





June / July 2023



Wednesfield magazine FREE

Written in Wednesfield, serving the people and businesses of Wednesfield and surrounding areas

Moving house this Summer?

BELVOIR!

Property is personal

Thinking of Selling your property this Summer then contact us today for a Free Valuation.



We offer No Sale, No Fee and No Contract tie in... just results!

Keep this magazine until the Aug / Sept issue arrives!

















CSian, Computers

ONSITE REPAIRS

We Repair.

- Mobile Phones
- Tablets
- Laptops
- Computers
- Gaming Consoles





We also offer

Printing Photocopying Scanning

We sell

- Laptops Tablets
- Mobile Phones
- IT Accessories
- CCTV Security Equipment + Installation



New Opening Times

Monday - Friday: 10am till 4pm Saturdays: 10am till 1pm

15.6 inch laptops NOW in Stock!

Windows 10, HP, DELL, ACER, Toshiba

Suitable for school or university

ONLY £299.99

Sian Computers

16 Broadway, Collingwood Road, Wolverhampton WV10 8EB

www.laptoprepairwolverhampton.co.uk



01902 651698

Sian Computers

siancomputers 1@gmail.com

Cloudy2Clear, A Local Service, Saving You Money.

As a leading domestic glass replacement company for more than 16 years, Cloudy2Clear windows are the leading name in the industry. There is no need for you to risk your windows by using the dreaded double glazing cowboy down the street. You can join over 336,000 happy customers and replace your glass ethically and affordably. If you have a failed glass unit, it may not provide you with the protection you need or be as energy-efficient as it once was. Take a minute to check your home to see if any double glazing has failed? Taking action now can prevent future financial problems.

When talking to the Manager of Cloudy2Clear windows Brian Stanley it became clear that these values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of supporting the local community by providing a service that saves the public money.

The Cloudy2Clear service only requires the glass to be replaced and not the whole window once the unit has failed. Brian commented "Cloudy2Clear were able to assist our community through the last financial crisis in 2008 due to the savings that can be made in using our service. Unfortunately we might be going through something similar again soon and the public can rest assured that we will be there to help once again".

For a free quotation please call 0800 61 21 118 or visit www. cloudy2clear.co.uk.

Ask me about our fantastic Energy Saving Glass.



Have Your Windows Steamed Up? Replace the pane, not the frame! I really liked the fact that they were a local community run business" Janet Beard Faulty locks, handles or hinges?

Love Your Home - **Protect** Your Windows - **Save** Money

www.cloudy2clear.co.uk

WINDOWS

ZACK'S CUTZ

High quality hair cuts. Walk in or make an appointment.



23 Waddens Brook Lane, Wednesfield WV11 3SE Tel: 01902 733137

Like and follow us on Facebook and Instagram - Zack's Cutz

Open Mon-Wed 9am-6pm, Thur & Fri 9am-7pm, Sat 8am-5pm



Wednesfield magazine

Contents





- 6. Editor's Welcome
- 8. Elections Results
- 10. Crossword
- 12. Wednesfield in Bloom
- 14. Wednesfield Aces
- 16. News in Brief
- 19. Health & Fitness
- 22. Low Hill Community Centre
- 26. Kids Puzzles

- 28. Ricky Gervais Interview
- 30. Financial Advice
- 32. Trade Services Directory
- 35. National Trust Summer Events
- 40. A Midlands Meander
- 44. Ray Fellows' History
- 46. Useful Telephone Numbers
- 47. Crossword Answers







RUBBER ROOFING







EARLY SUMMER OFFERS

We stock EPDM membrane in 12 different rolls, from 4 different manufacturers. Rolls start at 1m wide up to 15m wide and we can cut any length in 100mm increments up to 30 metres long. Prices start at £7.60 m²

TIMBER

We stock many sizes of timber – all treated and graded from 3" x 2" up to 9" x 2" 4" x 3" wall plate timber firrings at 4.8m long RAILWAY SLEEPERS & DECKING - OSB

Sleepers - £15.85 plus VAT each Decking - £2 plus VAT per metre

UPVC & PLASTISOL TRIMS

We also stock roof edge trims in UPVC Plus a wide range of metal roof edge trims in many designs and sizes

UPVC RAINWATER GOODS

We stock a full range of rainwater products and fascias – hollow soffits at £10 Dry ridge kits - £27.50 each Dry verge x 3 colours £1.35 each

All prices plus vat



Please visit our new shop at

Neachells Lane (see the signs by the island) Wednesfield Wolverhampton, WV11 3QG

01902 602808 - 07816 349231

e: ukrubberroofing@gmail.com w: www.ukrubberroofing.co.uk

OPENING TIMES - Monday to Friday 7.45am -16.00pm Saturday & Sunday - Closed











Wednesfield magazine

Part of West Midlands Magazines Ltd Company No. 10452329 Registered office; 39 High Street, Wednesfield, Wolverhampton, WV11 1ST

PUBLISHER/EDITOR

Simon Archer Tel. 07534 603662

EMAIL

wednesfieldmagazine@yahoo.co.uk

COMPETITIONS E-MAIL

competitionswednesfield@yahoo.co.uk

LETTERS/NOSTALGIA

Send to; Wednesfield Magazine 16 Holberg Grove Wednesfield, WV11 3LE

Magazine designed and produced by Magazine Design UK

4 Wishart Drive, Fradley WS13 8GZ nicola@magazinedesignuk.com

Printed by **Buxton Press Limited** Palace Road, Buxton, Derbyshire SK17 6AE

Front cover photo is Wednesfield at night by Paul (Billy) Turner. To see more of his work just Google PTaerialphotography

The Publisher cannot accept loss, damage or omission caused by error in the printing of an advert or editorial. Adverts are accepted on the understanding that descriptions of goods and services are fair and accurate. The Wednesfield Magazine does not endorse any advertising material included in the publication. No part of this publication may be reproduced, stored in any retrieval system or transmitted in any form without the prior consent of the Publisher

Dear Reader,

Welcome to the June/July issue of the Wednesfield Magazine.

As I write this, we have just seen the new King crowned at Westminster Abbey. I think the general feeling is that the new monarch is not as popular as his Mother was, which could be partly down to the feeling that a Royal family is a bit outdated and partly because of the cloud still hanging over his previous relationship.

Personally, I think at the very least, there should be a major streamlining of those on the gravy train as it doesn't sit well with me, that there are millions struggling to keep a roof over their heads – or worse still, homeless - while the Royals discuss which castle to visit next.

Anyway, talking of extended families, I've been over to Norfolk to see some cousins, an Aunty and other relatives, many of who I haven't seen for 40 odd (I think that's donkeys') years. My parents were born and brought up in King's Lynn and Hunstanton and I have lots of memories of childhood holidays, visiting beaches, amusement arcades and funfairs. It really is a beautiful resort. Old Hunstanton's beaches are some of the best in the UK and for the Royalists among you, Sandringham is nearby.

The main reason for the visit, was to allow my 91-year-old Father, to see his old stomping ground and to visit his 86-year-old sister for the first time in over ten years. It's a bit far for him to drive now and neither of them are getting any younger, so it was quite an emotional moment when we left.

One of my other Aunties had eight children and we only managed to see two of them, this time, so another visit might be on the cards.....or maybe that's me finding an excuse to go back.

My new gadget, the scarifier, hasn't really made much difference to my lawn, although what didn't help is having a skip sat on the grass for two weeks longer than we had been promised. I'm thinking I'll need a complete returf, so that might be a job for one of my advertisers.

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 THEWEDNESFIELD MAGAZINE!

The next issue will cover August and September (doesn't time fly!) and will be out on 28th July, so if you want to be in it, please contact me by 7th July.

Enjoy your read!





"Top brands at trade prices why pay more"





A friendly family run company, installing the best branded product at trade prices. "Real Value for money is our promise to the customer".

UPVC Windows & Doors Bi-Folding Doors Composite Doors

Patio Doors

Conservatory Roof Conversions Aluminium Windows Residence 7 & 9 Casement Windows

Sash Box Windows at Trade Prices

Why settle for standard windows and doors - give Wednesfield Trade Windows & Doors a call today - "we can help you achieve the amazing"



01902 633355

www.wednesfieldtradewindows.co.uk

wtwd2012@gmail.com

Mon-Fri 09.00-16.00, Saturdays - by Appointment Only (please call Mon-Fri to book an appointment)

Office & Showroom - Unit 5, Spring Cottage, Neachells Lane, Willenhall. WV13 3RG



















Local Council Election Results

The Labour Party held on to power in the recent Wolverhampton Council elections, gaining three seats from the Conservatives.

This year, all sixty council seats were being contested and Labour now have a 47-13 majority.

There were many new names on the ballot alongside established councillors, with several soon-to-be former councillors who had stepped down, attending to cheer their colleagues on.

Turnout was low in certain areas, with Bushbury South and Low Hill seeing just 1,549 out of 9,476



eligible voters casting votes, just 16.35 per cent turnout, while Tettenhall Wightwick recorded the highest, with 3,523 out of 9,011 eligible voters casting a vote, with a 39.10% turnout.

Labour gained a seat in Wednesfield South, with Ciaran Brackenridge being elected alongside his father Greg as councillor.

See below for the elected councillors:



Wednesfield North – Turnout 25.35%		
Elected	Party	Votes
Mary Bateman Phil Bateman MBE Rita Potter	Labour Labour Labour	1151 1213 1153
Wednesfield South – Turnout 25.96% Elected	Party	Votes
Greg Brackenridge Ciaran Brackenridge Jacqueline Coogan	Labour Labour Labour	1213 1168 1167
Fallings Park – Turnout 21.93% Elected	Party	Votes
Steve Evans Val Evans Chris Burden	Labour Labour Labour	1079 1037 1061
Heath Town - Turnout 18.76% Elected	Party	Votes
Jaspreet Kaur Jaspal Milkinder Jaspal Jasbir Jaspal To advertise, please email simon@wes	Labour Labour Labour midlandsmagazines.com	873 903 910



We have a reliable, honest and highly skilled team of roofers, which enables us to offer you one of the most professional and cost-effective services throughout the West Midlands.

We offer the complete building service, from major refurbishment projects to minor repairs; from driveways and landscapes to all aspects of interior work. Not only are we competitively priced but we also provide you with peace of mind.

We also specialist in all kinds of home improvements

- 14 day cooling off period
 Free estimates
 No deposits
- £5 million liability insurance All work guaranteed Insurance Backed Guarantees













Roofing & Building Contractor of the Year 2021 - Wolverhampton

WOODEND CARPETS & FLOORING

291 Wood End Road, Wednesfield, WV11 1YQ



3 07747 661890

07375 590813

YERY ESTIMATES

Mon-Fri 08:30-17:00

09:00-15:00

Closed Sun



Crossword

9 8 10 11 12 13 15 14 16 17 18 19 20 21 22 23 24 25 28 27 28

Please see answers on page 47

Across

- Eastern European country (6)
- 4 Thin crisp biscuit (5)
- 8 Overhaul, modernise (5)
- Loudly, uproariously (7) Slim, lithe (7) 9 10
- 11 Skin irritation (4)
- 12 Top, cover (3)
- 14 Jealousy (4)
- 15 Type of goat (4)
- 18 Weep, cry (3)
- 21 Retort, riposte (4)
- 23 Guitar-like instrument (7) 25 Conceded, endorsed (7)
- Emaciated, cadaverous (5) 26
- 27 Black (5)
- Onset, arrival (6) 28

Down

- Church district (6)
- 2 Portable lamp (7)
- 3 In this day and age (8) Lament, moan (4)
- 4 5 Pass out (5)
- 6 7 Beat pattern (6)
- Growl, grumble (5) Spilled the beans, disclosed (8) 13
- 16 Assassinate, kill (7)
- 17 Four-sided shape (6)
- 19 Chum, mate (5)
- 20 Group of six (6) 22 Eskimo house! (5)
- 24 Rock rhythmically (4)

YOUR BATHROOMS

Splashing Out on a **NEW Bathroom?**

NO VAT TO PAY!*

WE PROMISE A PRICE WITHIN 48 HOURS OF OUR VISIT (Daytime and weekend visit are available)

DISABILITY SPECIAL

Are you having problems getting in & out of your Bath. We will remove the Bath & Fit an easy access low level round, square oblong cubicle, & Tiled inside. Supply a new replacement shower, A Folding Seat & Grab Rail

ALL FOR ONLY £2450.00





Experienced, Qualified Tradesmen
Own and Run This Company
All work completed in 5 days!



39 Lichfield Road, Wednesfield, Wolverhampton WV11 1TW

01902 861908

Showroom also at: Unit 4, Charterfield Shopping Centre, Charterfield Drvie,
Kingswinford DY6 7SH, **01384 287222**

SHOWROOMS OPEN 9am-5pm Monday to Saturday

* For qualifying cases

g EVERGREEN Wills Limited

t: 01902 921611 e: info@evergreenwills.co.uk w: www.evergreenwills.co.uk



Specialists in Wills, Property Protection, Probate and Lasting Powers of Attorney

Based in Wolverhampton, Emer Morris LLB (Hons), director of Evergreen Wills Limited has provided a will writing service in the area for over 15 years.

She is a member of the Institute of Professional Will Writers and has many satisfied clients and families in Wolverhampton, Dudley and the surrounding areas.

There are no forms to fill in. We listen to your needs and give advise based on individual circumstances. We visit you in your own home with the initial consultation being free of charge with no obligations.

As a small firm we are able to provide a personal service to our clients taking time to discuss your needs and wishes as an individual.

Wednesfield in Bloom Latest



At the time of writing early May we have just taken delivery of our plants from Westcroft Nursery on the Cannock Road, (we try to buy locally whenever we can) they were ordered back in November and it's a bit like Christmas looking over everything we bought and trying to remember what the planting scheme was going to be.

We will then begin pre planting the liners for the railing planters and put them undercover, so they have chance to get a bit bigger before then placing them around Wednesfield when all chance of frosts are gone.

Our annual plant giveaway will be on Wednesday the 31st of May, as this is during half term week, we will be encouraging children to visit us on our market stall to decorate and plant up a pot that they can then take home with them.

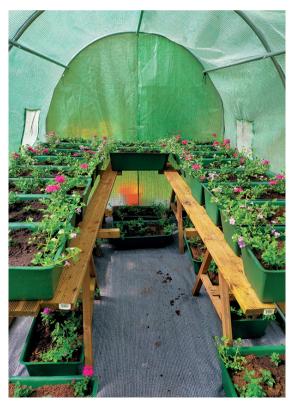
We are keen to develop an interest in plants and pollinators with our local children from an early age and are always looking at fun ways to nurture their enthusiasm. This year we are asking our local schools and nurseries to take part in judging day by making a scarecrow which can be displayed in the Village and at Ashmore Park, they should be made of recycled material and include some living plants, and we are looking forward to seeing what they come up with.

We are fortunate this year to have been approached by two different organisations who wished to sponsor a planter. Inner Wheel, and Jennings Funeral Directors have both donated £100, and we are using this money to pay for the plants in two of the tower planters in the amphitheatre.

Inner Wheel is an international women's organisation whose main aims are to promote friendship and encourage service to the community. If you would like further information about the group and where they meet, please contact their President Judith Blount on 07786 490075

We also want to thank Jennings Funeral Directors for their kind donation and hope to collaborate with them on other projects that benefit the community in the future.

Contact us via our Facebook page or give Julie a ring on **07904 573443** for more information.



Can you imagine this Dry Carpet Cleaning

Just say "NO" to wet carpets in your home



Picture this... in your home

Nice Fresh Clean Upholstery on Leather • Suede • Fabric





Fantastic service, my carpets came up like new, I would highly recommend them.

Mrs Cherry

Checkatrade.com
Where reputation matters



facebook.com/zdtWolverhampton



We also clean hard floors, tiles inc Grout, Kardean, Amtico and Wooden floors - Ask for a quote

Wednesfield Aces are Back

With the days getting longer and the weather getting better (some days anyway) Wednesfield Aces Cycle Speedway Club is back up and running for the 2023 cycle speedway season.

With our regular club members returning but also welcoming new members again this season the season is off to a good start. It has been great to keep developing our local youngsters in the sport with developing skills such as over and undertaking, gating and defending. Seeing these techniques progress the club hopes to have some more champions coming up through its ranks as these skills are put into action on monthly club race nights including our Easter Eggs-travaganza race night! A night of racing that resulted in some close racing and healthy competition and sibling rivalry as brothers Greyson and Miller drew on 16 points for the 1st spot and 3 riders were joint on 15 points including twins Isabelle and William! Was a great night enjoyed by all.

It is not only the youngsters that have enjoyed getting back on the track, but the Aces senior team has also opened the season with a new race formula and league with the first match taking place over at Leicester Monarchs Cycle Speedway Club where the Aces took the win following a very close match.

Getting the club off to a good start sponsorship from the Nisa Local shop situated on Ashmore Park, Griffiths Drive very kindly donated £500.00 to the club for this year. The club are beyond appreciative of this great donation which is going to advancements in the club's equipment and facilities as new seating stands are being finalised around the track. Thanks again to Nisa on behalf of Wednesfield Aces!

Training sessions will continue throughout the year and are open to anyone who can confidently ride a bicycle with no stabilisers. Training sessions are held on Tuesday nights from 6:30pm till 7:30pm.

For more information follow our social media pages Wednesfield Aces Cycle Speedway Club or our Instagram: @wednesfield_aces or contact us via email Wednesfield.aces62@gmail.com.



S EDWARDS

Roofing Specialists

"Keeping the warm in and the weather out"



SERVING THE MIDLANDS IN ALL ASPECTS OF THE ROOFING INDUSTRY

- ✓ Full re-roofs
- ✓ Flat EDPM (rubber) roofs/ orangery roofs
- Canopies/porch roofs/ lean to roofs
- Conservatory roofing conversions
- ✓ Fascia/soffits/guttering total replacement or capping
- ✓ Valley work/lead work/hip and ridge work

Free, no obligation quotes

Contact us:

07711 956110 or 01902 680515

sedwardsroofingspecialists@outlook.com | # sedwardsroofingspecialists.co.uk









News in Brief

Pickering Road Line Dancing



Would you like to join a line dance group in the Pickering Road Centre on Wednesday mornings from 10am till 11.30am – cost £4.

They recently had a little celebration for the coronation of King Charles.

Wolverhampton Sea Cadets – The Big Help Out



Wolverhampton Sea Cadets is one of 400 sea cadets' units nationally; we have recently celebrated its 80th year since it being incorporated in the Sea Cadets Corps which is operated nationally by the Marine Society Sea Cadets (MSSC).

The unit is looking to recruit new volunteers into a variety of roles including the Unit Management Team (Trustees are registered with the Charity Commission), Fund Raising, Cadet Training, Administration, Building & Grounds Maintenance. A flexible volunteering scheme is operated however we require a regular commitment of 4 hours per week, which will vary depending on the role, full training is provided including access to a range of activities with the possibly of gaining

nationally accredited qualifications. All volunteers are required to complete a DBS and on-line training modules.

If you currently have skills or wish to gain new skills and experience in any of the above roles and want to arrange a visit to meet the team, please contact us by email at wolverhamptonscc374@gmail.com.

Portobello Methodist Church, New Street (by Aldi)



Coffee Mornings fortnightly on Saturdays June 10,24, July 8,22 10.00-12.00 Hot and cold drinks, cakes and toasted teacakes on sale.

Friendship Club alternate Wednesdays June 7, 21 July 5, 19 2.00-4.00

Table Top sale June 24 from 10.00

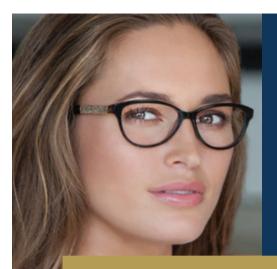
Boys' Brigade/Girls Association is a uniformed organisation which meets every Wednesday in term time from 6.00. Children of school age are welcome to join.

Hall available for hire for Children's parties, etc. ring **01902 654650** for details.

Ashmore Park Choir Concert

Ashmore Park Choir are performing a concert on 17th June, 7:30pm

St Alban's Church, Griffiths Drive, Ashmore Park. Tickets are £5 and there is everything from John Denver to Les Miserables.





BUST THE COST OF LIVING!

SINGLE VISION SPECS FROM £55
COMPLETE

BIFOCALS FROM £75

varifocals from £110

NHS VOUCHER HOLDERS BENEFIT FROM FURTHER REDUCTIONS ON ALL OUR FRAME RANGES

Enjoy our high levels of eye care and expertise at **Flint Optometry**, serving the people of Wednesfield since 1970 - NHS eye examinations, Emergency Eye Care Service, Advanced glaucoma testing, Digital eye photography.



Make the most of our special pricing offer for the winter!

Tettenhall 01902 422096

Wednesfield 01902 719850

Codsall 01902 719855 Brewood 01902 422096

VISIT OUR WEBSITE NOW www.flintandpartners.co.uk









SKR Construction Ltd

Your next door builder



- New Build
- Modern Extension
- Garage Conversion
- Driveways
- Kitchen
- Bathroom
- Roofs
- Ground works
- Fascia Board & Guttering







OVER 15 YEARS EXPERIENCE IN THE BUILDING TRADE

Phone us on **07861 734768** | Text us on **07576 688565**

- skrconstructionltd@gmail.com
 - SKR CONSTRUCTION LTD.









Health & Fitness

With Ben Mescam - Personal Trainer and Online Fitness Coach

As Spring moves towards Summer many of us will take steps to try and get healthier. But there are some common mistakes that people make when trying to adopt a healthier lifestyle.

Not Getting Enough Sleep

Evidence suggests that sleeping fewer hours each night leads to poor health and weight gain. Sustained sleep deprivation triggers changes in our hunger and appetite hormones which can lead to people feeling hungry more often when they're not getting enough sleep.

Sleep helps to reduce stress, improve energy, boost our immune system, reduces inflammation and weight management amongst other things. Long-term sleep loss is linked to dementia, heart disease, diabetes, and obesity. You can also add problems with your immune system, depression and anxiety, and ongoing pain to that list.

Ben's Top Tip: To improve your sleep quantity and quality, make sure you sleep in total darkness while avoiding blue light from mobile phones and devices for a few hours before bed.

Sitting Too Much

Many of us spend far too much time sitting all day indoors. The advent of homeworking has compounded this further with some people not even needing to leave their front room to start their working day.

If you do commute to work, perhaps you sit on the commute, sit all day at work and then come home to sit down some more before you do it all again. Higher rates of death from heart disease, cancer, and other health-related causes are linked to sitting for more than 6 hours a day.

But most of us could probably improve our health and mood by sitting less and spending an hour or a day outside in the fresh air and just enjoying the nature walking and exploring our local parks and green spaces.

Ben's Top Tips: Try and make a 15 min walk part of your daily morning routine as it will help your body and mind wake up and fire up every cell in the body. Break up your sitting spells with 1-2 minutes of walking every half hour.

Not Drinking Enough Water



As the average human body is somewhere between 45-75% of water, depending on your age, sex, body composition and fitness levels, it's important that we replace the liquids that we lose every day through breathing, sweating and pretty much every other bodily function. A massive 80% of people aren't drinking enough water with 20% of men and 13% of women not drinking any water at all.

Ben's Top Tips: As 20-30% of our fluids can come from food, so try and incorporate foods like seasonal fruit and vegetables into your diet.

Things like apples, pears and plums are great as well as lettuce, cucumbers and tomatoes and cress. As most of us wake up dehydrated start drinking a large glass of water in the morning as part of your routine.

Massively Overestimating Calories Burned During Exercise

Studies find that most people overestimated the number of calories burned in an exercise session by three to four times. This critical mistake led them to consume almost triple the calories they burned during exercise which meant their health did not improve.

While regular exercise has been proven to be even more effective than medicinal treatments for many common health problems, including diabetes, high blood pressure and depression, exercise alone is unlikely to be sufficient in achieving significant long-term health outcomes. So, just because you've spent time in the gym, running or swimming doesn't automatically mean you can treat yourself to whatever you want. For example, a chocolate bar or single slice of pizza can completely erase an hour's worth of physical exertion.

Using 'Healthy Diet' Products

Stocking up on 'diet'-food products is one of the surest ways to fail in your mission to get healthier and lose weight. Eating 'low fat' food products may seem like a no brainer – but don't be fooled. To compensate for the fat that's removed, other ingredients are usually added to make the food taste like its full-fat counterpart.

These added ingredients don't replace the lost nutrients, however, so you just start craving more food, even though you've just eaten. Even with the best of intentions, you end up eating more than you would have if you'd just eaten the full-fat version in the first place.

Sugar is another culprit in low-fat 'diet' products. Even foods generally considered healthy, such as yoghurt and tomato sauce, are full of extra sugar, resulting in more cravings and usually more consumption.

Ben's Top Tip: Make avoiding diet food products your priority, and focus on eating plenty of vegetables, fruit (fresh or frozen), grains and pulses.

Not Eating Enough

While drastically cutting calories or skipping meals may seem like a quick fix for getting healthier and losing weight, under-eating can sabotage your efforts to shed those extra pounds.

Ben's Top Tip: Getting healthier rarely comes quickly. If you want to achieve long-tern sustainable results adopt the motto 'slow and steady wins the race'. This means making small, gradual changes to your daily lifestyle habits that will enable your new habits to easily become the new normal.

Cutting Out Entire Food Groups

Many popular 'fad' diets instruct people to cut out entire food groups, such as fats or carbs. Carbohydrates are often blamed as a cause of weight gain, with "no-carb" diets becoming all too common. While it's true that refined carbohydrates like sugar and white bread and many.



many processed foods can spike blood sugar and lead to weight gain, complex carbs such as wholegrain rice and quinoa, are in fact very healthy.

Another major concern in eliminating entire food groups is the risk of developing nutrient deficiencies, such as a lack of dietary fibre or protein. Unless you have an actual food allergy or intolerance, be wary of embarking on any diet that requires you to ditch important staples of a healthy balanced diet.

Ben's Top Tip: Instead of cutting out entire food groups, try swapping out specific unhealthy elements of these groups for healthier alternatives. For example, replace white bread, pasta and rice with their wholegrain counterparts; swap the unhealthy fats in processed foods with avocados and nuts.



Ben Mescam is a Certified Health & Wellbeing Coach helping people become healthier by improving their habits.

For a completely FREE chat about improving your health call Ben on **07876 493 125**.

QUALITY TURF & SOIL

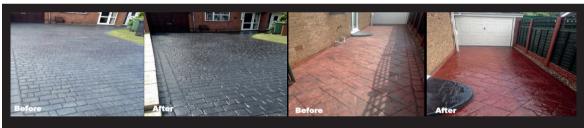
OPEN 7 DAYS A WEEK

- ✓ Turf
- ✓ Compost
- ✓ Top Soil
- Building Materials
- Decorative stones and gravels
- Building sand Concrete sand
- Cement Postmix Driveway grids
- Gas bottles and much more





27 Essington Road, New Invention, Willenhall WV12 5DW 📞 07417 521192



Breathe new life into your old, printed patterned concrete driveway or patio

Is your driveway looking faded and worn?

If so, we can revive and protect it with 2 coats of high quality lacquer, with anti-slip agent included; plus colour top up.

With 25 years+ experience what are you waiting for? Give us a call today!



For a free no obligation quote call or message Bryan on 07709 921163

Low Hill Community Centre



Low Hill Community Centre, opened in 1937as a Community Hall, and was built on the original grounds of Low Hill Manor.

It became known as the Community Centre from 1950 and was run by volunteers from the local area. The centre was managed for many years by local Councillor Chris Laws and his wife Dora.

Current Chairman, Tony Blakeway, joined the centre in 1991, having previously run the Magic Gardens in Leacroft Avenue and was also Chairman of the Moreton Community Association.

In the following years, Tony and the rest of the volunteers, set about attracting funding from various sources, to make the necessary changes in order to attract local groups, clubs and visitors.



As Tony says, "At that time, the centre was in need of significant investment in order to improve the facilities." This was very successful, with money coming in from the European Social Fund and the Local Council amongst others.

In 2004, the centre closed for 18 months, to enable work to take place to bring the centre up to the required standard.

Fast forward to today and the centre is flourishing with a busy schedule of activities, such as bingo, karate and tai kwan do lessons, worship groups, NHS help groups, pensioners groups along with many birthday and special occasion parties.

In 2013, the centre with the help of the city council acquired £70,000 to bring in an automated seating system, which has 128 seats, increasing the capacity to 220, creating a theatre and conference room which is used by many of the groups and local schools.

The centre is now home to a Community Shop, which has a range of food and household items. This was set up in partnership with Wolverhampton City Council to aid families in the current financial crisis. The shop is open to all local residents, no matter what their status or financial circumstances. It's open Mon to Thurs (various times – please check the website for details).



The centre, now known as Low Hill Community Centre, is open seven days a week, and whilst there are many groups already using the facilities, The Committee are keen to attract new groups to fill in the gaps during the week.

Tony and Vice Chair, George Marston, are keen to point out, that they couldn't do this without the support of the committee, who are all volunteers and undergo regular training sessions in matters such as health and safety and health and hygiene, to ensure the centre is compliant with legislation.

For more information on the facilities, costs and availability, visit their facebook page Low Hill Hub, the website, www.lowhillhub.com or email fine.lowhillca@wolverhampton.gov.uk or ring, 01902 552 312.



Looking for a venue for...

Children's Parties •Classes & Events
•Meetings & Conferences •Sports Activities
•18+ parties •Wedding celebrations •Birthdays
•200+ seat theatre for hire

Free wifi, sports hall, changing rooms, kitchen, disabled access



Get in touch 01902 552 312

fine.lowhillca@wolverhampton.gov.uk

Reduced rates for charities & community orgs

For room photos and hire charges see www.lowhillhub.com











AFTERNOON TEA FOR TWO

A selection of finger sandwiches, savouries and chef's dessert treats Available Wednesday to Saturday 12pm to 4pm

For full menu please go to

www.yeoldetollhouserestaurant.co.uk

25% OFF

Three Course Evening Meal with house drink

- £30 per person*

Available 5pm to 8.30pm Wednesday to Friday

Bookings are essential on **01902 605575**











⇎









Special Offers at Ye Olde Toll House...



Wednesdays - Gourmet Burger Night and a house drink - just £15 pp

- -6oz beef pattie, smoked bacon, mature cheddar cheese
- -Crispy chicken with brie and caramelised onion
- -Salmon & avocado, lemon & garlic aioli
- -Lamb burger, feta, blue cheese, and mint mayonnaise All burgers come with beer battered onion rings and seasoned fries



Thursdays - Two Steaks and a bottle of house wine - Only £40

- -10oz Gammon Steak
- -8oz 21 day aged Hereford Sirloin Steak
- -8oz 21 day aged Hereford Ribeye
- -8oz beef fillet (£7.50 supplement)
- -16oz T-Bone (£9.50 supplement)

All our steaks come with triple cooked chips, beer battered onion rings, baked tomato and garlic button mushrooms. Available from 4pm to 8.30pm



Fresh Fish Fridays - 25% off our fresh fish specials board

Example starters - Pan roast, Cornish scallops, lobster prosecco bisque, steamed mussels. Example mains - Luxury surf & turf, 6oz fillet steak with garlic grilled lobster, salmon, sea bass, halibut, dover sole, monkfish Available from 5pm to 8.30pm. All subject to availability.

Terms and Conditions Not available with any other discount offers; Blue Light Card, Groupon etc

Ye Olde Toll House

tel: 01902 605575 **mob:** 07565 641128

40 Walsall Road, Willenhall, West Midlands WV13 2ER

www.yeoldetollhouserestaurant.co.uk







 \bigoplus







Wildlife in Wednesfield

About 3 weeks ago I found myself awake at 5am and unable to get back to sleep, dressed and took myself for a walk along the canal.

It was one of those mornings when there was mist along the surface of the canal and you just knew it was going to be a lovely day. There were plenty of coot and moorhens calling, a few quacks from some sleepy ducks and then, suddenly, a flash of blue as a kingfisher sped away in front of me.

Although I didn't see it again, that flash of iridescent blue gave me such a thrill, it lifted my whole day.

And here's an interesting fact about kingfishers; the lower part of the bill on the female is pink and on the male it is all black! The one below is female.



Kingfishers are of course one of our most colourful birds, but at this time of year there are many other birds who colours can run them a close second. Some of these birds are quite drab in the winter so that they blend better with the duller colours of the countryside, but in Spring they are looking for mates to breed with.

If you feel inclined to walk across the Linthouse fields look out for linnets, yellowhammers and the summer visiting whitethroats in the hedgerows and field margins, and of course swallows, skimming across the tops of the crops. All provide a colourful accompaniment to a walk in the sunshine. I especially enjoy watching male yellowhammers sitting at the topmost point of a hedge and singing their 'little bit of bred and no cheese' song.

Many of the finches and buntings are particularly colourful and easily seen locally. Take a walk

through Fibbersley Local Nature Reserve and there's a good chance that you will see bullfinches and chaffinches, possibly a greenfinch if you are lucky or a Reed Bunting, the male of which is a very handsome brown, grey and black.



So, it is a very colourful time of year for our feathered friends and there are plenty of other colourful birds to look out for in the garden. Starlings seem to be very plentiful this year and are easily tempted close to windows. Just take a look at the adults shimmering green and their star markings; absolutely beautiful.



Well, that's it for this issue, so don't forget to look up, look down, look all around and keep enjoying our wildlife.

Dave H - wildlifeinwednesfield@google.com

Still having a laugh

He's the celebrity that celebrities avoid, and one of our finest exports.

Many regard Ricky Gervais a national treasure; a select few consider him a national disgrace. Either way, it's hard to avoid the magnitude of the man. In his typical black t-shirt and jeans uniform, the actor, stand-up comedian, writer, producer and director is a melange of passionate sentiment, delivering fixeyed intensity followed by a howling hyena cackle.

A one-time aspiring singer and band manager (he looked after indie outfit, Suede, back in their earliest incarnation), Ricky flitted around the bounds of entertainment with guest spots on Channel 4's The Eleven O'Clock Show before landing pay dirt with self-scripted mockumentary series The Office.

An overnight household name, the gritty comedy launched an unstoppable career.

Follow-up series Extras, parodying the movie industry, was another smash hit, featuring A-list contributions from Kate Winslet, Ben Stiller, Patrick Stewart and Samuel L. lackson.

It was the perfect introduction into Hollywood, and he went on to star in a series of big budget comedies - Sky Kids, Ghost Town, Night At The Museum, The Invention of Lying and The Muppets. Some topped the box office, others crashed

and burned badly, yet all of them satisfied in Gervais a yearning for originality and creativity, and that flame has never lessened in its

RE

intensity, even in returning to small screen projects such as Life's Too Short, Derek, Special Correspondents and the recent After Life, which garnered rave reviews.

No matter what he takes on — his Netflix project SuperNature last year brought him back to the brilliant stand-up he is renowned for — Gervais, who lives with long-term partner Jane Fallon, is a bastion for freedom of speech and common sense. He has unapologetic honesty that permeates every conversation, whether discussing the "scourge" of religion, or admiring the majesty of the

natural world, or calling out nationalities, races, genders or persuasions, Gervais takes offence at people being offended.

"It's a disease that's getting worse," he says. "It's not healthy and it's not even real. Most of the people who claim to have taken offence by a statement someone makes on Twitter are

actually some of the most offensive people I have ever encountered," he laughs.

As for where 2023 will take this creative powder keg. "As always, I have a few things on the go. I've had time to sit back and raid all those little nuggets of ideas that have been scattered in the back of my mind for too long. Some are pretty good and deserve fleshing out a bit, others are rubbish.

"The challenge is always to keep trying, keep things original, keep the creative processes rolling, and stay ever so slightly controversial!"

Every life is *unique*, and every goodbye can be too.

Create a funeral with us that's right for you and for them









Call us on **01902 954454**Find us at 22 High Street, Wednesfield,
Wolverhampton WV11 1SZ

central COOP

Visit our website at www.centralcoop.co.uk/funeral

Willenhall Based Will Writer Jim Stanistreet, From BensonWilliams, On Potential Issues Caused by Previous Relationships



A number of years ago I wrote a will for a man who had five children from four different women. The most recent of them (over twenty years his junior) was his current wife and the mother of the youngest child, although they were now separated but not divorced. First things first I wasn't quite sure whether I was supposed to be disgusted or jealous, but his circumstances did open up several issues from a Will writing .perspective.

My first question to him was whether he owned property jointly with his wife (and indeed with any of the previous women) or whether his assets were solely in his own name. Jointly held assets pass automatically to the surviving owner when one dies, so we have to be careful to ensure that assets are "severed" if this is not what a client wants.

Next was the issue of dependency. Statutory law does allow his wife, all three of the previous women, and any of his children, to claim against his estate if they can demonstrate a level of financial dependency which his Will fails to recognise.

No two cases are ever going to be the same on this one, and the success of a claim will come down to the specific circumstances, but our conversation had to be quite detailed to establish levels of dependency and his ongoing financial obligations, if any, to his children and their mothers.

Following on from this we also had to discuss his own personal views on the matter. He was still very close to some of the children, but others had distanced themselves from him. One was estranged altogether, and they had barely seen each other from birth. In the light of this it is perfectly normal that he may wish for some children to inherit more than others, or for some of them not to be mentioned in his Will at all.

Clearly this case was an extreme example, but it is very common these days for people to have been in more than one relationship, and to have children from their previous relationships.

Doing nothing can lead to unwanted claims against your estate and disappointment for those closest to you.

Getting your paperwork in order now will ensure that, whilst adhering to any existing financial obligations you may have, your own wishes are met and your family are protected.

For more information you can call **07789520910** or email **info@bensonwilliams.co.uk**.





Flowers for Life's Important Moments





16 Market Place, Willenhall, West Mids WV13 2AA

Opening times: Monday to Friday 9-4.30, Saturday 9-3

Tel: 01902 632920

www.buttercupsanddaisies.co.uk

KST Accountancy LLP™

Looking for a local Accountant?

Need help with:

- Personal Tax Return
- Company Accounts
- Partnership Accounts
 - Bookkeeping
 - Payroll

KST Accountancy LLP can help.

- Fixed Fee's.
- Free consultation.
- Special offers available for referrals.

Contact us: 01902 630877

info@kstaccountancy.co.uk www.kstaccountancy.co.uk Graphic House, Willenhall, WV13 2BG

Price Buster! 5 Vertical or £299! Roller Blinds



Any Size Windows

72" WIDE

Blinds over 72" count as 2 Blinds

Fully Measured & Fitted!

Add Extra Blinds from Just

£60!



GAILS BLINDS 01902 752450

Showrooms at Stand 57 Bilston Indoor Market and

23 Springvale Ind Est Union Street Bilston



Replacement Slats! Save £££'s with a simple 1-2-3!



1 Bring your old slat to the Market

We'll measure your slat
 Pick your new fabric and we'll

make up your new slats in 5-7 days









Made in the Black Country Over 30 Years Experience 1000's of Satisfied Customers!



Full heating systems
Boiler changes Servicing Bathrooms
Landlord gas safety checks

Tel: 07984 253307 Email: dbgas83@yahoo.co.uk

C&N Electrics

NICEIC Registered and Part P Approved

18th Edition 2nd Amendment Electrical Contractor

Carl Tomlinson c.tomlinson1988@hotmail.co.uk

Domestic, Commercial, Industrial, EV Chargers and EICRs all Undertaken

Call for a FREE quotation

01902 590479 07411 184436

Rainbow Plumbing and Bathrooms

Professional service for all your jobs, large or small.

Call the MAN THAT CAN

Tel: **01902 250444** Mobile: **07824 633323**

email: paulhodgson35@hotmail.co.uk

DP Plumbing & Heating

Domestic & commercial plumbing, heating & gas appliances.
We do servicing, breakdowns, installations and upgrades, with 20 years of experience.



Contact no: 07772 878573, 01922 449238

Email: dnpearson&ymail.com



Ashmore Glass & Mirrors Ltd

Window Repair Service





Condensation in your double glazing?

We have the answer!

LET us keep you in the frame. Upgrade your old windows to :-

- New Energy Efficient
- Glass units. (A Rated)

We can change:-

- Window locks
- Door locks
- · Steamed up double glazed units
- Mirrors
- Shelves
- Security upgrades
- · 24 hour lock smiths
- Broken Hinges

Please call for details: Wolverhampton - 01902 488334
Walsall or Willenhall - 01922 400029
Freephone - 0800 980 9620

Units 17, 18, 19, 29, 30 Essington industrial Estate, Bognop Road, Essington WV11 2BA



























nan

www.randgsatelliteservices.com

Satellite

Digital Aerials

Multi-Room

Alarms • CCTV

All types of work undertaken

Please call Gary on 01902 519221







Ne offer a range of services to suit your needs, including:
Exterior window cleaning
Interior window cleaning
Fascia and soffit cleaning
Gutter cleaning

Gutter cleaning
Pressure washing
and more!

FREE QUOTE AVAILABLE

07752 345609

wwc.service@yahoo.com

Rob Peers

Decorating Services

City & Guilds Free Quotation

No Job Too Big or Small

For a fast reliable service, call

Mob 07946 375347 Home 01902 683821







ENDOSCOPIC EARWAX MICROSUCTION

Safe & effective earwax removal using latest endoscopic technology. Guaranteed same day service.

At our clinic or in your own home

T: 01902 918843 | M: 07897 832997

E: earwaxdoc@gmail.com

W: www.earwaxdoc.co.uk



like us on | facebook

Family run business established 2003

We provide a professional supply and installation service of excellent quality window blinds to suit your budget.

Tel: 01902 656688
Email: abstractblinds2017@gmail.com
Website: abstractblinds.co.uk

Proud to have over 100 5* star reviews showcased on Best of Walsall.

Advertise your domestic service in this section from just £30.

For more info, e-mail wednesfieldmagazine@yahoo.co.uk or ring 07534 603662

Wednesfield magazine





- ALL WORK GUARANTEED
- FULLY INSURED
- FREE QUOTATIONS & ADVICE
- VISIT OUR WEBSITE AT:

www.rlroofline.co.uk

- NEW ROOFS
- ROOF REPAIRS
- FLAT ROOFS
- DRY RIDERS
- VERGE SYSTEMS
- RUBBER ROOFS
- CHIMNEY REPAIRS
- REPOINTING
- JET WASHING

GUTTER CLEANING FROM £29

CUSTOMER SATISFACTION - 100% GUARANTEED

Checkatrade.com

Sister company with



Mobile:

07308 514279 FREE Phone: 01902 275554

Email:

rlrooflinelandscaping@gmail.com

Website:

www.rlroofline.co.uk













Oynamic Arches **4** 0121 293 2063

■ 07498 147298

dynamicarches@gmail.com



All products are available in any size, shape or colour.

All manufactured on site.

Over 25 years experience in the industry.

10% OFF

when you mention this advert

Enjoy a Summer of Fun and Activities with the National Trust

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



With the promise of warmer weather arriving, now is the perfect time to explore the outdoors and find a nice spot to relax in the gardens. Follow the knitted blossom trail until 29 May, made by Wightwick's talented volunteers, and learn some facts about blossom before admiring the real thing in the orchards

Until the end of May, spectacular blossom displays can be seen throughout the gardens at Wightwick. Why not take a stroll through the orchards, see the varied fruit blossom of the apple trees and venture up into the Kitchen Garden where more fruit varieties grow showing the diversity of colour in the blossom.

Celebrate World Bee Day on Saturday 20 and Sunday 21 May, 11am – 2pm and have a go at making a wildflower seed bomb to attract bees to your own garden, or will you be buzzing around in bee headgear you've made yourself?

This May half term, bring along the family to have a go at one of our craft activities and try some of our outdoor games. On Tuesday 30 and Wednesday 31 May, 11am – 3pm, join in one of our craft sessions; those with green fingers can plant a seed using peat-free soil in a paper pot to take home and grow, or why not make your own animal mask to wear. Families can also have a go at some of our outdoor games, such as sack racing, tug-of-war, egg and spoon race and much more! Follow us on Facebook to find out more. All family craft sessions are £1.50 per crafter, normal admission costs apply, no booking required.

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



May half term at Moseley Old Hall

Join us from Saturday 27th May to Sunday 4th June for our family Elf and Fairy trail – the Goblin King has taken the elves and fairies from their homes and you must solve the riddles to free them and claim your prize.

As well as the adventures that await in the woodland with the treehouse, den building and mud kitchen, there will also be traditional lawn games for all to enjoy throughout the week (weather dependant).

The trail will cost £2.50 per trail to include sheet, pencil and a prize. Normal admission applies. On Monday 29th May we will also be celebrating Oak Apple Day – the day that Charles II returned to England in 1660 and the monarchy was restored.

Duddmaston Estate, near Bridgnorth: www.nationaltrust.org.uk/dudmaston

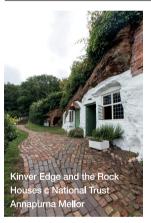


Plant a seed at Dudmaston

Get green fingered at Dudmaston this May half term. Plant a seed, take it home and watch it grow. Complete 'No.41 Help a Plant Grow' from the National Trust's 50 things to do before you're 11 and ¾. A range of different seeds will be available and we'll tell you how to take care of your plant as it grows. £2 to take part plus admission fees. Free entry for National Trust members. Please note that Dudmaston Hall is closed on Fridays and Saturdays.

Dudmaston After Hours, 21 June 5.30pm (summer solstice)

Spend the longest evening of the year at Dudmaston. Visit after hours and see the garden and galleries in a different light. Top off a relaxing summer's evening with some food and drink from the Orchard Tea-room. The Ronnies, a vocal harmony group, specialising in the sounds of the 1940s, will perform in the Orchard at 6pm and 7pm. Free entry for National Trust members or £6 for non-members. Booking essential via the website.



Kinver Edge and the Rock Houses, near Stourbridge:

Details on Forest School Sessions | National Trust

www.nationaltrust.org.uk/kinver-edge

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



Blossom at Shugborough

Until 4 June, visit the Blossom inspired art installation created by ProteanArt with the help of local community groups.

The installation has been created using recycled materials to reflect the Blossom around Shugborough Estate.

Each letter, forming the word BLOSSOM, will be in various locations to spot around the estate.

Outdoor Cinema with Adventure Cinema Join us here at Shugborough Estate for a mix of outdoor cinema experiences for all the family:

- Fri 19 May 2023 at 20:00 22:00 Top Gun: Maverick Outdoor Cinema with Adventure Cinema
- Sat 20 May 2023 at 11:30 16:00- The Greatest Showman Outdoor Cinema Sing-A-Long
- Sat 20 May 2023 at 18:00 22:00 -Mamma Mia! ABBA Outdoor Cinema with Adventure Cinema
- Sun 21 May 2023 at 11:40 15:45 -Encanto Outdoor Cinema with Adventure Cinema
- Sun 21 May 2023 at 18:00 22:00 Grease Outdoor Cinema with Adventure Cinema

Booking is essential via the website.

With 900 acres of estate to explore there are new adventures to experience every time you visit. You can follow a circular walk from Park Farm that leads back to the car park via the hill to Hadrian's arch. There are great views over the parkland, and the hill to Hadrian's arch is perfect for rolling back down again. Look out for the blue and red bridges on the circular walk through the gardens and arboretum.

This natural play area inspired by ocean-faring patron, Admiral George Anson, is filled with fun things to do like a zip-wire, climbing logs and a climbing wall.

Park Farm

The working model farm is home to the Southdown sheep and Longhorn cattle that graze the parkland. They are often out and about across different areas of the estate so look out for them on your walk. There's also a large coop containing Dorking chickens within the farm yard itself.











BACK AGAIN FOR 2023!

SAT 12TH / SUN 13TH AUGUST BENTLEY BRIDGE MOORINGS, WEDNESFIELD

NEXT TO THE NICKELODEON PUR

11AM - SPM ALL WEEKEND

- CANAL BOATS
- CHARITY STALLS
- OUTDOOR BAR
- DJ NIEL JACKSON
 AND MORE!
- LIVE MUSIC
- HARRY JONES FAIRGROUND
- KIDS ACTIVITIES

LIVE MUSIC STAGE BOTH DAYS 12PM - 5PM

SEARCH FACEBOOK FOR WEDNESFIELD CANAL FESTIVAL FOR MORE INFO

#WFIELDCANALFEST











Little Italy Deli

- ◆ Hundreds of authentic Italian Wines
- Cheeses ◆ Olives ◆ Meats ◆ Pastas
 - ◆ Coffees ◆ Breads & Much more
 - Wholesale Prices

FRESH, AUTHENTIC ITALIAN CUISINE

Spend £25 receive a FREE bottle of wine

Offer valid until 31st July 2023 on production of this advert



A Midland Meander

By Brian Rance



Author Brian Rance has published a book, which reveals his walks around villages and hamlets in Staffordshire, Warwickshire and Worcestershire, towards the end of the of pandemic.

Following on from Brian's previous escapades, this ramble of 150 miles circumnavigates the West Midlands conurbation. Being closer to his home in Birmingham and partly undertaken over two covid ravaged years, this walk is a testament to the author's resilience and determination to complete the project. In this book, in travelogue-style, Brian shares his experiences of walking around the built-up area in a clockwise direction.

Brian delights in sharing anecdotes with his readers gleaned from various observations and encounters on the journey. A Midland Meander is an examination of the geography, geology and landscape, the history, the people and places of this heart of England, ranging from the River

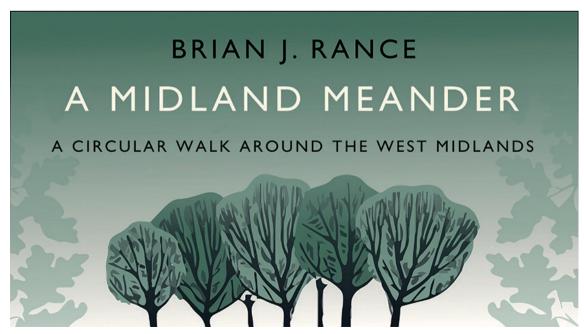
Severn to the River Tame.

Typically he would walk around six to ten miles a day. He adds, "I used to walk further but now in my 70's I prefer to amble and take in the sights rather than cover the ground."

It's also not a testing route for those less able. As Brian puts it, "The South Staffordshire countryside is a gently undulating plateau. Only Cannock Chase could be described as hilly."

Visit www.bookquild.co.uk for more information.





AUTO KEYS

Trade enquiries welcome

BILSTON MOTOR SPARES

REMOTE REPAIRS
AT LOW PRICES

Telephone: **01902 497598** | WhatsApp: **07443 084500**

Email: 1forparts@gmail.com

57 High Street | Bilston | West Midlands | WV14 0EZ

www.bilstonmotorspares.co.uk

VEHICLE DIAGNOSTICS WITH REPORTS - FROM £30



We can save you money!
...compared to main dealer price

- Remote & Key Repair All Makes & Models
- **⋖** Key Cutting **√** In-house Supply & Re-program

E.ARROWSMITH & SON

All roof & property repairs

- Rubber & felt flat roofs
- Chimneys pointed & repaired
- Ridge & Apex Tiles re-bedded
- Valley repaired or replaced
- UPVC fascia, soffits & guttering
- Dry Verge
- Guttering replaced or repaired
- Public liability insurance £1m



For your FREE ESTIMATE call 01922 477754

No job too small • 185 Broad Lane, Essington, WV11 2RH





Are you looking for a venue for a celebration party, meeting, event or long-term hire? Then why not come and have a look at St Thomas' Centre

- Room hire for all occasions
- Competitive rates
- Centrally situated in Wednesfield
- Available 7 days a week
- Fully equipped kitchen facilities

For more details and enquiries on how to book please contact Margaret Walker on 01902 723310 or email wednesfieldteam@gmail.com





Get MORE LOCAL Customers!











Advertise your business in over **60,000** magazines printed and distributed every two months

Ring Simon on 07534 603662 or email simon@westmidlandsmagazines.com

Memories of Our Wednesfield

Local Historian Ray Fellows looks back at The Coronation of Her Majesty Queen Elizabeth II



Local Historian Ray Fellows looks back at the Coronation of Her Majesty Queen Elizabeth II and the Street parties and Carnivals that took place in Wednesfield. Victoria Wright got in touch to tell us about Wodensfield 90th Year Time Capsule.

The Coronation of Her Majesty Queen Elizabeth II took place at Westminster Abbey on Tuesday June 2nd 1953 and of course, typically for Britain it rained on the day.

The Queen celebrated her 96th birthday with family and friends on 21st April 2022.

Thursday June 2nd 2022 marked the Platinum Jubilee of Her Majesty Queen Elizabeth II being the 70th Anniversary of her accession to the throne on the 6th February 1952.

King Charles III's coronation took place on Saturday 6th May, 2023, alongside his wife, Camilla, Queen Consort, at Westminster Abbey.

Coronation Street Parties

Many streets in Wednesfield held Coronation day street parties, Mattox Road held theirs on Monday June 1st 1953 at 3.00.pm. Each child received a mug filled with sweets, the streets were floodlit after dark and dancing took place in Mattox Road, all the good work had been done by the families; Butler, Long, Essex, Newton, Turner, White and Rose.

Mr and Mrs Hadley and staff of the Cross Guns Pub, held a party for the customers on the day, and also held a party for the children on the following Saturday.

The customers of the Castle Pub made a

grand effort to give some 130 children a party which was held at the pub, by kind permission of Mr S. Hargreave, the licensee, on Saturday, May 30th. The committee, which consisted of Messrs Rumford, Hancock, Buckley, Parker and Mr F. Peplow, left no stone unturned in their efforts to give the children a good time.

Coronation Carnival

On Saturday, 4th July 1953 one of the largest and most successful Carnivals ever held in Wednesfield took place on the King George V Playing Field. The colourful procession which toured over four miles of the Urban District included 26 Tableaux, 3 bands, the Standard Motor Works Pipe Band, the North Staffs Regimental Band and the Church Lad's Brigade. One of the most entertaining members of the procession was the King of Mirth, Mr. J. Leighton, of Wood End Road.

The Queen of the Carnival, Miss Margaret Higgs, of 14, Woden Crescent rode in state with her retinue. The Herald was John Fletcher, the Maids of Honour, Christine Brooks and June Fletcher and the Pages were Christine Chapman and Sylvia Goodman. On Thursday, 2nd July the Queen was crowned by Mrs. B. Purshouse, wife of the Chairman of the Carnival Committee, in a ceremony on the King George V Playing Field.

The entertainments held on the Playing Field during Carnival Day attracted nearly 8,000 people and consisted of a Baby Show, Gymnastic and Club Swinging Display by the Heath Hayes Brotherhood, a demonstration by the British Alsatian Society's Team of Trained Dogs, a display of marching by the various bands, a Civic Cricket Match, Sports and Variety shows.

Some of the Prize winners were as follows:

Baby Show: Under 6 months, Michael Fuczko, Ronald Fellows, Susan Wootton. 7 to 18 months, Barry Phillips, Stuart Griffiths, Martin Yeomans. 19 months to 3 years, Lyn Barnes, Christine Morgan, Robert Hutton.

Did you go to the carnival and do you remember any of the people mentioned?

Wodensfield 90th Year Time Capsule Closing Ceremony

Wodensfield Primary School was 90 years old on 24th April 2022. Throughout the 90th year, the children have done lots of work to find out about the history of the school and have also learnt what life was like at Wodensfield in times past, by interviewing former pupils and making comparisons to the present day! The culmination of the project has been to create a time capsule which will be opened on the schools' centenary, giving those children a wonderful resource to start their own research!

In the time capsule, we put memories from our 90th Year, to give a glimpse of what life at Wodensfield is like now, which included the Queens Platinum Jubilee Celebrations, The Commonwealth Games, Gymnastics Competitions, Visits and Day to Day School life.



In addition, we put in a collection of memories and images from throughout the 90 years of Wodensield. Former students, who are now

parents and grandparents, friends and teachers (past and present) all contributed.

As the 90th Year drew to an end, on Friday 21st April, there was a special assembly to officially close the Time Capsule. Former pupils, staff and Ray Fellows (from Wednesfield History Society) all attended to be part of this important event. At the assembly, memories were shared, the school songs (written by Mr Fred Phipps, the former pianist at the school) were sung and the children explained all of the things that they have been doing in school throughout the 90th Year. It was a memorable occasion that was enjoyed by all.

Thank you Victoria. It was great to be there to witness the event and everyone had a good time. A little bit of Wodensfield History was made on 21st April 2023.



To win a £20 Sainsbury's gift card, just answer the following question;

How old was Queen Elizabeth II on the 21st April 2022?

Please send your answers to 24 South Avenue, Wednesfield WV11 1QL. Or email me at: fellows.raymond@yahoo.co.uk

Entries must be received by Monday 19th June.

The winner of the last competition was Glinys Cunnett. If you have any stories or photo's you want to share, just send them to the above address.

There is a History Society meeting on Wednesday 14th June, 11.30am in the lounge of the Vine Inn, all welcome.

Useful Information & Telephone Numbers

Community Hubs/Centres	National Careers Service0800 100900
Ashmore Park01902 552490	National Domestic Violence 0808 2000 247
Long Knowle01902 552442	RSPCA
Low Hill01902 552312	RSPB0845 1200501
Wednesfield01902 552218	Samaritans116 123
Local Councillors/MP	Places of Worship
MP Jane Stevenson01902 722026	Church of Latter Day Saints01902 724097
Wednesfield North	Corpus Christi RC Church01902 732713
Cllr Mary Bateman01922 403960	Dormition of Her Lady01902 500216
Cllr Phillip Bateman01922 403960	Fallings Park Methodist01902 733574
Cllr Rita Potter01902 654599	Gurdwara Sikh Temple01902 730774
Wednesfield South	Holy Trinity Church Street01902 722840
Cllr Greg Brackenridge07552 211600	Old Fallings Utd Reformed01902 861961
Cllr Ciaran Brackenridge07890 964296	Our Ladys Presbytery01902 731189
Cllr Jacqui Coogan07919 626063	St Alban's C of E01902 732317
Long Knowle	St Gregory's C of E01902 783342
Cllr Steve Evans01902 861498	St Patrick's RC Church01902 736440
Clir Val Evans01902 861498	St Thomas's C of E01902 723310
Cllr Christopher Burden07971 843811	Wednesfield Christian Ctre01902 689957
	W'field Methodist Comm Church01902 727130
Emergency Services	
Anti Social Behaviour Unit01902 551188	Schools
Crime Stoppers (anonymous)0800 555111	Ashmore Park Nursery01902 558116
Electrical emergency 0800 328 1111	Coppice Performing Arts01902 558500
Flood line0845 9881188	Corpus Christi Primary01902 866840
Gas emergency 0800 111 999	D'Eyncourt Primary01902 558778
Police/Fire/Ambulance	Edward the Elder Primary01902 558765
Police (non emergency)101	Heath Park High School01902 556360
(Out of hours emergency)01902 552999	Long Knowle01902 558985
Water emergency0800 7834444	Oak Meadow Primary01902 558517
	Our Lady St Chad's01902 558250
Health Organisations	Perry Hall Primary01902 558538
Alfred Squire Medical Centre01902 575000	St Alban's Primary01902 558825
Alfred Squire Health Centre01902 575000	St. Thomas' C of E Primary01902 558963
Dr Libberton & Dr Ram - Cann Rd01902 739973	St Patrick's Primary01902 556451
Heath Town Medical Ctre01902 456211	Wednesfield High School01902 558222
Mayfield Medical Centre01902 351666	Wodensfield Primary01902 556350
New Cross Hospital (switchbrd)01902 307999	Wolverhampton City College01902 836000
NHS non-emergency number 111	Wolverhampton University01902 321000
Raynor Road Medical Ctre0844 3879400	Wood End Primary01902 558940
The Surgery, Woden Road0845 0724628	•
Tudor Medical Ctre01902 384999	Libraries
	Ashmore Park01902 556296
Help Lines/Others	Long Knowle01902 556290
Citizens Advice Bureau 03444 111 444	Low Hill01902 556293
Childline0800 1111	Wednesfield 0121 569 4945



R

TREE CARE AND LANDSCAPES



ALL ASPECTS OF TREE WORK FROM; TOPPING, LOPPING, FELLING, PRUNING, REMOVALS, STUMP GRINDING, HEDGE TRIMMING.

ALL STYLES OF FENCING SUPPLIED AND ERECTED

Fully insured up to £2 million



DRIVEWAYS & PATIOS SLABBING GARDEN WALLS TURFING BLOCK PAVING TARMACING/BACK TO BLACK SEALER CONCRETE INPRINT RECOLOURING & SEALING AND MUCH MORE

Please visit our website and look at our reviews on checkatrade.com

Checkatrade

0800 696 5015 or 01922 896 983

email: rl.tree.landscaping@live.co.uk www.rltreecareandlandscaping.co.uk

Crossword Answers

From page 10



The next issue of the

Wednesfield

is out on 28th July

Booking deadline 7th July

If you want to get your message out to approx.
30,000 local people, email wednesfieldmagazine@yahoo.co.uk or ring Simon on 07534 603662







 \bigoplus

Ashmore Glass & Mirrors Ltd

SPECIAL OFFER

TRIPLE GLAZING FOR THE PRICE OF DOUBLE GLAZED WINDOWS*



Manufacturing of bespoke products from our extensive range

- French doors
- Aluminium Bi folding doors
- Composite doors
- Stable doors
- All window styles
- Welded/Mechanical flush fit frames
- All window repairs
- Facsia, soffits, and guttering



Family run business for over 27 years

*For a limited time.

Only for orders quoted after 17th January 2023 Please quote ref no T/G1001



THE GUILD OF MASTER CRAFTSMEN



Please call: - Wolverhampton - 01902 488334 Walsall or Willenhall - 01922 400029 Freephone - 0800 980 9620

Units 17, 18, 19, 29, 30 Essington industrial Estate, Bognop Road, Essington WV11 2BA





























