour and cream tea aren't enough, our dedicated team of crafters will be on-site teaching you how to make beautiful and delicate flowers from tissue and crepe paper, ideal memories to be made with our mums. See our website for details.

Powered by Volunteers!

It's not possible for us to stress enough how heavily we are indebted to our volunteers. They are our lifeblood and maintain our daily operations both in the cafe and shop kiosk, and across our events programme, but also within the Gardens themselves. If you have half a day a week with nothing to do, then please do consider volunteering your time here with us. Our Front of House team is always looking for dedicated people to join its ranks. Enquire on our website, or else pop in and speak to someone. Become part of something that is bigger than all of us, and has the ability to unite in these times of strife and division.



Looking Ahead

What? Easter already?! Certainly the case! We have lots of things planned across the Easter Holidays here, including firm favourites Colonel Pickering's Regiment of Foot across Easter Weekend, lots of family activities and crafts to engage with and some new happenings too! Exciting and enjoyable times for all here at Castle Bromwich Historic Gardens.



SHARE A STORY

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Wishing all our customers a
Merry Christmas and Happy New Year
thank you for all your support throughout the year



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Nothing above ??

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- ✓ 1 lunch included
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- ✓ Heritage train journey on the Gloucestershire Warwickshire Railway
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Heart of England Singers

Present

A SPRING Concert

MUSICAL DIRECTOR - RUTH LOW
ACCOMPANIST - JUDITH FISHER

Programme to include music by Johann Sebastian Bach, Edward Elgar, Karl Jenkins, George Frideric Handel and John Rutter plus many more.

APRIL 25, 2026
7.30 PM
ST. LEONARD'S CHURCH, ELMDON ROAD
MARSTON GREEN, B37 7BT
TICKETS
£15 Adult
£7.50 Under 18s

Buy tickets:

- online via TicketSource (booking fee applies) scan this QR code
- in person from any choir member
- on the door from 6.45pm (cash or card)



Heart of England Singers Spring Concert

**Saturday 25th April St. Leonard's Church,
Marston Green B37 78T**

The popular Heart of England Singers under the musical direction of Ruth Lowe will perform a beautiful programme of Spring songs at the iconic St. Leonard's Church, Elmdon Lane, Marston Green accompanied by Judith Fisher on piano and organ.

The programme will have something for everyone.

They will perform John Rutter's "All Things Bright and Beautiful" to reflect the lovely light evening together with the popular theme from the Vicar of Dibley which is Howard Goodall's version of the "Lord is My Shepherd" along with the quirky "African Alleluia" by Jay Althouse there will be more traditional versions of the "Sky Boat Song" and pieces by J S Bach and Rudyard Kipling. The

choir will also perform the hauntingly beautiful "We've only Just Begun" which was a worldwide smash hit for the Carpenters.

Tickets are £15 per adult or £6 for under 16 years old cash or card on the door.



Ruth Lowe



Judith Fisher



Castle Bromwich Singers Present

Spring into Song 2026

Saturday March 28th 2026

Baptist Church, Timberley Lane Castle Bromwich B34 7HU



Tickets from TicketSource:
www.ticketsource.co.uk/castle-bromwich-singers

Also Greg: 07951 562 907
 Stella: 0121 748 7635

Price £6.00 (£4.00 under 16's)
 Doors open 7:00 pm for a 7:30 pm start

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Atherstone Safer Neighbourhood Team – Shop Theft Report

Officers from Atherstone Safer Neighbourhood Team received a report via the Retail Radio network regarding a shop theft at the Co-Op on Long Street, Atherstone.

Following timely updates from store staff and the council CCTV network, officers conducted a short blue-light run to locate the vehicle involved. The car was successfully brought to a stop on the A5 in Grendon.

Two occupants were identified in possession of stolen items, which have now been recovered. Both individuals will be reported for the offences.

We would like to thank Co-Op staff and our partners within the council CCTV network for their vigilance and swift communication, which played a key role in bringing this incident to a safe and prompt conclusion.



HM Government



Small steps to lift your mood

Make the first move for your mental health. Search **Every Mind Matters**

Better Health Let's do this

Castle Bromwich Parish Council News



Tabletop Sale

On Saturday, 7th March, 10:00 am – 12:30 pm, our doors will open for the public for our monthly tabletop sale. There will be lots of local sellers with a variety of items to purchase; you will struggle to find better bargains! Also, the Chair of the Parish Council will be there selling her self-grown plants to raise money for the Chairman's Charity Fund. Sales are the first Saturday of every month, excluding January and August. If you are interested, then please contact Arden Hall front office on 0121 747 7150 or email us at ardenhall@castlebromwichpc.gov.uk. Tables are £10 or £15 for a larger pitch with space for a rail; we cannot reserve tables without payment. All packaging and unsold items are to be taken home.

Coffee Morning with Bingo

Held each week on Thursdays in the Spencer Lounge at Arden Hall, an ever-growing group of friendly people meet to chat and play bingo. Come and join us for a cup of tea, barista-quality coffees and bingo. 10 am-12 pm. Email Dylan Faultless-Hodgson, Community and Leisure Officer, for more information. leisure@castlebromwichpc.gov.uk

Tribute Acts

The Beatles28th March
Soul & Motown18th April
Back to the 80s Disco16th May
Jersey Boys13th June

All tickets must be booked through Tribute Night Promotions, not Arden Hall.

Call 0121 270 5886. / Email: tickets@tributenightpromotions.co.uk / Visit website <https://tributenightpromotions.co.uk/>

The Pavilion

We are really excited to launch our newly renovated Pavilion. The Chair of the Parish Council would like to thank all the staff for their hard work in making this possible.



Castle Bromwich Cricket and Sports Club are looking forward to moving back in at the weekends, but we have plenty of availability to book during the week priced at £17.50 an hour with a 20% discount for residents and non-profit organisations.

This will be the perfect space for mid-week children's birthday parties, with access to the park and the option of having an outdoor bouncy castle in the summer. Contact Arden Hall for more information: 0121 747 7150 ardenhall@castlebromwichpc.gov.uk

2026 CBPC Dates

Party in the Park	Saturday 27th June 2026
Heritage Open Day	Sunday 13th September 2026
MacMillan Coffee Morning	Saturday 19th September 2026
Remembrance	Sunday 8th November 2026
Carol Concert	Tuesday 1st December 2026

Small Grants Fund

As we continue to support our local community, we are pleased to share details of our Grant Funding. A £500 funding pot is available to be split amongst community organisations and charities working within Castle Bromwich. If your group or organisation could benefit from additional support, then we would love to see you apply. Deadline for March applications is 4th March 2026. You can find more information and apply on our website www.castlebromwichpc.gov.uk or ring to discuss 0121 747 6503.

Parish Councillors

Castle Bromwich Parish Council is looking for new councillors to join our Council. We want people from all backgrounds and experiences who want to make a difference in our local area. The council makes a difference in everyday life from youth projects, managing open spaces, making representations on planning and traffic schemes, organising social events, and we strive to improve the lives of residents in Castle Bromwich. There are current vacancies, so please attend a meeting and see what we're about! You can find out more information on the Electoral Commission and Local Government Association website, or contact counciloffice@castlebromwich.pc.gov.uk or call 0121 747 6503

Donations @ Arden Hall

We would like to make you all aware of a variety of charity collections we have here at Arden Hall. First of all is the Solihull Food Bank Network donation box. They are requesting dried food goods, toiletries, canned goods, and other non-perishables. The box is located in the Arden Hall foyer, you can drop your donations off whenever we are open. Secondly, we still have our partnership with WeCan. A local young resident collects thousands of empty drink cans to sell; he then donates this money to local charities. We have 2 bins at the rear of Arden Hall on the left-hand side of the car park for you to drop off your empty cans.



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S&W FOOTBALL ACADEMY

New homes, care village and country park planned for Coleshill

Family-owned housebuilder, Bloor Homes, has launched an online consultation asking residents in Coleshill for feedback on early-stage plans for a sensitively designed new neighbourhood of high-quality homes, a care village and extensive landscaped open spaces including a country park for the local community.

The proposed development would be located on the eastern side of Coleshill, south of Maxstoke Lane from where primary access to the new homes and country park would be taken.

The five-star rated housebuilder is preparing an outline planning application for the grey belt site, which meets the criteria for sustainable development under the National Planning Policy Framework.

The outline proposals being consulted on by Bloor Homes would comprise up to 240 high-quality family and affordable homes. The provision of high-quality green spaces lies at the heart of the proposals, with around 60% of the overall site area retained as open space, including a new country park for the whole community to enjoy and connect with nature. The landscape-led design approach includes the retention of existing trees and the majority of hedgerows, alongside a planting scheme that would deliver a significant increase in tree cover on the site. The newly created landscaped public open spaces will incorporate active travel networks, children's play areas, and biodiversity enhancements.

New homes at the proposed development would be built to the very latest standards of sustainability and energy efficiency. The development will be gas-free, with all homes incorporating air source heat pumps, solar panels, uprated insulation and EV charging infrastructure as standard.

50% of the development would be provided as affordable homes, exceeding local policy requirements and would include shared ownership homes that would appeal to first-time buyers. This will provide opportunities for those on lower incomes and first-time buyers to secure a home of their own in Coleshill.

Bloor Homes is seeking feedback on the house types that local people feel should be prioritised within the development, with the potential to provide a mix of homes including family homes, homes suitable for first time buyers and accessible properties for those looking to downsize, including bungalows. Feedback is also being sought on local priorities for infrastructure investment to support local services that would be generated by the development proposals.

As part of the proposed development, a 4-acre care village will be provided by local charity Father Hudson's Caritas, where they would develop further residential and supported living provision for adults with disabilities and others needing social care. Father Hudson's Caritas are a local social care charity who have been part of the Coleshill community for nearly 125 years. Their existing care facilities in Coleshill include St Catherine's Bungalows, St Joseph's Care Home, Coleshill Day Services and St Vincents Supported Living facilities. These are already an established part of the local community.

Once the community has had an opportunity to view and comment on the emerging plans, Bloor Homes is intending to submit an outline planning application, informed by local feedback.



Max Whitehead, Planning Director at Bloor Homes, said: "We look forward to hearing initial feedback from the Coleshill community as we prepare outline plans for a high-quality development of new homes and extensive public open spaces. We are conscious of the site's location close to Coleshill Conservation Area. We have adopted a sensitive design approach to respect the proposed development's setting in relation to the conservation area and the wider landscape. The new country park we are proposing will provide a fantastic new outdoor recreational facility for the wider community of Coleshill."

Mr Whitehead added "We are delighted to be working alongside well-established local charity, Father Hudson's

Caritas, who have been providing a safe home for some of the most vulnerable people in society for many decades. Through the inclusion of a care village in our proposals, the charity will be able to provide further facilities for those requiring social care."

A dedicated consultation website has been launched at www.bloorhomescoleshill.com to provide an overview of the proposals and an opportunity for local people to submit feedback. Residents are encouraged to provide feedback by Wednesday 11th March to ensure that it can be considered as an outline planning application is prepared for submission to North Warwickshire Borough Council.



Pet Page

Why Do Dogs Sleep So Much?



If you've ever looked over at your dog stretched out on the sofa at 2pm and thought, "How can you possibly be tired?" you're not alone.

Sleep is one of the most common topics that comes up in conversations about dogs. How much should they sleep? Is it normal that they nap all afternoon? Why do some dogs suddenly jump when touched in their sleep?

To explore what's really happening when our dogs sleep, I recently spoke with veterinary sleep specialist Dr Lauren Davis, known as "The Sleep Vet", along with fellow trainer Sarah Hawkins of Barkshire Dog Training. What we discussed may change the way you think about your dog's rest.

What Is Sleep in Dogs?

Sleep looks different across species, but scientists agree it has three key features:

- The body regulates it and tries to get enough overall
- You can wake reasonably easily
- There is a recognisable sleep posture

In dogs, that usually means lying down with eyes closed, though some dogs doze with their eyes partly open. From the outside, it can sometimes be hard to tell the difference between light sleep and deep rest.

The Four Stages of Sleep

Dogs move through four main stages of sleep. From the outside, these can look very similar.

N1 – Drifting off

The transition from awake to asleep. Muscles soften and it is very easy to wake them.

N2 – Light sleep

Breathing and heart rate settle. This stage can look exactly like relaxed resting.

N3 – Deep sleep

This is restorative sleep. Physical repair happens here.

REM – Dream sleep

This is when emotional processing takes place. You may notice twitching, small sounds or gentle tail movement. After a busy or stressful day, dogs may spend more time in this stage.

Deep and REM sleep help with resilience. Without them, both people and dogs can feel less tolerant and more easily overwhelmed.

Why Do Dogs Wake Tired?

Lauren uses a helpful analogy. Imagine sleep like building a block of flats.

You lay the foundations first, then move up through the floors into deeper sleep. During a single sleep bout, dogs travel up and down between these levels. When that sleep period ends, the building collapses and the next one begins.

If a dog keeps being disturbed, the building falls before they reach the higher floors. They may technically sleep for hours, but never reach the most restorative stages. The result can be irritability, stress or lower tolerance.

Many of us humans have experienced the same thing after a broken night's sleep.

How Much Sleep Do Dogs Need?

Healthy adult dogs generally need around 12 to 14 hours of sleep or rest in a 24 hour period.

Puppies and older dogs may need closer to 18 to 20 hours.

Dogs are polyphasic sleepers, meaning they do not sleep in one long block like most adults. They need good quality daytime rest as well as overnight sleep. Afternoon downtime is especially important.

A dog who sleeps at night but never properly switches off during the day can still be overtired.

What Is Sleep Startle?

Some dogs react suddenly when disturbed from sleep. It is common in ex racing greyhounds. This is known as sleep startle.

It can look dramatic. A dog may snap the air, growl, bark or jump up suddenly. Moments later, they may appear confused or even apologetic.

This reaction is not about bad behaviour or dominance. It is a neurological response.

During sleep, sensory information such as touch and sound is filtered through a part of the brain designed to block out background noise. If a dog is stressed or sleep deprived, this filtering becomes less effective. Smaller sensations break through and the dog may wake abruptly.

There is another factor. The part of the brain responsible for quick reactions can wake before the thinking part. The body reacts first, then the dog becomes fully aware.

Understanding this helps prevent misinterpretation. It is a reflex, not a character flaw.

Why Newly Adopted Dogs May Be More Affected

Dogs adjusting to a new home can be especially prone to lighter sleep and startle responses.

Imagine sleeping somewhere unfamiliar. Even in a comfortable environment, your brain stays slightly more alert because everything is new. The same applies to dogs.

New sounds, household movement, different flooring and new routines all mean the brain may not fully switch off in the early weeks. This makes disturbed sleep more likely.

Over time, as confidence and predictability increase, sleep often deepens.

Sleep, Pain and Behaviour

Deep sleep plays an important role in clearing chemicals involved in pain signalling. If sleep is repeatedly interrupted, underlying discomfort can feel more intense.

Lack of restorative sleep also reduces emotional resilience. Dogs who are overtired may:

- Be quicker to feel stressed
- Struggle more with frustration
- React more strongly to everyday events

Sometimes behaviour that looks challenging is simply a sign of exhaustion.

Practical Ways to Support Better Sleep

Protect daytime rest

- Provide a quiet area away from busy household traffic
- Reduce interruptions
- Allow uninterrupted naps

Choose sleeping spots carefully

- Consider noise levels
- Think about foot traffic
- Some dogs prefer to see the room, others feel safer with partial visual barriers

Create predictable routines

- Gentle wind down time in the evening
- Avoid intense activity right before bed
- Calm enrichment such as sniffing can help settling

Wake thoughtfully

- Avoid touching a sleeping dog unless necessary
- Call their name calmly from a distance
- Allow them to fully wake before approaching

Comfort matters

Supportive beds with good joint support and appropriate height can improve sleep quality, especially for older dogs or those adjusting to hard flooring.

Why Sleep Deserves More Attention

We often ask each other, "How did you sleep?" because we understand how deeply it affects our mood, resilience and health.

Our dogs are no different.

When we recognise that good quality rest underpins behaviour, emotional balance and even pain sensitivity, we can make simple changes that have a meaningful impact.

Sometimes the most powerful support we can offer our dogs is not more training or more activity, but protecting their chance to truly switch off.

Sleep is not laziness. It is biology.

A link to the full video of this conversation is available in the blog section of the Insight Hounds website. Clare - Insight Hounds - Training for Sighthounds





Birmingham Dogs Home - Forever homes



Loki

Breed: Siberian Husky **Gender:** Male (N)
Meet Loki! Loki is a typical Siberian Husky with an independent spirit and a love for exploring the world around him. He enjoys spending time sniffing around the paddock and is happy doing his own thing as many huskies are. Although Loki is an older boy you certainly wouldn't think it. He still has

plenty of curiosity and character. He is calm when approached in his kennel and walks nicely on the lead although he can sometimes pull forward when something catches his interest. Loki can appear to take little notice of people at times but when he chooses to engage he shows himself to be a really friendly and gentle boy. He takes treats softly knows how to sit and give his paw and is comfortable being handled and groomed.

True to his breed Loki shows only mild interest in toys and can become bored or distracted quite quickly although balls are his favourites. He is most motivated by food which will be helpful for anyone looking to continue his training and build a bond with him.

Loki is looking for a home with children aged 10 and over who will respect his space and independent nature. He is not suitable to live with other dogs and would prefer to be the only pet in the home.

Loki would suit someone who understands typical husky traits of independence curiosity and selective affection and someone who can offer him the right balance of freedom guidance and companionship. In return he will be the perfect companion.

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

CARING FOR YOUR PET: SMALL STEPS, BIG DIFFERENCE

Did you know that regular vet check-ups can add years to your pet's life? Preventative care helps detect health issues early and keeps tails wagging and whiskers twitching.

Pets also need daily mental stimulation. Simple activities like short walks, puzzle feeders, or gentle playtime can reduce boredom and improve behaviour.

Fresh water should always be available, and food portions should match your pet's size, age, and activity level.

Local pet professionals recommend brushing fur weekly to reduce shedding and checking ears and paws for signs of irritation or injury.

Looking for quality food, toys, or health advice? Support your local pet stores and veterinary clinics – they're your best partners in keeping pets happy and healthy.

Because a healthy pet is a happy pet.

just go holidays

Reader travel



André Rieu Live in his Home Town of Maastricht

Departing Sat 18 Jul '26

Armed with his 60-piece Johann Strauss Orchestra, the King of Waltz is returning to Maastricht in summer 2026 for his legendary hometown concert! Come and discover what makes the violin maestro's concerts so magical, live in the picturesque Vrijthof Square.

SO MUCH INCLUDED...

- ✓ Return coach travel & ferry crossings from Solihull, Sutton Coldfield
- ✓ 3 nights at a selected hotel in Belgium/Germany/the Netherlands (JG3 or JG4 rating) with breakfast
- ✓ Ticket to André Rieu concert at Vrijthof Square, Maastricht (category 5)
- ✓ Free time in Maastricht
- ✓ Excursion to Amsterdam/Brussels/Cologne (depending on your hotel location)

4 Days by Coach **only £599**

Single Supplement £175



Northumberland, Hadrian's Wall Holy Island & Alnwick Castle

Departing Mon 11 May '26

Explore the very best Northumberland has to offer on this captivating break! Enjoy excursions to the famous Roman site, Hadrian's Wall and the unique Holy Island of Lindisfarne, two of the most significant and unspoilt sights in the UK.

SO MUCH INCLUDED...

- ✓ Return coach travel from Solihull, Sutton Coldfield
- ✓ 4 nights at the Leonardo Hotel, Newcastle Quayside (JG3 rating) with dinner & breakfast
- ✓ Guided tour of Hadrian's Wall
- ✓ Excursions to the Holy Island of Lindisfarne, Alnwick Castle, Hadrian's Wall & Chesters Fort

Optional excursion to Durham (£15pp)

5 Days by Coach **only £469**

Single Supplement £120

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Trustpilot





Rachel Taylor MP, North Warwickshire and Bedworth

SEND and school strikes

Education is the foundation of every child's future. When it works well, it provides young people with the confidence, skills, and ambition to fulfil their potential. When it fails, the consequences can last a lifetime. That is why ensuring every child gets the best start in life sits at the heart of my work as your MP.

For fourteen years under the last government, making cuts was prioritised over ensuring every child got the support they deserved. Childcare became out-of-reach for many, teacher salaries were slashed and vacancies left unfilled, and in the worst cases classrooms were left on the verge of falling down.

I am proud of the action our Labour government is taking to invest in education and to support families. Free primary school breakfast clubs are already improving school attendance, ensuring pupils start the day ready to learn, and helping parents manage busy mornings. RAAC concrete is being removed from local schools, and facilities are being upgraded.

We are rolling out 30 hours of free childcare per week for preschoolers, saving families up to £7,500 a year per child. And our cap on school uniform costs is also helping ease pressure on household budgets. Together, these measures are making a real difference to hard working families.

In recent months many parents contacted me who had been left struggling when strikes at Coleshill School and Curdworth Primary School caused major disruption. I am

deeply concerned about apparent mismanagement at the Arthur Terry Learning Partnership Academy Trust (ATLP) that led to the threat of job cuts and industrial action.

In response, I organised a packed public meeting, where parents were able to voice their concerns about the impact on their children's learning. I also met with school leaders and ATLP, engaged directly with the National Education Union, and raised the issue with ministers and in parliament. My message was clear: children must come first, and all sides needed to work together to reach a resolution.

I am pleased that this sustained pressure helped secure a positive outcome, with strike action called off and the threat of redundancies paused while negotiations continue. I welcome the constructive engagement now taking place and will continue to monitor the situation closely. More than anything, I am relieved children are back in school where they belong able to prepare for important exams just round the corner.

Every child deserves a safe, supportive learning environment that meets their needs. This is especially true for children with special educational needs and disabilities (SEND), who are being let down by a system that is really struggling.

Through my recent constituency SEND survey and roundtable discussion, I have heard from hundreds of parents and school staff about a system under severe strain. They described long waits for assessments, inconsistent provision, and exhausting battles to secure help. Teachers spoke of doing everything they could with

limited training and resources, often feeling stretched to breaking point. One parent told me they felt they had to become an expert overnight just to navigate the system, while another described the distress of watching their child struggle without proper support.

I took these concerns directly to the Department for Education as part of the government's consultation on SEND reform. I was encouraged by the response from the Education Secretary, Bridget Phillipson, who I know is determined to fix a system that has been neglected for too long.

Already, nearly a billion pounds is being spent improving provision within mainstream schools - £200 million for SEND training for every teacher, and £740 million to create 10,000 new specialist places within schools. I will continue working with parents locally and with colleagues in Westminster to ensure these reforms deliver real change.

Engaging with constituents on education matters deeply to me because it is parents who know their children best and teachers who understand the realities of the classroom. Your experience and insight should always shape the decisions we make in Westminster.

From tackling disruption in local schools to pushing for national SEND reform, my focus remains on securing practical improvements that make a real difference to families. I will continue working with parents, schools, and government to make sure our education system delivers the stability, fairness, and opportunity that every child in North Warwickshire and Bedworth deserves.

Chancellor champions West Midlands freight sector on visit to local business LTS Global Solutions in North Warwickshire.

The Chancellor of the Exchequer, Rachel Reeves, has hailed the freight and logistics sector as key player in the Government's growth mission, during a visit to LTS Global Solutions' headquarters in Hams Hall, North Warwickshire.

During the visit, the Chancellor toured the company's state-of-the-art logistics warehouse and met with senior leaders from across the freight sector to discuss how skills and infrastructure investment can unlock further growth across the West Midlands and the wider UK economy.

The Chancellor was joined on the visit by Rachel Taylor MP, the Labour MP for North Warwickshire and Bedworth, who has made championing the freight and logistics sector one of her top priorities in Parliament.

Around 20% of Ms Taylor's constituents are employed in freight and logistics, making it one of the most important industries in the local economy, and she is

the Chair of the All-Party Group for Freight and Logistics in parliament.

The West Midlands sits at the centre of the UK logistics industry with over half of the UK's businesses based in the region. More than 174,000 people are employed by over 13,500 logistics enterprises across the region.

Chancellor of the Exchequer, Rachel Reeves MP, said:

"The freight and logistics sector is fundamental to our economy. From getting food onto supermarket shelves to delivering vital medical supplies, this is the sector that keeps Britain moving, with its beating heart right here in the West Midlands."

"Businesses like LTS Global Solutions here in North Warwickshire are central to delivering the government's mission to boost our economy. That's why this Government is committed to backing the sector with the skills and infrastructure it needs to thrive, creating good jobs, and driving long-term prosperity."

Labour MP for North Warwickshire and Bedworth, Rachel Taylor MP, said:

"I am proud to represent a constituency where over one in five people work in the logistics sector. As Chair of the APPG for Freight and Logistics, I am determined to champion this vital industry in Parliament — from boosting skills and training to tackling organised freight crime."

"It was a pleasure to welcome the Chancellor to North Warwickshire today to hear directly from local businesses about the challenges and opportunities they face, and about the government's plans to support them in their vital work."

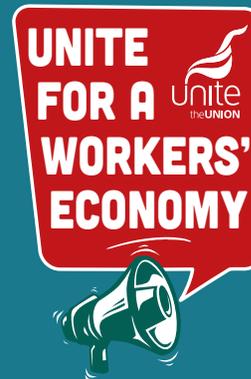
Commercial Director of LTS Global Solutions, Dave Hands, said:

"We were delighted to welcome the Chancellor and Rachel Taylor MP to our headquarters and to showcase the vital role that logistics businesses play in keeping the UK economy moving."

"The West Midlands is a powerhouse for our industry, and with the right support we can continue to invest, innovate and create high-quality jobs for local people."



TELL YOUR COUNCILLORS: IT'S TIME TO END THE BIN STRIKE



If you won't show up and deliver, voters will hold you accountable in May

What is the dispute about?

- Hundreds of Birmingham refuse workers have been on strike for over 12 months against pay cuts of up to £8,000.
- The Labour-run Council is effectively "firing and rehiring" loaders and drivers and has now carried out the threat of compulsory redundancies.

Why is it still going on?

- Westminster Labour is blocking a deal. The Council's Managing Director negotiated a deal with Unite to end the strike in July. But the deal was blocked by the Commissioners currently running the council for the Labour Government in Westminster.
- Birmingham Labour is missing in action: Council Leader John Cotton, Deputy Leader Sharon Thompson – no Labour politician has turned up to negotiations.

Isn't this about equal pay?

- No! Labour is using women's rights as a smokescreen to push men's pay down.
- The country's top employment lawyers say the Council will **not** incur big new equal pay liabilities if it signs the deal with Unite. They say the Council's arguments are "overstated" and have little basis in law.

- In fact, Labour could easily afford Unite's demands with zero impact on other services. It has already set aside enough money to resolve the dispute within its current spending budget.

So why won't Labour do a deal?

- The reality is the attacks on refuse workers are part of Labour's "Austerity Mark II" programme for Birmingham. Social care, kids' care, libraries and street lighting are all being cut.
- Instead of negotiating, Labour is spending millions on agencies to break the strike. Labour is spending more on the strike than it is saving by closing adult day centres across the City.

What do refuse workers want?

- Negotiate in good faith with decision makers in the room.
- Take on board the new legal advice.
- Return to the deal supported by all sides during the July negotiations.



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Local Woman's 6st 9lb Weight-Loss Journey brings Slimming World back to Kitts Green



Julie Dennis from Sheldon has transformed her life with an incredible weight-loss and is now she's ready to help others do the same. After joining Slimming World in July 2024, Julie lost an amazing 6st 9lb in just 14 months, reaching her target weight in October 2025. Along the way Julie has increased her health, no long suffering with constant pain in her joints, she has regained her energy and discovered a new lease for life.

Her success didn't go unnoticed. In 2025, Julie was crowned her group's Woman of the Year and named a Slimming World Icon, honours that recognise not only her weight loss but her determination and positivity.

Julie says her transformation was about more than numbers on the scales:

"I love cooking from scratch and experimenting with slimming-friendly recipes. My favourite is samosas made with Slimming World wraps they're so, so good! Food Optimising made healthy eating exciting and sustainable for me."

Now, Julie is stepping into a new role as a Slimming World Consultant, opening her own group to support others on their journey. Julie's group opened on Thursday 5th February 2026 at Kitts Green Church, Kitts Green Road at 5:30pm.

Julie promises practical support, friendly encouragement, and recipes that prove healthy eating can be delicious. "I'm here every step of the way with you," she says an

invitation to anyone ready to change their life.

Julie can be contacted directly on 07882 304964 and looks forward to welcoming you.



Slimming World feel *real* good

Monday

Castle Brom The Baptist Church, 5:30 & 7:00pm Claire 07917 867577

Yardley St Edburghas Church Hall, 7:30 & 9:00am, 3:30 & 5:30pm Jacqui 07814 675180

Tuesday

Shard End Aylesford Hall, 7.30am & 9.00am Claire 07917867577

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

Coleshill The Catholic Church 3.30pm & 5.30pm Jacqui 07814675180

Wednesday

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

Marston Green The Parish Hall, 4:00, 5:30 & 7:00pm Donna 07156 726534

Water Orton The Link, 5:30 & 7:00pm Shirley 07305 947214

Pype Hayes St Marys Church Hall, 5:30 & 7:00pm Maddy 07482 343018

Thursday

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

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

Sheldon St Thomas More Church, 4:00, 5:30 & 7:00pm Jayne 07453 348184

NEW GROUP Kitts Green Kitts Green Church, 5:30pm Julie 07882 304964

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

Sheldon St Thomas More Church, 7:30 & 9:00am Jacqui 07814 675180

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

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touching hearts, changing lives

Centenary of Coleshill Town Hall - June 13th and 14th 2026

The month of June will be an exciting one in Coleshill. During the weekend Saturday 13th and Sunday 14th June, the town and Town Hall will be buzzing with activities to celebrate the 100th birthday of Coleshill Town Hall.

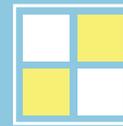
Officially opened by the then M.P. Sir Edward Iliffe on 17th June 1926, the Hall was constructed and paid for by public donations and subscription. During the weekend of celebrations, the official opening will be replicated (as near as possible) at 12noon on Saturday 13th June with Rachel Taylor M.P. and Reverend Sarah Tillet, Vicar of Coleshill leading the celebrations.

The Old Courtroom will be full of displays from the community. Refreshments will be available throughout the weekend, thanks to The Upper Crust of Coleshill. From 2pm until 5pm and 7pm until 10pm there will be live performances on stage, commencing with our wonderful award-winning Coleshill Town Band. Singers, dance groups, schools, poetry and plays at all be performed throughout those times. On Sunday 14th June the Hall will be open from 12noon again for the displays in The Old Courtroom, with more performances from 2pm until 5pm. Look out especially for a Treasure Hunt, organised by Twin Rivers W.I. throughout the town and weekend.

There is so much to see, learn and enjoy. Make a date in your diary now, and watch out for more details to come.

Any enquires to Sue Wallace 01674 462674

Event coordinator on behalf of Coleshill Town Council.



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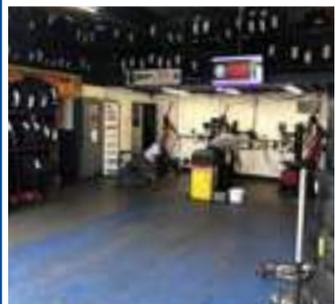
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Chamber reveals bumper shortlist for revamped business awards



A bumper shortlist has been revealed for this year's Greater Birmingham Chambers Commerce awards – after a record number of entries were received for 11 new-look categories.

Judges have praised the quantity and high calibre of award entries for the event, which is taking place at the ICC in Birmingham on Thursday 14 May, 2026.

Birmingham City University are headline sponsors for the awards ceremony.

Eleven award categories were revamped for 2026 to enable a wider range of firms to enter.

As in previous years, one of the category winners will be crowned overall Greater Birmingham Business of the Year (sponsored by Crowe UK LLP).

Among the new categories is the Business Ambassador Award, voted for by GBCC members in recognition of an individual or organisation who make a difference to the regional business community.

A high-profile judging panel included Tony Elvin (general manager, Touchwood Solihull), Nicola Turner (CEO, United By 2022), (Alex Cole – founder and CEO, Tinventures), Zak Mensah (co-CEO, Birmingham Museums Trust), Hanifa Shah (pro vice-chancellor, Research, Enterprise, Engagement and STEAM, Birmingham City University), Jayne Hussey (partner and head of office – Mills & Reeve), Taj Lalli (partner, Bishop Fleming), Rob Nagra (head of site, Deutsche Bank), Anthony Tattum (chief marketing office, Leopard Co), Martin Ward (CEO, Silicon Square Consulting), Claire Umney (managing director, Always Engineering), Suzie Branch-Haddow (vice

principal of External Development, BMet College) and Sharon Thompson (deputy mayor of the West Midlands).

Chair of the judges was the GBCC's director membership Lillian Elekan, who said: "Interest in our new-look award categories for 2026 surpassed all expectations.

"A record number of entries led to an extremely challenging but exciting judging process for our panel.

"Congratulations to all of those who have been shortlisted – we look forward to revealing the winners at the ICC in May."

The shortlist in full:

Breakthrough Business 2026 – sponsored by runyourfleet

Brew

Find me a solicitor

Go True North

Midlands Health and Safety Consultancy

popcorn CRM

Power Fibre Ltd

quietnote ltd

UB Healthcare Ltd

Business Ambassador 2026 – sponsored by Turkish Airlines

Talbots Law

And Evolve Ltd

Johnathan Dudley (Crowe UK)

Joanna Lee-Mills

(Midlands Magazines Ltd)

Robert Bull (TransLift Bendi Ltd)

Visit Knowle

Kim Wildborne

(West Midlands Circus Centre)

Women in Business Network Birmingham

Business Without Borders 2026 – sponsored by Gowling WLG

Burns & McDonnell

Eventa Ltd

Gensler

M Barnwell Services Ltd

Moflash Signalling Ltd

Primo Dialler

The Orange Notebook

Truflor Marine

Community Builder 2026 – sponsored by South & City College Birmingham

Balfour Beatty VINCI

Birmingham Hospice

Birmingham Jazz & Blues Festival

Gateley

Greater Birmingham and Solihull Institute of Technology

Lichfield Garrick Theatre

Touchwood Solihull

West Midlands Railway

Customer Commitment Award 2026 – sponsored by Translift Bendi

Ark Media Group

BHSF

Blackberry Events

Crown Highways

Edgbaston Priory Club

F1® Arcade

Selfridges Birmingham

Techcare

Digital Revolutionary 2026 – sponsored by Gateley PLC

Agilyx Group

BlackRook Academy

CyberQ Group

Digital Search Academy Ltd

Empro Business Group Ltd

EvoPhase

Netcom Training

Vu Agency

Influencer 2026

Birmingham Royal Ballet

Go True North

Lichfield Garrick Theatre

R&Co Communications

runyourfleet

South and City College Birmingham

The Sandwell Colleges

Visit Knowle

Non Profit Champion 2026 – sponsored by Midland Eye

Acorns Children's Hospice

Anawim – Birmingham's Centre for Women

Arrive Alive Charity

Birmingham Hospice

Midland Mencap

Midlands Air Ambulance Charity

Smart Works Birmingham

YMCA - Heart of England

Pioneer 2026 – sponsored by Sandwell College

B13

Bonafide Marketing

Find me a solicitor

popcorn CRM

Power Fibre

Precision Health Technologies Accelerator Ltd

The Listening Centre EAP Ltd

Word360

Sustainability Trailblazer 2026 –

sponsored by Caledonian Sleeper

Baxter Freight

DWS

Grace Cares

Solus Ceramics Limited

South & City College Birmingham

TransLift Bendi Ltd

University of Birmingham Enterprise

Velorim Group Ltd

Workplace Champion 2026 – sponsored by University College Birmingham

Duncan Lewis Solicitors

(Birmingham office)

Entec Si

Gateley

Mills & Reeve

Shelforce

University of Birmingham

West Midlands Railway

YMCA - Heart of England



Cllr Martin McCarthy, Castle Bromwich Ward (Solihull MBC) Welcome to 2026 update

Welcome to 2026 in Castle Bromwich,

A vibrant spring is approaching us with a busy year with key local Events in prospect.

These will be pivotal events for how Castle Bromwich sustains itself and develops in the future.

The Castle Bromwich Society

A further meeting of the CB Society has been held to discuss the feasibility of developing our local area plan and kicking off a programme of local events.

The Castle Bromwich local plan.

We have examined several existing local area plans, these cover areas within Solihull and are of distinctive Character and much like Castle Bromwich.

These local plans are big in terms of content and activity, but if broken down into chunks of activity are quite doable by people with diverse skills from photography to talking and writing, and people from young to very much senior. I have met many people here that have Castle Bromwich running through them like the lettering in a stick of seaside rock, so we can do this.

We have proposed a structure that offers a "Helicopter view" of our area, at the front end, covering the Geography and History that sets us apart from the neighbouring areas and our aspirations for our future.

This is alongside the identification of the policies that the plan will put in place to conserve what we have and give us a chance of achieving our aspirations.

Such plans must recognise significant statutory content, broader locality Documents and recognition from a wide range of local and regional stakeholders, Help may be available to us for this once we have something to show SMBC officers.

There will shortly be an overall timing plan released, this will cover the period from project inception to Formal approval.

And a Project management document that breaks the larger tasks down into do-able chunks and supports the project milestones identified in the overall plan.

This is a long Journey, the good news is that plans like this start to offer decision making weight whilst still in development.

So let's get our skates on.

CB Society events

We are planning a children's Easter egg hunt, more details when the venue is confirmed.

More local news

Tree planting

We have been promised 60 kerbside verge trees within the scope of this project. These are expected to go in during early February weather permitting.

Tidy up

Birmingham road alongside castle hills was deep cleaned by SMBC during January, let's see how long it stays that way.

Regular Councillor Surgery at Castle Bromwich Library

Please email for the next monthly surgery details, or call me if anything urgent comes up in the meantime.

Our councillor emails are martin.

mccarthy@solihull.gov.uk
alan.feeney@solihull.gov.uk
and leslie.kaye@solihull.gov.uk

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Reader travel



André Rieu Live in Liverpool

Departing Sat 12 Sep '26

The classical-music phenomenon André Rieu returns to the UK with a sensational new show, including a date at Liverpool's M&S Bank Arena! Accompanied by his 60-piece Johann Strauss Orchestra, this evening promises to be filled with thrilling music.

SO MUCH INCLUDED...

- ✓ Return coach travel from Solihull, Sutton Coldfield
- ✓ Overnight stay at a selected hotel (JG3 or JG4 rating) with breakfast
- ✓ Ticket to André Rieu concert at the M&S Bank Arena, Liverpool (Rank 4)
- ✓ Return coach transfers from the hotel to the M&S Bank Arena
- ✓ En-route visit to a place of interest

2 Days by Coach **only £229**

Single Supplement £50



Isle of Wight 'Royals & Rails'

Departing Mon 27 Apr '26

On this fantastic break we enjoy the island's natural beauty as well as a nostalgic journey on the Isle of Wight Steam Railway and a visit to fascinating Osborne House. The Isle of Wight is the perfect place to enjoy a relaxing few days away.

SO MUCH INCLUDED...

- ✓ Return coach travel & ferry crossings from Solihull, Sutton Coldfield
- ✓ 4 nights at the Shanklin Beach Hotel, Shanklin (JG2+ rating) with dinner & breakfast
- ✓ Entertainment some evenings
- ✓ Heritage train journey on the Isle of Wight Steam Railway
- ✓ Excursions to Osborne House, Cowes & Ryde

Optional Island Highlights Tour (£15pp)

5 Days by Coach **only £399**

Single Supplement £60



The Great Scottish Road & Orkney Isles

Departing Mon 27 Apr '26

Join us on an unforgettable Scottish adventure and discover a land bursting with legendary tales and breathtaking scenery. We experience the famous North Coast 500 and tick off must-sees such as Loch Lomond, Glencoe and Skye plus the unspoilt Orkney Isles.

SO MUCH INCLUDED...

- ✓ Return coach travel from Solihull, Sutton Coldfield
- ✓ First & last night at the Courtyard by Marriott, Glasgow Airport (JG3 rating) with breakfast
- ✓ 4 nights at a selection of hotels on the Isle of Skye, Ullapool & Highland (JG3 rating) with dinner & breakfast
- ✓ 1 lunch included
- ✓ Scenic drives along Loch Lomond, the Great Glen & North Coast 500
- ✓ Isle of Skye tour
- ✓ Orkney Isles tour with ferry crossings & an experienced guide
- ✓ Excursions to Glencoe, Fortwilliam, Portree, Loch Maree, Ullapool, Caithness & Sutherland

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Police News



Meet Your New Inspector



Inspector Becky Wrighting joins North Warwickshire Safer Neighbourhood Team as the new T/Inspector, bringing 12 years of policing experience. She began her career with the Metropolitan Police, serving five years before transferring to Warwickshire Police, where she worked on North Warwickshire Response. Becky later moved into Tactical Planning, planning the policing of protests, high-profile events, and specialist search operations across the county. She is excited to return to North Warwickshire in her new role and is looking forward to supporting local communities and working closely with partners to keep the area safe.

Operations

Operation Plenty – December Success!

We're proud to share that over 40 visits were completed throughout December by our Safer Neighbourhood Team.

Our officers spent time with vulnerable people and families, offering a cuppa and a chat, providing safety and security advice, and delivering essential items to support those who need it most.

Op Plenty isn't just for Christmas – it runs all year round. Given the recent cold weather snap, if you know someone who is especially vulnerable and would appreciate a visit, please get in touch via the QR code. Community care is at the heart of what we do – thank you to everyone involved in making a difference!



OP VAWG – Violence Against Women and Girls.

PCSO Rygielski has been out on 29/01/2026 conducting a VAWG (Violence against women and girls) walk. It was great to speak to these ladies and find out what issues they really face on a day to day, and how we can help to make them feel safer when out and about.



PCSO's on the 12/01/2026 and over the weekend have been out and about patrolling Atherstone and surrounding villages.

Due to the bad weather, we have been out supporting members of the community and keeping everyone safe.

Resources of support in the form of #datatag, faraday pouches and personal attack alarms have all been handed out. Patrols at Corley and the M42 services have taken place as well.

Bobbies on the Beat Atherstone

On the 05/01/2026 early morning patrols have been carried out around residential estates in Atherstone by town centre PCSO Scott to combat car thefts.

Please do not leave your car unattended whilst defrosting your windows and allow extra time for your journey today due to the weather.

We still have plenty of free faraday pouches available, if you are a North Warwickshire Resident and would like a pouch, please email the team at NWE@warwickshire.police.uk with your name and address.



PCSO Scott & Payne have been called out to the Old Hat factory on Coleshill Road 18/01/2026, Atherstone due to persons being inside the building.

Please educate your children this is not a playground and is an extremely dangerous building.

They are not only putting themselves in danger but also emergency services who attend to remove them .

This also a waste of a valuable resource for both the police and fire service which may be needed elsewhere.

With the help of our CCTV controllers three males were monitored leaving the building and stopped by the PCSO's



On the 19/01/2026 PCSOs Scott and Payne, planned a patrol round Hartshill Hayes- we were handing out free personal attack alarms to dog walkers and members of the public who were in the area.

These personal attack alarms are especially designed for dog walkers, with a light and poo bag dispenser. These are funded through the North Warwickshire Borough Council safer partnership team.

****Please note these for North Warwickshire Residents only, due to being funded through the council.**

We have many different types of alarms to give out, if you would like one, please drop your name and address to nwe.snt@warwickshire.police.uk



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.

RESIDENTS



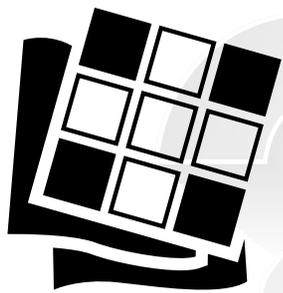
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Puzzle Page

ACROSS

- 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

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

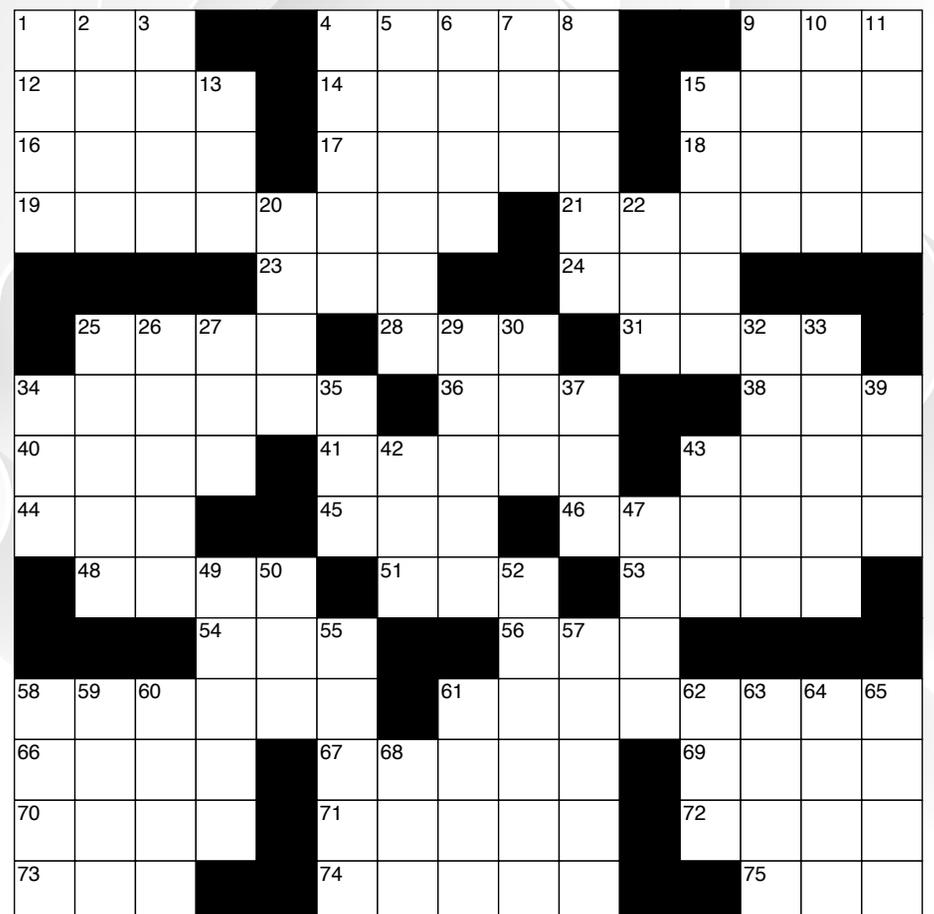
62 Frame

63 Sailors "hey"

64 Low-cal

65 Astray

68 Free of



By Jimmy and Evelyn Johnson - www.qets.com

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

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

Card

Chilly

Chocolate

Cupid

Flowers

Football

Friend

Groundhog

Heart

Kiss

Lincoln

Love

Moon

Pallid

Presidents

Snowy

Tidings

Valentine

Washington

Wintered

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Interiors & Decorating



Platinum Hints and Tips

Hi everyone, as much as we enjoy painting and decorating we know that for some people it can feel like an uphill struggle. Especially if you're doing it in your spare time at home. So this month we thought we'd go back to basics and give you some simple hints and tips about how to make the job a little less arduous.

The first thing to consider is setting up for the job. In an ideal world the room would be completely empty. It might seem like a lot of work to totally clear a room but the difference in working in an empty room compared to trying to work around furniture is huge. Firstly it's easier to cover- just cover the floor with dust sheets or other protection and you're ready to go. A room full of furniture means having to adequately protect all of that first. Secondly the difference in speed in an empty room is considerable. You're able to move freely without tripping over stuff or having to twist yourself awkwardly in between a settee and a wall. Obviously it's not always possible to remove all of the furniture from a room. In that case then the best practice is to remove anything that's breakable, unplug and remove TVs and other electrical equipment and then move any furniture left away from the walls. Be mindful when doing this that you don't put it all underneath things like light fittings that you need to be able to reach to paint round. Another thing to consider is taking shelves, TV wall brackets and other fixings off the walls. It's a much easier job to paint a wall without having to cut in around these sorts of things and will produce a more even finish. Once the room is as empty as possible just make sure you use good quality dust sheets and floor protection. You'll get the job done much faster if you're not worrying about getting paint on the floor and furniture. A bit of time spent setting up the room prior to starting will save time in the long run and you'll be able to do a better job of it. The next thing to look at is preparation. We could talk all day about how important proper prep is prior to painting but it is also the thing that DIY enthusiasts are most likely to cut corners on. Fortunately there are a few ways to make the process easier without sacrificing quality. Proper sanding is essential on previously painted

woodwork to ensure proper adhesion of the new paint as well as a smooth finish. It is also good practice to sand walls prior to painting to get rid of any lumps and bumps or heavy texture from previous paint jobs. The cheapest way to make this job less laborious is to use a pole sander. This is basically a sanding pad on the end of a pole which you can change the sandpaper on when necessary. Using a pole you can sand a wall from top to bottom quickly and effectively without straining your back. It's also worth mentioning sandpaper grit- that is the measurement of how coarse sandpaper is. A low grit such as 60 is very coarse and better suited to smoothing out very rough texture. A high number such as 240 is very fine and more suitable for achieving a very smooth finish. If the surface is very rough and you're using a very fine paper such as 240 you'll be there all week and use too much sandpaper. If you initially use a more coarse paper and then finish with a smoother paper you'll get through the job much faster. As professionals we use power sanders with dust extraction, these are very expensive but if you've got a lot of work to do such as a whole house renovation it might be worth considering buying or hiring a similar set up. These make the process immeasurably quicker and easier and will do it to a better standard. The last thing to say about sanding is to make sure you wear a decent dust mask.

Once the prep is done you'll want to start painting. There are many different levels of budget when it comes to paint but we'd recommend avoiding the very cheap stuff. In an ideal world you don't want to be doing more than 2 coats, very cheap paint rarely covers well enough to make that possible. Even if it looks covered it usually won't have the depth of colour that a quality job should have. It also won't be durable enough. The big brands such as Dulux are generally ok but if you want to be assured of a better finish in as few coats as possible then you should look at the trade ranges. Compared to standard Dulux retail paint the trade range will cover better, cover more square foot per litre and be more stringently tested for quality. It may be that the retail version is cheaper but by the time you've factored in the lower coverage, more coats and time spent then the trade range is usually the better option. Most of the big paint

manufacturers like Dulux, Crown and Johnstone's have trade centres where the staff will be able to advise you on the best paint and process for your project. The last thing to think about with paint is whether to use water based paint or more traditional solvent based for the woodwork. Solvent based will make it easier to achieve a better finish but will discolour in areas of low natural light and due to the long drying time you often won't be able to do the second coat until the next day. During that time don't be surprised if an over excited dog brushes past the still wet paint. It also smells very strongly of solvents which can be unpleasant. Water based trim paints are a far preferable option. It's taken a while for them to become good enough quality to be a proper alternative to solvent based but if you steer clear of the cheaper retail brands they are now a viable option. Dulux Trade make decent water based paint but for the best quality you have to look further afield at companies like Benjamin Moore or Tikkurila. With water based paint there's very short drying times meaning that you can usually do 2 coats in a day and very little odour while drying. As long as the prep has been done properly- ie properly de-greased and sanded- then they should be just as durable as solvent based paints. Finally we'll just have a quick look at how to apply the paint in a way that makes the job as easy as possible. If all your prep has been done properly the job will be immediately easier- smoother surfaces and straight lines with no lumps and

bumps will be easier and quicker to cut in on. It's definitely advisable to spend a bit more of your budget on decent brushes. Cheap brushes will shed bristles, meaning you'll waste time picking them out of your paint work. They'll also hold less paint than better quality brushes so you'll be dipping them back in the paint more often to reload them. Another benefit of better quality brushes is that they'll make cutting in easier and once you're used to it that will mean that it's faster.

For rollers you need to pay special attention to how long the pile is. Long pile rollers will make the job faster because they hold so much more paint meaning less dipping back in the tray or scuttle. The draw back is that these will live a very textured finish, using a short pile roller makes it much easier to achieve a smoother finish. There's a happy medium to be struck by using a medium pile roller. Also the one thing we'd highly recommend is using a roller pole. This obviously makes ceilings easier but will also allow you to roll walls much faster and more evenly from top to bottom without putting too much strain on your body. Another way to speed up the process is to use a scuttle rather than a roller tray. If you are only doing one room then a tray is fine but for larger projects a scuttle will hold more paint meaning you have to refill it less frequently.

Hopefully some of this advice will make the job less of an ordeal and give you more time to relax and enjoy the results of your hard work.



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Castle Bromwich Library Book Club

The Next Girl by Emiko Jean

It's been twenty years since Detective Chelsey Calhoun lost her sister, and she's been searching ever since: for signs, for closure, for other missing girls. Happy endings are rare in Chelsey's line of work. Until one day, local teenager Ellie Black is found in Washington State woods. Two years after her disappearance, she's an echo of herself, but alive. But something's not right about this girl. Where has she been, and who is she protecting? Chelsey has to find out. For herself, for her sister, and before the next girl is taken.

This book captivated me right from the start. The characters are excellent; you can actually feel their fear and despair. The plot is complex, is well paced with shocking twists, and there is a great ending. A truly entertaining read from start to finish!

Review by Castle Bromwich Library member

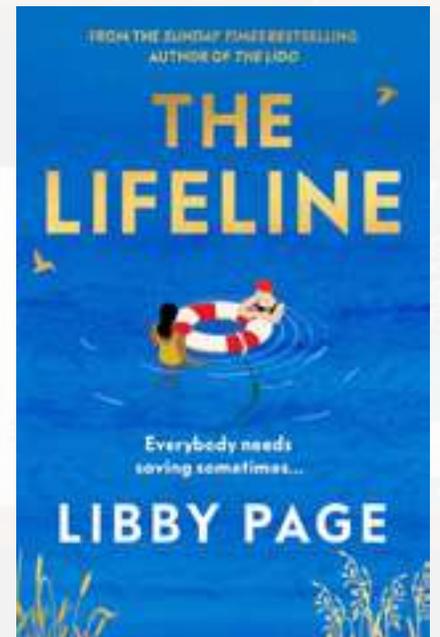


The Lifeline by Libby Page

For Kate, having a newborn baby means she is almost never alone. But that doesn't mean she isn't lonely. The move from London to Somerset with her husband Jay was supposed to be the start of an exciting new chapter. But sometimes she can't help but wonder if she turned the pages too soon. Phoebe Harrison needs a break. As a mental health nurse serving her community, the wellbeing of her patients always come before her own. But there's only so long she can pour from an empty cup. Looking for a lifeline, Kate and Phoebe find one in their local river swimming group. But what they didn't expect was the buoying friendship they would find in each other.

This is a wonderful novel with characters that spread kindness, love and support. It had me laughing out loud but also made me cry with some heart wrenching moments. It is a beautiful, uplifting and peaceful read.

Review by Castle Bromwich Library member

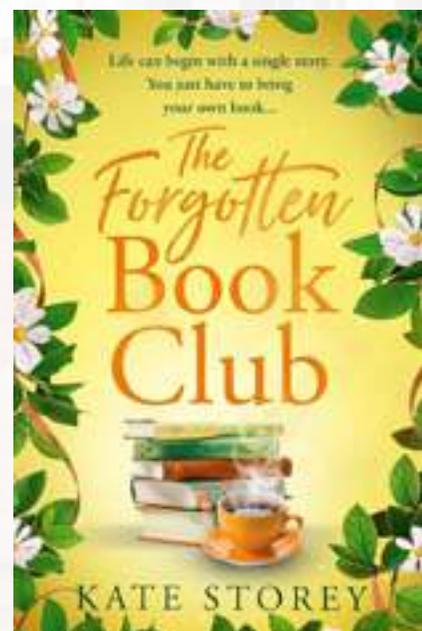


The Forgotten Book Club by Kate Storey

For three decades, Grace supported her husband Frank's passion for books, even though her own love for literature paled in comparison. Since his passing, the shelves echo longingly, & Grace's heartache has only grown. When Grace's grandson suggests joining Frank's old book club, she hesitates. How could meeting with a bunch of strangers possibly fill the void he left behind? Despite her doubts, Grace decides to attend. Yet, upon arrival, Grace is puzzled to find this isn't your typical book club: here, you settle in for an hour of silent reading. Disappointed by the sparse attendance & confused by the lack of chatter she flees. But when equally lonely member, Annie, convinces her to stay, Grace is determined to ensure that neither Frank, nor his beloved book club, are forgotten. As Grace breathes new life into the group, she might just find this is where she truly belongs.

I found this book a page turner from beginning to end and it left me with a feel-good warmth. It's a thought-provoking story about grief and loss, friends and new relationships, second chances and helping others. A lovely, feel-good read.

Review by Castle Bromwich Library member

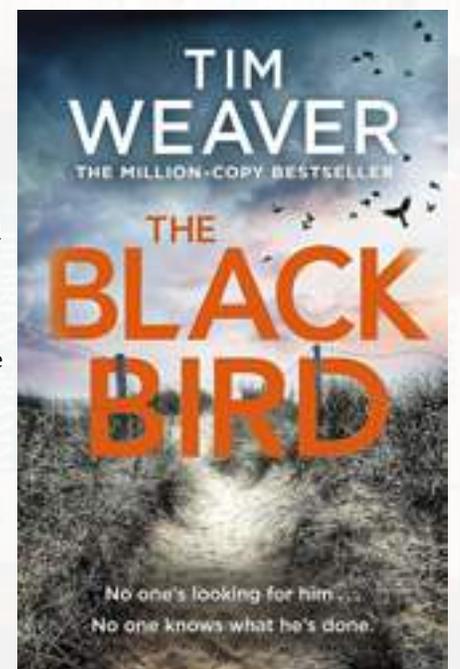


The Blackbird by Tim Weaver

Ten seconds before the crash, Cate and Aiden Gascoigne are recorded on CCTV. The couple are laughing - happy, untroubled. Then their car plunges into a ninety-foot ravine. The impact should kill them. And if that doesn't, the fire will. Within seconds, the vehicle is an inferno - with the Gascoignes trapped inside. But when fire crews arrive at the scene, they find something impossible. The vehicle is empty. Cate and Aiden have vanished. Now only missing persons investigator David Raker can solve the mystery.

This is an amazing gripping and chilling story. If you like crime and psychological thrillers you will love this book. It is clever, tense and fast paced with twists and turns that will keep you guessing right to the very end. Highly recommended!

Review by Castle Bromwich Library member





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Whats On

The Coffee Pot Bereavement Group
Monday 9th 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

11th & 25th March

10.00 - 11.30am Community Hall

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

Soup & a Roll Lunch

Wednesday 11th March

12.00 - 1.30pm Community Hall

Join us for our monthly Soup & a Roll Lunch for a £1.50 donation, on every 2nd Wednesday of the month following our Family Service and Wednesday Drop In

Mothers Union Friendship Afternoon

Wednesday 18th 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!

Cafe Worship - Palm Praise

Sunday 29th March

NOT 15th MARCH

9.30am Community Hall

NO CAFE WORSHIP IN APRIL

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



Upcoming Services

Sunday 1st March

11am All Age Communion & Baptism

Sunday 8th March

9.30am Parish Communion & Messy Worship for families

Wednesday 11th March

9.30am Family Communion

Sunday 15th March

(Mothering Sunday)

11am Sung Eucharist (Church)

NO CAFE WORSHIP

Sunday 22nd March

9.30am Parish Communion & Messy Worship for families

Wednesday 25th March

9.30am Family Communion

Sunday 29th March

9.30am Palm Sunday (all begin in Hall/Churchyard)

Cafe Worship Palm Praise (Community Hall)



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- ✓ Excursions to Osborne House, Cowes & Ryde

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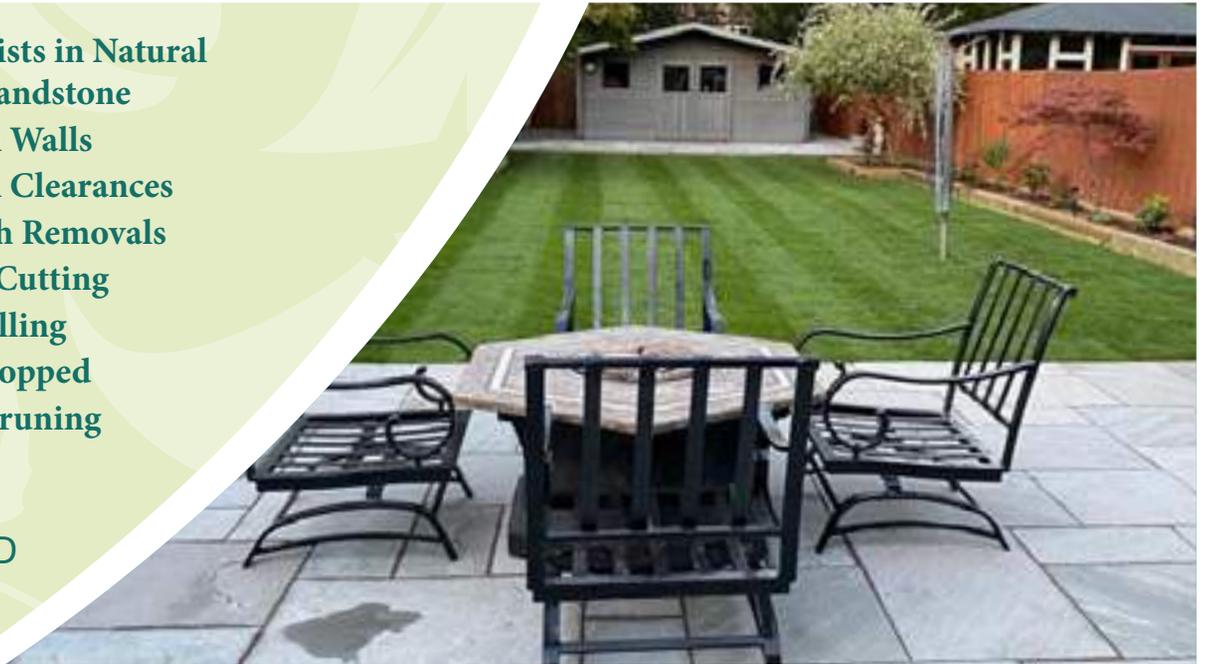

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By Kahlil Gibran



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Local Sports



2026 is Going To Be Another Tough Year For Paddy Doyle



Winter conditions have not stopped former Paratrooper and black belt 4th dan martial arts instructor Paddy Doyle, who has increased his career physical fitness challenges and World Records to 1019 spanning thirteen different sporting disciplines. The latest cross country mountain bike results carrying 22lb backpack are 6.5km 22 min. 58 sec, 8.5km 35 min.27 sec, 10.5km 48 min. 29 sec, 12.5km 58 min.04 sec, 14.5km 73 min.36 sec. The course was the Grand Union Canal and Rowington village footpaths Warwickshire.

48 hours later Doyle raised the bar once again at Stamina's Personal Training 1-2-1 Self Defence Boxing Gym Coleshill, achieving 433 martial arts elbow strikes in 2 minutes, 369 martial arts punches

and kicks in 1 minute beating Asia Book of World Records holder black belt martial arts fighter Rahul K. (India) who previously achieved 262 on 8 Nov 2021, 402 martial arts triple punches in 2 min. 02 sec beating Asia Book of World Records holder Anand Babulal (India) record of 361 set on 31 Dec 2022, 93 crunches in 65 sec (Masters Age Category Record, shoulder blades clearly lifted off the matt) beating Robert Gent (USA) record of 63 completed in Utah USA in 2004, 81 crunches holding 2x4 kg dumbbells on chest in 1 min, 150 crunches 2x4 kg dumbbells on chest in 2 min (shoulder blades lifted off matt).

Claverdon Village footpaths Warwickshire was the latest venue, where Doyle had to wade once again through thick ankle high muddy paths, water logged fields and steep hilly inclines completing the following cross country speed marches carrying 50lb backpack. 7.5km 46 min. 10 sec, 8.5km 55 min. 32 sec, 9.5km 1hr. 06 min. 23 sec, 10.5km 1hr. 18 min. 48 sec, 12.5km 1hr. 42 min. 46 sec, 14.5km 1hr. 56 min. 57 sec, 16.5km 2 hrs. 14 min. 02 sec, 17.5km 2 hrs. 23 min. 04 sec.

"Its been a cold January and I was up against some cold and wet weather conditions, but my aim is to reach another historical career milestone of 1050 fitness endurance challenges and World Records this year."

Doyle is also training hard for his Black belt 5th dan, he has to achieve and beat various martial arts physical fitness tests, sparring including martial arts World Records, which means 2026 will be a demanding year.

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Coleshill Town F.C.

COLESHILL TOWN'S FESTIVE TURNAROUND: FROM BOXING DAY STATEMENT TO A PLAYOFF PUSH

By our Sports Correspondent

Coleshill Town's season sparked into life over the festive period, beginning with a Boxing Day performance that set the tone for a resurgent run into the New Year. A mixture of resilience, quality, and growing momentum has carried The Coleman into February sitting firmly inside the playoff places and with a Birmingham Senior Cup storyline still unfolding.

BOXING DAY:

A STATEMENT WIN AT LICHFIELD

Coleshill's 2-0 victory away at Lichfield City was the perfect late-December tonic. It was a performance built on discipline, belief, and two moments of brilliance from Ben Usher-Shipway.

The foundation came from goalkeeper Cameron Belford, who delivered one of the standout displays of the season. His first-half double save from a contentious Lichfield penalty kept the game level and injected confidence throughout the side.

After the break, Coleshill's pressure finally told. When Theo Rowe was brought down on the edge of the box, Usher-Shipway stepped up and buried the penalty, sending the keeper the wrong way.

But the moment of the match and perhaps the moment of the season so far came with his second. A turnover sparked by Harry Sweeney sent Usher-Shipway driving at the defence. What followed was a piece of footwork worth watching again and again: a roll past Jimmy Elkes, a cut inside, and a calm finish inside the far post. A goal of pure class, and one that lit up the away end.

A deserved win, and a performance that hinted at a team ready to climb.

NEW YEAR'S DAY:

DOMINANCE WITHOUT REWARD

If Boxing Day showcased Coleshill's ruthlessness, New Year's Day brought a harsh reminder of football's fine margins.

Boldmere St Michaels arrived at Pack Meadow with aggression, forcing Belford into a superb diving save inside two minutes. But from that moment on, Coleshill controlled the match dictating possession, territory, and tempo.

The only thing missing was the finish. Shots drifted high, wide, or straight at the keeper as The Coleman's dominance went unrewarded.

A lapse in concentration proved costly in the 58th minute. A cheaply conceded corner led to confusion in the six-yard box, allowing Omotolani Omotola to stab home from close range.

Coleshill pushed back and were handed a golden chance to level when excellent link-up play between Usher-Shipway and Sweeney ended with Ben being brought down in the area. But this time, the Boldmere keeper guessed correctly and saved the penalty.

Despite controlling the game, Coleshill were left frustrated a defeat that felt at odds with the performance.

A CUP NIGHT TO REMEMBER:

COLESHILL 1-0 BIRMINGHAM CITY

After illness postponed the original fixture, Coleshill finally welcomed Birmingham City in the Birmingham Senior Cup and delivered a memorable 1-0 victory.

The decisive moment arrived just after the hour. In the 53rd minute, Marvellous Onabirekhanlan won the ball in midfield and threaded a perfectly weighted pass into the path of Bassit Mandey. What followed was composure personified: Mandey held off two defenders, steadied himself, and guided a low finish beyond the keeper's left hand and inside the post.

The roar that followed felt like release not just for the goal, but for a community starved of fixtures and hungry

for a result. It was a night that reminded everyone what Pack Meadow can be under the lights.

JANUARY RESULTS:

A PLAYOFF POSITION SECURED

Coleshill's league form through January was steady and effective, keeping them firmly in the playoff picture.

- Draws against Mickleover and Belper Town showed resilience and discipline.
- Wins over Rugby Town and Rugby Borough demonstrated attacking sharpness and growing confidence.

By the end of the month, The Coleman sat 5th in the table, occupying the final playoff position a testament to their consistency and their ability to grind out results.

FEBRUARY AWAITS: A BUSY MONTH AND A CUP TRILOGY DECIDER

February promises to be another demanding stretch, with league fixtures coming thick and fast and a major cup tie looming.

On 16th February, Coleshill face Rugby Town in the next round of the Birmingham Senior Cup the third meeting between the sides in quick succession. With one win apiece, this fixture becomes the decider in an unexpected trilogy.

It's a match that carries weight, history, and momentum. And it's one The Coleman will believe they can win.

FOLLOW THE JOURNEY

OR BETTER YET, BE PART OF IT

Supporters can keep up with results and highlights on:

- coleshilltownfc.com
- X (Twitter) ([coleshilltownfc](https://twitter.com/coleshilltownfc))
- TikTok (CTFC Supporters)
- YouTube (CTFC Supporters)

But nothing beats being there in person. Pack Meadow is alive again, and this team is giving the town every reason to believe.





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- **CREATE. CODE. CONQUER.**

