







Dear Villagers,

At last we have some longer days and hopefully a bit warmer weather is on it's way soon!

Your recommendations for days out are very welcome as are your Spring photographs from around the village. Remember that you can see the Catney News in colour if you receive it by email. Just get in touch with Frances if you would like to receive it this way.

Do please ensure your payment for membership of the Residents Association is with us this month. Put your address and contact details including an email address if you have one and who is joining in an envelope and take it to the Spar Shop, where it will be collected. Collections are made every day and your details are kept securely. Joining fees are overleaf.

Thank you to everyone who has already joined for this year.

The Residents Association Committee do everything we can to work on your behalf to ensure that the village of Catherine de Barnes is protected. If you would like to join us in our efforts, please get in touch, we meet once a month.

Chris Cluley, Editor



APRIL

2018

CONTACTS:

Secretary of the Residents Association: Frances Cook on 0776 8502039 or secretary@catney.co.uk

Catney News: Please send all articles to Christine Cluley, Editor on cluleychris8@outlook.com or ring 01675 442728

Spar Shop/Village Hall Bookings: Gareth Thomas 0121 705 6135

Website of Residents Association: www.catney.co.uk

Twitter account: @CatneyResAssoc

PLEASE BECOME A MEMBER OF CATNEY RESIDENTS ASSOCIATION

Subscriptions for the coming year are now due. Please put your subscription money in an envelope with your address, telephone number and email address and the names of the people over 16 in your property who wish to join and take it to the Spar shop. Collections from the shop are made every day by our Treasurer.

A family annual subscription is £10 and this covers everyone who lives at the same address.

The annual subscription for a couple living at one address is £5 A single annual subscription is £3

The Committee do their utmost to support you by acting on your behalf on all problems affecting Catherine de Barnes, including planning, building, airport and environmental issues. Members represent villagers on committees and meet every month to discuss the needs of the village and its protection.

NEWS FROM THE RESIDENTS ASSOCIATION COMMITTEE

Community Governance Review – Parish Boundary Change ENDS 15th April 2018

Just a reminder that the Consultation on the possible Parish Boundary change ends on 15th April.

It is important for residents to let SMBC know their views and this can be done very easily by visiting www.solihull.gov.uk/cgr/hamptoninarden or completing the questionnaire in last month's Catney News and sending it to Matthew Rossi, Electoral Services manager, Solihull MBC, Council House, Manor Square, Solihull B91 9QS Thank you for your support – the Committee

Butty Brunch: It was great to see some new faces amongst the 40 odd residents who enjoyed a tasty sausage or bacon sandwich (sourced from Cornucopia at Elmdon Heath) in the Hall on Saturday morning 10th March. The donations were very much appreciated and totalled a magnificent £80. Thanks to everybody who attended and also to those who helped out, cooking, order taking, washing up, serving tea and coffee and clearing up – without your help the events can't go ahead. All being well another brunch will be held in June.

<u>Village Hall:</u> Trustees are in the process of applying for grants to enable refurbishment of the kitchen, toilets and a possible re- wire. An application has also

been made to the Airport Community Trust Fund for a grant to replace our ageing chairs. We should know if we have been successful by early May.

You can donate to **Catherine de Barnes Village Hall**, at no cost to you, while you shop online by registering with easyfundraising.org.uk A wide variety of retailers, including Amazon, are associated with the site. Donating made easy!

Facebook and Twitter

We are pleased to announce that a volunteer, Glenn Hayes, has agreed to take responsibility for Facebook and Twitter on behalf of the Residents' Association. Glenn has already been active and regularly posts items of local interest to keep us informed. So do follow us on Twitter: @CatneyResAssoc. The Facebook group "Catherine de Barnes Residents" will enable us to share information and promote a community spirit in the village. It is a "closed" group so you will have to ask to join: https://www.facebook.com/groups/157918544704185/

AGM The AGM was attended by 65 residents and copies of the minutes of the meeting and accounts can be viewed on our website: www.catney.co.uk. The Committee was re re-elected for a further 12 months although we are seeking some help to organise village social activities which we recognise have been lacking in the past year mainly due to time pressures. If you can help in this area please give us a call or drop us an email.

Issues relating to local crime were brought to the fore and the question of 'street patrols' was discussed in some detail. Preliminary enquiries had indicated that for 84 hours/week of provision involving vehicle patrol would cost £75k plus VAT. It was felt it would be difficult to get off the ground as it was quite clear that not all residents would be willing to contribute. The general consensus felt that the Cat's Eyes project was as effective as a Neighbourhood Watch scheme would be and we urge all residents who are in possession of a smart phone with WhatsApp to join the group by e- mailing elstonc@sky.com. A couple of other avenues are being investigated. Further info will be provided as and when it is available.

POLICE-CRIME During the discussion at the AGM surrounding crime I advised that I would attend the police surgery meeting in Hampton to discuss the possibility of a senior local police officer coming to the village to talk to local residents. Unfortunately, due to pressure of work, the police did not attend the surgery. However I have spoken to Superintendent Bas Javid of WM Police, who is responsible for local policing, and he has agreed to come and talk to us on the evening of **May 11th at the Village Hall.** Representatives of the RA attended a police meeting at H in A arranged by the Hampton Society on 7th March but sad to say really didn't learn anymore other than

getting some reassurance that the response to 101 calls is getting better although there is recognition that there will be some occasions where call answering is delayed due to pressure on resources. The police are very keen on STREETWATCH schemes as well as Neighbourhood Watch (NW) but did advise that it is likely the NW format will be revised in the not too distant future. It was also recommended that those that can join WMNow to receive regular policing info.

Brown Recycling Bin—is yours split? It has come to our attention that due to a manufacturing fault some brown bins are vulnerable to splitting. If yours is one of them please report it to SMBC on 0121 704 8000 and they should arrange a free replacement. If you have problems please let us know.

<u>Prostate Testing</u> Spire Parkway is providing free prostate testing on Saturday 14th April between 8.30am and 1.30pm. There is no need to make an appointment just drop in.

TO CELEBRATE 30 YEARS AT LONGFELLOWS"

Catney Villagers are offered the following:

From Tuesday 3rd April to Friday 27th April 30% off any wine or drinks when eating Lunch or Dinner there Tuesday to Friday

Congratulations to Chris and Doug!

CATNEY CRICKET CLUB

The Club continue to have indoor nets on Sundays @ Lode Heath School from 1.30 to 2.30 for Seniors and 2.30 - 3.30 for Juniors except for Easter, The last one is on the 8th April and the outdoors (we hope) anyone interested in playing please contact Eddie on 07826465805.

Eddie Hewitt Chairman Catherine de Barnes CC



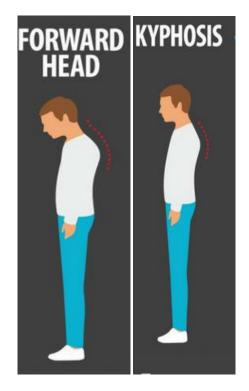
Pilates with Jennie Classes at Catherine de Barnes Village Hall For information and to book a class contact Jennie Tel: 07860 139680

Email: contact@pilateswithjennie.co.uk
Web: www.pilateswithjennie.co.uk

Pilates for Back Pain and Good Posture

As we move further into the digital world, we are spending more time sitting down and staring at a screen and this is having a profound affect on our bodies and in particular our necks, shoulders and backs. Around 80% of us will suffer with back pain at some point during our lives. As we get older degenerative conditions increase and can often become more noticeable from the age of 45 but now these conditions are starting to appear a decade earlier than seen a generation ago.

Two of the main neck/back problems that stem from sitting at a desk or using a mobile phone, tablet or laptop is Forward Neck and Kyphosis.



Pilates is often recommended by medical professionals to help with poor posture and back pain. Why? Because Pilates promotes and teaches neutral spine, alignment and core control. When these skills are adopted and good postural habits

Forward Head is when the neck and head is in a forward position where the head is extending out past the shoulders. This is because more and more we are bent over our mobile phones or laptops all day causing our neck to tilt forward. This can cause tension, stiffness or pain in your neck, shoulders and back.

Your neck is designed to stay vertical to support the weight of your skull which weighs around 10 – 12 pounds. Every inch your head falls forward adds another 10 pounds of stress to the neck, shoulders, back and spine.

Therefore, our obsession with checking our mobile phones alone is causing an enormous amount of stress on our bodies, with symptoms including:-

Neck pain Upper back pain

Shoulder tightness and pain

Chronic headaches

Abnormal curvatures to your spine

Kyphosis is a common condition that results in forward rounding of your upper back region. This causes your spine to hunch over and make you appear to be slouching. Kyphosis can be seen at any age and can start to develop through sitting incorrectly at your desktop over your laptop.

attained, you are able to function more efficiently. Postural problems can often lead to joint problems and muscle imbalances, causing flexibility, strength and mobility issues. Pilates help to correct these problems. This in turn can improve your quality of life. How often do we think about how we stand or walk? Would most people understand what neutral spine or the plumb line is? Pilates teaches these skills to retrain our bodies to stand and move more effectively.

If you are suffering with neck, shoulder or back pain then Pilates can help. However, it is advisable to seek medical advice before attending a class.

CLOSURE OF SOLIHULL POLICE STATION

Here below you can find a link to a petition that was started by Caroline Spelman in regards to the closure of Solihull Police Station.

As it was discussed at the last meeting I thought I would share to you both as it could be an idea to get the village residents involved to sign.

Dame Caroline Spelman MP started this petition to The West Midlands Police and Crime Commissioner David Jamieson

We the undersigned residents of Solihull Borough, together with our local Members of Parliament, Julian Knight MP (Solihull) and Dame Caroline Spelman MP (Meriden), call on Labour's Police & Crime Commissioner, David Jamieson to reject the proposal to close Solihull Police Station which would deprive constituents of Meriden & Solihull of any walk in Police Station in any part of the Borough of Solihull.

https://www.change.org/p/david-jamieson-west-midlands-police-and-crime-commissioner-protect-services-at-solihull-police-

station?recruiter=619877732&utm_source=share_petition&utm_medium=facebook&utm_campaign=share_petition.nafta_share_post_interaction.control&utm_term=share_petition.nafta_share_post_interaction.control

Lovely photo of this dog walker from Jane and Duncan Toms



ORIGIN

a Novel by Dan Brown

A Book Review by John Alderson



I reviewed Dan Brown's last book, Inferno, in September 2013, finding it entertaining and informative to a degree but following the author's – very successful – format begun with his first, much better, novel The Da Vinci Code.

This book also follows the same formula. Brown's hero, the Harvard symbology professor Robert Langdon, (Brown fancying himself as James Bond), shot but not killed and rushing around Bilbao and Barcelona trying to ensure that his friend Edmund Kirsch, a very clever computer scientist and futurist who is shot dead when about to reveal an Earth shattering theory to the World, arguing Creationism against Science, is properly heard.

The novel has a desperately slow start and the plot when you get to it, is helped along by Langdon and Ambra Vidal, another beautiful and intelligent woman, aided this time by an incredibly clever computer called Winston, yes, named after him!

I didn't really enjoy this novel, it's very formulaic and I found the best bits in the descriptions of the Guggenheim Museum and the Sagrada Familia in Barcelona.

CATNEY CHORUS

Why not join our friendly choir? We meet on Monday evenings 7.45 pm to 8.40 at Catney Village Hall – for more information ring 0776 6154730

PATCHWORK AND QUILTING CLASS

From 9.30 am to 11.30 am on Fridays at the Village Hall. 3 ten week terms at £80 per term Call Sheila on 0121 6816954

COFFEE MORNING (WITH CAKE) AT HAMPTON IN ARDEN CHURCH HALL ON SATURDAY 28TH APRIL BETWEEN 10 AM AND 12 NOON THERE WILL BE BOOK AND CD STALLS AND A WHITE ELEPHANT STALL.

ALL PROCEEDS TO HAMPTON CHURCH.

USEFUL NUMBERS

+ 44 (0) 138 421 5555
+ 44 (0) 121 359 5161
+ 44 (0) 845 113 5000
0121 424 2000
0800 111 999
+ 44 (0) 121 782 3744
+ 44 (0) 845 748 4950
+ 44 (0) 870 608 260
0121 704 8001/6000
0121 704 8000
0121 704 8004
+ 44 (0) 870 580 8080

Nature Tots - Teddy Bear Adventure

The Parkridge Centre, Brueton Park, B91 3HW - 10.30am to 12.00pm & 1.30pm to 3.00pm

6 Apr 2018 - 6 Apr 2018

Bring your bear for an adventure in the woods - we'll be making woodland teddy homes and woodland porridge too! Suitable for children aged 2-

4. Entrance costs £3.50 per child. For more information visit **enquiries@wkwt.org.uk** or to book tickets, go to **www.wkwt.org.uk/whats-on**.