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Bilston magazine

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PUBLISHER/EDITOR

Simon Archer
Tel. 07534 603662

EMAIL

magazinebilston@yahoo.co.uk

WEBSITE

www.westmidlandsmagazines.com

LETTERS/NOSTALGIA

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Dear Reader,

Welcome to the April/May issue of the Bilston Magazine.

This magazine comes out just at the start of Spring, when most people's mood is supposed to start to improve as we look forward to better weather and more daylight.

I still don't understand why we need to put the clocks backwards and forwards at the start of Spring and Autumn.

Apparently, the USA and EU are both considering ditching the practice as it's viewed as outdated and unnecessary. Two states (Arizona and Hawaii) don't do it anyway – just to make it even more ridiculous!

The gardeners among you will be able to get out and do a bit more, now everything is starting to grow, which is great for our mental and physical health.

I've just had one of those scarifiers, to see if I can get my lawn in a bit better shape. I think there's more weeds than grass in it, so hopefully the new gadget might help. If I can't get it right this year, I might have to go for a full re-turf, but that feels like giving up and is probably a bit expensive.

By the time you read this, I'll be another year older (I know, I don't look it – thanks!) and I'm now starting to listen to my lot, who have been telling me to slow down for the last few years.

The trouble is – and some of you will be the same – I don't feel my age. In my head, I'm still 30.....ok, maybe 40.....alright 45, but I certainly don't feel 58!

Don't panic! I'm not stopping the magazines. However, I have another job as Bilston's Town Centre Manager, where I was doing three days a week. I'm now reducing that to two and at some point, will go down to one, then finish completely.

I'm very lucky in that I really love both jobs, but I need a bit of time for me, to play golf, get fit, read a book or make some pasta (I have a machine that I've only used twice and I'm getting grief about it)..... Oh and that bloody lawn won't mow itself!

Due to the increasing cost of print, more than ever, our advertisers are vitally important to the to the continuation of this magazine. Please have a look at their adverts and if you do purchase anything from them, PLEASE TELL THEM YOU SAW THE ADVERT IN THE BILSTON MAGAZINE!

The next issue will cover June and July and will be out on 2nd June, so if you want to be in it, please contact me by 12th May.

Enjoy your read!

Simon

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Bradley Canal Festival 2023



Cast your mind back to a red-hot day last May when the very first Bradley Canal Festival was held at the CRT Workshops in Bradley Lane. We offered tours of the workshop with an opportunity to see how the gates (or leaves) are put together. You could take a family boat ride along an ever-beautifying stretch of the Bradley Canal. You could get even closer to the water and have a paddle in a canoe too!

We had a number of stalls selling various goods or promoting their endeavours, The Peaky Blinders appeared to keep everything in order, along with a period Police Officer and his modern contemporaries joining in with the festivities.

We offered guided walks along the restoration path, jam packed with history and the progress we're making to bring it all back into use, there was even rumour of a beer tent, but I'm unable to confirm that at the time of writing...



We had an estimated 1500 visitors throughout the day who all came together to make the first festival one to remember and we thank everyone who came along or who volunteered their time to help deliver a cracking day.

We've thought long and hard about what we could do this year. Many brainstorming meetings over a number of months to fine tune our thoughts and really focus down on what we can deliver until finally, we are happy to announce that this year, on the 17th June, we'll be doing the exact same thing!

We will confirm all the details in the next edition of Bilston Magazine, but wanted to give you an early opportunity to "save the date".



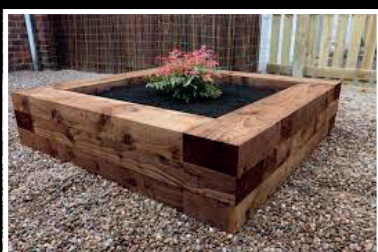
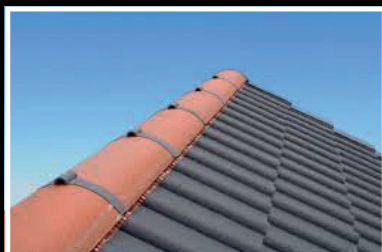
Once upon a time Bilston and Bradley had many events, carnivals and marathons to name two. This is your chance to come out and support a local event and help us make it an annual celebration.

If you'd like to volunteer your assistance on the day or to get involved in the restoration itself, we'd very gladly accept, please feel free to email and let us know your availability at info@bradleycanal.co.uk

Look out on our Facebook page for stall holder requests and we look forward to seeing you all on the 17th.

Darren Cliff

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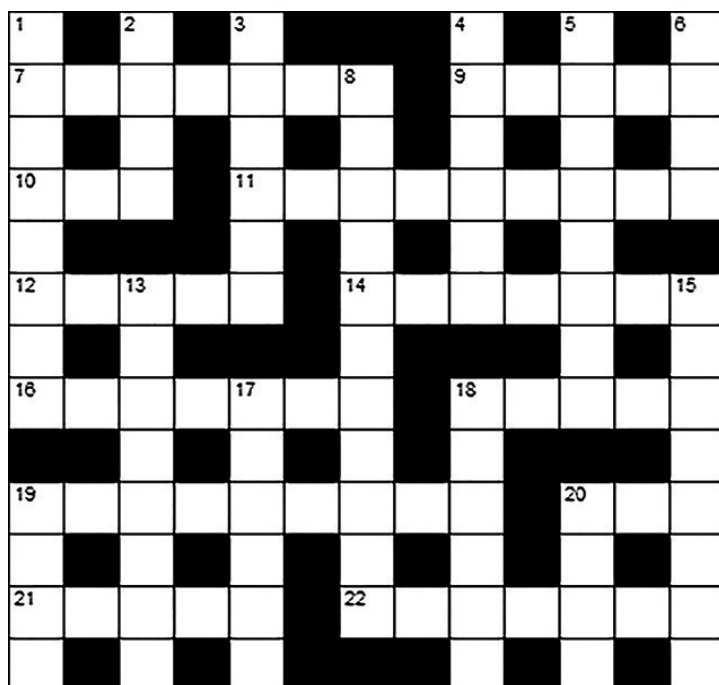
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Crossword

Please see answers on page 47



Across

- 7 Voted in, chosen (7)
- 9 Concepts, notions (5)
- 10 Affirmative response (3)
- 11 Outward Behaviour (9)
- 12 Denigrate, exploit (5)
- 14 Enlightened, tolerant (7)
- 16 Analyses, observes (7)
- 18 Stick, cudgel (5)
- 19 Mobilising troops (9)
- 20 Blockade, stopper (3)
- 21 Bamboo-eating bear-like animal (5)
- 22 Ice river (7)

Down

- 1 A decade (3,5)
- 2 Chaos, disarray (4)
- 3 Filling, cloying food (6)
- 4 Baking soda (abbr) (6)
- 5 Not a Republican (U.S) (8)
- 6 Ruler, leader (4)
- 8 Destroying, breaking (11)
- 13 Supplanting (8)
- 15 Monument, feature (8)
- 17 Line joining points of equal atmospheric pressure on a weather map (6)
- 18 Tramp, drifter (6)
- 19 Drug, sedate (4)
- 20 Trickle, plop (4)

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Celebrations as Bilston indoor market is fabulous at 50!



There were celebrations in Bilston recently as the indoor market hall celebrated its 50th birthday.

A day of fun with dancers, music and children's entertainment took place on Saturday 11th March and a special plaque was unveiled by Deputy Mayor of Wolverhampton, Councillor Dr Michael Hardacre, to mark a half century of trading.

Bilston indoor market first opened on 12 March 1973 with 88 stalls providing residents with a wide range of goods and services.

Some of the businesses from that time are still trading, including Bennetts café, Julie Hopkins hosiery, Nicholls fruit and veg, Pritchard's fruit and veg, Sand's Fish and Lawson Thomas meat, poultry and deli. Members of the traders' families were special guests at the fun day.

Other attractions at the event, included performances from Hit the Dhol, free face paints and balloon animals for youngsters.

The market café also fed hungry visitors with a special offer on afternoon teas with a celebratory glass of prosecco.

Councillor Steve Evans, City of Wolverhampton Council's cabinet member for

city environment and climate change, said: "A very happy birthday to Bilston indoor market hall! "At a time when a number of indoor markets are closing, I am really happy to say that Bilston is still going strong and we have full occupancy on stalls in the indoor market.

"Many generations of city families have had stalls here and many of our residents will have done their shopping at the market for years. It's a really wonderful place to have a friendly chat with our stall holders and find quality goods at excellent prices.

"As a council, we're aiming to keep all our markets open for many years to come with our package of support for young traders. We want to encourage a new generation of business owners so we can celebrate another 50 fabulous years."

Bilston indoor and outdoor markets include almost 200 stalls, offering a huge range of goods and services including fresh foods, fruit and vegetables, meat and fish, a large range of fashion, jewellery and shoes and household items.

There is also a café so shoppers can take a break and relax, as well as free car parking close by. Opening times are Monday, Thursday, Friday and Saturday, 8.30am to 4pm.

For more information about Bilston Market and how to become a trader visit **www.wolverhampton.gov.uk/visiting/markets** or call **01902 555200**.



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We have events/trips every year, ranging from lunches, coach trips, boat trips and in-house activities.

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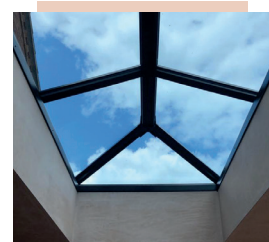
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Bilston & W-ton West Rotary Club



Green Park School Race Night



On Friday 10th February we organised a filmed Race Night in conjunction with Bloxwich

Phoenix Rotary Club, who were in charge of the entire racing program for the evening, where all funds raised went to Green Park School voluntary committee to help with funding their immediate needs. The Committee graciously provided & served the light refreshments on the evening and Bilston Rotary provided prizes and undertook the raffle. The event was extremely well attended and enjoyed by all and managed to raise well over £1000.



Thanks go to Headteacher Lorraine and all her staff for their wonderful work on the night - a thoroughly enjoyable evening for all.

Next on our agenda we have a sponsored walk from Wolverhampton Civic Centre to the Bilston Support Network shop, based in Bilston market, in aid of the shop itself for all the fantastic work they do saving costs on weekly shopping for the community. This event is thanks to Councillor Phil Page who set it up originally last year and will take place on Saturday 25th March at 10am and those taking part will include local MP Pat McFadden and many of the Bilston councillors.



Mayor Sandra Samuels OBE will be setting everyone off on the walk from St Peters Sq. as she actually took part in this event last year and will be there to greet everyone at the finish. This is your chance to show your support for everyone but mostly for the BSN shop.

You can go on our Facebook page or go online to donate at

<https://www.peoplesfundraising.com/fundraising-team/Wolves2BilstonBSN>

Alternatively ask your local councillor how to sponsor them directly or contact Bilston Rotary Club President Bob Stolz on **07976 890450**, for your own sponsor form, should you wish to



actually take part yourself. Please feel free to come along and support the walk itself and if you prefer to donate cash directly this can be done at the finish line within the BSN shop.

Another event taking place on Sunday morning 2nd April at 10am is a our annual sponsored swim at the WV Active Bert Williams centre, again organised by Councillor Phil Page, with all funds in aid of the "Bilston Young Swimmers Club".

Those taking part, as well as our young swimmers, will be members of Bilston Rotary Club too and if you feel the urge to join us please get in touch as above.

Our Mayor will once again be in attendance to present all swimmers with their certificates issued by Bilston Rotary Club.






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The Junior section is growing but they are always looking for new players of all abilities up to the age of 17. They are also always looking for new senior playing members of all abilities and ages.



The club have recently announced their new 2023 Junior & Academy sponsorship partner, Jobchange.

Junior Chairman, Rich Homer, says "We thank everyone at Job Change, especially Rayon, Becky and Pat for this opportunity to work together. The development of our youth section is vital in our plans to move forward and with the help of our new partners we feel that we can grow our junior section and academy to a fantastic standard."

The club is looking to double its numbers this year and have junior outdoor training starting 20th April – 6pm – 7.30pm.



Other forthcoming events are;

28th May - Springvale XI vs South Staffordshire League Representative XI (T20)
31st May - Springvale XI vs MCC (Mayor will be attending to open our new clubhouse)
4th June - Presidents XI vs Chairman XI (ex-club legends including former world cup player, Nav Poonia (Scotland))

To find out more about the club, visit their facebook page or ring Rich Homer on 07432 244315

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Wolverhampton Fairtrade



Wolverhampton Fairtrade Campaigners have recently been raising awareness of the importance of buying Fairtrade during the annual Fairtrade Fortnight which ran from Mon Feb 27th – to Sun Mar 12th.

Collaborative events have included Fairtrade Workshops for schoolchildren held at the Molineux hosted by Marnie Richards and Jeevan Kang from the Wolves Foundation; School assemblies at local primary schools, church stalls, presentations at Collins Aerospace, local radio broadcasts on WCRFM The annual Pat McFadden MP Fairtrade Coffee morning sponsored by Revolver Co-operative, culminating in The Mayoral Fairtrade Reception – which brought local schools together for the annual schools Fairtrade art competition; the theme this year was set by The Wolves Foundation and was, Design a Fairtrade Mascot. The overall winner was a pupil from Uplands Junior School Finchfield, who also won a tour of the Molineux for her school. The competition prizes included book tokens sponsored by Wolverhampton Rotaries and Easter Eggs from Mid-counties Co-operative presented by Mayor, Cllr Sandra Samuels OBE.

Julia Farrell, Chair of the Wolverhampton City Fairtrade Partnership – a steering group that brings together local businesses, faith groups, local government, and schools – explains why it's important to buy Fairtrade. "By buying products that carry the registered Fairtrade Mark it means that the producers receive a fair day's pay for a fair day's work plus a little extra which farmers and workers can spend on projects to benefit their own businesses and communities.

The coffee and cocoa and chocolate that we love so much can't be grown here due to our climate, and we are dependent on the farmers and producers to grow the things we love and, as campaigners, we believe that they deserve a decent income.

Fairtrade Fortnight 2023 has been a great success and I am especially proud that for the first time ever all electronic road signage gateways to the city have been displaying that we are a Fairtrade city! I thank everyone involved for helping make Fairtrade Fortnight the great success it has been.

Wolverhampton is in its 19th year of being a Fairtrade City – the first city across the UK to ever be granted this status. 2025 will be the 21st anniversary celebrations of being a Fairtrade City.

If you would like to get involved all contact details can be found at www.wolverhampton.gov.uk/community/fairtrade-wolverhampton.

Follow on Facebook – **Fairtrade in Wolverhampton**

Follow on Twitter - **Wolverhampton Fairtrade**

There is a Fairtrade shop in the Mander Centre which can be found next to YMCA opposite Mander Centre Community Hub - just follow the floor signs – For more details visit Facebook page **Wolverhampton FairTrade**

Julia Farrell BA (Hons)
Chair - Wolverhampton City Fairtrade Partnership



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A Word from your Member of Parliament



Happy 50th Birthday Bilston Indoor Market



It was great to join the 50th birthday celebrations at Bilston Indoor market recently, where the Deputy Mayor Dr Mike Hardacre unveiled a plaque to commemorate the occasion. Bilston market has a proud history and continues to attract thousands of shoppers from across the city and beyond. Bilston indoor market first opened on March 12, 1973, with 88 stalls and today there are 200 stalls both indoor and outdoor offering a range of goods. Let's keep shopping local and continue to support Bilston market.

Bradley Methodist Church Warm Space



Bradley Methodist Church in Hall Green Street runs a warm space every Wednesday morning 10am to 12noon morning for anyone from the local community who wants to drop in. People can have a cup of tea, meet others from the local area and a warm welcome is assured. The city has set up a number of warm spaces given the huge cost of energy right now and I am grateful to

the church and the volunteers there for organising this initiative. It was a pleasure for me to meet some of the volunteers and hear how it has been going.

Wolves2Bilston Sponsored Walk in aid of Bilston Support Network CIC

Bilston & Wolverhampton West Rotary Club, friends and colleagues recently came together for a sponsored walk from St Peter's Square in Wolverhampton to Bilston Town Hall to help raise funds for Bilston Support Network CIC Community Shop. Bilston Support Network is a 'Community Food Shop' in Bilston helping families through the cost-of-living crisis with nearly 1100 members. The funds raised will help the community shop in Bilston to continue supporting residents.



Happy Easter

Easter is the story of hope, renewal, and new life. As we all come together this year to celebrate, I would like to wish all constituents a very Happy and blessed Easter.

Contact me

If you would like to contact me, please get in touch by emailing: patrick.mcfadden.mp@parliament.uk or calling 01902 405762.

Please keep up to date with my work by following me as follows;

Facebook: @patmcfaddenwolverhampton

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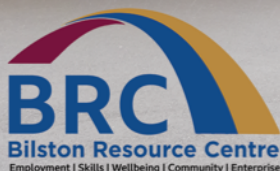
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Bilston Resource Centre

YOUR BILSTON SOUTH LABOUR TEAM



The Bilston South Labour Team are committed to working for you in your communities. Rashpal Kaur, Stephen Simkins and Gillian Wildman have always lived in Bilston and will continue to represent your best interests. Each have a strong voice and will use that for all residents in Bilston South and the wider Bilston area, standing up for you at every opportunity. With all three votes for Labour, the team will always do their best for Bilston South.



The three candidates are committed to offering job opportunities by working with 'Wolves at Work' to bring education, skills and jobs to the heart of Bilston, in the Town Hall. Added to this, the team worked to secure a new industrial site, on the Urban Village, which completed the last part of the project. Jobs and the future jobs are the priority for the team and all three candidates are committed to the opportunity at the Bilston College site at Wellington Road Campus. The new jobs will be at the new Green Automotive Centre of Excellence, giving a chance in the the New Green Economy. There are training and apprenticeships available in traditional building trades and in modern methods of building, in the modular house building at the college site.



As committed members of Bilston's community, you will see the team at Bilston's famous market. Rashpal, Stephen and Gillian are regular users of the market. They all campaigned for £5million to come to the market to secure it's future and all three have lived in Bilston all their life and will continue to do so.

**ELECT A STRONG LOCAL VOICE FOR BILSTON SOUTH
VOTE ALL THREE VOTES FOR LABOUR**

RASHPAL KAUR, STEPHEN SIMKINS & GILLIAN WILDMAN ON MAY 4TH!



INTRODUCING YOUR BILSTON NORTH LABOUR PARTY CANDIDATES...



Linda Leach

It has been an honour and a privilege to represent Bilston North since 2010. I love getting involved and helping people. I also love to make things happen and change people's lives for the better.

Recently, I had the pleasure of bringing together a small number of people and opening a dementia café in Bilston. It will give the people who care for their loved ones with this terrible condition, a couple of hours of light relief and the chance to meet with others in the same situation. I fought hard for the funding for the development of Proud Lanes Fields, preventing housing developments. The new park and play facilities will help people meet up with friends and family and allow everyone to benefit from free exercise and fresh air and hopefully make new friends.

If re-elected I promise to continue to work hard, to listen to you and to be a strong voice and represent all of the community in Bilston North.



Rohit Mistry

I have lived in Bilston for over 30 years. I have a strong belief and passion for Bilston. I have previously worked in the public and voluntary sector in Sandwell and Wolverhampton, supporting and assisting residents as well as delivering services. I believe my experience will benefit me in assisting the good residents of Bilston North. I know I can make a difference for everyone's benefit. If elected I will work closely with my councillor colleagues and pledge to fight for a fair deal for our community. I will be a strong voice in the council. I will make myself available to help and assist all constituents to make Bilston North a great place to live, work and play.



Sue Roberts MBE

I was born and bred in Wolverhampton. I have lived in the local vicinity for the past 37 years. I first got involved in helping people by being Secretary of a local Tenants and Resident Association. In 2005 I went on to the Board of Wolverhampton Homes representing Tenants and in 2008 I became Chair of the Board. During my time as Chair I was elected to be Chair of the National Federation of Arm's Length Organisations. These were all voluntary roles, and I was awarded MBE for voluntary work in Social Housing. My term came to an end on Wolverhampton Homes Board in 2018 and I became a Labour Councillor. During the Decent Homes I worked with various groups and residents in Bilston North. It would be an honour and privilege to serve you all if given the opportunity. I promise I will work hard.

Vote for all three Labour candidates on Thursday 4th May. Don't forget to take your photo ID.

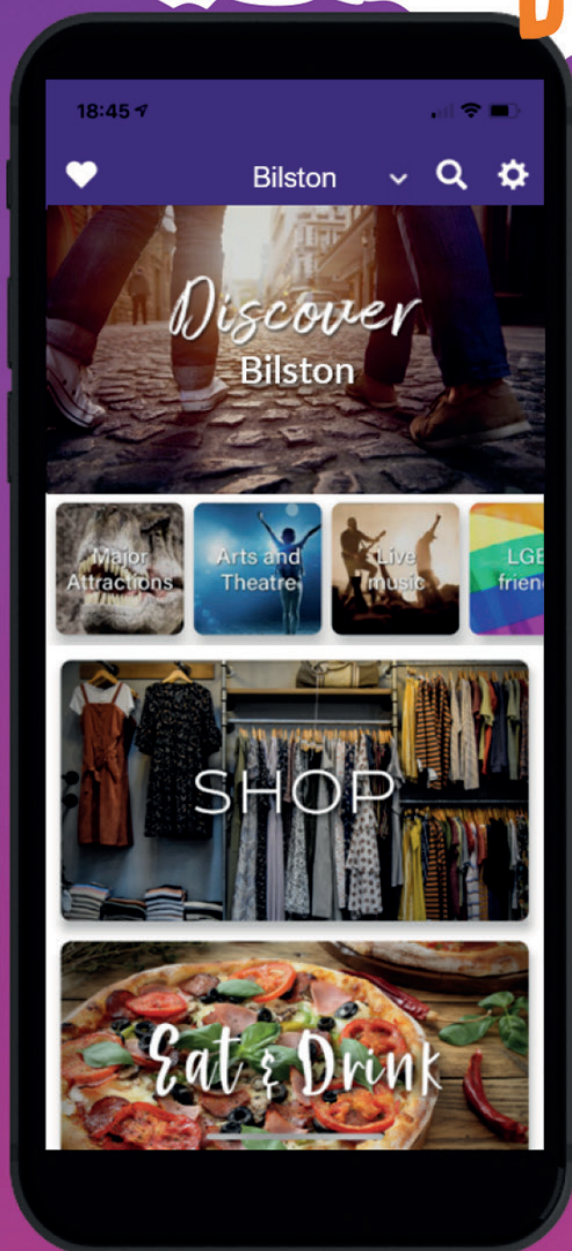
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Wolves Foundation

Our History

Wolves Foundation began life as Wolves in the Community in 1991, thanks largely to the work of the late Baroness Rachael Heyhoe-Flint, a pioneering cricketer who also had a spell as a Wolves director and club vice-president. Rachael was in charge of the public relations at the club and would arrange for players to carry out visits in the community.

In 2008, we became a registered charity as Wolves Community Trust, gradually increasing the number and range of our projects. We then rebranded as the Wolves Foundation in 2017 and have continued to expand our programme of activities ever since, with over 40 different projects now running throughout the city.

About us

Wolves Foundation is a cornerstone of the city of Wolverhampton. Through a team of highly skilled, dedicated staff and volunteers it harnesses the strong local connection with Wolves to motivate, educate and inspire tens of thousands of beneficiaries of its work across the city.

The charity works in partnership with key local stakeholders including the local authority, police, health service and education providers to identify risk factors in the city around societal issues and health status; using data and insight to deliver evidence-based practice through its vast array of projects that address these needs through its key three objectives;

- Healthier, more active people
- Lifelong learning and skills
- Safer, stronger communities

Working in the community is vital to its work and removing barriers to engagement regardless of age, gender, race, religion, sexual orientation, or disability. With participants ranging from 1 month to 100 years old across 225 different delivery sites in the city, work is delivered all year round improving the physical and mental health, personal development and life choices of the people engaged in its work.

Data from its last 12 months work shows;

- 92% of participants have improved their mental and physical wellbeing
- 90% of participants have improved their educational achievement
- 84% of participants feel they now contribute more to a safer, stronger, more inclusive community.

Fairtrade Partnership

Wolves Foundation have given their support to Fairtrade Fortnight, an awareness campaign promoting better prices, decent working conditions and fair terms of trade for farmers and workers in the developing world.

For over 20 years now, Fairtrade campaigners have played a crucial role in calling for a fairer, greener and more sustainable future for food, and this two week spell, starting today, encourages and reminds people that, even at a local level, their actions can make a positive impact on a global scale.

That is why Wolves Foundation have – for the first time – decided to join the campaign, partnering up with Wolverhampton Fairtrade Partnership who were the first in the country to be awarded Fairtrade status by the Fairtrade Foundation, an accolade they have now held for 19 years.

“Fairtrade is a really important initiative where, if you buy food and drink from Fairtrade, part of that money is used to help farmers in the countries producing the products to improve their lives,” says Wolves Foundation’s Senior Schools Officer Marnie Richards.

“It can help them receive a fair income, as well as being invested into community projects in their local areas such as transport, water supply and schools and education.

“It also helps the environment because farmers who sell Fairtrade products must follow certain guidelines such as improving soil and water

quality, avoiding using harmful chemicals and reducing their greenhouse gas emissions. "You can buy Fairtrade products all the year around but this fortnight is about bringing together local businesses and organisations to raise awareness and celebrate the positives."

The Wolverhampton Fairtrade Partnership was initially set up by former MP Lord Bilston Dennis Turner, and current chair Julia Farrell recently visited Molineux to confirm the new partnership. Julia met with Marnie and Wolves Foundation

Schools' Officer Jeevan Kang, who has also been leading on a special project which will conclude during Fairtrade Fortnight.

"Jeev has been delivering a Fairtrade workshop via a six-part programme at Stowlawn Primary School which will then finish, here at Molineux, on March 1st," added Marnie.

"This will include fun activities such as football sessions, Fairtrade workshops and a tour of the Stadium."





King Charles III

As Prince of Wales, Charles has been preparing for this moment for most of his life, under the tutelage and guidance of his late mother, Elizabeth II. He will be recorded in history as the longest ever heir apparent, and the oldest to ever accede to the British throne at the age of 73.

Charles Philip Arthur George was born on 14th November 1948, during the reign of his grandfather King George VI. After the death of the King in 1952, his mother Elizabeth became Queen and Charles became heir to the throne at just three years old.

Charles was educated at Cheam and Gordonstoun schools, in the footsteps of his father Philip. He was the first heir apparent to attend school rather than receive private tuition. His time at Gordonstoun was hard, he referred to it as "Colditz in kilts" but later reflected, "...it taught me to accept challenges and take the initiative." He left in 1967 with six O levels and two A levels in French and History.

Charles went on to read Archaeology and Anthropology, then switched to History at Trinity College, Cambridge. He gained a 2:2 Bachelor of Arts in 1970. As Prince of Wales, he also spent a term at the University College in Aberystwyth, in order to study the Welsh language and history. In 1975, Cambridge University awarded him a Master of Arts.

Charles joined the Royal Air Force and trained as a jet pilot, then the Royal Navy, where he qualified as a helicopter pilot. The Prince's Trust was founded in 1976 with the £7,500 severance pay from the Navy. Since then, Charles has established sixteen more charities which raise over £100 million annually.

In 1981, he married Lady Diana Spencer. They had two sons, William born in 1982 and Harry in 1984. The couple divorced in 1996, and Diana was tragically killed in a car accident a year later.

In 2005, Charles married Camilla Parker-Bowles. The official title of Princess of Wales was never publicly acknowledged, instead Camilla became known as the Duchess of Cornwall.

The Duchy of Cornwall Estate was established by Edward III in 1337 for the heir to the throne. As Duke of Cornwall, the 53,000 hectare estate provided Charles with a private income to fund public, charitable and private activities, effectively making him financially independent. The estate passed to Prince William when he became heir apparent.

On 8th September 2022, Queen Elizabeth passed away peacefully and King Charles III became the new monarch. Coronation plans have been laid out for many years, under the codename 'Operation Golden Orb'. It's thought that the service will be smaller than the last coronation in 1953, and include different faiths and communities to reflect the change in British society. The Church of England ceremony will be broadcast internationally, and requires an oath and anointment, delivery of the orb and enthronement. The coronation of King Charles III and Camilla takes place in Westminster Abbey on 6th May 2023. Long live the King!



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Links to the Past

Caring for your Photographs



Hello, my name is Tim Hamilton. At my place of work, I have fried fish and chips, boiled and rolled Dandelion and Burdock flavoured suck and dressed up in Victorian costume... You guessed it; I work at the Black Country

Living Museum. I currently form part of the Collections Team helping take care of the 80,000 plus objects which have been acquired from local businesses and donated by people in the community over the last 50 years, all of which contributes to telling the story of the Black Country.



With Christmas and the New Year well behind us Spring Time is just around the corner and we tend to start to thinking about having a good old fashioned spring clean. Sorting out attics, garages and sheds. Inevitably, people will come across shoe boxes of certificates, cards, letters and photographs. We rummage through them, reminisce, distract ourselves from the cleaning bit we actually intend to do and the things which are most important to us get shoved back in their box and forgotten about until the next deep clean or house move. That's because

most of us don't know how to properly care for our treasured possessions. So, with that in mind, here are some really simple tips for preserving and protecting your photograph collection from degradation while still using, enjoying and getting the most out of it.



I spend a lot of time looking at old photographs and while sometimes it is possible to research or guesstimate a date or location based on clues within the image, there is nothing quite like when the context is already defined. If you have a lot of photos which span decades, or have photos you've acquired from family; I'd recommend taking a soft pencil and making a note on the back with all the things you can remember about it and the people or places depicted. If you become stuck and don't know where to start, the famous story writing prompts: "Who, What, Where, When & Why" are a great place to start. If you do get into a groove where you feel an anecdote or short story about what happened before or after the photo was taken is appropriate, it might be better to jot it down in a specific notebook or journal, numbering both the photographs and the journal entries so they can be easily matched up.

As well as having the context, it's even better of course when photographs are in good nick. Over time, photos will get bent, folded or torn especially if you like to get them out regularly to show family and friends. The first step is making sure you have a tidy space such as a table to get them out on and that the area is free of drinks, food or ink pens which could spill or leak. While this might sound a bit OTT, I'm not going to recommend wearing gloves! Honest. Wearing gloves while handling any archive material can actually limit dexterity and cause more accidents. Instead, ensuring everyone has clean, dry hands, should be more than enough to keep your photographs clean and ship-shape for years to come.

When it comes to packaging, it'll really depend on the type of collection you have, your budget and whether or not it's even that important to you. But if you do decide to go down the professional archival route, you can shop at preservation equipment stores for acid free and museum grade polyester wallets which clip into a binder or can be laid flat in storage boxes and are available to specifically hold everything from glass slides and film negatives to Polaroids and postcards. But if that all sounds a bit onerous, an ordinary album with individual pockets will do the trick and is far more preferable than being stacked unprotected in a shoebox, or taped or glued into a scrap book!

For photos you want on display, consider having them copied and only displaying the re-print or making sure to switch the photos out



every so often. Sun light damage is, sadly, inevitable and you might not notice until it's too late.

Finally, where you store your photographs when they're not in use can be just as important as how they're stored. Are they on a shelf near the fireplace?, in a suitcase in the loft?, on a side table for easy access? or perhaps they are in your kitchen or conservatory. Some of these areas would be a bit of a red flag, as they can not only fluctuate drastically in temperature and humidity but can also be places susceptible to accidents, water ingress and pests. Leading to and encouraging the growth of mould, foxing of paper, acceleration in red rot (the deterioration of old leather bound folders and books) and cold places like a kitchen with a stone floor can even attract silver fish which feed on materials such as paper, glue and photographs! Alternatively, consider storing them in an upstairs room, in or on top of a wardrobe or some similar location where they will be protected from flooding, light damage and drastic changes in temperature and humidity.

The care of photographs and object collections more broadly is a huge subject and therefore not possible to cover it in its entirety here, but do keep your eyes on the West Midlands Magazine each month for further hints and tips for caring for your collections and who knows; your prized possessions could one day make it into a museum or archive for the whole world to learn from and enjoy for generations to come.

Ask me all your collection care queries on Twitter **@MrTimHamilton**



Health & Fitness

With Ben Mescam - Personal Trainer and Online Fitness Coach



Spring is all about rebirth and growth, so it's the perfect time to start fresh. If you've been wanting to get fitter and healthier in your life, now is the time to do it. It's the perfect time to begin working towards your goals and making positive changes in your life.

All in all, Spring is a great time for your health and well-being. From the warmer weather and longer days to the fresh produce and abundance of activities, there are plenty of reasons to love this season.

So, make sure to get out there and enjoy it! Your mind, body, and soul will thank you for it.

The warmer weather and longer days give you more energy to get out and enjoy the outdoors. Exercise is a great way to boost your energy levels, and there are plenty of activities to choose from in springtime.

Getting your heart rate up is a great way to boost your energy levels and improve your mood. All of these activities are great for your physical health as well as your mental health, so get out there and enjoy the spring weather!

Another reason why spring may give you more energy is because of the increased

levels of daylight. Exposure to sunlight has been shown to improve mood and increase energy levels. This is because sunlight helps the body produce serotonin, a neurotransmitter that has been linked to happiness and well-being. This is one reason why spending time outside in the springtime is a great way to improve your mood! So if you're feeling down or have Seasonal Affective Disorder (SAD), getting out and enjoying the spring weather may be just what you need!

In addition to improving mood, sunlight also helps the body produce vitamin D. Vitamin D is essential for teeth and bone health, and it can also help improve mood and energy levels. This is another reason why spending time outside in the springtime is good for your overall health!

Another reason to love spring is the abundance of fresh fruits and vegetables that are available. This time of year is perfect for getting your daily dose of vitamins, minerals, and antioxidants from nature's bounty. Make sure to take advantage of all the delicious seasonal produce and incorporate it into your meals!

Some of the best fruits and vegetables to enjoy in the springtime include asparagus,



strawberries, blueberries, spinach, and peas. These foods are all packed with antioxidants and nutrients that can help improve your health and wellbeing. So, make sure to add them to your diet this season!

Another great thing about spring is the fresh air. Taking a walk in the park or spending time outdoors surrounded by nature can do wonders for your mental state. Exposure to fresh air and sunlight has been shown to improve mood, increase energy levels, and even reduce stress levels. Plus, getting some fresh air is great to clear your mind and reframe your thoughts.

So, if you're feeling stressed out or down, make sure to get outside and take a deep breath of fresh air. You'll be surprised at how much better you feel!

There are plenty of reasons to love spring, and these are just a few of them! This

season is a great time to get out and enjoy the weather while also improving your mental and physical health. So, make sure to take advantage of all that spring has to offer!



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‘Better Health: Rewards’

The ‘Better Health: Rewards’ bus was at SWB on Thursday 16th March 2023



The bus aims to promote better health for adults (18+) by giving advice and getting more community residents signed up to the App and tracking their health and fitness. As part of the programme, you can order a FREE fitness tracker and be rewarded by using the points you earn to:

- Food shopping
- Pay towards cinema tickets
- Days out



For more information go to

www.wolverhampton.gov.uk/health-and-social-care/health-and-wellbeing/better-health-rewards



Bid for National Lottery Heritage Funding

Ormiston SWB Academy (OSWB) opened in 2012 and as we have now been open for over ten years we decided to try and launch a project that would reach back in time to connect with other schools that were once in Bilston.

Our school stands on the site of Bilston High, which was once called Hall Green and before that, Stonefield. This school merged with Parkfield High School to eventually become Ormiston SWB Academy.

The project aims to capture the memories, stories and artefacts associated with these school. The risk is that these memories, stories and artefacts may in time be lost and those years the schools were open may become a distant memory to the many thousands of students who passed through their doors.

We want to find out more about the old high schools, connect with people and give something back to them.

The project will be FOR the former staff and students of old Bilston High schools BY the students here at Ormiston SWB.

Our aim is to have an open event to which we will invite former staff and students from the schools. We hope they will bring photographs, stories and memories that we can use to create a book and film charting the history of the schools. Our students will be interviewing people as part of the film.

The project is being driven by the Director of Performing Arts, Mr Gareth Kibby in association with Heritage Consultant, Peter Ralley who worked with Gareth on a similar project in Wednesbury.

If any previous students have any queries or want to share some photos, please contact Peter Ralley on **ralistudios@gmail.com**



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Every single National Trust Easter trail is different and celebrates nature, history and beauty. Follow winding garden paths or woodland trails to complete an activity sheet before claiming your prize.

Each National Trust Easter trail ends with a chocolate egg, or vegan and free from egg, made here in the UK using cocoa that's responsibly sourced from Rainforest Alliance Certified farms.

National Trust Easter egg trails cost £3 per child, plus normal National Trust admission/free entry for National Trust members.

To discover your nearest National Trust Easter trail, visit: www.nationaltrust.org.uk/easter

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Attingham Park, near Shrewsbury:
www.nationaltrust.org.uk/attingham-park

Make your way along the trail and find nature-inspired activities for the whole family. The trail takes place between 25 March to 16 April, from 8am to 5pm, with last trials sold at 4pm, so come along and explore the beautiful grounds of Attingham Park.

The price of the trail is £3 per child and includes a trail map, pencil, bunny ears and a chocolate egg

at the end. Booking is not required for the trail. If you would like a quieter trail we recommend coming on a weekday or before 10.30am or after 3pm. On weekends between 11am and 2.30pm the trail can get very busy.

Benthall Hall, near Broseley:
www.nationaltrust.org.uk/benthall-hall

Set off on your own Easter adventure in the garden at Benthall Hall. Discover what's new in nature at this time of year. Spring flowers are blooming and wildlife is waking up for the new season. Complete the activities and earn your chocolate reward. It's £3 to take part. Please book your car park space during the Easter bank holiday weekend.



Dudmaston, near Bridgnorth:
www.nationaltrust.org.uk/dudmaston

Discover what's new in nature this Easter at Dudmaston. Easter trails are available at Dudmaston Hall from Sunday 2 - Sunday 16 April (excluding Fridays and Saturdays); and in Comer Woods from 7 - 10 April. Trails are £3 each and include a prize.

STAFFORDSHIRE

Biddulph Grange Garden, near Stoke-on-Trent:
www.nationaltrust.org.uk/biddulph-grange

Get ready to spring into action with the annual Easter Egg Hunt at Biddulph Grange Garden. Follow the trail around the garden from 1 - 16 April, there are 10 activity stations for you to enjoy, including potting a seed to take home, cloud spotting and welly-wanging.

Once you have completed the trail and had lots of fun you can claim your chocolate prize. Easter Egg Hunt trails £3 each, includes a chocolate prize. Normal admission prices apply.

Kinver Edge and the Rock Houses, near Stour-bridge: www.nationaltrust.org.uk/kinver-edge

Find out what's new in nature this spring at the Rock Houses. Join us for Easter adventures from Friday 7 - Sunday 16 April. Follow the trail, complete the activities and collect your Easter Egg once you've finished. Activity sheet and Easter Egg cost £3 (normal admission applies).

Moseley Old Hall, near Wolverhampton:
www.nationaltrust.org.uk/moseley-old-hall

Come along and join the Easter fun at Moseley between Friday 31st March and Sunday 16th April. With your activity sheet in hand, discover the journey taken by Charles II in 1651 as you weave your way around the trail.

Once you have completed your adventure, go back to one of the friendly Easter helpers to collect your Easter egg.

Activity pack and easter egg £3. No booking required, normal admission applies.

Shugborough Estate, near Stafford:
www.nationaltrust.org.uk/shugborough-estate

Visit Shugborough Estate this Easter (1 – 16 April) for a fun filled Nature Adventure, with a chocolatey surprise. Follow our Easter Trail, and try your hand at being a weather presenter, getting



crafty or find the giant birds nest. Make sure you stop by the farmyard, where you may see some of our springtime Southdown Lambs or Dorking Chickens, and don't forget to head into the Gardens and Parkland so see spring blooms come to life.

WEST MIDLANDS

Wightwick Manor and Gardens, Wolverhampton:
www.nationaltrust.org.uk/wightwick-manor

Come and join our Easter adventures at Wightwick from 1 to 9 April 2023. There will be a fun packed activity sheet and a great selection of activities across the gardens for the family to enjoy.

Activity sheet with Easter Egg prize - £3 per participant, normal admission costs apply, no booking required.



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Kids' Page



Can you find all the chocolate bars hidden in the letter grid?

Aero
Boost
Bounty
Bueno
Caramac
Chomp
Double Decker
Freddo
Galaxy
KitKat

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

Lion Bar
Mars
Milkybar
MilkyWay
Snickers
Toblerone
Topic
Twirl
Twix
Wispa
Yorkie



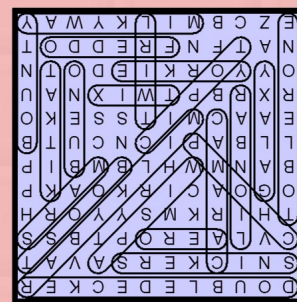
The answer to each picture clue is a popular chocolate treat. Can you solve them all? The first one has been done for you.



4. 5. 6.



Picture Clue Answers
1. Dime
2. Celebrations
3. Picnic
4. Minstrels
5. Time Out
6. Galaxy



Letter Grid Solution

Useful Telephone Numbers

Community Centres

Bilston	01902 552267
Lower Bradley	01902 552212
Lunt	01902 552324
Portobello	01902 654650

Emergency Services

Anti Social Behaviour Unit.....	01902 551188
(Out of hours emergency)	01902 552999
Police/Fire/Ambulance	999
Police (non emergency)	101
Crime Stoppers (anonymous)	0800 555111
Electrical emergency	0800 328 1111
Flood line.....	0845 9881188
Gas emergency	0800 111 999
Water emergency	0800 7834444

Health Organisations

Arthritis Action.....	0203 781 7120
Bilston Heath Centre	01902 444003
Bilston Sports Injury Clinic	07445 119139
New Cross Hospital (switchbrd)	01902 307999
NHS Non-Emergency	111
Woodcross Health Centre	01902 675588
Wolverhampton City NHS Trust.....	01902 553909

Local Councillors

Bilston East

Gillian Wildman.....	07971 837375
Rashpal Kaur.....	07976 882469
Stephen Simkins	07775 007989

Ettingshall

Beverley Momenabadi.....	07973 665182
Sandra Samuels	07775 007991
Zee Russell	07880 176838

Bilston North

Linda Leach.....	07771 836016
Olivia Birch	07590 804173
Phil Page	07931 316215

Help Lines/Others

Citizens Advice Bureau	03444 111 444
Childline.....	0800 1111
Nation Domestic Violence	0808 2000 247
RSPCA	0300 1234 999
RSPB.....	0845 1200501
Samaritans	116 123

Places of Worship

Bilston Baptist Church	01902 401430
Bilston Methodist Church	01902 402137
Bilston Congregational Church	07704 322807

Bradley Methodist Church.....	01902 402137
Christ Church, Coseley	01902 687283
Church of God of Prophecy	01902 497370
Excel Church	01902 498781
Guru Nanak Gurdwara.....	01902 496135
Holy Trinity Oxford St	01902 493459
New Testament Church of God	01902 498861
Shri Durga Wbhawn Hindu	01902 354081
St Chads, Bilston.....	01902 494776
Stowlawn Methodist/Anglican Church ..	01902 402137
St Mary's, Oxford Street	01902 496306
St Leonard's Church	01902 491560
St Martins Church Bradley	01902 546460
The Asian Evangelical Church	01902 353705
Word of Spirit & Life Baptist Church	07976 713716

Schools

Bilston C of E Primary	01902 558690
Christ Church C of E Primary	01384 818375
Field View Primary.....	01902 925701
Green Park School	01902 556429
Holy Trinity Catholic Primary	01902 240901
Hurst Hill Primary.....	01384 818845
Loxdale Primary.....	01902 558570
Manor Primary.....	01902 556460
Moorcroft Wood Primary School.....	01902 495943
Moseley Park Academy.....	01902 553901
Ormiston South W'ton & Bilston Acad ..	01902 493797
Stowlawn Primary	01902 556463
St Martin's C of E Primary	01902 925700
The Rosewood School	01384 816800
Villiers Primary School.....	01902 558993
Wallbrook Primary	01384 818985
Wilkinson Primary	01902 558971

Libraries

Bilston	01902 556253
East Park	01902 556257
Spring Vale	01902 556284
Wolverhampton Central.....	01902 556025

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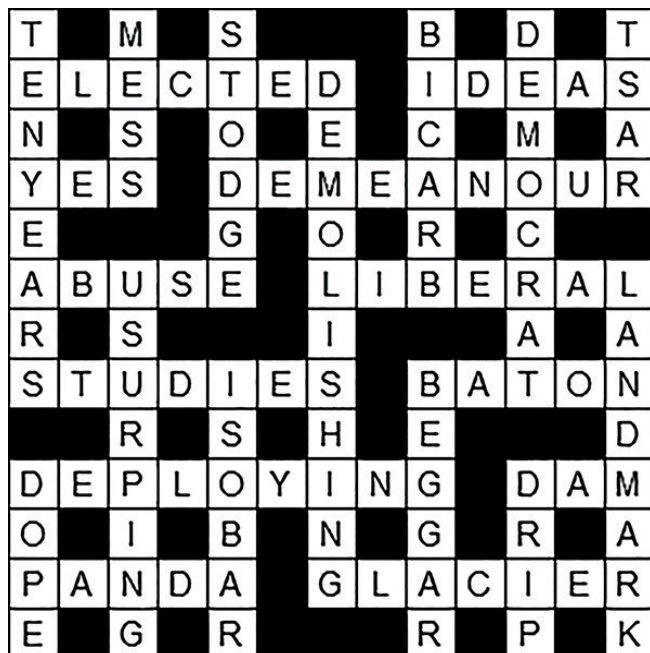
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Crossword Answers

From page 10



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Bilston
magazine

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