

TALK ABOUT

North Solihull

Issue 03 | January 2016

NORTH SOLIHULL BIG GARDEN

BIRD WATCH

NEW YEAR
NEW YOU

HERITAGE

BORRO DON'T BUY

WHAT'S ON

THE MAGAZINE REFLECTING LIFE IN NORTH SOLIHULL

Castle Bromwich Theatre Group
Presents

Jack & The Beanstalk

Pantomime Written by Richard Hills

at Arden Hall
Water Orton Road
Castle Bromwich

20th to 23rd January 2016

Ticket Prices:

Wednesday all tickets £3.00

Thurs-Adults £5.00

concessions £3.00

Fri & Sat Adults £8.00

concessions £5.00

Curtain up

Wed-Sat 7.30 pm

Sat Matinee 2.30 pm

Please call box office on:

0121 747 7821 or 07505 521309

www.castlebromwichtheatregroup.co.uk



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ON THE COVER: Robin Photograph by Tony Cornish

Email: editor@talkaboutnorthsolihull.co.uk



Can Soup Challenge North Solihull

It's a simple concept: people turn up, pay £3 at the door, and listen to three or four people pitch ideas to the local community. Pitchers talk for up to four minutes. The audience can then ask questions.

With the presentations over, soup is served. People talk over the ideas and then they vote on the winner. The winner gets to take home all the money taken at the door and use it to fund their plan, with the losers come back a couple of weeks later to report on their progress.

It was a cold, drizzly Friday evening in November. The sort of evening which usually puts paid to people turning out for a community event. But, not in North Solihull.

An empty room in Three Trees Community Centre quickly filled with people eager to hear the pitches of three local entrepreneurs.

The ideas bidding for funding were Saplings Parents & Toddler Club; a ukulele maker and Borroclub an online portal for loaning and borrowing household items.



Ukulele Making

Imagine a local
Dragon's Den
where you are
the Dragon!

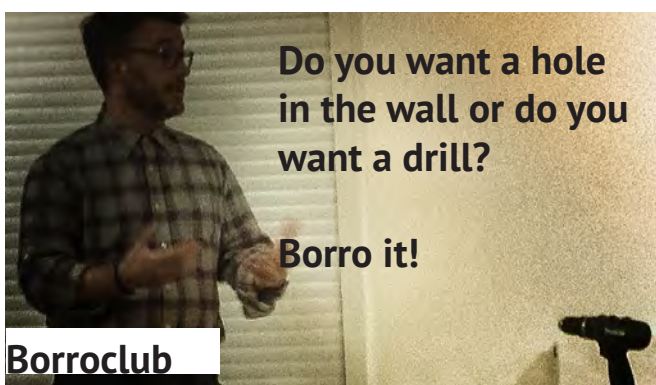


Saplings Parent & Toddler Club

nge
?

an idea to improve

their favourite. The
promise they will



Borroclub

**Do you want a hole
in the wall or do you
want a drill?**

Borro it!

The winner on the night
at Three Trees was
the Sapling Parents &
Toddlers Group, but it isn't
just about the money;
the exposure and vote of
confidence can make a
huge difference to people
just starting out.

**The next North Solihull
Soup will take place
between 6pm and 7.30pm
on Friday January 29th at
Three Trees Community
Centre.**

This was the second
North Solihull Soup, a
crowdfunding initiative
based on the Detroit Soup
which was established 5
years ago in America.

The first Detroit Soup was
run from a baker's shop
and raised \$110 for an
art project. These days,
Detroit Soup winners
often go home with more
than \$1000.



don't buy itborro it

Try before you buy

Earn money
from your idle
items

We got tired of buying stuff that we only used once or twice and then it sat in the garage or shed for 95% of the year gathering dust; meanwhile people in our neighbourhood were doing the same.

So we thought why not put owners in touch with borrowers and vice versa to encourage neighbourhood sharing? Owners would gain some return for their investment as the borrower would pay them a small fee for using their item, and borrowers would benefit by avoiding that one-off costly purchase.



HIRE THE STUFF YOU NEED FROM YOUR NEIGHBOURS

“On average, a drill is used for a total of 12 minutes a year. The rest of the time, it’s taking up space in a home or garage and gathering dust. By lending it out to people in the local area, the owner of the drill can make a bit of money, while feeling like they’re actually contributing to their local community.”

No storage?

Save money by
borrowing the items
you need

The perennial problem of making better use of idle household items could be solved by a new website launched by Soihull resident Matt Dredger.

Borroclub is an online marketplace for people to rent out household items to others.

When listing items, the lender sets the price per day,.

A security deposit can also be set, and then, when the item is returned and its condition is confirmed, the deposit is returned.

Both the lender and the borrower can decide whether the item is to be handed over at their home, or if they prefer, Borroclub says it will collect and deliver it.

Matt comments “I will always remember our first borrower. He was keen to jet wash his patio and enjoy his garden. He came across Borroclub when searching online to purchase a jet washer. He contacted the lender through the site. For just £2 a day he was able to clean his patio in two days and saved over £100!”

Join the sharing revolution
www.borroclub.co.uk



Castle Bromwich
Youth & Community Partnership

Stories Behind the Head Stones





Drop Dead Gorgeous: How our Victorian Ancestors were Poisoned at Home, Work and Play

It's like something out of a Gothic horror novel: women fainting in green dresses and leaders like Napoleon dropping dead in green-painted rooms. I once saw an exhibition about the dangers of Victorian fashion. In it was a bright green ball-gown on a skeleton. This dress had been coloured with an arsenic-containing dye. Arsenic poisoning occurred frequently because arsenic was found everywhere in pre-20th century life, not just in poorly regulated dyes. It's therefore not surprising that a headstone in Castle Bromwich graveyard led us to discover this melancholy tale.

It was the 10th day of April 1860 Joseph aged 15 and his younger brother George, 12, walked down the hill with a small hand-wagon to fetch coal from the railway station. The station master saw them laughing as they set off towards their home at Buckland's End, the wagon filled with coal.

A short while later their attention was caught by something having the appearance of flour on the easel of the bridge close to the Mill of Mr Twamley.

They'd worked hard all day setting potatoes and not having eaten since breakfast decided to eat some of the substance. It wasn't long before they started to vomit, and continued to do so at intervals, until they reached home.

About 12 o'clock, George, the youngest died in great agony. The father then set off to Coleshill to fetch Mr. Bailey, the surgeon, but long before the arrival of that gentleman, the other had succumbed to the fatal nature of the attack.

The next morning a small group set out to trace the ground the poor lads had come over and the poisonous ingredient was discovered. The mystery of who'd placed a deadly poison in such a public place, and consequently created such a dangerous situation, formed the subject of a searching investigation. The melancholy occurrence created a painful sensation throughout the entire neighbourhood, and much sympathy was felt for the bereaved parents.

When a spoonful of poison helped the swelling go down

Joanne Wenlock speaks to us about her life, career and unusual hobby.



I grew up in Smiths Wood and attended The Archbishop Grimshaw School. I always had a love of history, influenced by my parents who took part in the excavation of Pimple Hill back in 1970 and are still very energetic metal detectorists now in their retirement!

I became interested in science due to a brilliant teacher who really fired up our enthusiasm and I went on to have a career in chemistry, starting as a chemist at a hazardous waste treatment company.

I also continued my studies part time whilst working, firstly at Matthew Boulton College and then later with The Open University gaining

my BSc Hons Open degree in Molecular and Life Science subjects.

I later switched to working as a science technician before becoming a chemistry teacher.

For the last 5 years I have also been part of the 'Friends of Letocetum' a group of volunteers who help run the Roman museum and open



air site at Wall, near Lichfield as well as staging an annual event focusing on the site's Roman history.

My involvement with Wall and also my studies with the Open University led to an interest in the history of medicine and I began collecting antique medical items as well as conducting further research.

This 'eccentric' hobby gained momentum in September when I took part in the Castle Bromwich Heritage festival with a display of Victorian pharmacy. The interest and enthusiasm from visitors about this subject matter and the history was fantastic. There was great feedback from younger people who had been learning about it at school- they really engaged with the display and shared their own thoughts and knowledge as well as wanting to know more.

Many of the treatments and remedies were familiar. Others proved shocking and amusing to the modern taste, in an age where opium and arsenic was freely available over the counter- and highly toxic mercury compounds were routinely administered! Some of the 'quack' treatments not only didn't work but could also prove more fatal than the ailment itself!

I have now teamed up with my friend, Richildis, who is also a volunteer at Wall Roman Site and an archaeologist. We are currently working on setting up our own educational historical interpretation venture called 'Time Healers', visiting schools and taking part in events providing hands-on displays of genuine and replica artefacts and activities to suit all ages. We will also present talks, demonstrations and

workshops about the history of medicine, public health and the social and moral issues regarding these- especially regarding gender and class during different periods.

We will also be able include displays if requested of some rather peculiar (and often downright nasty!) beauty treatments (for both men and women!) throughout the ages from prehistoric times up until the end of WW1.

Email: timehealers@gmail.com





23 Reasons why being fat makes you miserable

1 Having to ask for the seat belt extender

Interrupting the pre-flight safety demonstration when you realise that the belt will just about do up, but you'll never regain the feeling in your legs. Then a bright orange extender belt is brought out so the entire plane can see your predicament.

2 Getting stuck in things

Doorways, theme park rides. It's not until you're carrying extra pounds that you realise how many times it's possible to get jammed, wedged in and otherwise stuck in something.

3 People stare at your food in the supermarket trolley

It's not a trolley when you're a fat man, it's a wire basket of judgement that invites other shoppers to mentally comment on what you're buying.

4 Stopping breathing while you sleep

Fussy partners will be all about how your snoring's keeping them awake, but little do they know that it's a defence mechanism. Every 10 minutes you stop breathing and it's nice if they're around to prod you back into the land of the living.

5 Knowing that you're somehow immune to diets

Your friends with the crazy metabolisms drop seven pounds in a week.

You have to fast for six days just to see the scales stay the same.

6 Moobs

Some men put on weight in a really specific location, like they get a gigantic gut, but everything else looks normal. You'd kill for that sort of fat, you only need to be half a stone overweight before you have the sort of breasts that a pre-teen girl would kill for.

7 Accidentally seeing yourself in a shop window

You can successfully banish mirrors from your home, but take a step outside and the world is nothing but reflective surfaces designed to make you feel horrendous.

8 Group photos

"OK! Let's do a load of silly group photos and upload them to Facebook!"

9 Weddings

Can't wait to get fitted for my wedding suit, SAID NO FAT MAN EVER.

10 Sweating

Men with a normal BMI probably start sweating a few minutes into a cardio session. When you're a fat man you start sweating by typing the words "cardio session". Once the floodgates are opened people nearby start building arks. Your workouts are 5 minutes exercise and 30 minutes towelling off every piece of equipment at the gym.

11 Not feeling sexy

You feel so disenfranchised from the whole notion of sexy that when you're listening to a song by Prince you always feel that he might add a secret chorus just for you that this song isn't actually for anyone BMI 25+.

12 Overeating to punish yourself for being overweight

Yes, you could remedy your weight by monitoring your intake and increasing your exercise. Or your brain could make you feel so bad that you binge eat everything on sight.

13 Those painfully-polite conversations from well-meaning friends

"Would you like me to come with you to Weight Watchers?"

"We're worried about you..."

"Those garden chairs aren't built to take normal people."

14 Those painfully-rude conversations from well-meaning friends

"When are you going to do something about your weight?"

"Bet you can pinch more than an inch."

"You owe me £5 for that chair."

15 A trip to the GPs

Going to the GPs is a worrying time for two reasons. The first being we might be asked to take our tops off and that is never a welcome event. Secondly, we might find out we have a serious health condition. Then they will almost certainly tell us that we are obese and need to do something about it.

16 The fact that there's nothing to support men

Your GP has just told you that you're overweight – how can he help you? Um, he can give you a pamphlet about the Eat well Plate, or refer you to a women-friendly Weight Watchers class where they talk about getting into bikinis and how their periods cause bloating. Is that an issue for you? No, no it's not.

17 Starting a diet every Monday for last 12 years

You've eaten all the calorific things in the house, you've made yourself a healthy packed lunch and you know that this Monday it's going to last.

18 The helpful advice people shout at you

Those precious knights of the road who drive along shouting encouraging mottos to overweight people, "Lose some weight, fatty!" being a favourite.

19 Ironic nicknames

Slim. Tiny. Twinkle Toes.

20 Clothing designers stop caring after a 34" waist

I see Sir is a 35" waist, would you care to try these formless, ill-fitting trousers or these cavernous, style-bereft ones?

21 GPs saying that every illness you suffer is because of your weight

What, I've got a verruca because I'm fat?

22 You could pot-hole in your belly button

It's just weird. You can lose an entire finger in there, what if someone is trapped in there?

23 Summer

Too damn hot. Too sweaty. Can't sleep. Might have to go the beach. Why can't it always be winter?

LOVE FOOTBALL BUT HATE BEING FAT?

MAN v FAT Football is a free 14 week football league only for guys living in Solihull borough who are BMI 30+. The league is decided not just on points won, but pounds lost. We give free support to every player with unique free resources, inspiration and 24/7 online support to help you lose weight, get fitter and enjoy the beautiful game.

Find out more at <http://manvfat.com/go/man-v-fat-football/>



James Is Back In The Walk

When Chelmsley Wood teenager James was unable to compete a long distance walk he decided to embark on a weight loss and fitness programme.

Since taking the decision to lose weight and increase his fitness levels, James has transformed his life.

James had been very over weight. He found school PE lessons difficult and was always the last person to complete the activities. Climbing the 3 flights of stairs to his lessons in school was a struggle. At mealtimes and when out with friends, he tended to buy lots of snacks. But, it wasn't until he had to drop out of a long distance walk due to pain and low fitness levels, that he decided to take back control of his health.

Eat Well Move More is a family weight management and support programme for children aged 4-16 years who have concerns over their weight and want to make healthy lifestyle changes. Children and young people are supported by Practice Nurses, Dieticians, Health Visitors, Paediatricians and other professionals.

www.solihullactive.co.uk/solihullactive

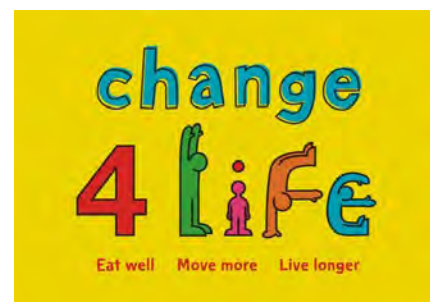


James joined a gym and attended two to three times a week with either a friend or a family member. He started to track the

steps he walked, gradually increasing them to a minimum of 8000 per day.

and healthy lifestyles programme for families with a child's health and would like support and guidance. People can be referred on to the programme by G.P's, Dietitians, Obesity Specialists or School Nurses.

eatwellmove



He now doesn't find being on the top floor for lessons a problem. James has also dropped two clothing sizes and feels his confidence has increased.

James has rebooked the long distance walk and is confident that he will be able to complete it, as on holiday he walked $\frac{3}{4}$ of the distance with no problems.

James enlisted the help of the Eat Well Move More team to help him achieve his goals. They saw him 5 times over a 12 week period. They talked about ways to make his lifestyle healthier, and looked at ways to achieve his goal of completing a long distance walk. James also borrowed cook books and fitness magazines to help increase his knowledge of how to be healthier in ways that he could sustain after completing the programme.

James has taken an interest in cooking and is cooking for the family a few times a week; he makes healthier choices

when buying food out of the house and snacks a lot less. He now enjoys P.E and is no longer always last in every activity.

RISE AND DINE

BREAKFAST WEEK 24 - 30 January

Of the various camps people divide themselves into, I am especially interested in is the “breakfast people” and the “not breakfast people.”

When I was young, I wasn’t allowed out of the house until I’d eaten breakfast. I have fond memories of my mother serving bowls of porridge on winter mornings.

There’s plenty of evidence that eating breakfast is

beneficial to physical and mental health, but it’s easy to let it fall low in your list of priorities. Yet, taking just a few minutes to have something to eat can really make a difference to your day; improving energy, concentration and long term health.

And that’s why I’m writing about the “shake up your wake up” campaign which champions the importance of breakfast.

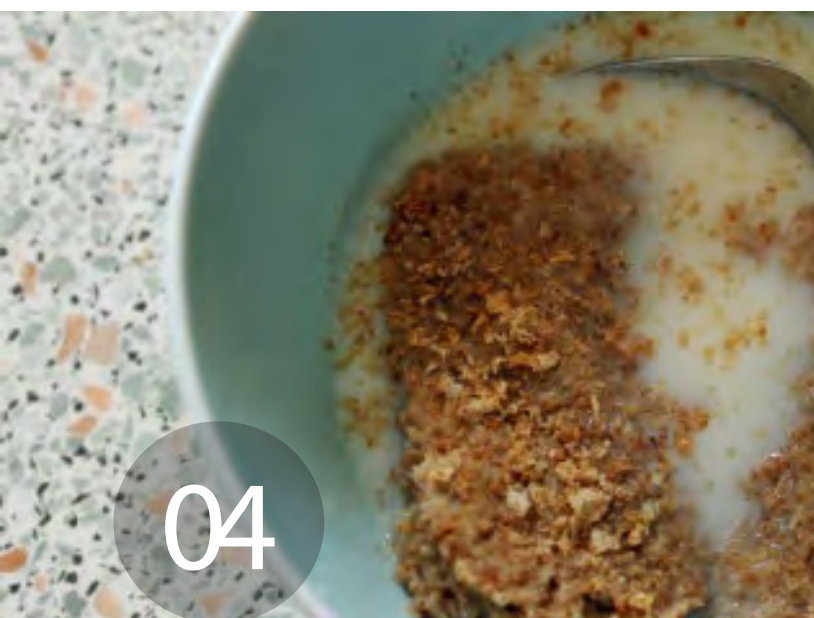


I asked 200 North Solihull residents what they had that morning for breakfast. There were a few surprises in the top 5 choices.

www.shakeupyourwakeup.com

05





01

Banana on toasted bagel or whole-wheat toast

Perfect as a grab and go breakfast, banana with a choice of toasted bread options was a surprise favourite.

02

Porridge with fruit

Porridge oats are cheap to buy and quick to cook. Adding fruit helps towards our 5 a day.

03

Egg on toast

Egg on toast may seem dull, but there are few things as a really good egg on toast. It's a breakfast that needs no innovation to make it great, just a little attention.

04

Weetabix

Weetabix is a winter family favourite and is low in sugar and really low in fat too.

05

Home-made Smoothie

Another surprise favourite.



Written by
Terrie Knibb



"My family really loved this soup and it was quicker and easier to prepare than going out for a takeaway. Almost certainly healthier too."

Broccoli & Blue Cheese Soup

A smooth blended vegetable soup with blue cheese that makes a quick, nutritious lunch. Serves 6

Like many people at this time of year, the team at Talk About North Solihull have started the New Year with a few resolutions. One of mine is to become more self reliant and this includes cooking more food from scratch. I started New Year's Day by making this soup and was surprised at how quick and easy it was to produce. It tasted delicious, and only cost 50 pence per serving to make.

I used a soup making which really was just a case of putting all the vegetables and stock into a kettle like jug and leaving it to cook and blend for 20 minutes., then just stirring in the cheese.

ingredients:

ingredients

1 onion, finely chopped
Celery sticks, sliced
1 leek, sliced
1 medium potato, diced
1 litre stock
1 head broccoli, roughly chopped
140g blue cheese, crumbled
Pumpkin and sunflower seeds

cooking time

Preparation time 5 minutes.

Cooking time 20 minutes.





Preparation

Chop the broccoli, leek, onion and celery into small pieces. Dice the potato.



Preparation

Put a litre of stock into a soup maker and add the vegetables. Cook on smooth mode.

Alternatively cook vegetables in a saucepan until soft. Carefully transfer to a blender and blitz until smooth.



Preparation

Stir in the blue cheese, allowing a few lumps to remain. Season with black pepper, sprinkle with pumpkin and sunflower seeds and serve.



Exclusive local health services for all Solihull residents

Since 2013, Health Exchange has been delivering a variety of free health and wellbeing services in the Solihull area. Residents currently have access to a personalised Health Trainer Service which offers support, guidance and motivation to help clients make sustained lifestyle choices.

Our Social Prescribing Service offers an alternative to medical prescriptions, pairing clients with a personal 'buddy' to help them find and join an exciting social activity in their local area.

Our directory has hundreds of very different activities on it, ranging from Thai Chi to Pottery classes.

Recently, we have also begun delivering NHS Health Checks (midlife MOT's!) to Sillhillians between 40 and 74 year olds.

These checks spot the early signs of conditions, helping to reduce your risk of diabetes, high blood pressure and heart disease.

For more information on any of our services or to find out how you can join, contact us on 0800 158 35 35 or email info@healthexchange.org.uk



Feel good...

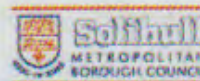
Look after yourself!

Community Cardiac Rehab

Specialist exercise classes to help you get back to enjoying life after a heart attack or heart procedure.



For more info visit:
www.solihullactive.co.uk
or call 0121 704 8207



The active wellbeing hub is part of Solihull Active, Solihull Council and Parkwood

What is Cardiac Rehab?

Cardiac rehabilitation is designed to help you get back to enjoying life after a heart attack or heart procedure. Local community exercise classes are designed as a follow on from hospital classes and allow you to maintain regular activity. They are also available to people with a history of heart disease.

How does it help?

Cardiac Rehab exercise classes will help you:

- Recover and get back to as full a life as possible,
- Improve your health and keep you well,
- Feel more confident,
- Lead a healthier lifestyle,
- Improve how well your heart works,
- Reduce your risk of having another cardiac event.

These classes offer a fun and friendly environment where you can meet new people who have been through a similar life experience.

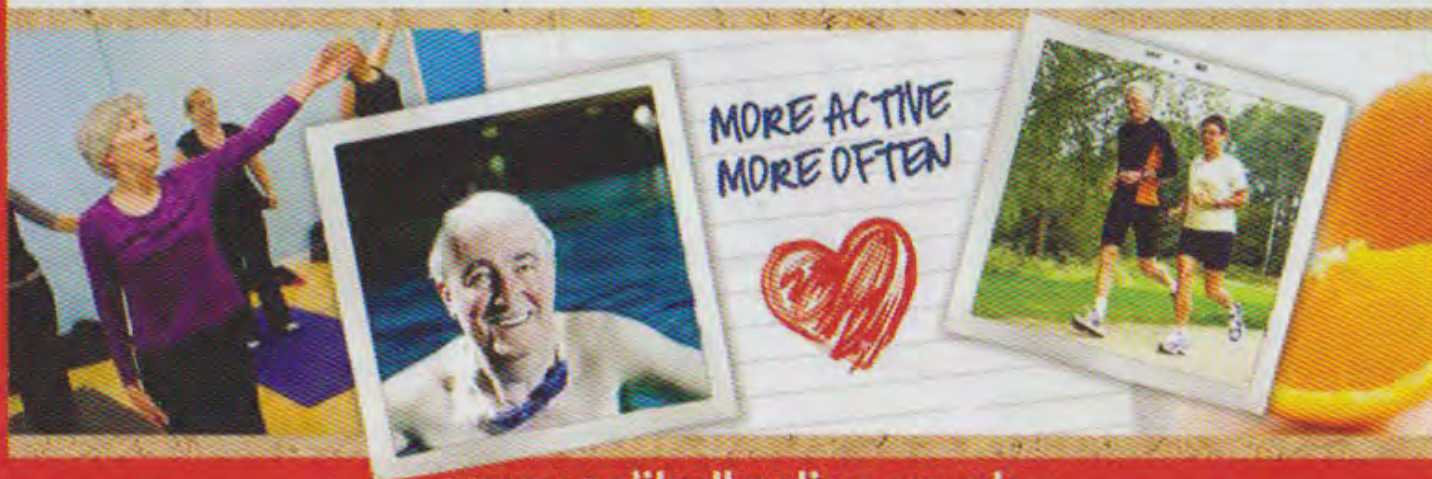
Local Class Timetable:

Solihull Active - North Solihull Sports Centre 0121 770 3822

Tuesday: 11.30am - 12.30pm. Conway Road, B37 5LA

Solihull Heart Support Group - Tudor Grange Leisure Centre & the Holiday Inn

Morning and afternoon on Monday, Tuesday and Thursday. Please ring 0121 430 3502 to join.



www.solihullactive.co.uk

New for 2016: A brand new community cardiac rehab class began in January 2016 at North Solihull Sports Centre. This class is designed as a follow on class from the local hospital classes.

Class Information: These group exercise classes involve a gentle exercise circuit, lasting for approximately 1 hour, which is adapted to each individual's needs and capabilities. See class timetable for further information. Cost: £2.50 per class.

What to expect: A fun and friendly atmosphere, qualified BACPR exercise instructors and plenty of support and advice. (BACPR - British Association for Cardiovascular Prevention and Rehabilitation)

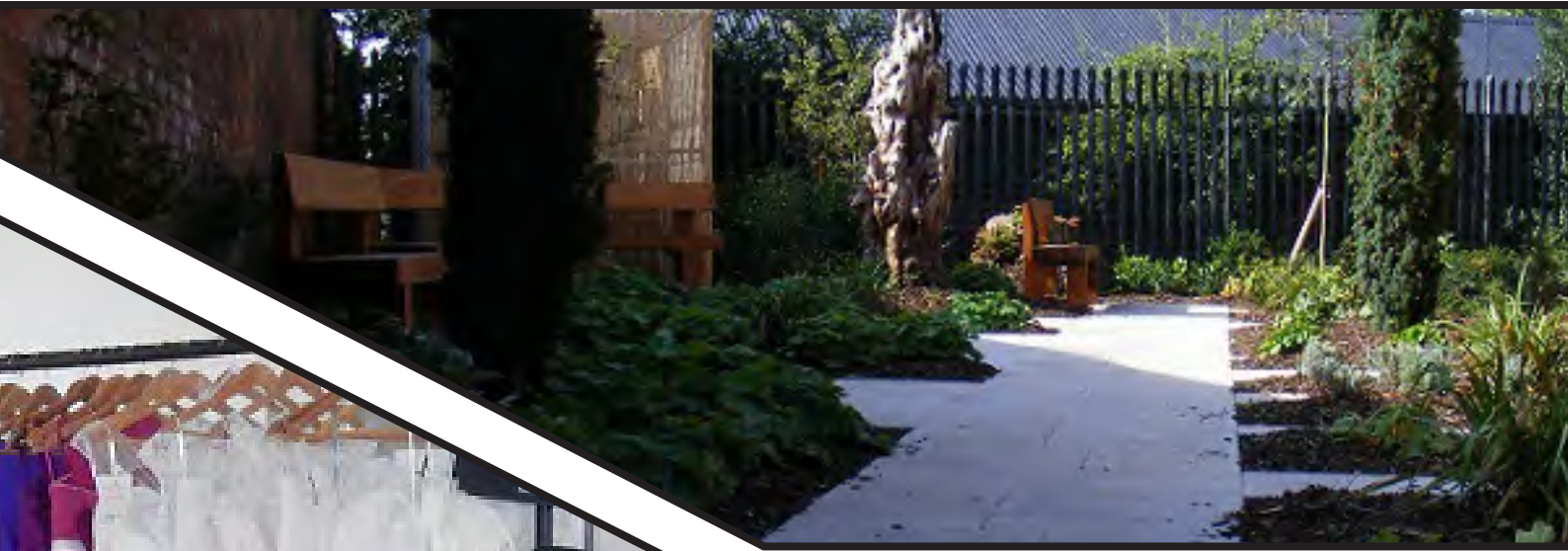
To join: A written referral form is needed from either your hospital Cardiac Rehab team or a GP at your surgery. If you have successfully completed the hospital Phase III exercise classes, or have had a previous cardiac event or a history of heart disease then please get in touch by calling the Solihull Active team on 0121 704 8207.

First Class: Once you have your written referral form, you can book in for your first class by calling the leisure centre. Please arrive 15 minutes early, as you will have a registration session with the exercise specialist.

What to bring: The referral form, your GTN spray/tablets (if you've been given them), a bottle of water, your blood glucose monitor (if diabetic), your fast-acting bronchodilator (if asthmatic).

What to wear: Soft-soled shoes or trainers, t-shirt/top and trousers/leggings/shorts. No denim, sandals or slip on shoes.





ST MARY & ST





On Saturday 12th March, at 11.00 am – 15.00 pm, the grade 1 listed church of St Mary & St Margaret in Castle Bromwich, invites couples planning their wedding to come and look around our beautiful, historic church and grounds.

Entry is free and visiting brides will be offered a complimentary glass of bucks fizz.

In the Community Hall, Wedding Service providers will be on hand, with advice and ideas on for the big day.

Rector Gavin Douglas OBE and our wedding coordinator, will be on hand to talk to prospective couples interested in marrying in church.

For more information and the programme, visit:
www.stmaryandstmargaret.co.uk
or contact the parish office on 0121 747 1270.

Listen to our talented organist and choir performing a selection of wedding music and hear our bell ringers ring a full wedding peal.



MARGARET BRIDAL FAYRE





Oaks and Shires Yorks Wood

Photographs by Derek Churchard

The first mention of the wood is in 1456. It was stated as being owned by the Mountford family and being located within Kingshurst Park. The wood received its current name in the 19th century, being named after the owners of Kingshurst Hall.

In 1923 the Birmingham & District Association of Boy Scouts bought some 80 hectares of Yorkswood to set up a permanent county campsite. There were five camping fields within the woodland area. On the site were purpose-built toilet blocks, a swimming pool, training centre, a guest hut

and warden's hut. A fresh-water spring ran close to the camp and the nearby Cock Sparrow Farm provided milk and eggs.

The camp entrance was flanked by a set of statues of griffins which were brought here from the roof of Lewis's Department Store in Corporation Street when it was being renovated.

The scout camp closed in 1972 and the estate around Kendrick Avenue was built upon the site of the camping fields. The Lewis's griffins were placed along a pedestrian walkway from Kendrick Avenue.

Much of the original wood still remains to the west of Kingshurst down to the River Cole. Solihull Metropolitan Borough Council bought the wood in 1984 and designated it as a Local Nature Reserve in 1991.

During May, the floor of the wood is covered in bluebells and towards the closing of the year, fungi can be seen. During spring, wood anemone, and celandine are located in different areas.

The wood is home to various species of birds, such as spotted woodpeckers and sparrowhawks.



Red Kite

It's January and that means - Big Garden Bird Watch. On 30th - 31st January the RSPB are asking you to tell them about the birds you see in your garden or an area of your choice.

In 1979 the RSPB were looking for a simple winter activity that their junior members could get involved with; something that would get them out and about in their gardens at the weekend. So they asked them to count birds.

The Blue Peter Editor at the time, Biddy Baxter, liked the idea so much she featured the survey in one of the programmes; as a result over 34,000 forms were completed and returned to the RSPB when they were only expecting a few hundred !

This one off activity has continued each year since, with adults being invited to join in 2001. As a result of the Big Garden BirdWatch a record has been established of what is happening in our gardens, trends are being monitored and researchers are being assisted in understanding what is happening with our 'garden birds'.

In addition to birds the RSPB are now also asking their surveyors to count other wildlife that they see in their gardens; this was introduced last year and will be included in counts from now on !



NORTH SOLIHULL BIG GARDEN BIRD WATCH

Taking part couldn't be easier you can either go to the RSPB website and use their online counting tool or simply use a pen and a piece of paper; once you're done send the results in to the RSPB!
www.rspb.org.uk

Reed Bunting





What might I see?

Pictured are a few of the birds we've seen in nature reserves, gardens and open spaces around North Solihull.



Kingfisher



Great Spotted Woodpecker



Blue Tit



Heron

M.A.D. HOUSE



After a successful year at Crabtree Hall in Fordbridge, M.A.D House youth club is opening a new hub in Smith's Wood at the beginning of February.

Mirroring the achievements of Hub 1, Hub 2 will provide weekly activities around music, art and dance for young people aged 11-18.

M.A.D House was set up last year by local Mum Nicola Brady and has already had a significant impact on the local community - providing a safe haven for young people to gather, share experiences and hobbies, and learn new skills. Nicola and her team talk enthusiastically about the how the initiative is improving relationships between the generations, increasing

understanding and reducing concerns.

As the team emphasises - by becoming involved with M.A.D House, it is not just the young people that benefit, it is the whole community.

M.A.D House Hub 1 runs every Tuesday evening at Crabtree Hall on Crabtree Drive from 6.30-8.30pm. Hub 2 at Auckland Hall in Smith's Wood opens on February 4th. Young people pay a weekly sub of 50p which includes refreshments.

For more information call 07526 018954.

Junior Winter Cricket Coaching 2015-16



Wednesday 4 November 2015 –
Wednesday 30 March 2016
@ 8.00-9.00pm

Venue: Smiths Wood Sports College,
Windward Way, B36 0JU

- Hardball = Nets + Skills Training
- ECB + First Aid + DBS qualified Coaches
 - Ages 12 to 17
 - New players welcome

Costs: £5 per session or
£40 for all sessions



☎ 07921 160 248 ✉ ColeshillCCYouth@outlook.com

📘 /ColeshillCricketClub 📺 @ColeshillCC

WHAT'S ON?



Think there's nothing going on in North Solihull? Think again, here's a small selection of what's available for you to enjoy. All activities may be subject to change,.

CASTLE BROMWICH LIBRARY

Rhymetime is back on Monday at 10.45am! This free interactive session for very young children (0-2 years) includes baby rhymes and songs and lasts for 20 minutes. Come along and meet other mums/carers and discover what the library can offer both you and your child.

STREET DANCE

FREE Street Dance session on a Tuesday at CTC Academy Kingshurst 7-8pm

FOOTBALL

FREE weekly Football session with Solihull Moors on a Thursday at Smith's Wood Sports College 4:30 -6:30pm

HALL GARDENS

**Snowdrop and Hellebores
A day with family activities**

Saturday 20th February

ARDEN HALL

**7.30pm January 29th
Quiz Night
To book phone:
0121 747 6503**

St Annes SVP Group fund raising Tea Dance

£2 Admission with Reza! Singing 40's - 50's Classic's

Learn the Quickstep Cha Cha & Waltz with Reza!

40-50's Tea Dance

At St Annes Community Centre Bosworth Drive B37

2.30pm til 4pm

The C's Club John Henry Newman Catholic College & St Annes Catholic School

Contact: 07541395656 or f

On the following dates in 2015: 20th Nov 25th Nov 27th Jan 24th Feb 30th March 27th April 25th May

For All Ages! Fab Raffle Prizes!

Supporting the event is

All proceeds from Tea Dances go towards helping the needy in the community via the St Annes SVP Group



<i>MONDAY</i>	Stay & Play for Saplings	9.30am – 11.00am	3 Trees: 0121 770 8590
	Health Trainers	1.00pm – 3.00pm	3 Trees: 0121 770 8590
	Move & Mingle (seated exercise)	1.15pm – 2.15pm	Age UK: 0121 705 9128
	Guitar Club (beginners)	7.00pm – 9.00pm	3 Trees: 0121 770 8590
	Dog Training	7.00pm – 9.00pm	3 Trees: 0121 770 8590
<i>TUESDAY</i>	Stitch & Knit	1.30pm – 3.00pm	N/Star 0121 788 3402
	Northern Star Ukulele Band	6.45pm – 7.30pm	N/Star 0121 788 3402
	Northern Star Singers	7.45pm – 10.00pm	N/Star 0121 788 3402
	Guitar Club (Fortnightly)	7.45pm – 10.00pm	N/Star 0121 788 3402
<i>WEDNESDAY</i>	Fitsteps	10.00am – 11.00am	Reza:07541 395656
	Coffee & Games (meet & chat)	10.30am – 1.30 pm	CWBC: 0121 770 8590
	St!Art (Art group)	1.30pm – 4.00pm	Waiting list please contact: N/Star 0121 788 3402
	Art + Kids' Club	3.15pm – 4.30pm	N/Star 0121 788 3402
	Dramaniacs	6.00pm – 9.00pm	N/Star 0121 788 3402
<i>THURSDAY</i>	Karate	7.30pm – 9.30pm	Andrew: 07929 989720
	CW Baptist Church Communion (monthly)	8.00pm – 9.00pm	CW Baptist Church 0121 770 8590
<i>FRIDAY</i>	Art Classes (with Ronnie)	11.00am – 1.00pm	3 Trees: 0121 770 8590
	Ladies Fellowship (monthly)	6.30pm – 9.00pm	CW Baptist Church: 0121 770 8590
	Aikido	7.30pm	3 Trees: 0121 770 8590
<i>SATURDAY</i>	Various Community Events	Table Top. Music Events. Fayres. Fun Days and More.	CW Baptist Church: 0121 770 8590
<i>SUNDAY</i>	Chelmsley Wood Baptist Church	11.00am – 12.00pm	CW Baptist Church: 0121 770 8590
<i>MON-FRI</i>	Olive Branch Kitchen	8.00am – 3.00pm	Serving good food

Unless stated, these are weekly groups. If you're coming along for the first time, please check beforehand. Some groups have a waiting list and occasionally have a week off or go out for a trip.



New you in 2016! Free Painting and Drawing sessions on Fridays from 10.30am at Kingshurst Arts Space. All welcome!

Reza

DanceFitness & Music U.K.

Your No.1 Community DanceFitness
in association with



FITSTEPS



FITSTEPS

Fitsteps Classes in B37 area

Mondays: Bosworth Community Centre/Ashram
Bosworth Drive, Chelmsley Wood. 1pm till 2pm

Mondays: St. Anne's Community Centre
Bosworth Drive, Chelmsley Wood. 7pm till 8pm

Wednesdays: The Three Trees Centre
Chelmunds Village, Chelmsley Wood. 10am till 11am

Saturdays: Crabtree Hall
Crabtree Drive, Chelmsley Wood. 12pm till 1pm

Adults £5
OAP's/Kids &
Unemployed £4

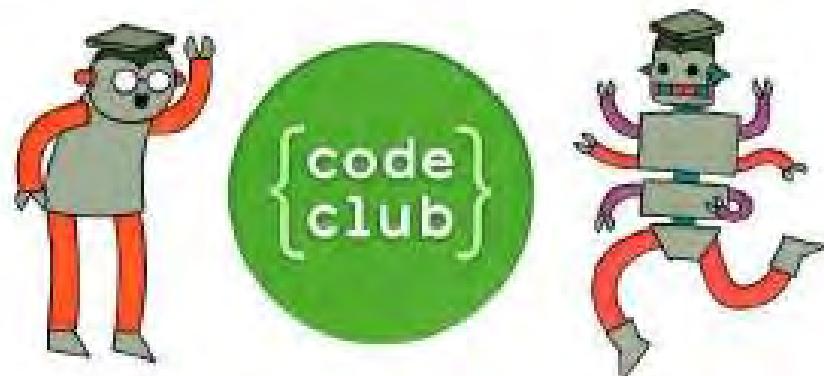
(Newcomers 2nd class
is always **FREE!**)

07541 395656

#rddfuk

Supported by:





Come to Code Club!

Do you have a favourite computer game?
Would you like to learn how to make your
own computer games?

At Code Club you can learn how to make cool
games, animations and websites too!

Talk to the Library Staff to find out more!

Chelmsley Wood Code Club
Chelmsley Wood Library
Mondays, 4.30 – 5.30
Starting 11th January 2016



NOURISH

Solihull Churches' Kitchen

A free hot meal every Wednesday

6-7pm | Three Trees | The Baptist Church Centre
Headingham Grove | Chelmsley Wood | B37 7TP


Every Wednesday evening, the Nourish team make hot meals for anybody who needs one. The food's homemade and wholesome, cooked and served by friendly people in our Chelmsley Wood kitchen.

Places are limited, so please join us for dinner at 6-7pm. We look forward to seeing you.

If you know someone in need, please tell them about us.

Supported by Solihull Churches Action on Homelessness

AUCKLAND HALL SMITHS WOOD

 Lots of new activities are being planned for 2016. Watch this space for details.



EVERY WEDNESDAY AT AUCKLAND HALL
MORE INFO - 07455100118
£1 EACH SESSION
BOYS & GIRLS

**DANCE CLASS FOR
11 - 16 YEAR OLDS
ALL STYLES OF DANCE
NO DANCE EXPERIENCE NEEDED
ACCREDITATION IN DANCE
IF YOU ATTEND ALL CLASSES**

SWAG

ACE



JOIN BEAVER SCOUTS IN SMITHS WOOD

For fun, friendship, badges and activities that get you thinking as well as doing.

For your 6 - 8 year old to join the fun, get in touch to find out more. Monday nights from 5.15 to 6.30 pm.

07815 090036

 [SmithsWoodScouts](#)





SMITHS WOOD CUBS

FUN, FRIENDS, BADGES AND ADVENTURE



We've been helping young people have the time of their lives for nearly one hundred years. Be part of another century of fun and friendship and as much adventure as you can handle.

Our 8 - 10 year old cubs meet here on Mondays from 6.45 to 8.15 pm.

Call or text 07815 090036 to find out how your child can join in.

 [SmithsWoodScouts](#)



Registered charity numbers:
306101(England and Wales)
and SC038437 (Scotland)



Wizzleworld Dramatics

Cars Performing Arts

Stage
Make up

Costume
design

Set &
prop
design

Free!!!



Perform



**New Youth Club for 11-18 year olds opening at
Auckland Hall, Smith's Wood February 2016!**

We are looking for local volunteers from the Cars
Area estate and Smith's Wood who would like to
offer their skills or develop new skills and be part of
running the youth club which will be on:

Thursdays from 6pm-9pm

A great opportunity for anyone interested in youth
work or helping young people in our area.

Previous experience not required – training will be
provided!

For more info or to express an interest please
contact **Nicola on 07526 018 954**



The Cars, Big Local

WBC FIT CLUB CIC *Juniors*



CHILDREN'S BOXING

Join in the fun at WBC Fit Club CIC Juniors -
Boxing Classes specifically designed for children.



**AUCKLAND HALL
SMITHS WOOD B36 9RJ**

For more information contact Paul - **07534 404 515**

www.wbcfitclub.co.uk





Tai Chi Qi Gong

Marston Green Parish Hall

Friday mornings 11am - 12 pm

Tai Chi is a slow gentle meditation in motion exercise. The body benefits from increased muscle tone and flexibility. The mind benefits from calm slow movements.

The powerful Qigong and Tai Chi movements integrate mind and body. Tai Chi brings balance to mind, body and spirit which you take into your every day life.

The Relaxation You've Been Waiting For

The Movements are slow, gentle and flowing so can be done by anyone, regardless of age.

Slow, gentle meditation in motion exercise - enjoy

Contact: Jan Wilson, Tel: 0121 779 5279

Jan has been teaching Sun Style Tai Chi since 2000, and attends regular updates.

If you are interested in experiencing a Tai Chi class, why not come along and try it out, you will benefit from the very gentle movements as well as meeting a friendly group of people also exploring the benefits and depths of Tai Chi for Health.

SPOTLIGHT

stage school

SPOTLIGHT STAGE SCHOOL based in Castle Bromwich & Kingshurst is now enrolling new students aged 30 months – 18 years.

Contact Vicky on 07775-631316 for full details.

Classes are available in:
THEATRE DANCE (ballet, tap, modern)
FREESTYLE STREET DANCE / HIP HOP
GYMNASTICS & ACROBATICS (including Tumbling)
DRAMA
SINGING

Pupils experience an array of opportunities:

GOVERNMENT RECOGNISED EXAMS with the IDTA, RAD & LCM exam boards (100% pass rate A*-C)

REGIONAL, NATIONAL & INTERNATIONAL COMPETITIONS
(in 2015 we won 3 world titles in Romania and 2 international titles in Paris)

*SHOWS at prestigious venues including Disneyland Paris, West End Theatres, Wembley Stadium, as well as local theatres

PROFESSIONAL WORK – dozens of pupils have gained professional/paid work including stage shows (including West End and UK tours), feature films, TV shows, TV commercials, and modelling work.

Weekly payment – no upfront fees, with classes starting from just £1.00. Children can attend for fun, fitness and confidence-building, or with a view to becoming a professional performer or teacher.

For further details please contact Vicky on 07775-631316 or vicky@spotlightstageschool.co.uk. Lots of information can also be found on our Facebook page Spotlight Stage School. Put your child in the spotlight – who knows where it may lead...

DANCE EXPRESS KEEP DANCING

Marston Green Village Hall



Most Thursdays
12.45-13.45

£3 per session

Low impact dance
exercise class that
explores a range of
world dance styles.
and musical eras.

- No need to bring a partner.
- Great way to keep minds and bodies alive.
- Great way to meet new friends.
- No prior dance experience needed.
- Not your traditional ballroom or sequence dance.

**Diabetes UK
Coffee Morning**

At Chelmsley Wood Library

Wednesday 3 February

10am-12pm

**Come along for a coffee and
a chat with a
Professional adviser**



St Mary & St Margaret

Bereavement Support Group

If you have lost a loved one and you are finding it difficult to cope, please come along to 'The Coffee Pot' our bereavement support group where you will find a warm welcome, the opportunity to talk to others over a cup of tea and find help and support.

Meeting every second Monday of the month in St Mary and St Margaret's Community Hall

The next regular support group will take place on Monday 8th February 1.30 pm - 3.00 pm



St Mary & St Margaret Church
& Community Hall Wedding Fayre
Saturday 12th March
11.00 am - 15.00 pm

Hear the bells ring a Wedding Peal
Meet Rector Gavin Douglas for a Wedding Briefing
Listen to St Mary & St Margaret Choir and organist Martin Bates perform wedding music
Meet the exhibitors in the Community Hall with a complimentary glass of bucks fizz for our brides

Confirmed exhibitors to date:

Manor Park Brides
Nicole's Freelance Hairdressing
Penny Johnson Flowers
Wedding Day Beauford Cars
Duo Jewellery
June Eastwood Dressmaker
Emma Sallis Make-Up Artist
Forever Living - Nataley Philips
White Orchid Doves



Does Compute Community Drop-in

If you have computer troubles and are in need of help, visit Davyd Bagby of Does Compute Limited, at our coffee morning, on the 3rd Wednesday of each month, for free assistance and consultation.

Next drop-in session: Wednesday 17th February, 10.00 am - 11.30 pm

Drop In Tea & Coffee Morning

Meet old friends and make new friends over a cup of tea or coffee and biscuits. The Pastoral Group hope to see you there.....

Wednesdays from 10.00 am -11.30 am in the Community Hall.

Soup and a roll lunch
The 2nd Wednesday of the month, 11.30 am - 1.30 pm

Join us for a simple lunch of a soup and a roll with good company for £1.
Tea & coffee are included.

The next lunch will be on Wednesday 10th February.

SEEDS OF HOPE KINGSHURST



Barney's Babs

Friends in Retirement

Girls Brigade

The Tuesday Group

Midweek Mingles

Gilson Ladies

Phoenix Dance Works

Young @ Heart

Keep Fit/Fat

GKR Karate

Striders & Strollers

Big Breakfast/Lunch

IT Computer Club

SOH Adult Craft Club

Seedling Craft Club

Slimmer's World

For details of events at this venue

Phone: Jean Johnson

0121 788 3399

Music From.....

Journey Bon Jovi Go West Queen
Wham Duran Duran Huey Lewis and the news
Wet Wet Wet Lionel Richie Madness Billy Ocean Van Halen
Phil Collins ABC Kenny Loggins

wow

THATS WHAT I CALL THE

80S



www.wow80s.co.uk wow80s @wow80s

APPEARING HERE -

Chelmsley Conservative Club January 30th

What's on at

Mondays ArdenHall

Wine Circle

Spencer Lounge

2nd and 4th Monday of every month

Starliners

Spencer Hall

Beginners 6.45pm – 7.30pm

Improvers and Advanced 7.30pm – 9.30pm

Castle Bromwich Rainbows

Pavilion

4.45pm –

5.45pm



Castle Bromwich Brownies

Pavilion 6pm-7.30pm



Tuesdays

Baby Sensory

Pavilion

10am – 11am

11.30am- 12.30pm



Parkfield Patient Pa (Gentle Exercise)

Windsor Room

10am – 11am

11.30am – 12.30pm

Starliners

Spencer Hall

Intermediate 10am – 11.30am

Beginners and Intermediate 11.30am – 12.30pm

Friends in Retirement

Sequence Dancing

Spencer Hall 1.30pm – 3.45pm

Wine Circle

Windsor Room

Every 3rd Tuesday in month

7.30pm – 10.30pm

Castle Bromwich Th

Spencer Hall

Sept – May 7.30pm – 10.30pm

Castle Bromwich Pa

Spencer Lounge

1st Tuesday alternate month

5.30pm – 7pm

747 7150 OR EMAIL US ON Ardenhall@castlebromwichpc.gov.uk

Participation Group

Wednesdays

Rhythm Time

Pavilion

Todd/Pre-School 9.30 -10.00

Toddler 10.10 - 10.40

Baby 10.50 - 11.20



U3A

Spencer Hall

4th Wednesday of every Month 1-3pm

Castle Bromwich Women's Institute

Windsor Room

Every 2nd and 4th Wednesday in month

2pm – 4pm

Castle Bromwich Parish

Council Meeting



Meetings start at 7.30pm

Spencer Lounge

1st Wednesday of month – Leisure Services

2nd Wednesday of month – Finance and General Purposes

4th Wednesday in month – Full Council

atre Group

om

ish Youth Council

aths

Ceroc

Spencer Hall

8pm – 11pm



What's on at Arden Hall cont.

Thursdays

Friends in Retirement

Indoor Bowling

Spencer Hall

(Oct – April) 9.30am – 12pm

Friends in Retirement

Dress Making

Lounge

10am – 12pm

Fit for Life

Windsor Room

9.30am – 10.30am

Bring a towel or mat for floor work.

Weight Watchers

Windsor Room

1.30pm

5pm & 6pm



Thursday Whist

Committee Room

1.30pm – 4pm

Self Defence Class

Spencer Hall

Children 5pm - 7pm

North Arden Local

Windsor Room

Every 2nd Thursday in month

7.30pm – 10pm

Jaguar Sequence Dr

Spencer Hall

7.30pm – 10.30pm

Castle Bromwich T

Sept – May

7.30pm – 10pm

Fridays

Age Concern

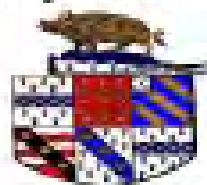


Windsor Room

1st and 3rd

1.30pm – 3.30pm

History Society



Dance

Theatre Group

Senior Room
3rd in month
m – 4pm



MS Dance now has a dance studio within
Arden Hall.

Classes take place Monday – Thursday 4-8pm and
Saturday 9.30am – 1.30pm

**FOR SPECIAL EVENTS
PLEASE SEE OUR NOTICE
BOARDS**

**ROOMS ARE AVAILABLE FOR
PRIVATE FUNCTIONS, MEETINGS AND
CONFERENCES FOR MORE
INFORMATION PLEASE SEE OUR
WEBSITE:**

WWW.CASTLEBROMWICHPC.GOV.UK/ARDENHALL

OR CALL

0121 747 7150

OR EMAIL US ON

Ardenhall@castlebromwichpc.gov.uk

Bosworth Community Centre

Activities and groups

Bosworth Community Centre is located in Chelmsley Wood and provides a range of community-focused activities including arts and crafts, community bingo, lunch club, yoga classes and much more.

Monday

AL-ANON

10am-12pm

-

AQUARIUS

11am-1pm

-

FITSTEPS WITH REZA*

12.30pm - 1.30pm

-

CHAIR YOGA*

5.30pm – 6pm

-

YOGA*

6.15pm – 7.15pm

-

*There is a small fee for this activity

Tuesday

SHAKE YOUR MARACAS!

FITNESS FOR MUMS

8.30am - 9.30am

-

BINGO*

1pm - 3pm

-

WOMEN'S PERSONAL DEVELOPMENT COURSE

1pm – 5pm

-

COMPUTER WORKSHOPS

3pm - 5pm

-

*There is a small fee for this activity

Wednesday

DEMENTIA

1st Wednesday

morning

10am - 12pm

-

THE INTERACTIVE (CRAFTS/BOARDS)

11.00am - 12.00pm

Every other Wednesday

-

SOLIHULL

SUPPORT GROUP

(2nd Wednesday)

morning

1pm - 2pm

Bosworth Community Centre, 291a Bosworth Lane

Tel: 0121 770 8570. Find us on Facebook

Groups

Provides a range of
bingo, community

We strive to be a community hub powered by the local community itself. Pop in to find out information, ask questions and see what's going on.

If you need a room to start a community group or for a meeting, you can book a room free by talking to a member of staff.

Wednesday

CAFÉ
Wednesday of the
month
12pm - 2pm
-
ACTIVE GROUP*
(CARD GAMES)
12pm - 1.00pm
Wednesday
-
CARER'S
SUPPORT GROUP
Wednesday of the
month)
2:30pm

Thursday

LUNCH CLUB*
12pm - 2pm
-
HEALTH WALK
1.15pm - 1.45pm
-
BOSWORTH ART CLUB*
2.00pm - 4pm
-
FORDBRIDGE AND
CHELMSLEY WOOD
RESIDENTS DROP-IN
4pm - 6pm
(Last Thursday of every
month)
-
*There is a small fee for
this activity

Friday

FOLK MUSIC GROUP
11am - 1pm
-
BROMFORD SUPPORT
DROP-IN
2pm - 4pm

Solihull Striders & Strollers

Before you get started...

Our group walks are led by qualified volunteers who are there to look after you and help you to enjoy the walk. They control the pace and distance to meet the needs of the group, ensuring no one is left behind. Walks last 30 minutes to an hour and continue in any weather as long as it's safe.

Anyone is welcome to join our walks and you can just turn up... No booking required! On arrival, please approach a walk leader (wearing a hi-viz vest). They will ask you to complete a registration form. You only have to complete this form once regardless of what activity you attend, so we ask that you complete it fully. At each session you attend sign the register and you're all set to go!

Dates, times and locations can be found below. Please arrive at the meeting point 15 minutes before the walk departs. When the hard work is done hot drinks are served while you get the chance to meet and talk to new friends!

CASTLE BROMWICH WALK

Venue: Castle Bromwich Library, Hurst Lane North, B36 0EY.

Day: Monday 10.30am.

Dates: 4th & 18th Jan, 1st, 15th & 29th Feb, 14th & 28th Mar.

CHELMSLEY WOOD WALK

Venue: St. Andrews Church, Chelmund's Cross, B37 7TR.

Day: Tuesday 10.30am.

Dates: 12th & 26th Jan, 9th & 23rd Feb, 8th & 22nd Mar.

KINGSHURST WALK

Venue: St. Barnabas Church, Over Green Drive, B37 6EY

Day: Thursday 10.30am.

Dates: 7th & 21st Jan, 4th & 18th Feb, 3rd, 17th & 31st Mar.

Tai Chi

Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Improve balance, coordination and posture at one of these weekly sessions.



Venue: **Greenfields Centre**, Smithswood, B36 0PP
Day/Cost: Wednesday 11am-12pm, £3 per session.

Venue: **Bentley Heath Community Centre**, B93 9BN
Day/Cost: Thursday 10am-11am, £3 per session.

Venue: **Tudor Grange Leisure Centre**, Solihull, B91 1NB
Day/Cost: Friday 12.30pm-1.30pm,
Friday 1.30pm-2.30pm, £2.50 per session.

Venue: **North Solihull Sports Centre**, C. Wood, B37 5LH
Day/Cost: Monday 12.30pm-1.30pm,
Monday 8pm-8.55pm
Wednesday 9.30am-10.15am
Wednesday 10.15am-11am
Wednesday 12.30pm-1.30pm £2.70 per session

Venue: **Solihull Arts Complex**, Solihull, B91 3RG
Day/Cost: Friday 9am-10am, £4.50 per session.



Non-contact boxing sessions

Delivered by

WAYNE ELCOCK

former British & WBU World
Champion

BOXCLEVER

#OnTheRoad

SMITH'S WOOD



Smith's Wood Sports College

Gymnasium

Tuesday's - Starting 17 November 2015

Session 1: 5pm – 6pm 8-13 yrs

Session 2: 6pm – 7pm 14 yrs +

Contact: 0121 704 8517



Neighbourhood Activity
Programme