

August / September 2023

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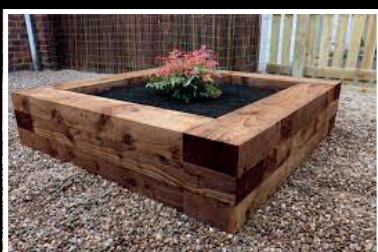
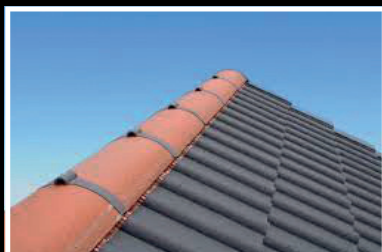


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Wolverhampton City Life

Contents

6	Editor's Welcome	21	Black Country History
8	Keg & Comfort	22	Dermot O'Leary
10	Crossword	24	Windrush Scandal Explained
12	Armed Forces Charity	26	5 Mins with...The Mayor
14	Northcote Farm Improvements	28	Kids Puzzles
18	Health & Fitness	30	Surviving Domestic Violence
20	Billy Wright Statue Petition	31	Crossword Answers

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PUBLISHER/EDITOR

Simon Archer
Tel. 07534 603662

EMAIL

simon@westmidlandsmagazines.com

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Dear Reader,

Welcome to the August/September issue of
Wolverhampton City Life.

It's great to see so much going on locally, with dozens of events taking place throughout the summer months.

As Editor of five local magazines, I attend as many as I'm able to and I always try and thank and congratulate the organisers and helpers who work hard to put these on.

Most people probably don't appreciate the amount of time and effort, not to mention loss of sleep, that is involved in making carnivals, music festivals and suchlike, possible.

With my other hat on, as Bilston Town Centre Manager, I work with my colleague Amy, to put events on, to attract visitors to the town, but our events are quite small compared to the carnivals in Wednesbury and Willenhall.

I'm sure many think these things are down to the councils and while they do provide the venues, the real planning and preparation is done by volunteers, who don't get a penny for their troubles.

The same is true of our community centres (or hubs as some are now known), which are all run by local residents, for no pay. In fact, it would amaze most of you, if you knew the full extent of the work that is done by people across the country, without remuneration – charity trustees, cat rescues, school governors.....the list is huge.

If you want to be a volunteer, ring your local school and ask if they need any governors or pop into a community centre or charity shop or look on the website of the Wolverhampton Voluntary & Community Action website; www.wvca.org.uk/jobs

In other news.....I'm writing a book. The History of Wolverhampton (that name may change!), which I hope to get published by the end of the year. I've seen other books of a similar nature, which are very good, but I'd like to do something a bit different, so watch this space.

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 WOLVERHAMPTON CITY LIFE!

The next issue will cover October and November (doesn't time fly!) and will be out on 8th September, so if you want to be in it, please contact me by 29th September.

Enjoy your read!

Simon

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Make Mine a Double!

By Chris Smith

Yes, it's double cause for celebration at a blossoming Wolverhampton micropub.

The Keg and Comfort has been named CAMRA's Cider Pub of the Year for the second time - and scooped the city's Pub of the Year as well. And that's not bad going for a place which only opened its doors five years ago.

Nestled on the A449 gateway to the city, the Keg always has an impressive selection of quality real ales and ciders available, plus fruit wines, cocktails and recently 'drams'.

A steady, regular clientele help establish a truly friendly atmosphere who revel in the choice of top quality products.

However, it is anything but smooth sailing for the Keg which, like so many pubs and bars, have felt the hardening pinch of austerity. In fact, owners Louise and John Clive have seriously thought about cutting their losses despite having built up such a healthy trade.

"To say the costs are prohibitive is a massive understatement," said Louise. "I hate sounding like a broken record, but we really do struggle to make ends meet, the same as for many other small independents. We don't want to raise our prices any more than is absolutely necessary because that could be counter-productive. We need to be competitive but don't have that big company behind us soaking up the shortfall. This year we are having to consider options month by month.

"What we will do though is keep positive, think 'outside the box and be willing to try new things, I am sure our regulars appreciate that."



It was reported recently that pubs and bars have had to shoulder an 80% rise in costs which has proved just too much for some.

More than a handful of small breweries from which the Keg bought beer have had to fold, but for the time being they have vowed to soldier on though they will regularly review their financial position.

Enough of the doom and gloom though - it's time for Louise and John to enjoy their double award. Their kind-hearted customers, both old and new, will no doubt give them reasons to be cheerful. Customers have managed to raise over seven thousand pounds for charity and are just about to install a defibrillator outside the premises,

Race nights, jamming sessions, movie nights, bingo and speed quizzes help keep the place busy and vary the entertainment, but the main attraction - as ever - is the excellence of the products available over the bar.



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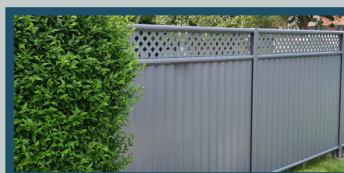
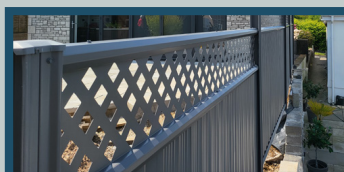


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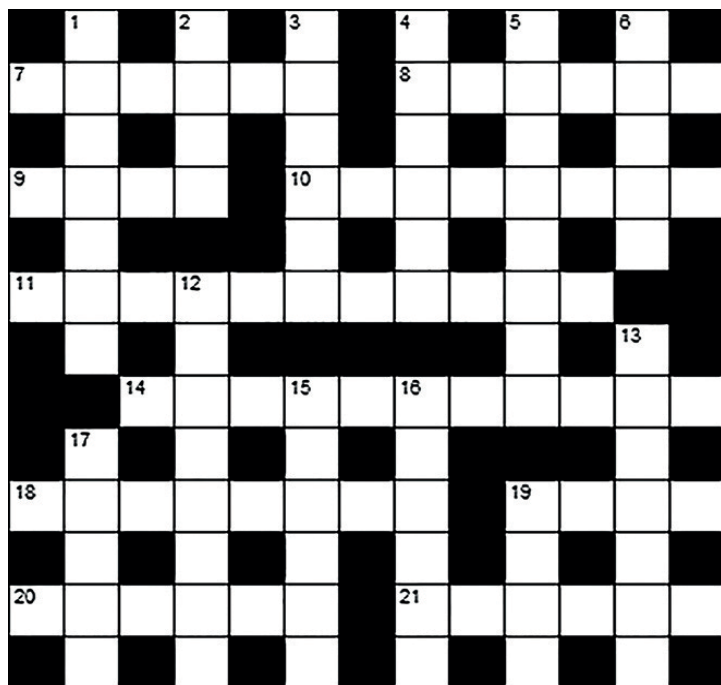
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Crossword

Please see answers on page 31



Across

- 7 Graceful, drooping tree (6)
- 8 _____ Wisdom (actor) (6)
- 9 Giant, usually evil (4)
- 10 They pull Santa's sleigh! (8)
- 11 British seaside town (11)
- 14 Used to disguise or conceal (5,6)
- 18 Broadcast, relay (8)
- 19 Ruler of Mt. Olympus. (4)
- 20 Apparition, hallucination (6)
- 21 Finally (6)

Down

- 1 Royal realm or province (7)
- 2 Abscond, scarper (4)
- 3 Deviate, sidestep (6)
- 4 Intense blue-purple (6)
- 5 Animal that catches and eats others (8)
- 6 Blanched, washed-out (5)
- 12 Fanciful, impractical (8)
- 13 Mexican alcoholic drink (7)
- 15 Japanese garment (6)
- 16 Appease, soothe (6)
- 17 Plait, weave (5)
- 19 Vivacity, zeal (4)

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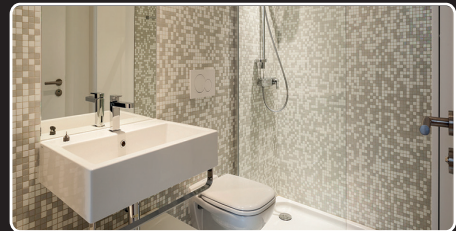
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New Project Helping Veterans Back into Work



A one-stop shop linking ex-military personnel and their families with job opportunities, training courses and other local support has been launched in Wolverhampton.

The Wolverhampton Armed Forces Partnership was formed in January this year with a number of local organisations with expertise in areas like employment, housing, and mental health, coming together to see how they could best serve veterans, reservists, Armed Forces leavers and their families.



Liam Peck, Regional Manager for recruitment specialist Pertemps, which helped set up the initiative, said: "Traditionally 12,000 to 16,000 individuals leave the British Armed Forces each year with the daunting prospect of facing a constantly evolving world, without the support structure that the Armed Forces typically provides.

"We are working with likeminded Gold Award member organisations of the Armed Forces Covenant Employer Recognition Scheme to make readily available a "one stop" support mechanism to help those in the Wolverhampton area smoothly transition into the civilian environment that we all take for granted."

A launch event was held in May of this year, and due to the initial success of this project, the second Veterans Coffee Morning at the Changemakers in Wolverhampton railway station, took place on June 21 – to coincide with National Reservist Day, in honour of the valuable contribution made by Reservists working alongside their full-time military counterparts.

To support this theme, Major Darren Knight, Pertemps HM Forces Liaison Officer, provided an in-depth speech on the contribution of Reservists, and two local Reservist Regiments were present (103rd Regiment Royal Artillery, and 4th Battalion The Mercia Regiment), to showcase the flexibility and exciting opportunities being a Reservist can offer around working a regular job on "civilian street".



The event was once again well attended with expertise on offer from the different agencies, including Wolverhampton City Council and the City of Wolverhampton College, on hand to offer guidance to visitors.

It is expected sessions will be held throughout the year moving forwards, with particular focus on National Remembrance week in November.





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Teams From Barclays Work Their Magic and Turn a Jungle Back to a Garden

After years of enforced lockdown with no maintenance due to COVID and bird flu the only feelings that the sensory garden at Northcote Farm inspired were extreme frustration and despondency. Nature had well and truly taken over. The garden was now a jungle of weeds taller than an average man and well rooted into the ground. Pathways were submerged beneath overarching foliage and our COVID memorial looked sadly neglected and weed infested. The friends of Northcote decided to tackle the problem but could not possibly undertake such a mammoth task alone.

On a couple of extremely hot June days The Friends of Northcote Farm were extremely grateful to welcome visiting teams of volunteers on day release from Barclays Bank. These volunteers expected to have a change from their normal indoor jobs, but I doubt they fully understood the nature of the problem they would be helping to solve. Undaunted they set to work with forks, and loppers. The challenge to extract the deepest-rooted plant invaders was accepted even if digging some particularly tough specimens took over half an hour.

As they chopped and weeded many, many loads of compost were wheelbarrowed away to the designated composting site. Gradually pathways



and flower beds began to emerge. Thanks to Helen's careful tending our COVID memorial is once more sits proudly to honour those we remember - lost during this sad era.

The next day another team arrived to add finesse to the work achieved the day before. After some final tidying and removal of the last few stubborn weeds, the main flower bed was fitted with a metal edging and the newly cleared soil was protected by a layer of mulch.

Although the garden remains closed until a little more work is completed to replace rotten raised beds, a view from afar now once more inspires. It gives promise that a garden will emerge with a little more effort from more volunteers now that Barclays have led the way.

If your team is interested in helping you can email us northcotefarm.friends@gmail.com

The Friends of Northcote Farm are a registered charity dedicated to helping the community to enjoy and care for Northcote Farm as a public open space. We have a variety of events for public entertainment and fund raising planned for the rest of 2023.

Our Fairy Garden will be open once again between 29th July – 1st August and again 5th – 8th August. Opening times are available on our Facebook pages and website.

Our Spooky Halloween Trail will be open for 4 days 28th – 31st October.

Christmas Celebrations begin with the light switch on 2nd December. Appointments to see Santa in his grotto on December weekends can be booked via Eventbrite.





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Ways to eat healthily during the Summer

- Start the day by drinking a glass of water and then aiming to drinking 1-2 litres of water per day by drinking water regularly. It is important that children and the elderly are kept well hydrated, especially on hot days. Dehydration can manifest as headaches, dizziness, and dry skin, mouth, or lips. Watch out for the signs.
- Limit the amount of sugary/fizzy energy drinks that you and your children consume as they contain very high amounts of sugar, caffeine and lots of other “unhealthy” ingredients.
- Make fruit ice cream with little or no added sugar. Hot weather screams ice cream, but not all ice creams are good options. Milk and chocolate ice creams are dense in calories and fats and poor in other important nutrients. Make your own with mashed fruit and yogurt ice creams, using appropriate freezer shapes. Making homemade fruit ice creams are also a fun family activity tip – all kids will love being the Chefs.



- Have light and frequent meals. Hot weather can cause a certain loss of appetite, and it can be easy to accidentally skip meals. A solution is to have more frequent lighter/smaller meals.
- Eat plenty of fruit and vegetables (raw or frozen is fine) in salads, using fruits and vegetables of the season. And while at home, keep chopped up fruit and veg in the fridge to encourage kids to eat healthier snacks.
- Aim for wholegrains. Choose wholegrain bread, breakfast cereals, pasta, and rice instead of their refined counterparts. Wholegrain foods retain a good part of the nutrients, in particular

fibre, unlike refined cereals which means wholegrains help balance blood sugar levels, increase calorie burn and help maintain a healthy weight.

- Avoid or reduce alcohol consumption. Alcoholic drinks contain lots of “hidden” calories, have low nutritional value and contribute to dehydration because they are diuretic.
- If you drink alcohol, do so in moderation and always alternate with water or an infusion without sugar or caffeine, since it is also diuretic.
- Make healthy snacks for picnics and beach days. Preparing your own snacks for days out will save you money and mean you don’t have to rely on what’s available at your destination – which are often fast food joints selling unhealthy sugary and fat-rich snacks.
- Fruits, veggies, wholegrain pasta or quinoa salads, veggie sandwiches, and raw vegetables (carrot sticks, cucumber slices, tomato salad, etc.) are good choices to bring in outings.



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Daytime Disco Dates for 2023

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2nd Wednesday of month

August 9th
September 13th
October 11th
November 8th
December 13th

ECC Sports & Social Club
Showell Road
Wolverhampton
WV10 9LU

Last Tuesday of month

August 29th
September 26th
October 24th
November 28th

Penn Bowling Club
10 Manor Road
Wolverhampton
WV4 5PY

3rd Thursday of month

August 17th
September 21st
October 19th
November 16th
December 21st

Bilston Churchill Conservative Club
43 Mount Pleasant
Bilston
WV14 7LS

Last Thursday of month

August 31st
September 28th
October 26th
November 30th

Do Right by Billy



A group of Wolves fans are mounting a campaign calling on the Football Association to commission a statue of former Wolves and England skipper Billy Wright at Wembley. They are not deterred

by an initial rejection from the FA.

The campaign "Do right by Billy" believes the Wolves legend should be honoured at the home of English football for three reasons:

1. His position in football history is unique – the first player in the world to play in 100 senior internationals.
2. Wembley was where the landmark was reached – against Scotland on April 11, 1959.
3. Next year will be the centenary of Wright's birth. He was born in Ironbridge on February 6, 1924.

The group have now launched an on-line petition calling on the FA to reconsider. To add their name, fans need only go on line and search for "Do right by Billy petition" and that will take them to the petition site.

Group member Steve Gordos, a former sports editor of the Wolverhampton Express & Star, who was born in Bilston and attended Villiers School, said: "This is not just a Wolves thing – it's a football thing. Billy's place in world football history is permanent and what better place to recognise him than Wembley, the home of English football, where he won his hundredth cap?"

Two letters to FA chair Debbie Hewitt by another member of the group, Glenn Aston, did not receive a reply but a third attempt – a letter to chief executive officer Mark Bullingham – saw the idea thrown out. "Our view on recognising individual footballers by way of statues has remained the same since the new Wembley Stadium opening in 2007," said Bullingham in his reply.

"We commissioned one statue at the time at Wembley, which is of 1966 captain Bobby Moore. Bobby was selected to epitomise English football at its best with victory in the World Cup on that site. "We have not changed our position over time and therefore do not have any current plans to commission or install any new statues at Wembley. We are very disappointed with this response," said Steve. "I suppose you have to be my age, 78, to know Billy was not only a great player but a great ambassador for English football.

"I suspect our suggestion has not been put before the full FA council and I believe it should be. I believe they should honour Billy at Wembley. I was fortunate enough to be there to see Billy play his hundredth game for England. That achievement should have been enough to get him knighted. A statue might go a little way to making amends for that omission.

Steve said: "I well remember going to Wembley for Billy's 100th game. There must have been special trains laid on as I caught one at Bilston station. It was a big adventure for a 13-year-old.

The petition to the FA was started by another member of the group, Clive Corbett, author of several books on Wolves. He said: "We hope all football fans will back this."

Wright, who spent 20 years with Wolves, missed only three internationals during his England career and was captain 90 times, a record later equalled by Moore. He also played in 70 successive England games – another record. Wright, who was made a life member of the FA, died in September 1994.



Come and Celebrate the New Home for the Black Country Society

The Black Country Society has moved its meetings venue to Bilston Town Hall.



Black Country Society Chairman, Malcolm Dick said, 'The society has over 1,200 members and this move gives us the opportunity to accommodate attendees of all ages in comfort. Everyone is welcome at all our meetings. Entry is free to members and £4 for non-members. We have a very exciting programme of speakers and events throughout the year.'

Date	Programme
23rd August 7.30	Eldon Street: The history of Victorian Darlaston and the Black Country told through the lives of ordinary people. Speaker: Keith Robinson
27th September 7.30	Black Country Dialect across time and space: an introduction. Speaker: Esther Asprey
25th October 7.30	Lost Pioneers: A History of Wolverhampton's Victorian Jewish Community Speaker: Andy Sloane
2nd November 7.30	The President's Entertainment Evening: The Rotundas: A Black Country Folk trio
13th December 7.30	A Black Country Christmas Speaker: Ian Bott

There are lifts available for those who have difficulty managing stairs. There is ample free parking near the Town Hall which is also easily accessible by public transport.

The Black Country Society was founded in 1967 to promote and stimulate interest in the past, present and future of the area. It meets on the fourth Wednesday of every month at 7.30 pm and as well as hosting talks, arranges walks and visits in the locality and holds virtual meetings for those who live further afield.

For information on how to join go to www.blackcountryandsociety.com

Mr Consistency

Why Dermot O'Leary is one of light entertainment's heaviest commodities.

Dermot O'Leary, by his own admission, encounters his fair share of criticism. Some accuse him of playing a little too much guitar music on his Radio 2 weekend show, and in the past the Twitterati have suggested his presenting voice can be a touch monotone. However, such observations are both unfair and untrue. Rather, the popular entertainment fraternity should be thanking the 50-year-old for delivering a healthy dose of sanity to a TV and radio ratings clamour that becomes all the more farcical with every new reality series or sensationalist podcast.

Dermot has lived through well over two decades of the madness, and emerges to tell the tale. "Certainly, as a competitive environment it's much crazier than it ever was," he begins. "There are so many different options for viewers and listeners these



days, but I like to think I have always sided myself with projects that are tasteful, interesting and, more than anything else, entertaining.

"I've always had a lot of fun doing live TV and radio, and when it stops being that way, I look for something else to do.

"Variation is key. Like most people, I'm interested in so many different things, and I never lose sight of the fact I'm lucky enough to explore these in the public domain."

Sean Dermot Fintan O'Leary Jr was born and raised in Colchester. His parents, Seán and Maria, had landed on these shores from Ireland. After feeling his way through the education system he attended Middlesex University, where he graduated in Media Studies and Politics.

Returning to his home county to work at BBC Radio Essex, that calling was clearly in the entertainment industry, and he quickly progressed from DJ tasks to TV school runner and Channel 4 presenter, working, notably, on Big Brother's Little Brother before switching to ITV.

"I think most people know me for Big Brother and X Factor, and they've been a massive



part of my life, but as in most things, you know when the time is right to give stuff up, and it became important for me to pursue other projects."

His switch to hosting the Saturday morning breakfast show on Radio 2 is perhaps a nod to future ambitions, and undoubtedly Dermot has the style, humility and confidence to make a genuine assault on larger commitments on the airwaves.

"I think radio is an incredible medium and it has always excited me. It's a very different creature to TV... I don't have to dress up, for a start!"

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Windrush Scandal Explained

Who are the Windrush generation?

The 'Windrush' generation are those who arrived in the UK from Caribbean countries between 1948 and 1973. Many took up jobs in the NHS and other sectors affected by Britain's post-war labour shortage. The name 'Windrush' derives from the 'HMT Empire Windrush' ship which brought one of the first large groups of Caribbean people to the UK in 1948. As the Caribbean was, at the time, a part of the British commonwealth, those who arrived were automatically British subjects and free to permanently live and work in the UK.

What is the Windrush scandal?

The Windrush scandal began to surface in 2017 after it emerged that hundreds of Commonwealth citizens, many of whom were from the 'Windrush' generation, had been wrongly detained, deported and denied legal rights. As these shocking stories hit the headlines, Caribbean leaders took the issue up with then-prime minister, Theresa May. There was widespread shock and outrage at the fact that so many Black Britons had had their lives devastated by Britain's deeply flawed and discriminatory immigration system.

Why did the Windrush scandal happen?

Commonwealth citizens were affected by the government's 'Hostile Environment' legislation - a policy announced in 2012 which tasked the NHS, landlords, banks, employers and many others with enforcing immigration controls. It aimed to make the UK unliveable for undocumented migrants and ultimately push them to leave.

Because many of the Windrush generation arrived as children on their parents' passports, and the Home Office destroyed thousands of landing cards



and other records, many lacked the documentation to prove their right to remain in the UK. The Home Office also placed the burden of proof on individuals to prove their residency predated 1973. The Home Office demanded at least one official document from every year they had lived here. Attempting to find documents from decades ago created a huge, and in many cases, impossible burden on people who had done nothing wrong.

Falsely deemed as 'illegal immigrants' / 'undocumented migrants' they began to lose their access to housing, healthcare, bank accounts and driving licenses. Many were placed in immigration detention, prevented from travelling abroad and threatened with forcible removal, while others were deported to countries they hadn't seen since they were children.

Their harmful and unjust treatment provoked widespread condemnation of government's failings on the matter, with calls being made for radical reform of the Home Office and the UK's immigration policy. In response to these demands, then Home Secretary, Sajid Javid announced in May 2018 that the Home Office would commission a 'Windrush Lessons Learned Review'.

The scandal is far from over.

For those who have been affected by the Windrush scandal, justice has still not been done. There is a huge backlog of cases still to be resolved. The Windrush compensation scheme is a failure - it is complex to navigate, there is a lack of free legal advice, claims take months to process, and compensation offers are insultingly small.

We must continue to fight for justice for the Windrush Generation and hold the Home Secretary to her promise to 'right the wrongs' which led to this scandal.



Windrush Event Invitation

Dear Windrush Guest,

Would you like to deepen your understanding of who can claim, why they can claim and how to claim?

If so, you are invited to The Windrush Experience & Windrush Compensation Scheme Seminar.

This event is being organised by Sian Computers CIC on Wednesday 6th September 2023 at Grand Station, Sun St, Wolverhampton WV10 0BF.

You are encouraged to invite family, friends and neighbours, who may have been affected by the wrongdoings of the Windrush Scandal.

The Windrush Scandal was a British political wrongdoing that began in 2017 concerning people who were wrongly detained, denied legal rights, threatened with deportation and much more and in at least 83 cases people were wrongly deported from the UK by the Home Office.

Despite a Compensation Scheme being announced in December 2018, by November 2021, only an estimated 5% of victims had received any compensation and 23 of those eligible had died before receiving payments.

The purpose of holding this seminar is to raise awareness of the Windrush Experience and the Compensation Scheme set up by the UK Government. The UK Home Office is supporting this event and a Home Office official alongside a team will be in attendance at the event to provide clarity and transparency about the Windrush Compensation Scheme. We want to get this information out to as many as possible and encourage people to apply if they, a family member or anyone they know may have been affected by the Windrush Experience.

Please secure your FREE early bird ticket via Eventbrite NOW to save disappointment. Visit www.eventbrite.co.uk and search for 'Windrush'

Thank you

Sian Computers Community Initiative CIC



16 Broadway, Collingwood Road, Bushbury,
Wolverhampton, WV10 8EB Tel: 01902 651 698

5 minutes with...

Name: Cllr Dr Mike Hardacre

Occupation: Mayor of Wolverhampton



Michael was born in 1946 in Blackburn, Lancashire. His mother came of mining and railway stock from the North East of England. Michael trained to be a teacher at St. John's College in York.

He had a varied career in several schools in Bedfordshire and Lancashire as a Head of History, Head of Special Needs and Head of Upper School.

While working at those jobs he was deeply involved in Youth work in Blackburn, as well as his professional association. He also studied for his degree at the University of Lancaster where he gained a 2:1 honours in Education and Philosophy.

He came to Wolverhampton in 1982 as Deputy Head at Moseley Park School. In 1983 he wrote and delivered the multi-million pound Technical and Vocational Initiative. This delivered Records of Achievement for all children, modular interconnected exam courses, pupil mentoring, industrial education, work experience and clear pathways to University and apprenticeships.

Michael went on to become Head of Coppice School, twice a winner of the Government's Charter Mark, an Investor in People and the Schools' Curriculum Award for Community Education. When he left Coppice, it was the most oversubscribed Local authority non-denominational School in Wolverhampton.

He became the first Director of the Wolverhampton Education Action Zone, which became an "Investor in People" and raised attainment in schools across the Bushbury and Low Hill Triangle.

He was then asked to become Interim Head of Northcote School. In one year he lifted the school out of crippling debt and left it with the best results it had ever had at Key Stage 3, GCSE and "A" level.

Michael then was headhunted to take over the Education and Skills department in Britain's worst prison of 2002. Within 6 months it had risen to 13th out of 135 prisons. Michael went on to work in other prisons. In 2011 he became a Councillor in Wolverhampton for Park ward. He is a father of two, a Disc Jockey on local radio (101.8 WCRFM Tuesday midnight for an hour of the best jazz), a gardener and servant of his terrier cross – Emily.

The Mayor is supporting and raising money for three charities, this year; Give us a Break, Wings & Paws and The Haven.

- Age - 77
- Immediate family – two children, Nathan and Rachael, wife Mayoress Lynn Plant
- Favourite film – Casablanca
- Favourite food – Italian, especially seafood
- Favourite holiday destination – Cala Bona
- Most embarrassing moment – referring to a parent as 'grandparent' at a school event.
- What is top of your bucket list – to find a musical instrument I can play – I'm currently trying to master the concertina
- Which four people would you invite to your dream dinner party – Trotsky, Clement Attlee, Barbara Castle, Little Richard
- What's the closest you've come to death – Riding my motorbike and looking straight at the headlights of a lorry and managed to avoid it.
- Pet hate – people who believe themselves to be privileged and behave accordingly at the expense of others.
- Which word or phrase do you most overuse – 'On the other hand.....' or 'At this point in time...'
- Most treasured possession – my wife.
- What is your screensaver – my dog, Emily – a rescue dog from Birmingham Dogs Home.
- Perfect night out – An Italian at Bella or an Italian meal with jazz in the background.
- What song would you like played at your funeral – Tutti Frutti by Little Richard



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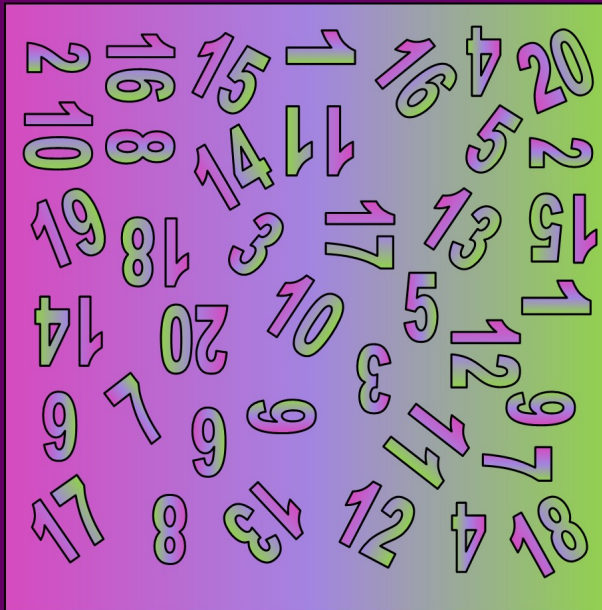
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Kids' Page

Mixed-Up Missing Number Grid

All the numbers from 1 to 20 appear twice in the grid except one. Can you find which number only appears once?



Twist Your Tongue!

Try reading our tricky tongue-twister as fast as you can

ONE-ONE WAS a raceHORSE.
TWO-TWO WAS one, too.
WHEN ONE-ONE WON one race,
TWO-TWO WON one, too.

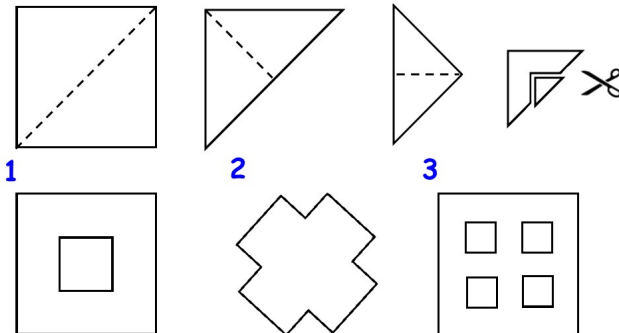


Fascinating Fact

The month of August was named after Roman emperor Augustus Caesar. Before this the Romans called it sextilis as it was the sixth month in their calendar.

Cut & Fold

WHICH OF THE THREE PATTERNS BELOW IS created by FOLDING and CUTTING a square of paper AS SHOWN?



Cut & Fold Answer - 3

Mixed-Up Missing Number Grid
The number which only appears
once is 19



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Surviving Domestic Violence

I'm Kelisha, a mother of five, from Wolverhampton, sharing my story of surviving a domestic abusive relationship in the hopes this message will inspire and empower other survivors who have been through the same or similar thing.

14 years ago, I met my ex at 19, he was 34 and I believed was the love of my life, but things changed quickly when I became pregnant with our first child. He became disrespectful, belittling and isolated me when I tried to ask for help, when he couldn't get his own way - making me feel worthless and alone. The verbal abuse became physical, and I ended up losing what would have been our second baby from being punched in the stomach and a knife nearly being used on me for "disobeying" him. He did things discreetly from others. Despite the abuse, I stayed with him as I was in love and believed he would change.

Eventually, after 4 years, I had an awakening, and I realised it was time to move on from this, I really couldn't take it anymore.

However, I found myself mentally and emotionally broken and due to co-dependency issues, I was back in another relationship very soon, where I became verbally abusive, bitter, angry and depressed. It took me 5 rough years to heal myself!



Things changed when I found spirituality and started to learn about the importance of self-love and self-care. I learned how to face my past, grieve over the loss of my early pregnancy, not only forgive myself but also forgive him who put me through so much pain, and I learnt how to find myself and truly love myself unconditionally.

Now, I am on a mission to empower other domestic abuse survivors on how important it is to heal through self-love. Every woman needs to have a deep self-connection before you can love anyone else or live a normal life.

I want more women to take back their powers, know themselves and turn their pain into their gain that let them live a life of purpose, and be able to fully embrace their unique self so they never have to conform or dim their light again.

I am here to remind you beautiful souls that you are worthy of happiness, joy, peace, freedom, and ALL you desire. Now is the time for your happy ending - the next chapter of your life is waiting to be written.





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Crossword Answers

From page 10

	K	F	S		I	P	F					
W	I	L	L	O	W		N	O	R	M	A	N
	N		E		E		D		E		D	
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