

the Coleshill Post



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Oct 2026 Issue 147



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Local Archer Returns Home with World Championship Gold and Silver

Coleshill talent Edward Gray celebrates outstanding success at World Field Championships in the USA

Nineteen-year-old archer Edward Gray has returned home from Yankton, South Dakota, USA, with an impressive haul of medals after representing Great Britain at the World Field Championships in the Under-21 open category.

Gray enjoyed a hugely successful tournament, bringing home both a silver medal in the Mixed Team event and a gold medal in the Team event, marking one of the biggest achievements of his young sporting career.

Competing alongside Emelia Hughes, Gray secured a silver medal in the Mixed Team competition after a series of strong performances against some of the world's best young field archers. The pair showed impressive determination and consistency throughout the championship to earn their place on the podium.

Full story page 27



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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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Happy International Podiatry Month!

October is International Podiatry Month so I thought it might be a good idea to let you know what a Podiatrist is and what we can do to help you.

A Podiatrist is a healthcare professional that specialises in the foot and lower limb. Podiatrists are educated to degree level and are regulated by the Health and Care Professions Council (HCPC). You may be more familiar with the name Chiropodist. This is an older name for the profession and refers to a time where our scope of practice was smaller. This is no longer the case which is why we now use the term Podiatrist instead.

A Podiatrist can treat issues with your feet and legs including ingrowing toenails, corns, hard skin, cracked heels, fungal nails, verrucae, plantar fasciitis and much more as well as giving you advice about foot care, gait analysis and on the best types of footwear for you.

You may wonder; when do you need to see a Podiatrist? If you suffer with any of the above conditions or have any pain in your feet, we recommend coming to visit a Podiatrist. You should avoid any self-treatments such as corn plasters or peel off foot masks as these contain acids which can make your feet worse.

If you have Diabetes, it is also important to visit a Podiatrist regularly as Diabetes may affect the circulation and the sensation in your feet which can in turn lead to complications. At Walsh Podiatry we complete an annual diabetic foot assessment which will allow us to spot any changes in your feet and deal with them

quickly and safely.

At Walsh Podiatry, we pride ourselves on using the most up to date methods supported by scientifically backed evidence to ensure we are providing you with the absolute best care possible. We pride ourselves on having over 650 5-star reviews over on Google. Here is just a few things our wonderful patients had to say about us:

"It was my first time here and I would definitely recommend. Very helpful, very caring. Five stars from me. Thank you."

"A very thorough and detailed visit.. felt completely at ease and feet feel amazing thank you"

"A very nice first appointment. Very friendly and welcoming. Explained everything clearly, treated my problem, explained the cause and gave advice on future maintenance. Would highly recommend."

"Excellent chiropodist – professional, knowledgeable, and genuinely caring. They took the time to explain everything clearly and made me feel completely at ease throughout the appointment. The treatment was thorough and effective, and my feet felt so much better afterwards. The clinic was clean, welcoming, and well organised. I wouldn't hesitate to recommend them to anyone looking for expert foot care."

If you think you may benefit from seeing a Podiatrist, you can give us a call on 0121 749 6313 and book in to see one of our HCPC registered Podiatrists.



Local Dancers Set Their Sights on Representing England

Eleven young dancers from Valentine Theatre School in Marston Green are hoping to represent England at the Global Dance Open World Finals in the Netherlands in summer 2027.

Aged 9 to 16, the girls train five to seven days a week and will compete at the England Qualifiers in February, hoping to secure their places at the international finals.

They follow an impressive VTS history at the Global Dance Open, with previous dancers winning Gold, Silver and Bronze medals, earning places in the prestigious Gala and achieving the Dancer of the Globe title.

Get behind Team VTS

Fundraising is now underway to help give the girls the best possible opportunity as they work towards the Global Dance

Open. The group is looking for local businesses and organisations to get behind Team VTS through sponsorship, donations, and raffle prizes.

Support directly online: A GoFundMe page has been launched to directly support the girls' travel and entry costs. Every contribution makes a meaningful difference!

GoFundMe Page <https://gofund.me/bcdca9322>

Discover Valentine Theatre School

Based at Birmingham Business Park, VTS has its own dedicated dance and music studios and welcomes children and young people aged 2 to 18.

Its students have achieved success far beyond the competition stage. Current pupil Oisín is touring professionally in the

role of Michael in Billy Elliot the Musical, while other recent achievements include performances at the Royal Albert Hall and on BBC's The One Show, scholarships to many prestigious dance and performing arts colleges, and being scouted by the prestigious Joffrey Ballet School.

Whether children dream of performing professionally, competing or simply want to build confidence, make friends and

enjoy dancing, new students are welcome and free trials are available.

Find out more

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- Exclude unwanted beneficiaries (estranged family members)

We come to you

We aim to make it as easy as possible for our clients to make their Will. One of our trained Will Consultants can visit you in your own home at a time to suit you for a no-obligation appointment, completely free of charge. The Consultant will then discuss the options available to you, offering you a Will that suits your circumstances. The Consultant can take your Will instructions; our legal experts will draft your Will in accordance with your wishes.

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REMEMBRANCE SUNDAY

8th November 2026



10.00 Parish Church open

Anyone not in the parade is welcome to sit in church

10.10 Parade assemble at Chantry House

10.25 Parade starts

10.40 Parade enters church

10.50 Church Service begins

11.00 The Silence

11.45 Laying of Wreaths

12.20 Service ends and Parade departs from the War Memorial (approx)

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Neurodiversity training founder delivering ‘measurable change’ earns Young Professional of the Year prize



Iveta Pudilova - National Neurodiversity Training

The founder of a training firm that has delivered measurable behaviour change for employees through neurodiversity training has been named Greater Birmingham Young Professional of the Year.

Iveta Pudilova, founder of National Neurodiversity Training, was recognised for delivering bespoke neurodiversity training programmes.

Neurodiversity describes the natural variation in how people’s brains work, think, communicate and process information.

It includes people with conditions such as autism, ADHD, dyslexia and dyspraxia.

National Neurodiversity Training helps organisations understand these differences and adapt their working practices so that neurodivergent employees can thrive.

Iveta was named the 2026 Greater Birmingham Young Professional of the Year in front of 385 guests at Birmingham Town Hall last night, having also won the Training and Education category.

The event, organised by Future Faces, the young professionals’ arm of Greater Birmingham Chambers of Commerce, was hosted by BBC Radio WM presenter PJ Ellis.

Headline sponsor was Arden University, while entertainment was provided by Undercover Artists Ltd.

National Neurodiversity Training provides training to organisations including Arcadis, Popeyes, the University of Birmingham and Transport for London. Each programme is tailored to the culture and needs of the organisation.

Over the past year, the company has trained more than 1,600 people across the UK and internationally.

This included the first neurodiversity training session delivered at the University of Birmingham, which was attended by 300 managers.

The company’s programmes are designed to create measurable changes in workplace behaviour.

At one client organisation, the proportion of employees disclosing a neurodivergent condition increased from 15 per cent to 47 per cent following the training programme.

In follow-up feedback, 83 per cent of managers reported that they had adapted their leadership style and communication to better meet the needs of neurodivergent employees.

This reflects a more flexible approach to leadership, recognising that neurodivergent employees may have different ways of communicating, processing information and working.

National Neurodiversity Training designs role-specific learning pathways tailored to individual confidence levels and incorporates the lived experience of neurodivergent employees into its learning design.

The company also uses AI-driven maturity assessments to personalise learning paths and measure the return on investment.

Beyond her role at National Neurodiversity Training, Iveta serves as chair of Aston University’s Centre for Enterprise and Innovation where she advises on curriculum design and accessibility in learning, as well as directly supporting students.

Award applications were judged by 21 judges across six judging panels.

Chair of the judges, the GBCC’s membership director Lillian Elekan, said: “It’s wonderful to see how Iveta’s journey as a young professional has developed, from winning a category award in 2024 to being crowned the overall GBYPY winner in 2026.

“She has gone from strength to strength, growing her businesses and using her lived experience to help organisations become more inclusive of neurodivergent people. This recognition is thoroughly deserved.”

Winners in full:

Greater Birmingham Apprentice of the Year

Shalom Gallagher - Accenture

GBYPY - Creative Industries and Culture

Sophie Allen - Serrano Media

GBYPY - Digital, Tech & Innovation - Sponsored by Birmingham Metropolitan College

Carys Hanson - KPMG

GBYPY - Sustainability and ESG

Ellie Larkin - Jacobs

GBYPY - Events and Hospitality - Sponsored by University College Birmingham

Aimee Hawkins - Lichfield District Council

GBYPY – Finance - Sponsored by Canaccord Wealth
James Kidd - XPS Group

GBYPY – Legal - Sponsored by Forvis Mazars
Poppi Hall - Enoch Evans LLP

GBYPY - Built Environment and Engineering

Priya Jadav - Balfour Beatty VINCI

GBYPY - People and Wellbeing - Sponsored by Partners Wealth Management

Georgia Hannant - City of Birmingham Symphony Orchestra

GBYPY - Marketing, Sales, and Communications

Rebecca Snoad - Spark Media

GBYPY - Start-ups - Sponsored by Birmingham City University

Samantha Storey - The Foodies Club

GBYPY – Entrepreneurship - Sponsored by Birmingham City University

Emma Jones - AllinAll Events Ltd

GBYPY - Charity and Social Impact - Sponsored by South and City College

Zoe Maxfield - Midlands Air Ambulance Charity

GBYPY - Training and Education

Iveta Pudilova - National Neurodiversity Training

Greater Birmingham Young Professional of the Year 2026 - Sponsored by Arden University

Iveta Pudilova - National Neurodiversity Training

Future Faces President’s Award

Paul Faulkner - Barclays

Future Faces Ambassador Award

Prabjot Ragbotra - Mitchells and Butlers



Group pic from left - Future Faces president Sarah Griffiths, Professor Dilshad Sheikh (Arden University), Iveta Pudilova and Future Faces manager Sophie Poduval-Morrell

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Coleshill Allotment Holders Celebrate Gardening Excellence

As hobbies go, gardening is one of the most physical but undoubtedly the most rewarding. No one will argue that maintaining an allotment throughout the year can be a challenge but given the country has experienced one of the driest on record the gardeners of Coleshill have triumphed!

Allotment holders over the three Coleshill Town Council's sites (Blythe, Stonebridge and Gilson/Beggar's Well) recently came together to celebrate their hard work. Judging of the three sites took place on a particularly hot day in July and, not expecting to see much growth or colour, the Town Mayor Michael Ford-Terry and Cllr Peter Symonds were very pleasantly surprised.

The hard work and dedication of the allotment holders was evident with a wide variety of plants, colourful flowers, vegetables in neat rows, trees laden with fruit and little, peaceful havens tucked away amongst the greenery. Each winning plot had the "X Factor" with no two alike which made judging particularly difficult.

In September, allotment holders gathered for an evening to celebrate their endeavours when awards were presented by the two judges and the Council's amenities and grounds supervisor, Allan Taylor. Prizes were awarded for first, second and third place for each site as well as best newcomer and most improved. The standard was so high, the judges made the decision to award "joint most improved" to two holders who took abandoned, overgrown wastelands to plots of incredible beauty in just one year!

The Town Council invited North Warwickshire PCSO Lewis Bradley to the awards evening who provided information and advice on how holders can keep the sites and plots safe and secure.

The community engagement with the local police is a bond the Council takes pride in so were very appreciative of PCSO Bradley's attendance and all the knowledge he was able to provide allotment holders and how they can help in reducing petty crime in the town.

Council staff and Counsellors stated how very fortunate Coleshill is to have three areas of green space to house the allotments. Allotments are worked for a variety of reasons such as it being great exercise, loving gardening, growing your own food, having a place to escape to in a hectic life and for mental wellbeing. Each plot is a blank canvas and the possibilities are endless in creating a place of beauty and tranquility.

First place winners were Emma Derome, with Ali and Sarah on Gilson, Daniel Nita on Stonebridge and Laurence Dolan on Blythe. Best Newcomer went to Kellie Bowyer on Stonebridge and Joint Most Improved trophies went to Mr & Mrs Hurd on Stonebridge and Spencer Price on Gilson.

An honourable mention must go to Blythe plot holder, Michael Griffin, who entered his produce in local shows and achieved 11 first places! Michael said it was an amazing experience and encourages other gardeners to enter competitions.

A huge "congratulations!" to all of the winners!



1st Place Gilson, Emma Derome, Ali and Sara



1st Place Blythe, Laurence Dolan



2nd Place Stonebridge, Sue Spencer



Cllr Peter Symonds, 2nd place Gilson winners Mr & Mrs Bayley, Mayor Michael Ford-Terry and Groundsman, Allan Taylor



Joint Most Improved winners Patricia Hurd and Spencer Price



Michael Griffin – award winning produce grower



The Benefits of an Autism Assessment: Unlocking Potential and Providing Support.

For those with autism the world can feel out of sync. Difficulties interpreting relationships, maintaining conversations or understanding social norms can lead to feeling isolated or frustrated. Without a clear insight into their experiences, a young person can internalise negative feelings and hold critical beliefs they are 'weird' or 'different'. An autism diagnosis can support a young person to understand themselves and can nurture self-compassion.

The journey to seeking an autism assessment can be daunting and filled with uncertainty. Parents can feel overwhelmed and anxious about how to offer support and advocate for their child. There are understandable concerns about seeking an autism assessment and worries about being faced with possible stigma, yet living with undiagnosed autism can be a challenging and often confusing experience. It is important to remember a diagnosis doesn't change your child, it provides a framework to understand their unique experiences and develop strategies to navigate the world. Self-awareness fosters resilience and self-advocacy that can empower a young person to seek the resources and support they need. The experience can connect

parents to a support network that can offer valuable advice, emotional support, practical strategies, and the accommodations needed at school and college.

The value of an autism assessment goes beyond a diagnosis. Receiving a diagnosis can be a pivotal moment filled with relief, confusion and questions about the future. Post-assessment support can be a valuable opportunity to understand the experience of autism, and to support a young person to identify resources and strategies to navigate the world and their emotional wellbeing. Post-assessment support can make a difference to a young person, paving the way to reach their full potential.

Here at the Purple House Clinic, we recognise the value of a neurodevelopmental assessment and supporting someone to compassionately understand themselves. We offer comprehensive assessments delivered by a multi-disciplinary team of highly experienced psychologists and mental health professionals that meet NHS standards. The team of clinical psychologists, speech and language therapists, and occupational therapists will support a young person and their families every step of the way through assessment and post-assessment therapies.

If you would like to learn more about our neurodevelopmental assessments and the ways we can support your loved ones please contact us.

THE PURPLE HOUSE CLINIC



Mental Health & Neurodiversity Services

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Autumn dog walks



You can tell autumn's arriving when you find yourself on a dog walk asking, "Is that a leaf or is it their poo?"

Another sign came on my early Wednesday morning walk with friends. For the first time in a while, it was dark when we set off. Our greyhound, Izzy, and whippet, Freddie, had their light-up collars on, and I needed my phone torch a couple of times too.

It got me thinking about the kit that makes autumn and winter walks easier. I've tried a few different things over the years, and these are the ones that have earned their place by the door.

Light-up collars are one of my go-tos, even when the dogs are on lead. Izzy is a black greyhound, and a black dog on a dark morning isn't always easy to spot!

I use rechargeable collars that light up all the way around. I've tried the little lights that clip onto a collar, but they can slip

underneath a dog's neck. Then the dog puts their head down for a good sniff, and the light seems to disappear with them.

I also choose a steady light rather than the flashing setting. Dogs' eyes work well in dim light and are good at noticing movement. They generally have a wider field of vision than we do, too. The sighthounds I work with, such as greyhounds and whippets, were bred to spot and pursue moving prey. For me, adding a flashing light and potentially moving shadows to their walk isn't something I want to do.

If you live with more than one dog, different coloured lights are helpful too. I use different coloured leads for the same reason. Izzy and Freddie are very different sizes, but being able to tell who is who by the colour of their light takes only a glance.

If your dog wears a tracker, it's worth checking whether it has a light. Ours are Tractive trackers, and I've used those a few times and they worked well. You may

need to charge your tracker more often if you use its light regularly.

Coats are another part of our colder-weather kit. Many sighthounds, including greyhounds and whippets, have fine, short coats and can need extra warmth on colder walks. Our dogs wear harnesses, and getting harness holes sewn into their coats has been a game changer.

If a harness goes over a thick coat, you may need to adjust it to fit. Then, on a warmer day without the coat, you have to adjust it again. It's also a faff if you go from the cold into a warm café and your dog needs their coat off.

With a hole in the coat where the lead clips onto the harness, the harness stays fitted to the dog underneath. Some coats come with a harness hole. For the others, I marked the right spot and took them to someone who could sew one in. I am definitely not a sewer.

So my kit is: charged light-up collars in different colours, charged trackers with

lights I can use if needed, coats with harness holes, and my phone torch. It still can't tell me whether I'm looking at a leaf or a poo but it certainly helps in the dark.



Birmingham Dogs Home - Forever homes



Ronnie

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

Ronnie is a very affectionate boy who is looking for his forever home. He loves spending time with people and is always happy to receive some fuss and attention. He has a lovely personality and enjoys getting out and about.

Ronnie particularly loves going for walks and having fun with his favourite tennis balls. He would enjoy a home where he can have regular walks plenty of playtime and lots of affection from his new family.

Ronnie could be suitable for first-time dog owners who are ready to give him the time patience and love he needs to settle into his new home. He is looking for a family who will help him build his confidence and enjoy life to the fullest.

When it comes to living with other dogs Ronnie may be able to share his home with a canine companion. This would need to be assessed on an individual basis with careful introductions to make sure everyone is comfortable.

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

Helping your pets through firework season



As firework season approaches, Birmingham Dogs Home is encouraging pet owners to start preparing now. Fireworks can be extremely frightening for dogs and other pets, with the sudden loud bangs, flashes and vibrations causing significant stress and anxiety.

There are a few simple things owners can do to help make this time of year a little easier. Walk dogs earlier in the day, before fireworks are likely to begin, and keep pets safely indoors once it gets dark. Close curtains and windows to reduce flashes

and noise, and use the television, radio or calming background sounds to help mask sudden bangs.

Create a safe, comfortable space where your pet can retreat if they feel frightened, and allow them to choose where they want to settle rather than forcing them to interact. Try to remain calm and behave as normally as possible, offering reassurance if your pet seeks it.

Make sure dogs are wearing a collar and ID tag and, importantly, check that their microchip details are up to date in case they become frightened and escape.

For pets that really struggle with fireworks, preparation is key. Speak to your vet or a qualified behaviour professional ahead of firework season for advice and support rather than waiting until the fireworks have already begun.

Most importantly, remember that every pet is different. Give them the space, comfort and reassurance they need to feel as safe as possible throughout firework season.



Getting Your Garden Ready for Winter

Autumn is the perfect time to give your garden a little attention before the colder, wetter months arrive.

As the leaves begin to fall and the evenings get darker, it's tempting to forget about the garden until spring. But a few simple jobs now can make a big difference when winter arrives.

Give It a Tidy

Clear leaves from paths, steps and other areas where they can become slippery. You don't need to remove every leaf, though – piles of leaves can provide shelter for insects and other wildlife.

Dead plants and weeds can be cleared where necessary, while garden cuttings and leaves can be added to a compost bin.

Look After the Lawn

Remove excessive leaves and debris so your grass can still get light and air. If conditions aren't too wet, rake out some of the dead material that has built up.

Avoid cutting the lawn too short before winter. Leaving the grass slightly longer helps protect it during cold weather.

Plant for Spring

Autumn is a great time to plant spring-flowering bulbs such as daffodils, crocuses and tulips. They require very little attention over winter before producing a splash of colour in spring.

It's also a good time to plant many trees and shrubs while the soil still retains some warmth.

Protect Plants and Pots

Plants in containers can be more vulnerable to cold weather. Move delicate

pots to a sheltered position and raise containers slightly off the ground so excess rainwater can drain away.

Check fences, sheds and greenhouses for loose or damaged sections before strong winter winds arrive.

Help the Wildlife

A completely tidy garden isn't necessarily the best garden for wildlife. Leaving some fallen leaves, seed heads and natural areas can provide food and shelter for insects and birds.

If you have bird feeders, keep them clean and topped up, and provide fresh water where possible.

Store Your Equipment

Clean mud and soil from gardening tools before putting them away, and check hoses and outdoor taps before temperatures drop.

Garden furniture, barbecues and other equipment should ideally be stored somewhere dry or covered securely.

Your Autumn Garden Checklist

- Clear slippery leaves from paths.
- Give the lawn a final tidy.
- Plant spring bulbs.
- Protect vulnerable plants and pots.
- Check fences and garden buildings.
- Clean and store tools.
- Protect outdoor furniture.
- Leave some areas for wildlife.
- Keep bird feeders and water sources clean.

A little preparation now can save time and effort later – and you'll be ready to enjoy the garden again when spring arrives.

Come ye thankful people, come: raise the song of harvest-home

All is safely gathered in - but latest figures suggest this year's harvest will be the smallest on record.

2025/2026 was initially looking like being a normal or good year for most farms, with yields forecast to be around or above the 10-year average.

The very dry April and heatwaves in May, June, July and August meant crops faced significant stress during key stages of development.

Historic production data shows that the 2026 harvest is now estimated to be around 1.35 million tonnes smaller than the previous record-low harvest in 2020, underlining the severity of this year's poor growing conditions.

Nevertheless, Coleshill parish church celebrates the harvest on Sunday 4 October with a service of thanksgiving, accompanied by Coleshill Town Band.

Kneelers, like the handmade one with a mostly fruit harvest theme shown here, once used to make praying knees peasy, but nowadays remain on their hooks on the back of the pews. It's one of several with a harvest theme, so look out for the

rest over coffee after the service.

Meanwhile, how is your contribution to Coleshill's nativity festival going? The flute-tooting shepherd pictured belongs to the church's Victorian nativity set.

Look out for details soon about when to deliver it to church for the opening by town mayor Cllr Michael Ford-Terry.



Health & Wellness



Autumn Health: Simple Ways to Stay Well as the Days Get Shorter

From staying active to protecting your mental wellbeing, a few simple habits can help you stay healthy as the colder, darker months arrive.



From staying active to protecting your mental wellbeing, a few simple habits can help you stay healthy as the colder, darker months arrive.

As summer fades and the evenings become darker, autumn can be a good time to reset some everyday habits. You don't need a major lifestyle overhaul – small changes to how you eat, move, sleep and spend your time can make a real difference to your health and wellbeing.

Keep Moving

When the weather turns colder, it is tempting to spend more time indoors. However, regular movement is important for your heart, muscles, joints and mental wellbeing.

Walking is one of the simplest ways to stay active. Even a 20–30 minute walk can help you feel more energetic and provides an opportunity to get some daylight and fresh air.

If the weather is poor, look for ways to keep moving indoors. Housework, gardening, stretching, dancing or a short home workout all count.

Make the Most of Daylight

Shorter days can affect our mood and energy levels. Try to get outside during daylight whenever you can, particularly

if you spend much of the day indoors.

A lunchtime walk or simply sitting outside with a cup of tea can provide a useful break from work, screens and household routines.

If you notice that you regularly feel low, unusually tired or lose interest in things you normally enjoy, don't simply put it down to the weather. Speaking to your GP can be a good first step.

Eat for the Season

Autumn is a great time to enjoy plenty of vegetables, fruit, beans, wholegrains and other filling, nutritious foods.

Simple meals such as vegetable soup, jacket potatoes with beans, vegetable pasta or a homemade stew can be inexpensive, warming and easy to prepare.

Try not to rely too heavily on processed foods simply because the evenings are colder. A balanced diet can help support your energy levels and general health throughout the year.

Don't Forget to Drink

It is easy to drink less water when the weather is cold because you may not feel as thirsty. However, staying hydrated remains important.

Water, milk and sugar-free drinks can all contribute to your daily fluid intake. Tea and coffee also count, although it is sensible not to rely entirely on caffeinated drinks.

Get Your Sleep Back on Track

Dark mornings and evenings can make autumn a good time to establish a regular sleep routine.

Try to go to bed and get up at roughly the same time each day. Avoid spending too much time on your phone or tablet immediately before bed, and keep your bedroom comfortable and suitable for sleeping.

Good sleep can help with concentration, mood, energy and your ability to cope with everyday stresses.

Be Prepared for Coughs and Colds

Autumn and winter often bring an increase in coughs, colds and other respiratory infections.

Simple habits such as washing your hands regularly,

covering coughs and sneezes and staying away from others when you are unwell can help reduce the spread of infections.

It is also worth making sure you are up to date with any vaccinations you have been advised to have, particularly if you are in a group offered seasonal vaccinations by the NHS.

Look After Yourself in Colder Weather

Cold weather can be particularly difficult for older people and those with existing health problems.

Keep your home warm, dress appropriately when going outside and take extra care on wet or icy paths. If you are helping an older relative or neighbour, a quick check-in during particularly cold weather can be valuable.

Stay Connected

Health isn't only about what we eat or how much exercise we get. Staying connected with other people can also make a big difference to our wellbeing.

Make time to meet friends, speak to family, join a local group or simply have a chat with a neighbour. Even small amounts of social contact can give your week structure and something to look forward to.

A Simple Autumn Health Checklist

This autumn, try to:

- Walk or exercise regularly.
- Get outside during daylight.
- Eat plenty of fruit and vegetables.
- Drink enough throughout the day.
- Keep a regular sleep routine.
- Take sensible precautions against seasonal illnesses.
- Keep your home warm.
- Make time for friends, family and your community.
- Speak to your GP if you notice persistent changes in your physical or mental health.

Autumn doesn't have to mean slowing down. By making a few simple changes now, you can head into winter feeling healthier, more active and better prepared.

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The Science Behind a Good Night's Sleep



Why does sleep matter so much – and what is actually happening while we're tucked up in bed?

We all know that a good night's sleep can make us feel better the next day. But sleep isn't simply a period when the body switches off. While we're lying peacefully in bed, our brains and bodies are carrying out a surprisingly busy list of jobs.

Your Brain Doesn't Switch Off

During sleep, the brain remains active and moves through several different stages.

One of the most important stages is deep sleep. This is when the body carries out much of its physical repair and recovery. Muscles and tissues are repaired, energy is restored and the immune system gets a chance to recharge.

Another stage is REM sleep, when most vivid dreaming occurs. During REM sleep, the brain is particularly active and is thought to play an important role in learning, memory and processing emotions.

A typical night involves moving through these stages several times, with the balance changing as the night progresses.

Why Do We Dream?

Nobody knows exactly why we dream, but researchers have several theories.

Dreaming appears to be particularly common during REM sleep and may be connected with memory, emotions and the way the brain processes information.

Dreams can also be influenced by things happening in our everyday lives. Stress, excitement, worries and even what we have been thinking about before going to bed can sometimes make their way into our dreams.

And despite what you may have heard, remembering a dream doesn't necessarily mean you slept badly – it may simply mean you woke up during or shortly after dreaming.

Your Body Has Its Own Clock

Our bodies operate according to a roughly 24-hour circadian rhythm, which helps regulate when we feel awake and when we feel sleepy.

Light plays a major role. Bright light during the day helps tell the brain that it is time to be awake, while darkness in the evening encourages the body to prepare for sleep.

This is one reason that getting some natural daylight during the day and keeping your bedroom dark at night can help maintain a healthy sleep routine.

Why Screens Can Make Sleep Harder

Phones, tablets and televisions can make bedtime more difficult for several reasons.

The light from screens can interfere with the body's preparation for sleep, while scrolling through social media, watching exciting programmes or answering messages keeps the brain engaged when it should be winding down.

That doesn't mean you have to ban technology from the bedroom completely, but switching off for a while before bed can make it easier to relax.

What Happens When We Don't Sleep Enough?

A poor night's sleep can leave you tired and irritable, but the effects can go further than that.

Regularly getting too little sleep can affect concentration, memory, mood and reaction times. Over the longer term, consistently poor sleep is associated with a range of health problems.

The good news is that improving your sleep doesn't necessarily require expensive gadgets or complicated routines.

Simple Ways to Sleep Better

Try going to bed and getting up at roughly the same time each day. Keep your bedroom comfortable, dark and quiet where possible.

Avoid large meals, caffeine and alcohol close to bedtime, and give yourself some time to relax before getting into bed.

If your mind is racing, writing down tomorrow's jobs or worries before bed can sometimes help clear your head.

And perhaps most importantly, don't panic if you occasionally have a bad night. Everyone has them.

The Bottom Line

Sleep may look like doing nothing, but your body is actually working hard while you rest.

From repairing the body and supporting the immune system to processing memories and regulating emotions, a good night's sleep is one of the simplest ways to support our overall wellbeing.

So the next time someone tells you that you're "doing nothing" by having an early night, you can tell them you're actually giving your brain and body some very important maintenance time!

10 Simple Ways to Save Money Before Christmas



Christmas costs can quickly add up, but a few simple changes now can help keep spending under control.

1. Set a Christmas Budget

Work out what you can afford and include presents, food, travel, decorations and social events. Having a figure in mind makes it easier to keep track.

2. Make a Present List

Write down who you're buying for and set a maximum amount for each person. It can stop those tempting "just one more thing" purchases.

3. Compare Prices

Check several shops and websites before buying. Prices and special offers can vary, particularly on bigger purchases.

4. Spread Out the Food Shop

Non-perishable items such as tins, biscuits, drinks and frozen foods can be bought gradually when they're on offer. This also spreads the cost.

5. Check What You Already Have

Before buying decorations, wrapping paper or Christmas cards, check the cupboards and loft. You may already have more than you remember.

6. Use Up the Freezer

Take stock of what's already in your freezer before doing another big shop. Using existing food can reduce waste and free up money.

7. Don't Be Fooled by Bargains

A reduced price isn't a saving if you didn't need the item. Ask yourself: Would I buy this if it wasn't on offer?

8. Watch the Small Expenses

Takeaway coffees, snacks, lunches out and food deliveries can quietly eat into your budget. Cutting back on just a few each week could make a difference.

9. Remember the Extra Costs

Don't forget petrol, parking, postage, taxis and days out. These smaller expenses can add up surprisingly quickly.

10. Keep Christmas Simple

Christmas doesn't have to be expensive. A family film night, a walk to see the lights, homemade decorations, board games or baking together can be just as enjoyable as costly activities.

A Simple Rule

Before buying something, ask:

Do I need it?

Can I get it cheaper?

Have I budgeted for it?

A little planning now could mean less financial pressure in January – and that's a Christmas present worth giving yourself.

TWO WARM HUB'S

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

and at

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

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

Free refreshments.

INFORMATION

**Help and support for any issues or
enquiries such as:-**

**Blue Badges, Driving Licence, Passport
Applications, Online Benefit Forms
(including Pension Credit Checks)
and much more**

**Signposting to many groups, partner
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in boxes below**



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Meeting – 14th Oct
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

GROUPS

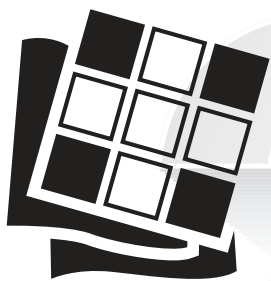
**Parkinson's Cafe
Memory Cafes
(Coleshill/
Water Orton)
Young at Heart
Stitch Club**

SIGNPOSTING

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

GROUPS

**Walking Tours
Keep Fit & Natter
Walking Sports
Art & Crafts
U3A
Parent & Toddler**



Puzzle Page

ACROSS

- 1 Cat cries
5 Vassal
9 Not before
14 Car rental agency
15 Opaque gem
16 Horde
17 Lavish party
18 Child's transportation
19 Specific areas
20 Business abbr.
21 Withdraw from a body
23 Mailed
24 Precision cut stone
26 Furrow
28 Snacked
29 Floating ice
31 Electric spark
34 Large terrier
37 Award
39 Summon
40 Girl
41 Attorney (abbr.)
42 Writing style
44 Joyful
47 Day of wk.
48 Face covering
50 Tree
51 Give a nickname to
52 Cut in half
56 Ballet skirt
- 59 Strange and secret doctrines
63 Body part
64 Fire residue
66 Madam
67 Extinct bird
68 Brings in a fish
69 At sea
70 A fox's hole (2 wds.)
71 Lover's meeting
72 List of meals
73 Not there
- 30 Snaky fish
31 Negative (prefix)
32 Reserve Officers Training Corps.
33 Whoop
34 Air (prefix)
35 Computer picture button
36 Gets older
38 Formal declarations
39 Tempo
43 Flightless bird
45 Graphic description
46 Continent
49 Alphabet
51 Fights
53 Wear away
54 Fermented apple juice
55 Cut of beef
56 Tangy
57 Consumer
58 Those people
60 Eve's husband
61 Baseball plate
62 Prayer ending
65 Concord e.g.
67 Morse code dash

DOWN

- 1 Organized crime
2 Levels
3 Halloween broom rider
4 Compass point
5 Reversed intoxication
6 Heroic
7 Garden tool with teeth
8 Ran away
9 Wood tool
10 First sign of fall
11 Firm up muscles
12 Poetic "evening"
13 Repose
21 Fill
22 Make a mistake
25 Small birds
27 Good grief!
29 Halloween cat

1	2	3	4		5	6	7	8		9	10	11	12	13
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56	57	58			59	60	61	62				63		
64				65		66					67			
68						69					70			
71						72					73			

By Jimmy and Evelyn Johnson - www.qets.com

Word Search

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

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.

- Black
Broomstick
Calindula
Cider
Colorful
Cool
Fall
- Fruit
Ghost
Goblin
Halloween
Harvest
Haunt
Holiday
- Maize
Mask
October
Orange
Pumpkin
Spider
Witch

Answers to the puzzles if struggling are on page 25



Cllr Steve Stuart, Water Orton North Warwickshire Borough Council

Dear Fellow Villagers

After a bit of a lull in terms of meetings over the summer holidays, civic life is back with a bang.

My September started with a trip down to London to attend a briefing day at the Local Government Association. I have been given the privilege of representing Independent Councillors across the country in the pay negotiations with the 1.4 million staff engaged in Local Government. It is a fantastic opportunity and allows greater interaction with those who can truly influence life and outcomes for our village.

In the rest of the month, I have represented your interests at meetings of the Shop Front Panel, LGA resources, Special Sub-Group, North Warwickshire Prosperity Fund, HS2 Special Management Zone, Sustainability Action Working Group, Full Council and an EGM of the Councils Executive board. Oh, and Parish Council too.

There have also been meetings of the Local Development Framework Committee which has been dealing with the Local Plan. The latest stage is the "regulation 19" notice which is effectively the final draft of the plan. The meeting papers relating to this amount to over 1400 pages and include the responses to the last consultation. Water Orton has been effectively represented, there are 721 mentions of the village in the documents - mainly relating to concerns around the proposals for Vicarage Lane.

This site does not appear in the latest iteration of the plan which will please many residents. However, it is to be remembered that just because a site is not in the

plan that it cannot be subject to a planning application from developers and land owners. We will all need to be continually vigilant and seeing our representations are made as effectively as they have been to now.

There is a further consultation proposed for late October and November. Following concerns over the previous consultation I have asked that the methodology around communication is reviewed. Although the new plans are less concerning from a village perspective there will still be a need to ensure that our voices are heard as clearly as those from other areas.

At the start of October, I will be attending the meeting of the Planning and Development Board at North Warwickshire. This will deal with the longstanding application to develop the old school site. A lot of the concerns which residents have raised with me have been addressed but there will still be a need to see that there are suitable conditions attached if approval is granted. As ever I will seek to make the right representations, to the right people, at the right time and in the right way.

If you have any matters of concern, please feel free to contact me directly or at one of my regular surgeries (bear in mind I am one of your two Borough Councillors and we have a County Councillor too!!). I feel it is my duty as one of your representatives to actively engage with you wherever I can and then use my position to see that that view is represented where it counts.

See you around the village.

Steve

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North Warwickshire
Borough Council

Press Release

North Warwickshire Borough Council recognised among region's best for paying suppliers promptly

North Warwickshire Borough Council has been recognised as one of the West Midlands' strongest-performing local authorities for paying suppliers promptly, with new research showing that 99.11% of their invoices were paid within 30 days during 2025/26.

The findings, published as part of independent research examining payment performance across councils in the West Midlands, highlight the Council's continued commitment to supporting businesses and organisations.

Prompt payment plays a crucial role in helping businesses, particularly small and medium-sized establishments, manage cash flow, pay employees and suppliers on time,

and invest in future growth. By ensuring invoices are processed efficiently and payments are made without unnecessary delay, the Council is helping to provide stability and confidence for suppliers.

North Warwickshire Borough Council works closely with businesses that deliver a wide range of services for residents and communities. Maintaining strong payment performance helps build positive relationships with suppliers while supporting the wider local economy.

The recognition comes at a time when payment practices across the public sector are under increasing scrutiny, reinforcing the importance of strong financial management and a commitment to supporting local enterprise.

Councillor Caroline Symonds, Chair of the Resources Board, said:

"We know how important prompt payment is to businesses and organisations. Ensuring suppliers are paid on time helps support jobs, growth and investment across North Warwickshire."

"We are delighted to see our strong performance recognised. This achievement reflects the dedication of our finance team and the wider teams within the Council, whose continued focus ensures we provide an efficient, reliable service to our suppliers while supporting the wider local economy."

North Warwickshire Community Safety Partnership Uses Refuse Vehicles to Promote Domestic Abuse Support

A new domestic abuse awareness campaign has been launched by the North Warwickshire Community Safety Partnership.

The North Warwickshire Community Safety Partnership brings together North Warwickshire Borough Council, police, fire services, health organisations and other partners to work collaboratively on reducing crime, tackling antisocial behaviour and keeping communities safe across the borough.

Display panels on the side of refuse vehicles are being used to raise awareness of domestic abuse and the support available to those affected.

The highly visible panels provide clear, accessible information to residents about recognising the signs of domestic abuse and where support is available, including how to seek advice for themselves or someone else.

The campaign aims to reduce barriers to accessing support, encourage earlier reporting and reinforce the message that domestic abuse is everyone's concern and that help is available.

The campaign concept highlights the fact that domestic abuse is not always visible: "Even if there is no mark, it doesn't mean it hurts less."

Refuse vehicles travel through communities across North Warwickshire every day, providing a unique opportunity to reach residents with an important public safety message directly in their neighbourhoods.

Domestic abuse is not always physical. It can involve control, threats, intimidation, isolation, financial abuse, technology-facilitated abuse and fear, often taking place behind closed doors. Tackling domestic abuse remains a key priority for the North Warwickshire Community Safety Partnership, with partner agencies working together to prevent harm, support victims and reduce offending.

Councillor Ray Jarvis, Chair of the Safer Communities Sub-Committee and the North Warwickshire Community Safety Partnership, said:

"Domestic abuse is often hidden and under-reported. These panels will help raise awareness, make it easier for people to know where to seek support, and encourage more referrals across our communities."

Anyone can experience domestic abuse, regardless of age, gender, ethnicity or background. Support is available whether you are experiencing abuse yourself or are concerned about a friend, family member or neighbour."

Sergeant Adam Skelsey, of Warwickshire Police, said:

"Domestic abuse can affect anyone and often remains hidden from friends, family and neighbours. Campaigns such as this help to raise awareness of the signs of abuse and, importantly, remind people that support is available."

By taking this message directly into our communities through refuse vehicles, we hope to encourage those who may be suffering in silence, as well as those who are worried about someone they know, to seek help and access the support services that are available. Nobody should have to face domestic abuse alone."

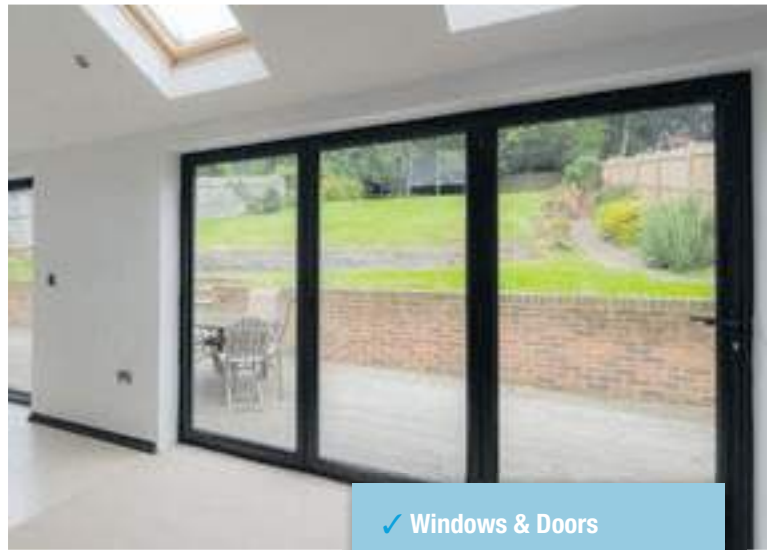
If you are worried about yourself or someone you know, support is available. Visit www.talk2someone.org.uk to find information, advice and local services. In an emergency, always call 999.

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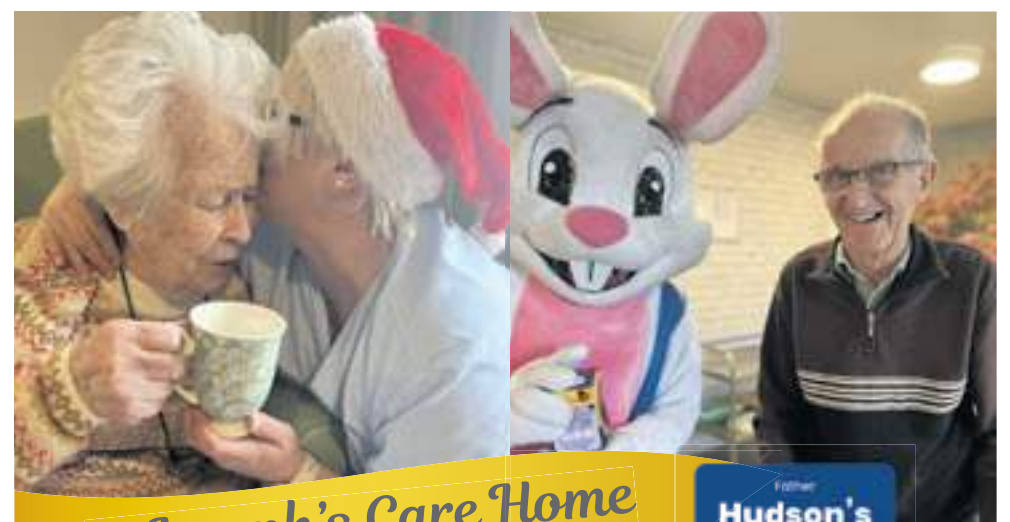
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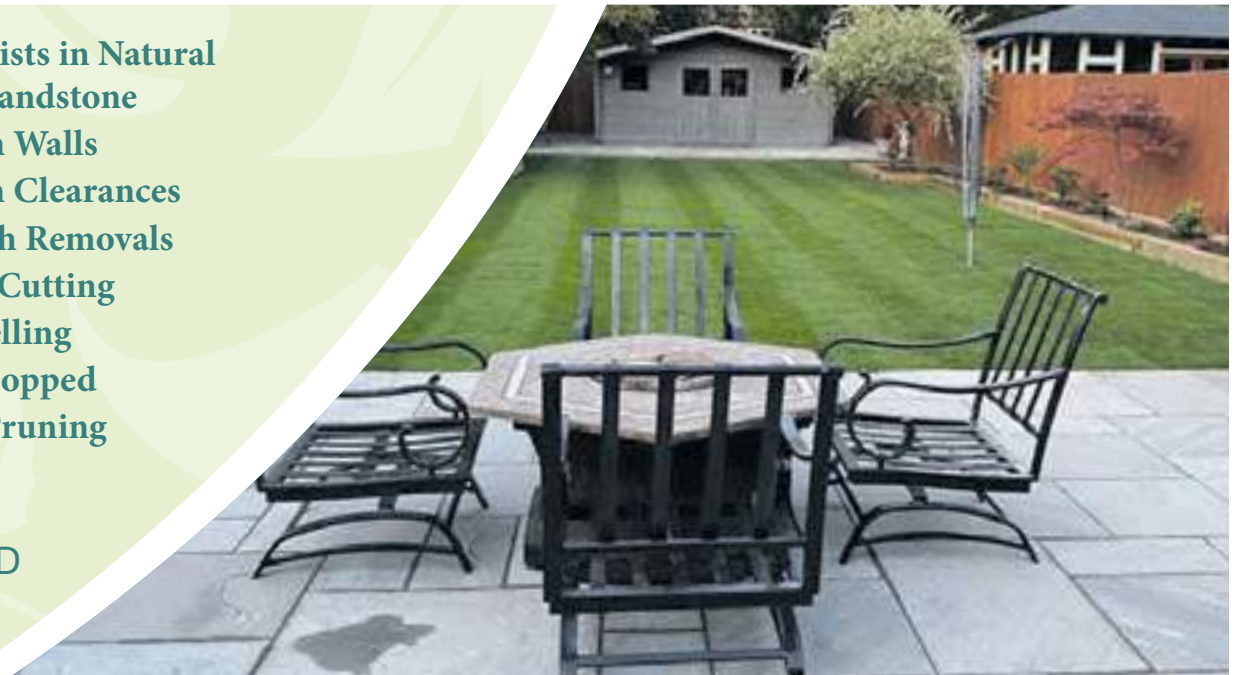
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AUTUMN IS A SECOND
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By Albert Camus



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Local Sports



Coleshill Town F.C.

Colemen Show Signs Of Promise As Season Builds Momentum

As the season begins to take shape, there is a feeling around Pack Meadow that Coleshill Town are moving in the right direction, even if recent results have not always reflected the quality of their performances.

Sponsored by OakPlas Ltd, the Coleman's league campaign has already produced plenty of encouragement, with Harry Harris' side showing resilience, attacking intent and the ability to compete with anyone in the division.

One of the early highlights came on the road at St Ives, where Coleshill produced a superb display to record an impressive 4-1 victory. The result, powered by a hat-trick by Joey Butlin, showcased the attacking quality within the squad and demonstrated what the team is capable of when confidence is flowing and chances are taken.

That performance was followed by another positive result away at Mickleover, where the Coleman earned a hard-fought 1-1 draw. It was a match that highlighted the growing character within the dressing room, with Coleshill standing firm against strong opposition to secure a valuable point on their travels.

Recent weeks have continued to show both the strengths and frustrations of the campaign.

Against Bourne Town, Coleshill suffered an early blow when Dan Brookes was forced off after a nasty-looking injury inside the opening minutes. Rather than allowing

the setback to disrupt them, the hosts responded with one of their most dominant displays of the season.

Chance after chance came and went, with efforts striking the woodwork and narrowly missing the target. A missed penalty in the second half threatened to leave the Coleman empty-handed, but they continued to push forward and were rewarded when Harry Sweeney, sponsored by John Rogers, stooped to head home the winning goal from a cross at the far post.

The deserved 1-0 victory moved Coleshill above Bourne in the table and appeared to underline the progress being made by the side.

However, football often hinges on the finest of margins.

The Monday Night clash against Sutton Coldfield Town saw the Coleman dominate possession and territory for long spells but ultimately leave the field defeated. An unfortunate bobble on a back pass gifted the visitors an early opener before a second mistake late in the game allowed Sutton to add another and secure a 2-0 win.

What made the defeat particularly frustrating was the fact that Coleshill controlled much of the contest. Numerous corners and attacking situations created problems for the visitors, but the final touch proved elusive.

The contrast between the Bourne and Sutton matches perhaps best sums up Coleshill's season so far. When opportunities have been converted, the team has shown

it can beat anyone. When chances go begging, opposition sides have often punished the smallest mistakes.

Despite that, there is genuine optimism surrounding the club.

The performances have consistently demonstrated organisation, commitment and attacking ambition. The Coleman have looked capable of controlling games, creating chances and matching some of the strongest sides in the league.

Manager Harry Harris has spoken positively about the performances while acknowledging the need for greater ruthlessness in both penalty areas. The message is simple: continue playing with the same intensity and the results will come.

With victories, valuable away points and encouraging displays already on the board, Coleshill have given supporters plenty of reasons to be excited about what lies ahead.

Attention now turns to the next chapter of the campaign, with a trip to Boston before a Monday night home fixture against Belper. If the Coleman can combine their attractive football with a sharper edge in front of goal, there is every reason to believe they can continue climbing the table in the weeks ahead.

For now, the feeling remains that this is a side with genuine potential, and one whose best football may still be to come.

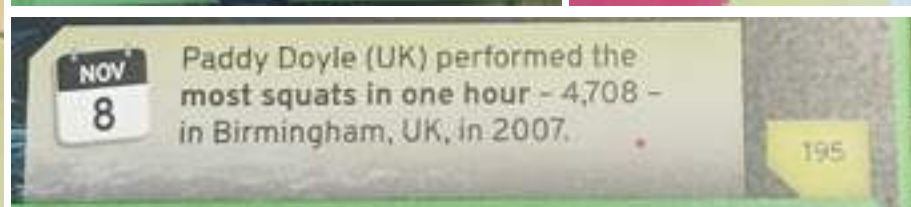
Paddy Doyle powers on

Three more martial arts World Records bit the dust, smashing one of the previous best held by martial artist Lai Chao (Taiwan), the first was result was 192 one handed punches in 30 seconds, beating the record by 11 strikes. Doyle then went onto setting two European / British masters challenge records, 96 punches in 15 seconds and 171 punches in 30 sec's.

"the support team once again were brilliant, my wrists and hands felt the impact but I was happy with the results."

To top it all Paddy has been entered into the 2027 Guinness Book of World Records, for the most squats in 1 hour, listed on p.195.

This now currently brings the total of career sporting strength speed stamina challenges and World Records to 1,046, involving thirteen different sporting disciplines.



Local Archer Returns Home with World Championship Gold and Silver



Coleshill talent Edward Gray celebrates outstanding success at World Field Championships in the USA

Nineteen-year-old archer Edward Gray has returned home from Yankton, South Dakota, USA, with an impressive haul of medals after representing Great Britain at the World Field Championships in the Under-21 open category.

Gray enjoyed a hugely successful tournament, bringing home both a silver medal in the Mixed Team event and a gold medal in the Team event, marking one of the biggest achievements of his young sporting career.

Competing alongside Emelia Hughes, Gray secured a silver medal in the Mixed Team competition after a series of strong performances against some of the world's best young field archers. The pair showed impressive determination and consistency throughout the championship to earn their place on the podium.

Gray then went one step further in the Team event, teaming up with Ollie Hicks and Ioan Reece to claim the coveted gold medal. The British trio delivered a superb display of skill, teamwork and composure to become World Champions in their category.

The achievement is particularly significant as Gray balances his field archery success with his development as a target archer. He is currently a member of the World Class Programme for Target Archery, where he trains with some of the country's most promising athletes. His training takes place both at Lilleshall National Sports Centre, the home of Archery GB's elite performance programme, and at his local club, Meriden Archery Club, where much of his archery journey began.

Speaking after his return, Gray said he was delighted with the results and grateful for the support he has received throughout his career.

"To come home with both a silver and a gold medal from a World Championship is something I'm incredibly proud of. Competing alongside such talented teammates and representing Great Britain on the world stage has been an amazing experience."

Gray was keen to acknowledge the people behind his success.

"I'd like to say a huge thank you to my coaching team for their guidance, commitment and belief in me, and to my family for their constant support, encouragement and the sacrifices they have made over the years. I wouldn't have achieved this without them."

The success in Yankton is the latest milestone for the talented 19-year-old and further strengthens his reputation as one of Britain's most exciting young archers. His achievements have been warmly celebrated by family, friends, fellow club members and the wider local community, all of whom are proud to see a local athlete excelling on the international stage.

With a World Championship gold and silver medal now to his name, and as a member of Great Britain's World Class Programme, the future looks exceptionally bright for Edward Gray as he continues to pursue success at the highest levels of archery.

Give Cricket a Go: Coleshill Women's Team Welcomes New Players

Have you ever thought about trying cricket but assumed it wasn't for you? Coleshill Cricket Club's women's team is inviting women and girls of all ages to come along and discover a friendly, welcoming and inclusive environment where everyone can enjoy the game, regardless of experience.

Whether you've never picked up a bat before or haven't played since school, there's no pressure and no expectations. Our sessions are designed to help people get active, build confidence and learn at their own pace. Training is led by qualified coaches and combines skills development with plenty of fun games, making the sessions enjoyable, relaxed and sociable.

The team trains at The Colehill Ground on Monday evenings from 6.30pm to 7.30pm and Fridays from 7pm to 8pm. Players are welcome to attend whichever sessions fit best around their lifestyle and other commitments, with no expectation to make every session.

We use a softer ball than a traditional

cricket ball, helping new players feel comfortable while learning the basics. As confidence grows, players can choose how involved they want to be. Friendly matches against other local women's teams are available for those who would like to play, but taking part is completely optional.

Many players have joined on their own and quickly make new friends. We also organise team socials throughout the year, creating opportunities to connect both on and off the pitch. It's common for mums, daughters, sisters, friends and colleagues to come along together, and players are encouraged bring other female family members and friends!

If you're looking for a fun way to stay active, meet new people and try something different, Coleshill Women's Cricket Team would love to welcome you. Come along, give it a go, and enjoy cricket on your own terms in a relaxed, supportive environment where everyone is welcome.

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To find out more, message Jo on 07737 545977.

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