

the Coleshill Post



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Sept 2026 Issue 146



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Community Police Forum – Coleshill

Thursday 17th September | 7.00pm – 9.00pm | Coleshill Cricket Club, Park Road

Residents of Coleshill and the surrounding areas are invited to attend the next Community Police Forum.

Officers from the local Safer Neighbourhood Team will be in attendance to provide an update on policing in Coleshill and surrounding communities, discuss local issues and hear the views and concerns of residents.

We are also pleased to welcome Philip Seccombe, Warwickshire's Police and Crime Commissioner, who will be attending to hear directly from residents.

There will be opportunities throughout the evening for residents to ask questions and take part in Q&A sessions with the police and the Police and Crime Commissioner.

This is your opportunity to:

1. Hear about local policing and community safety.
2. Raise concerns about issues affecting your neighbourhood.
3. Ask questions directly to local police officers.
4. Put your questions to the Police and Crime Commissioner.
5. Share your views and help shape local policing priorities.
6. Opportunity to receive crime prevention equipment and advice from Policing partners including North Warwickshire Neighbourhood Watch.

Everyone is welcome, and we encourage local residents to come along, have their say and help make Coleshill and the surrounding areas safer places to live.



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the
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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.



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Any views, articles and columns expressed in this publication are those of the contributors and not necessarily those of the Publisher, nor indeed their responsibility.

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

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Getting in touch

Sales:

**editor.postgroup@outlook.com
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General enquires:

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- Sharon

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Warwickshire PCC Backs Kiena's Law Campaign



The Police and Crime Commissioner for Warwickshire, Philip Seccombe, has pledged his support for Kiena's Law, a national campaign calling for stronger legal protections and greater accountability in cases where domestic abuse contributes to a victim taking their own life.



Kiena Dawes

Kiena's Law is named in memory of Kiena Dawes, a young mother from Lancashire whose death by suicide in 2022 followed sustained domestic abuse. Her case brought national attention to the devastating impact of coercive and controlling behaviour and prompted calls for changes to the law to better recognise situations where domestic abuse is a significant factor in a victim's death. The campaign, led by Lancashire Police and Crime Commissioner Clive Grunshaw alongside Advocacy After Fatal Domestic Abuse, is calling for the creation of a specific criminal offence of domestic abuse-related suicide and for coercive and controlling behaviour to be included within the dangerous offender framework. Campaigners argue that the current legal framework does not adequately respond to cases where ongoing domestic abuse

contributes to a victim taking their own life.

Philip Seccombe, Police and Crime Commissioner for Warwickshire, said: "Supporting victims and tackling violence against women and girls remains a key priority for my work here in Warwickshire, so I support Kiena's Law and the campaign to secure greater justice, accountability and protection for victims of domestic abuse.

"Kiena Dawes' tragic death highlighted the devastating impact that coercive and controlling behaviour can have on victims and their families. Too often, cases where sustained domestic abuse contributes to suicide are not fully recognised within the criminal justice system. That must change.

"The proposals behind Kiena's Law would help ensure that the law better reflects the reality of domestic abuse-related suicide, strengthens accountability for perpetrators and improves protection for those at risk.

"As Police and Crime Commissioner for Warwickshire, I stand with victims, survivors and bereaved families in calling for meaningful reform. I encourage everyone to learn more about the campaign, support the petition and help raise awareness of this important issue."

The campaign seeks not only legislative reform but also greater recognition of domestic abuse-related suicide, improved prevention and earlier intervention when warning signs are identified. Campaign organisers are encouraging organisations, public bodies and individuals to support the petition and help build momentum for change.

People can find out more about the campaign and sign the petition at www.change.org/kienas-law.



#KienasLaw



AAFDA

change.org/kienas-law

OCT 3RD 2026 7.30PM-10.30PM
DOORS OPEN 7PM

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**Coleshill Town Hall,
Coleshill, B46 3BG**

Water Orton Community Library

JUDY BRULO

Author Event

On Saturday
26th September 2026
at 2.00pm

Cost is **£5.00** for one adult and up to two children, extra child will be £2.00 each which includes a cold drink and a biscuit for children and a tea/coffee or cold drink for an adult.

Tickets now available from the library (Cash only) -
Water Orton Library
Mickle Meadow, Water Orton, Birmingham B46 1SN

Coleshill Town Council Garden of Remembrance

Coleshill Town Council conducts yearly audits of the Garden of Remembrance. The lease on the following plaques has expired or will expire in 2026. Any plaque with an expired lease will be removed and replaced in due course.

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

Plaque Number	Plaque Name
BA10	Irene Woods
BA11	Constance Screen
BB14	Audrey Eileen Ling
BC1	George Teale
BC2	Giacomo Bragagnolo
BC14	Stanley Francis Ling
CB1	George Frederick Lindsey
CB2	Nora May Cranmer

Plaque Number	Plaque Name
CB5	Gordon Humphreys Jones
CB13	Walter John Poole (Jack)
CC1	Norman William Guise
CC4	Dorothy Mary Harris
CC10	Bryan Abbott
CC17	Marjorie Hackett
DB4	Sam Clarke
DB8	Keith Fowler
DB14	Pamela McHardy
DB19	George Gilbert Watkins
DB20	Frances & Ernest Cooke
DB21	Brian Edgar Clarke
DB22	Nora Bilson
DB23	Margaret Hilda Westwood
DC1	Steven Alan West
DC4	Margaret Cotter
DC7	Winifred Alice Hill
DC16	Roy Oakley
DD4	Thomas Cotter

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Protect your Home

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

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

Imagine this...

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

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

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

Don't leave your home open to any risks.

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



For Couples

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

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

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

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

Act now!

Sadly, many people put off planning for the future until it's 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

It's that time of year again!



TRIVIAL PURSUIT QUIZ

9th OCTOBER 2026

7.30pm (doors open 7pm)

Curdworth Village Hall

Teams of 4 – 6 persons

Tickets £12

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North Warwickshire
Borough Council

Press Release

North Warwickshire Borough Council challenges graffiti across Coleshill

Several large-scale graffiti tags appeared across Coleshill earlier this year, including at Cole End Park Play Area and within the Roman Way Industrial Estate.

Following concerns raised by local Borough Councillors and residents, the Council's Operations Team was tasked with removing graffiti from affected locations across Coleshill.

Using specialist graffiti removal solutions and a high-pressure washing unit, the team has removed graffiti from a number of buildings, structures and signs across the area.

Additional investment in street cleansing services has enabled the Council to purchase a high-pressure washing unit in 2024, which has helped significantly in dealing with challenging cleaning tasks such as graffiti removal, cleaning dog mess and removing chewing gum from paths. The equipment helps ensure that public spaces remain clean, welcoming and safe for residents and visitors.

Councillor Peter Fowler, Borough Councillor for Coleshill North and Climate Change Member Champion, said:

"Graffiti can be a real eyesore and can have a negative impact on how people feel about their local area. As one of the Borough Councillors representing Coleshill North, I have been working closely with residents and Council officers to identify problem locations and ensure action is taken wherever possible.

"I'm pleased that the Council's Operations Team has been able to remove much of the graffiti across Coleshill. Residents want to live in places that are clean, tidy and well cared for, and we'll continue to take action when issues like this are reported."

Watch our short YouTube video for behind-the-scenes footage of our team removing graffiti: <https://youtu.be/i1qrBwcfD1A>

You can report graffiti online via the North Warwickshire Borough Council app, or our website:

www.northwarks.gov.uk/tree-maintenance/graffiti



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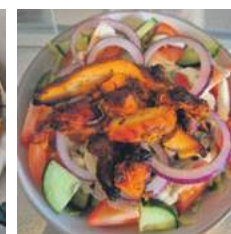
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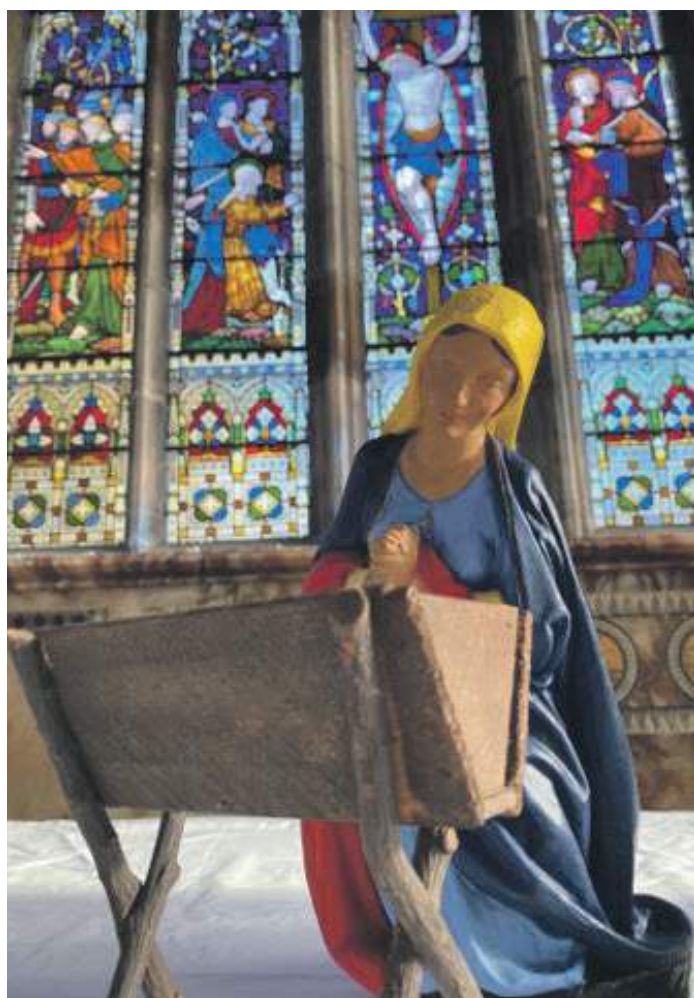
Please enquire regarding group bookings.



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Julie_heenan@yahoo.co.uk



It's time to wake up your Christmas creative juices

There's less than 100 sleeps left before Coleshill's first-ever nativity festival opens at Coleshill parish church.

Mary (pictured) and the other Victorian nativity characters will be on display, but we are looking for something from you to fill the church in the run up to Christmas.

A nativity poster? Yes, please. A birth-day card to Jesus? That's fine.

Something knitted? Not bad. A traditional nativity scene? We'd be pleased to display it. Lego? Go for it.

Big, small? We're a big church, so have plenty of space to offer you. Let your imagination run free.

More details nearer the time, but be sure to get something ready in time for the opening on Saturday 5 December at the parish church by town mayor Cllr Michael Ford-Terry.

Significant services from now until then are:

- Sunday 1 November - All Souls service, remembering those who have died in the past year, 6pm
- Sunday 8 - November Remembrance service, 10.45am
- Sunday 29 November - toy service, 10.30am
- Saturday 5 December - opening of nativity festival - 2pm
- Sunday 13 December - Christingle Service, 4pm
- Saturday 19 December - Heart of England Choir, 3pm
- Sunday 20 December - carol service, 6pm

Whether you say nollaig shona, felice navidad, vrolijk kerstfeest, god Ju!, buon natale, frohe weihnachten, Wesołych Świąt, or беселого рбіздва, let Coleshill church be the first to say Happy Christmas.

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Closure of A446 Lichfield Road

The work we will be completing

As part of the ongoing HS2 railway construction, we will be installing parapets on the sides of Water Orton Viaducts 1 & 2, over the carriageway and footway of the A446 Lichfield Road, near Coleshill.

To carry out these works safely there will be a full closure of the road on the following dates:

Full road closure:

Start: 8pm Thursday 10 September 2026

End: 6am Monday 14 September 2026

During this period, the section of A446 Lichfield Road east of Water Orton will be closed in both directions.

Three contingency overnight closures from 8pm to 6am, each night:

Monday 14 September

Tuesday 15 September 2026

Wednesday 16 September 2026

These contingency dates will only be required due to unavoidable delays to our works, such as to adverse weather conditions.

HS2 Helpdesk

If you would like to find out more about HS2, what it means for the local area and have your questions answered by HS2 and BBV team you can contact us on the below details:

08081 434 434

hs2enquiries@hs2.org.uk

Upcoming- Water Orton Drop-in event:

Thursday 27 August, 4pm to 6pm

The Pavilion, Water Orton

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Water Orton

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Curdworth Womens Institute



Hi Everyone - a quick hello from all of us at Curdworth WI! Well what glorious weather - we could be on the Riviera or on Bondi beach, so despite hoping for a warm refreshing shower or two, let's just enjoy it whilst we can!

We're almost into the autumn part of our year - our annual Trivial Pursuit Quiz is coming up on October 9th, at Curdworth Village Hall - 7.30pm start, with a lovely fish & chip supper, but remember to bring your own drinks and glasses! This is always a popular event, so do book your team in early with Sandra on 07884 034410.

We've had a lovely WI year so far. Lots of great speakers - and fun events - paper folding was a lovely afternoon, helped

along with tea and cake! Our Heritage Walk around Curdworth was well attended and those who came were surprised to learn how historically important Curdworth has always been and the afternoon raised a wonderful sum for our local Ukraine Support. We enjoyed a great fun games afternoon - mind you, there was nothing more energetic than boules or croquet, and it was of course, another excuse for 'cake' and lots of sitting and chatting - probably the best part of our WI gatherings, although, don't tell Madam President Isaid that!!

Do drop in and meet us all one WI Thursday - always the first Thursday of the month 7.45pm at the Church Hall, unless we tell you otherwise, via the Notice Board by the Village Hall.

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Pet Page

Birmingham Dogs Home - Forever homes



Wellard

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

Wellard is a very special older gentleman who is looking for someone to give him the loving home he deserves for the rest of his days. At nearly 13 years old Wellard has unfortunately found himself looking for a home once again after his previous owner so sadly passed away.

Despite everything he has been through Wellard is the sweetest most gentle boy. He absolutely loves meeting people and is friendly with strangers always happy to say hello and enjoy some fuss and attention. He walks beautifully on the lead and really is such a lovely affectionate old boy. There is something very special about Wellard; he is the kind of dog who deserves to spend his retirement feeling safe cherished and surrounded by love and care.

We are now looking for an end-of-life foster home for Wellard where he can spend his remaining time feeling safe comfortable and most importantly loved. He does have ongoing medical

needs and will need to be brought back to the centre for his treatments which could be several times a week so his foster home would need to be able to commit to this. Wellard also has several lumps and bumps including lipomas which are being monitored.

Wellard is looking for a home without children dogs or cats and we are aware of a previous history of food aggression so he will need appropriate management around food.

We know taking on an older dog with medical needs is a big commitment but we truly believe that Wellard deserves to spend his final chapter knowing what it feels like to be someone's beloved dog. He may be an older gentleman but he still has so much love to give. We would love nothing more than to see this sweet boy curled up in a warm bed enjoying all the little comforts of home receiving plenty of fuss and affection and having someone by his side for however long he has left. Wellard has so much love left to give; he just needs someone willing to give him a little of their own!

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

www.birminghamdogshome.org.uk

Could Animal PoisonLine Save You an Unnecessary Trip to the Vet?



Recently, I hosted a Facebook Live with Dr Nicola Robinson BSc MA VetMB MRCVS, Head of Service at the Veterinary Poisons Information Service and Animal PoisonLine, alongside Sarah from Barkshire Dog Training.

Animal PoisonLine is a valuable service for anyone worried that their dog may have eaten, licked or come into contact with something harmful. While some poisoning risks, such as chocolate, are well known, many unexpected dangers can be found around the home, garden or on walks. Equally, something that sounds frightening may not be as dangerous as it appears. Getting accurate advice about the individual dog and substance involved is therefore important.

What is Animal PoisonLine?

Animal PoisonLine is the UK's only 24-hour specialised emergency telephone service for people worried that their animal may have been exposed to something harmful. It is run by the Veterinary Poisons Information Service (VPIS), which has supported veterinary professionals since 1992. Animal PoisonLine launched in 2017, allowing members of the public to contact the team directly.

Calls are handled by vets, veterinary nurses, toxicologists and scientists with experience of thousands of substances. The service acts as a triage system, assessing whether a dog needs immediate veterinary treatment or can safely be monitored at home.

The advice depends on factors including the dog's size and weight, the substance involved, how much was consumed, when and how exposure occurred, and whether the dog is showing symptoms.

Around eight out of ten callers are advised that an immediate trip to the vet is not necessary. For those who do need treatment, the team explains how urgently they should seek help.

Everyday items can present unexpected risks

Not everything harmful carries a warning saying "poison". Nicola highlighted several less obvious risks, while stressing that these are only examples.

Mouldy food

Mouldy food can cause neurological problems in dogs. This could include food found in bins, compost or discarded on a walk.

Signs can develop quickly, sometimes within half an hour. Tremors may develop and, depending on the amount eaten and the size of the dog, can progress to seizures.

Pure tea tree oil

Even a few drops of pure tea tree oil applied to a small dog's skin can cause serious symptoms, including temporary paralysis of the back legs.

Human medicines and creams

Some human medicines contain ingredients that may be particularly dangerous to dogs. Nicola highlighted vitamin D sprays that may also contain xylitol, which can be fatal if enough is consumed.

Medicated creams can also cause problems. Prescription vitamin D creams and hair-growth products containing minoxidil are examples. Dogs may be exposed by licking treated skin or coming into contact with residue on bedding.

Ordinary cosmetics such as body lotion, sun cream and facial moisturiser are generally lower risk than medicated products, but advice should be sought if you are unsure what your dog has been exposed to.

HRT gels

HRT gel can be absorbed through a dog's skin, particularly where there is less fur. The main concern is repeated exposure, such as a dog regularly lying on someone's lap shortly after the gel has been applied.

Autumn crocus

Autumn crocus is different from spring crocus and contains a highly harmful toxin. Correctly identifying the plant is important, as simply searching for "crocus" may give misleading information.

Be careful with frightening stories online

VPIS also monitors information circulating publicly to help ensure people receive accurate information about poisoning risks.

We discussed a widely shared story claiming that a dog had died after visiting a tulip farm, despite apparently not eating any tulips or bulbs. Nicola explained that an event occurring after something else does not necessarily mean it was caused by it.

The dog's symptoms were not those VPIS associates with tulip exposure, and the service had information from more than 1,600 cases involving dogs that had eaten tulips.

Social media can spread useful information quickly, but it can also spread alarming claims without enough detail to assess an individual dog's risk. When you are worried about poisoning, specialist advice is far safer than relying on "Dr Google".

Recreational drugs found on walks

Human and veterinary medicines are the largest group of substances about which VPIS receives calls, but recreational drugs are also encountered.

Cannabis exposure has become increasingly common. Dogs may find it in homes, on streets, in bushes or even in faeces during walks. Symptoms can include wobbliness, a low heart rate, reduced body temperature and alternating between being subdued and stimulated.

If your dog is showing symptoms, go straight to your vet rather than delaying treatment to call Animal PoisonLine. Your vet can contact VPIS for specialist advice.

Other drugs, including cocaine and ecstasy, are stimulants and may cause dogs to become extremely hyperactive, jumpy or appear as though they are having a seizure.

Vapes and nicotine products

Calls involving vaping fluid have increased significantly over the past decade. The risk depends on the specific product, particularly whether it contains nicotine and at what concentration.

Some nicotine pouches may also contain xylitol, which could be the greater concern. If possible, keep the packaging and check the nicotine concentration before calling, as this helps the team assess the risk.

What should you do if you are worried?

The key message is don't panic, but don't guess. A frightening-looking exposure may not require treatment, while a small amount of another substance could be serious. The risk cannot be judged simply by the number of tablets, licks or mouthfuls involved.

If your dog is not showing serious symptoms, contact Animal PoisonLine for an individual risk assessment. Don't wait for symptoms to appear, as this could mean missing an early treatment or decontamination window.

If your dog has collapsed, is unconscious, having convulsions or struggling to breathe, contact your vet immediately.

When calling, have as much information as possible:

- Your dog's age, breed and weight
- The product, brand and packaging
- Active ingredients, if listed
- The maximum and minimum amount that may have been involved
- When the exposure could have happened
- Whether it was eaten, inhaled or contacted the skin
- Any symptoms your dog is showing

Don't worry if you don't know everything. The team is experienced in asking questions to establish the likely level of exposure.

Never give salt water or try to make your dog vomit at home. Animal PoisonLine has dealt with cases where attempts to induce vomiting caused additional problems, including salt poisoning. Always seek professional advice first.

How to contact Animal PoisonLine

Animal PoisonLine is open 24 hours a day.

Telephone: 01202 509 000

Website: www.animalpoisonline.co.uk

The current fee is £35 between 8am and 8pm Monday to Friday, and £45 at all other times, including weekends and bank holidays.

If you are advised to visit your vet, tell them you have already contacted Animal PoisonLine. Your vet can then contact VPIS for detailed treatment advice. If the practice charges for this professional consultation, Animal PoisonLine states that it will refund the fee for the original call.

The most important message is simple: if you think your dog or cat has eaten, licked or been exposed to something potentially harmful, don't guess and don't wait for symptoms. Keep calm, gather the packaging or product information and get accurate advice quickly.

For around eight out of ten callers, Animal PoisonLine can provide reassurance that an immediate vet visit isn't necessary. For those who do need treatment, its team can help families understand how urgently to act and ensure their vet can access specialist advice.



How to Talk to Your Child About Seeing a Therapist

It can be difficult to see your child struggle with their emotional wellbeing. As parents we recognise the importance of seeking support, yet can feel concerned about how a child will react to the idea of seeing a psychologist. Understandably, parents can feel anxious that talking to a child about attending therapy could lead to further worries. Seeing a psychologist should not be scary, and parents can have supportive conversations.

Keep it Simple: Talk to your child using language they will understand. Share the reasons for seeing a psychologist by sharing how you have noticed that they have been struggling. Spend time talking about how a psychologist will support them to make sense of their tricky feelings and help parents and other grown-ups understand ways to offer support.

Normalise the Experience: In a similar way to visiting the doctor if we feel physically unwell, it is important to visit

a psychologist to take care of our mental health. Let your child know many people see a psychologist, they will first take the time to get to know them and will then talk about their challenges and difficulties.

Explain the Process: they will arrive at the clinic and sit in the waiting room, the psychologist will then invite them into a nice, comfy room that feels like a lounge, they will ask questions to learn more about them and they will be able to bring their parents or caregivers along. .

Find the Right Time: Parents can feel unsure about when to talk about seeing a psychologist. Find a calm moment and the right time for an uninterrupted conversation. Encourage your child to ask questions, answer honestly and reassure them that it's ok to feel nervous or unsure. Speak to your child with enough time so you can help them prepare for the appointment.

Dr Danielle Grey is a Clinical Psychologist and the Clinical Director for the Purple House Clinic, Birmingham. The clinic is located in Coleshill and offers sessions Monday-Saturday.





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Health & Wellness



Know Your Numbers: Why Checking Your Blood Pressure Could Save Your Life

High blood pressure often has no warning signs – but a simple check can tell you a lot about your health



When was the last time you had your blood pressure checked?

If you're struggling to remember, you're certainly not alone. Many of us try to eat healthier, lose weight or get more exercise, but blood pressure can easily be forgotten.

The problem is that **high blood pressure often has no obvious symptoms**. You can have it for years without knowing anything is wrong.

That's why checking your blood pressure is so important. The test is quick, simple and, for many people, completely free.

What is blood pressure?

Every time your heart beats, it pumps blood around your body through your blood vessels. Blood pressure measures the force of that blood against the artery walls.

You'll normally be given two numbers – for example, **120/80**.

The first is the **systolic pressure**, when your heart is contracting and pumping blood. The second is the **diastolic pressure**, when your heart relaxes between beats.

Your blood pressure naturally changes throughout the day, so one reading doesn't necessarily tell the whole story.

Why does it matter?

Persistently high blood pressure puts extra strain on your heart and blood vessels. Over time, it increases the risk of serious conditions including **heart disease and stroke**.

The frustrating part is that you may feel perfectly healthy while this is happening.

That's why waiting until you feel unwell isn't a good way to monitor your blood pressure.

Who should have it checked?

The NHS recommends that adults aged **40 and over have their blood pressure checked at least once every five years**. People at greater risk may need checks more often.

If you're aged 40 to 74, you may also be eligible for an **NHS Health Check every five years**, which assesses your risk of conditions including heart disease, stroke and type 2 diabetes.

If you can't remember your last check, ask your GP surgery or local pharmacy.

Many pharmacies offer **free blood pressure checks for people aged 40 and over in England**.

What can raise blood pressure?

There isn't always one single cause. Age and genetics play a part, but lifestyle can also influence blood pressure.

Factors include:

- Eating too much salt
- Being overweight
- Not getting enough exercise
- Smoking
- Drinking too much alcohol
- An unhealthy diet
- Long-term stress

The good news is that many of these factors can be changed.

Start with salt

Adults should have no more than 6 grams of salt a day, roughly one level teaspoon – including salt already contained in food.

Much of the salt we eat doesn't come from the salt shaker. Bread, processed meats, ready meals, sauces and takeaways can all contribute.

Try tasting your food before automatically adding salt. Herbs, garlic, black pepper, chilli and lemon can add plenty of flavour without extra salt.

When shopping, compare labels and choose lower-salt options where possible.

Get moving

You don't need to become a marathon runner to improve your health.

Walking is an excellent place to start. A brisk walk around the local area, gardening, cycling or simply spending less time sitting can all help.

If you're currently inactive, start with ten minutes and gradually build up.

The important thing is finding an activity you enjoy enough to keep doing.

Weight, alcohol and smoking

Carrying excess weight can increase the risk of high blood pressure. If you are overweight, losing even a modest amount can help.

Forget crash diets. Sustainable changes such as smaller portions, more vegetables, fewer sugary drinks and more walking are much easier to maintain.

Smoking is another major risk to cardiovascular health. If you smoke, stopping is one of the best things you can do for your overall health.

Alcohol can also affect blood pressure, so staying within recommended limits and having alcohol-free days can help.

If you need support with stopping smoking or reducing alcohol, speak to your GP or pharmacist.

Don't forget stress

Work, money, family responsibilities and everyday worries can leave us feeling constantly "switched on".

Making time to relax isn't being lazy. Walking, gardening, reading, listening to music or meeting friends can all help you unwind.

Sometimes simply stepping away from whatever is causing the pressure for a few minutes can make a difference.

What if your reading is high?

Don't panic over a single high reading. Blood pressure varies, and one measurement doesn't necessarily mean you have hypertension.

Your GP, pharmacist or healthcare professional can advise you about what the reading means and whether further monitoring is needed.

If you're checking your blood pressure at home, keep a record of your readings and follow the advice you've been given.

A few minutes could make a difference

It's easy to put health checks off. There's always something else to do – the shopping, the garden, work or family commitments.

But a blood pressure check takes only a few minutes.

If you're over 40 and can't remember your last check, why not make it one of the things you tick off your list this month?

You might discover that your numbers are perfectly healthy. You might find they're higher than ideal and that some lifestyle changes could help. Or you may need further advice or treatment.

Whatever the result, **knowing your numbers puts you in a better position to look after yourself**.

YOUR HEALTH CHECKLIST

This month, why not:

- Have your blood pressure checked if you haven't done so recently.
- Check how much salt you're eating.
- Add an extra walk to your week.
- Eat an extra portion of vegetables each day.
- Make time to relax and switch off.
- Book any health checks you've been putting off.

Small steps. Regular checks. Better health.

Health information is intended for general information and isn't a substitute for personalised medical advice. If you have concerns about your health or blood pressure, speak to your GP, pharmacist or another qualified healthcare professional.



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Chamber pitch competition showcasing women-led firms returns for fourth year



The search has begun for the West Midlands' next big female-led business – with the return of Greater Birmingham Chambers of Commerce's annual Women Entrepreneurs Pitch.

Women-led firms from across the region are being invited to apply for the initiative – run by the GBCC in partnership with NatWest – which has previously crowned the creators of mental health plush toys, a surgical safety device and a seaweed-based sustainable material as its winners.

Applications for the competition open Tuesday 25 August and close on Wednesday 30 September.

www.greaterbirminghamchambers.com/support/women-entrepreneurs-pitch-competition.html

A shortlist of finalists will then be invited to pitch to a panel of expert judges at a live final in Birmingham city centre on Wednesday 11 November, with the venue to be confirmed.

Now in its fourth year, the competition is designed to showcase the best of the region's women-led SMEs and start-ups while helping to address barriers to growth, including access to investment and networks.

Since launching in 2023, the competition has attracted

entrants working across a wide range of sectors – from health and wellbeing, medtech and biotech to sustainable fashion, music technology and ethical cosmetics manufacturing.

Previous winners include The Calmness Crew, which makes mental health plush toys for children, medtech firm iCount, which has developed an AI-enabled device to prevent surgical swabs being left in the body, and biotech company SymbioTex, which produces sustainable, seaweed-based materials for medical devices and cosmetic packaging.

Henrietta Brealey, chief executive of Greater Birmingham Chambers of Commerce, said: "Too many talented women founders still face barriers when it comes to accessing the investment and networks they need to grow.

"This competition is about helping to change that by creating opportunities for some of the region's most exciting entrepreneurs to connect with investors, advisers and supporters who can help them take the next step."

"Over the past three years we've seen an incredible range of businesses come through the programme, from AI-enabled healthcare technology and wellbeing products to sustainable fashion platforms and seaweed-based bioplastics.

"That diversity is a powerful reminder of the depth of talent, innovation and ambition that exists among women-led businesses across the West Midlands.

"We're proud to play a role in championing these founders, raising their profile and helping them access the connections that can turn great ideas into successful, growing businesses."

Harinder Kunor, accelerator community manager at NatWest, said: "We are incredibly excited about this year's Women Entrepreneurs Pitch competition and are very much looking forward to hearing from some amazing women entrepreneurs from across the region.

"Helping women-led businesses to scale and succeed is critical to harnessing long-term, sustainable growth in the local and national economies, and we welcome the opportunity to work with leaders in our local ecosystem to support female-led businesses in securing investment.

"Register to join our community app today and unlock the resources, support and opportunities that will take your business to the next level."

Full details of how to apply are available at greaterbirminghamchambers.com/support/women-entrepreneurs-pitch-competition.html.



Rachel Taylor MP, North Warwickshire and Bedworth

New measures secured to stop the HS2 stink after intervention from local Labour MP

HS2 has agreed to introduce further mitigation measures to stop a foul odour emanating from the HS2 construction site, after Rachel intervened to secure action on behalf of residents.

Rachel welcomed the announcement but said HS2 needed to do more to tackle the problem at source and compensate residents for its impact.

Earlier this month, following complaints from residents that the HS2 stink had returned, Rachel wrote to HS2 Chief Executive Mark Wild and the Environment Agency seeking answers and action.

She subsequently visited the HS2 excavation works site to see the situation for herself, understand the work being undertaken, and challenge HS2 directly over how the odour was being controlled.

During the visit, Rachel made clear that residents should

not have to put up with foul smells affecting their homes and daily lives, and demanded an increase in the use of mist cannons. She has also launched a petition for compensation that has been signed by more than 500 people.

Following her intervention, HS2 has now confirmed that it is strengthening its mitigation measures. These include:

- **Almost doubling the number of mist cannons** being deployed to dampen the smell;
- **Increasing the concentration of odour neutraliser;** and
- **Improving wind monitoring** so that odour control measures can be targeted more effectively.

Rachel said:

"Residents in Coleshill and Water Orton shouldn't have to keep putting up with the stink from HS2. People deserve to be able to open their windows and enjoy their homes at the height of

summer without being overwhelmed by foul smells.

"After residents told me the situation had become unbearable again, I took their concerns directly to HS2 and the Environment Agency, and visited the site myself to see the situation and challenge HS2 on what more could be done.

"I made clear that residents expected urgent action and meaningful improvements, so I welcome that these important new measures are being put in place. I will be continuing to monitor the situation closely to ensure they are working, and won't hesitate to push for further action if it is needed.

"If residents continue to experience problems, please report them to both HS2 and my office. I will continue making the strongest possible case on your behalf."

HS2 have said that excavation and movement of the material presenting the highest odour risk is expected to be completed by the end of September.



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.
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INFORMATION

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issues such as:-
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much more

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services and agencies – see some
examples in boxes below



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Town Hall

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

www.coleshillhub.org.uk

coleshillcommunityhub@gmail.com

GROUPS

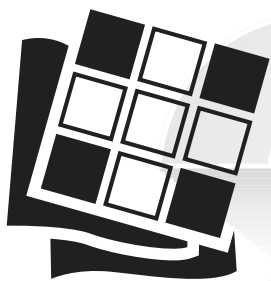
Parkinson's Cafe
Memory Cafes
(Coleshill/
Water Orton)
Young at Heart
Stitch Sewing Club

SIGNPOSTING

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

GROUPS

Walking Tours
Keep Fit & Natter
Walking Sports
Art & Crafts
U3A
Parents &
Toddlers



Puzzle Page

ACROSS

- 1 American College of Physicians (abbr.)
4 __ -garde
9 Sandy area at the edge of the ocean
14 Holding or giving off great heat
15 Small boat with pointed ends that is moved by using a paddle
16 National bird
17 Government agency
18 Fried bread
19 Kitchen seat
20 Plateau
22 Absence of values
24 Exercise place
25 Rodent
27 Lease
29 Dissertation
32 Wall recess
35 That girl
36 Place with many rooms and beds where people pay to stay
38 Laughing dog
40 Extremely long time periods
42 Bird homes
44 Take a picture
45 African ground squirrel
47 Dickens' " __ of Two Cities" (2 wds.)
49 Enact

- 50 Blue-penciled
52 Rebel
54 Sticky black substance
55 Last month of year
56 Expression of surprise
59 Spread
63 Sticky black substances
67 Start
69 Avert
71 Down
72 Mustang
73 Food from heaven
74 Luau dish
75 Place where cattle, horses, or sheep are raised
76 Lament
77 Short-term memory

DOWN

- 1 Excuse me!
2 Get by
3 Parent teacher groups
4 American Cancer Society (abbr.)
5 Period of rest from school or work
6 After awhile
7 Taboo
8 Seethe
9 Adjure
10 Consume
11 Eager
12 Disgust with excess
13 Steering mechanism

- 21 To be
23 Sick
26 Fire remains
28 Children's love
29 Troika
30 Perceived
31 Word with home or in
32 Marriage site
33 Bribable
34 Make into law
35 Gender
37 Eastern Standard Time
39 Inclined
41 Lawyer dress
43 Lugging
46 Faithful
48 Evening
51 Gray sea eagle
53 Halloween mo.
56 Shorten (abbr.)
57 Goddess
58 Competition at the Greek games
60 Glory
61 Elliptical
62 __ Ranger
64 Swiss mountains
65 Basic
66 Move through the water by using parts of the body
68 Incorporated (abbr.)
70 Part of a week

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
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67			68			69				70		71		
72						73						74		
75						76						77		

By Jimmy and Evelyn Johnson - www.qets.com

Word Search

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

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.

Augment
Barbeque
Baseball
Boating
Camping
Canoeing
Climbing

Confabulate
Fire
Fishing
Gladiolus
Harvest
Hiking
Hot

Kith
Peridot
Perseid
Sunshine
Swimming
Travel
Vacation

Answers to the puzzles if struggling are on page 25



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Children's Role Play Cafe



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- 🧸 Teddy Tumble - 10th Sept - 1st October
- 📖 Little Learners Phonics with Ted - 9th - 30th Sept
- 🌈 Ted's SEN Sanctuary - Saturday 3rd October
- 🎃 Ted's Halloween Parties - Saturday 31st October

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Cllr Steve Stuart, Water Orton North Warwickshire Borough Council

Dear Fellow Villagers

Local Plan

This column is being written the morning after I had the privilege of chairing an Extraordinary General Meeting of Water Orton Parish Council which finalised the Parish Council's response to the consultation on the North Warwickshire Borough Council (NWBC) Local Plan.

The Pavilion was very busy and every chair – including the extras found and set out - was full. It was an extremely productive meeting where every resident who wished to speak on the matter was able to. The atmosphere was very constructive and I would like to think that everyone who was present felt that their questions were answered and they had a greater understanding of both the response and the process.

It comes as no surprise though; I have been involved in large meetings within the village before. The forum which our MP, Rachel Taylor, hosted on HS2 also saw dozens of concerned villagers who articulated themselves brilliantly and conducted themselves with great dignity.

From my perspective it was a fantastic opportunity to showcase the work that the Parish Council does in representing our village to outside organisations. With a couple of additions, the response to the consultation was formalised and has now been submitted.

The work done is a very good example of how when a councillor works in partnership with a Parish Council then strong, robust and positive action can be made on behalf of residents. In contrast performative action, taken unilaterally, can cut across existing activity. This makes it much less effective, much less efficient and reduces positive outcomes whilst lengthening timelines for those we seek to represent.

It is expected that NWBC will now finalise their plan and it will go through the council's committee structure before appearing at full council before the end of the year. If you are interested in the progress or maybe even wish to speak at the final council meeting look out for updates on the NWBC website or feel free to get in touch.

Local Government Reorganisation (LGR)

LGR is the process which will see services which are presently delivered by both Warwickshire County Council and district councils (like NWBC) now being delivered by a new body that will serve North Warwickshire, Rugby and Nuneaton & Bedworth.

Personally, I am excited at the prospect of services which come from County Hall in Warwick now being made fit for purpose and being designed and delivered much more locally.

As ever, I am concerned about your voice being heard and your priorities being met. This is why I am launching a simple survey where you can list what you think the priorities should be in this new council.

This will then be the basis of my representations in all of the many meetings which will take place.

The survey will open on the 1st September and will be available at <https://www.smartsurvey.co.uk/t/LGRConsultation/>

Surgeries

I was delighted to secure the Village Library with a grant to allow for the purchase of a fancy new coffee machine which will help fundraising opportunities. So, if you wanted to purchase a Cappuccino or Latte whilst speaking to me at a Friday afternoon surgery you will now be able to do so and support our fantastic library and its volunteers at the same time.

See you around the Village.

Steve

Steve Stuart is writing in a personal capacity and his views are not intended to represent those of NWBC or WOPC.



North Warwickshire
Borough Council

Press Release

Council investment delivers major improvements at Arley and Ridge Lane play areas

Residents across North Warwickshire are enjoying brand new play facilities following the successful refurbishment of two popular play areas in Atherstone and Arley.

The play areas at Ridge Lane Recreation Ground and Arley Recreation Ground have been upgraded with a range of modern, inclusive and accessible play equipment, creating vibrant community spaces where children of all ages and abilities can play, explore, develop physical skills and enjoy active outdoor recreation.

The improvements were approved by councillors as part of North Warwickshire Borough Council's budget setting process and demonstrates the Council's ongoing commitment to investing in high-quality community space that promotes healthier lifestyles, support child development and provide opportunities for families to spend time together outdoors.

At Arley Recreation Ground, the refurbishment features a new zip wire, junior multi-play unit, activity trail, flat

swings, basket swing, inclusive swing, cradle swings, an inclusive roundabout and a variety of interactive play panels.

Improvements at Ridge Lane Recreation Ground include a new zip wire, seesaw, junior multi-play unit, inclusive roundabout, flat swings, basket swing, cradle swings, inclusive swing, upgraded entrance features and an in-ground trampoline.

Both play areas now provide a diverse range of equipment designed to support children of different ages, interests and abilities, ensuring the sites offer welcoming, inclusive and engaging spaces for local families. The enhanced facilities will help encourage outdoor play, improve health and wellbeing, promote social interaction and strengthen community connections for years to come.

To celebrate the completion of the projects, opening events were held at both sites. Councillor Margaret Bell, Chair of the Community and Environment Board, officially opened the play areas with ribbon-cutting ceremonies alongside local children and families from the

surrounding communities.

Councillor Margaret Bell, Chair of the Community and Environment Board, said:

"It was fantastic to see so many local families attending the opening events and enjoying the new facilities. The positive response from residents has been overwhelming, and it is clear that these improvements are already making a real difference to our communities.

These upgraded play areas provide much more than new equipment. They create safe, inclusive and welcoming spaces where children can be active, build confidence, make friends and enjoy spending time outdoors. They also provide valuable opportunities for families to come together and strengthen the community connections.

I am delighted that North Warwickshire Borough Council has been able to invest in these important community assets, ensuring local people have access to high-quality recreational spaces that will support the health, wellbeing and enjoyment of residents for many years to come."



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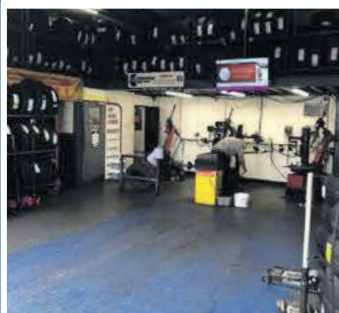
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So much included...

- Return coach travel from Solihull, Sutton Coldfield
- 4 nights at the Durrant House Hotel, Bideford (JG3 rating) with dinner & breakfast
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- Free time in Bideford
- Excursions to Clovelly & Bude

Optional excursion to Barnstaple Market (£12pp)



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- Light entertainment every evening
- Excursion to Whitby

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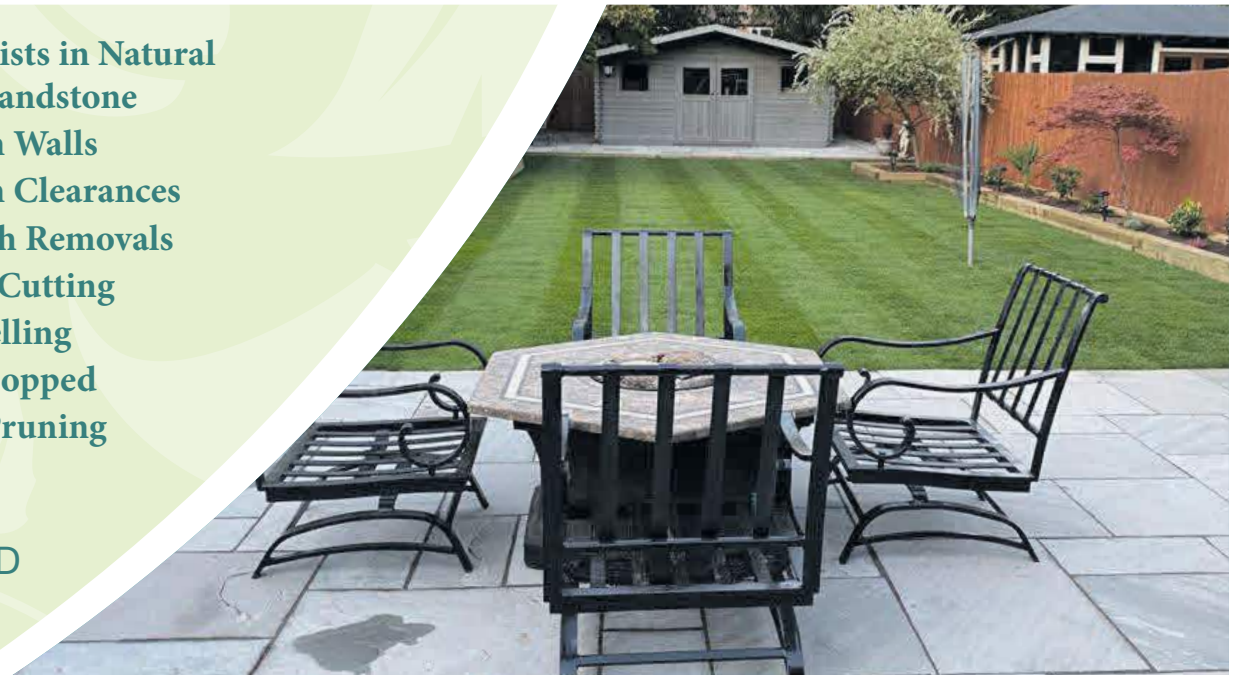
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Hidden message:

THOUGH WE TRAVEL
THE WORLD OVER TO FIND
THE BEAUTIFUL WE MUST
CARRY IT WITH US OR WE
FIND IT NOT.

By Ralph Waldo Emerson



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Local Sports



Coleshill Town F.C.

Early Setbacks, Local Pride, and a Season We're Ready to Fight For

The opening weeks of the campaign have been a test of character for Coleshill Town, and nobody inside Pack Meadow is shying away from that. One point from the first three league games isn't the return we wanted, and every Coleman supporter knows we're capable of much more. But if there's one thing this club has always shown, it's resilience, on the pitch, off the pitch and across the community that carries it.

From Our Perspective:

Strong at the Back, Searching Up Front

Defensively, we've looked solid. Only two goals conceded in three matches tells its own story: organisation, commitment, and a back line that refuses to be broken easily. That's a foundation we can build on.

The frustration, of course, is at the other end. We're still waiting for our first league goal of the season, and everyone at Coleshill knows that's where the improvement must come. The management team of Harry Harris and Steve Hinks are already working relentlessly to sharpen our attacking play, adjust the patterns, and get us firing again. They know what this club expects and they're determined to deliver it.

FA Cup: A Chance to Spark the Season

The FA Cup is just around the corner, and from a Coleshill point of view, it couldn't come at a better time. Cup football has a way of lifting a club, energising players, and giving supporters a moment to rally behind. One good result in the FA Cup could be the spark that turns our season.

Pack Meadow:

A Home Growing With Ambition

While the team works to find its rhythm, Pack Meadow is undergoing a transformation that reflects the ambition of everyone connected to Coleshill Town. This isn't just a refurbishment, it's a statement of intent.

Major improvements include:

- Extended bar area with a brand-new function room
- New changing rooms for the players
- New toilets for supporters
- Updated food menu and matchday options
- Stands being repositioned to improve viewing
- External TV screens and new seating areas
- Padel courts planned for installation
- New parking areas to improve access

These upgrades will elevate Pack Meadow to a new level, creating a ground that matches the ambition of the club and the passion of the supporters.

The Coleshill View:

We're Just Getting Started

Yes, the start has been tough. But the defence is strong, the management team is committed, and Pack Meadow is rising around us. This club has never been defined by its setbacks — only by how it responds to them.

The goals will come. The results will come. And when they do, Coleshill Town will be ready.



Coleshill Mayor with members of the Coleshill Town Supporters Club



Pack Meadow's owner Julian with the Coleshill Mayor Michael Ford-Terry and Coleshill Chairman Paul Billing.



Water Orton & District Tennis Club

Hello and best wishes to all our members and the local residents who kindly support us year by year. Its been a really difficult season so far trying to play in these extreme temperatures, but we are getting there and making the most of it.

We have opened up our club membership and changes to our adult group sessions has created vacancies for our adult members and families. There are spaces on a Tuesday evening for our Adult Improver group. If you haven't played for a while and would like to get back into tennis then this is the group for you. The group is for both male and female and is a very welcoming bunch. So get back into the sport, get your fitness levels improving and make new friends. Its all there for you.

On Wednesday from 6.00pm until about 8.30pm we have our men's adult night and if you can play to a reasonable level you would be very welcome to join us. The same goes for Ladies Night on a Thursday which is a very welcoming group. If you would like to drop by one of these nights and have a look, see what you think and have three or four "taster sessions" before deciding to join.

Adult membership is currently £60-00 per year April to April which is our financial year.

Our Saturday morning is our junior coaching morning and we have a few spaces in our second group which is 11.15am until 12.15pm. When our coaches feel the juniors are ready to move up that first group is 10.00am until 11.00am. Junior membership is £25 up to the age of 10 years then £35 from 10 years up to about 14 years. After that they move up into the youth section which is on a Friday night.

On Monday nights we have Cardio Fitness Tennis for an hour followed by an adult beginners group for an hour.. If there is any further information you would like then please contact Paul our Chairman, details below, and he will get right back to you.

We have an on line court booking system and if you become a member you can book a court where there are vacancies. You can book singles, doubles or a family booking.

If you would like more information please contact as below.

Kind regards, Paul Messenger Club Chairman,

Mobile 07538 601246 or e-mail paul.messenger82@hotmail.co.uk



Paddy Doyle challenge update

The recent intense heat didn't deter former Paratrooper and WUMA martial arts black belt 4th dan Paddy Doyle from once again getting into challenge mode, with August seeing him take on further gym-based martial arts and speed weightlifting records.

August 4th saw Paddy take on the challenge of beating Raj Choudhury's Martial Arts world record for 'maximum martial arts rotate machine gun punches in one minute with 1kg wrist weights on each wrist.

Paddy achieved an amazing tally of 446 punches in one minute, smashing the target to beat of 306 which was set on 15th August 2025 by Tae-Kwon-do Black Belt instructor Raj Choudhury World

Record which was set in West Bengal.

Paddy then completed the challenge of 'most barbell standing shoulder presses in one minute' lifting 12.9kg above the head. Achieving a fantastic 78 reps in one minute, beating Aravind. S's World Record of 65 reps set on 18th August 2021 in Kerela India.

Three days later Doyle was determined to increase the standing barbell shoulder press World Record lifting 13.33kgs, completing 88 in 60's.

Paddy was constantly monitored and filmed completing each challenge from start to finish of each challenge, with weights weighed three times on film.

These feats now take Paddy to a fantastic 1,043 career fitness endurance challenges and world records, covering 13 different sporting category's.



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