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Local Charity

Redditch Foodbank Feeding Hope, One Parcel at a Time



At the heart of our town, in a modest building on Church Green East, something truly special is happening. Behind the doors of Number 24, Redditch Foodbank is quietly transforming lives one food parcel at a time.

Run in partnership with local churches and supported by the Trussell Trust network, Redditch Foodbank is a community lifeline for people experiencing crisis. It's not just about providing food it's about restoring dignity, hope, and a sense of belonging when times get tough.

A Growing Need

From April 2024 to March 2025, Redditch Foodbank supported more than 3,000 local people, including over 1,000 children. Each food parcel provides three days' worth of nutritionally balanced, non-perishable food to those referred by agencies such as Citizens Advice, health visitors, and local schools.

The numbers may be stark, but they reflect both pressing need and the power of community. Every tin, every packet, every donation helps to bridge the gap for families and individuals struggling to make ends meet especially in times of rising costs.

How It Works

Those in need are referred through trusted local support agencies and given a voucher, which can be exchanged for an emergency food parcel. When visitors arrive at Number 24, they're greeted with warmth and understanding. Volunteers offer a friendly chat, a hot drink, and often a listening ear.

The foodbank strives to accommodate dietary requirements so that everyone receives suitable items. It's a simple system built on compassion and trust one that enables the community to take care of its own.

Powered by People

Volunteers are the lifeblood of Redditch Foodbank. They collect donations, sort supplies, and pack parcels all with care and respect. Every volunteer brings something unique: time, kindness, and a genuine desire to help.

Local schools, churches, businesses, and individuals regularly

donate food and funds. Financial gifts are especially critical they help cover rent, utilities, transport, storage, and other behind-the-scenes costs.

How You Can Help

Supporting Redditch Foodbank is straightforward and every contribution matters:

- Donate Food: Items such as tinned fruit, UHT milk, rice, pasta, toilet paper, and toiletries are always in demand. Drop them off at one of the town's collection points.
- •Volunteer: Whether you can spare a few hours each week or help at occasional events, your time and enthusiasm are invaluable.
- Donate Money: Regular financial support gives the foodbank stability and helps it respond quickly when demand surges.

Get Involved & Make a Difference

Donate Food: Just add one or two extra items to your shop and drop them off at collection points across Redditch (e.g. supermarkets, libraries).

Volunteer: You can help sort, pack, serve, or support behind the scenes.

Donate Money: Even a small monthly gift helps the foodbank plan for the future.

To donate or find out more, visit: redditch.foodbank.org.uk

Every tin, every coin, every hour of your time helps feed hope in Redditch. Together, we can ensure that no one in our town goes hungry.





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The History of Bonfire Night

Remember, remember the Fifth of November...

As the evenings grow darker and the crisp autumn air begins to bite, there's something magical about wrapping up warm, gathering around a crackling bonfire, and watching the sky light up with bursts of colour. Every November, communities across Britain come together to celebrate Bonfire Night — but behind the fireworks and toffee apples lies a story of treason, politics, and survival that goes back more than 400 years.

The story begins in 1605, during the reign of King James I. A group of English Catholics, angered by their persecution and hoping to restore their faith to power, plotted to blow up the Houses of Parliament. Their aim was to kill the King and his government during the State Opening of Parliament and replace them with a Catholic monarchy. At the heart of this plot was Guy Fawkes, an experienced soldier who had fought in Catholic armies in Europe. Fawkes was given the dangerous task of guarding 36 barrels of gunpowder hidden in a cellar beneath the House of Lords — enough to destroy the entire building.

However, the plan began to unravel when one of the conspirators sent an anonymous letter

warning a friend not to attend Parliament that day. The authorities searched the cellars in the early hours of 5th November 1605, discovering Fawkes and his deadly cargo. He was arrested, tortured for information, and eventually executed, along with his fellow plotters.

The news of the King's narrow escape spread quickly, and Londoners lit bonfires in celebration. Parliament soon declared that the 5th of November should be observed as a day of thanksgiving, and so began what we now know as Bonfire Night or Guy Fawkes Night.

In the years that followed, the tradition grew. Effigies of Fawkes — or "Guys" — were burned on the fires, children collected pennies "for the Guy," and fireworks became a spectacular part of the celebrations, symbolising the gunpowder that never exploded.

Over time, the event has changed from a politically charged occasion into one of the most loved community celebrations of the year. Today, it's a chance for friends and families to come together, enjoy food and drink, and watch the night sky come alive with fireworks.

Whether you're heading to a big organised display or lighting sparklers in the back garden, Bonfire Night remains a tradition that connects us to centuries of British history — a fiery reminder of a plot that failed, and a celebration that has stood the test of time.





Japanese Knotweed: A Growing Threat to Redditch Gardens

Across Worcestershire there has been a worrying rise in sightings of Japanese knotweed, with more than 700 reported infestations across the county. This invasive plant is now considered one of the most destructive in the UK, and experts warn that Redditch could be facing an increasing risk if local homeowners and landowners don't stay alert.

Japanese knotweed, a fast-growing plant native to East Asia, spreads through underground rhizomes that can extend deep and wide beneath the soil. Even the smallest fragment can regrow into a new plant, making it extremely difficult to eradicate once established. Its roots can push through concrete, damage walls, and compromise building foundations, making it a serious concern for property owners.

The financial impact can also be significant. Properties affected

by knotweed often face a drop in value, and mortgage lenders may refuse loans until professional treatment has been carried out. Across Worcestershire, this has already caused headaches for homeowners trying to sell or renovate their homes.

In Redditch, residents are being encouraged to check gardens, verges, and nearby open spaces for signs of the plant. During spring and summer, knotweed appears as tall, bamboo-like shoots with reddish stems and broad green leaves arranged in a zig-zag pattern. In late summer, clusters of small white flowers may appear.

If you suspect Japanese knotweed on your property, avoid cutting or digging it out yourself, as this can cause it to spread further. Instead, contact a professional removal service or seek advice from the local council. Early detection and proper treatment are key to preventing a small problem from becoming a large and costly one.

By staying vigilant, Redditch residents can help protect their gardens and green spaces from this persistent invader.





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DRIVING FORWARD

Your Eyesight and the Road Ahead

By Ella McCormack BA (Hons) FBDO, Bainbridge Bespoke Opticians



With the new UK Road Safety Strategy planned for Autumn 2025, one of the key proposed changes that everyone's talking about is mandatory eye tests for drivers over 70.

It's already the case that you must reapply for your driving licence every 3 years when you reach 70. However, the renewal form currently relies heavily on self-certification. The proposed change would mean compulsory eye examinations every 3 years as part of the renewal process. This drives forward a more evidence-based approach, ensuring all road users have proven sufficient eyesight.

Earlier this year, the government was urged to review current leg-

islation after a joint inquest into the deaths of four people killed by drivers with inadequate vision. Senior Coroner for Lancashire Dr James Adeley found the enforcement of visual legal driving standards to be unsafe, and called for action to be taken to prevent future deaths.

The visual requirement for all drivers according to the DVLA is that "you must be able to read (with glasses or contact lenses, if necessary) a car number plate made after 1 September 2001 from 20 metres." When having your eye examination at your opticians, the DVLA say this is equivalent to meeting, "the minimum eyesight standard for driving by having a visual acuity of at least decimal 0.5 (6/12)

measured on the Snellen scale (with glasses or contact lenses, if necessary) using both eyes together or, if you have sight in one eye only, in that eye."

The DVLA stipulates that you must also have an adequate field of vision. This can usually be tested and explained to you at your opticians. It is a legal requirement to self-declare to the DVLA any health condition that may affect your driving. Motorists who have self-reported eye conditions such as glaucoma will be sent a letter by the DVLA instructing them to have an Esterman visual field test. It's worth noting that the DVLA's current visual standards aren't actually changing or getting stricter. It's only the reporting that's different. The proposed change is

aimed at preventing the minority of people who shouldn't be driving from doing so, rather than making it harder for the majority of drivers to continue on the road.

If you need correction for distance vision, wearing the right prescription in your glasses will sharpen your vision for driving. As such, glasses can play a significant part in improving your stopping distance. A stopping distance is made up of thinking distance and braking distance. Thinking distance is all about reaction times and is the important part involving your vision. It is suggested across several studies that our reaction time to pressing the brake can be anywhere between 0.7 - 3.0 seconds. This means that at 30 mph you could have travelled anywhere between 9 - 40 metres

(30 - 131 ft) before even pressing the brake! Therefore, driving vision in this sense gives us the opportunity to be stopping 1m in

front of someone or something, rather than 1m beyond them.

In bright conditions, it is useful to wear a pair of up-to-date sunglasses when driving. Polarised lenses filter light efficiently, helping to reduce the glare reflected from a wet road. Graduated tints can help to block out sunlight whilst keeping the dashboard clear. Yellow tints or filters are preferred by some drivers for enhanced contrast. Most photochromic lenses (lenses which turn darker in response to UV light) don't work in the car because your windscreen filters out the UV light before it hits your lenses.

For driving at night, specialist anti-reflection coatings have been developed to help combat the dazzling effect caused by oncoming headlights. Certain lenses are not suitable for night driving, and very dark tints

are not acceptable for driving full stop. It's always worth checking with your dispensing optician if you are unsure.

Anyone over the age of 60 in the UK is entitled to an NHS-funded sight test at least every two vears at an NHS optician. Regular eye examinations can detect eye conditions at an early stage, sometimes before you experience any signs or symptoms. The best course of action is to book in for an eve examination at your opticians if you are due or if there is anything you are worried about. The good news is there are many amazing opticians in Redditch and the surrounding areas to choose from!

If you'd like to see what Bainbridge Bespoke Opticians has to offer, please give us a call on: 01527 64691 or visit bainbridgebespokeopticians.co.uk to find out more.



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Redditch Set to Shine **Bright This Christmas**

There's nothing quite like the moment the Christmas lights burst into life and the town centre sparkles once more. This November, Redditch is preparing to do just that - with the return of one of the town's most loved annual events, the Redditch Christmas Lights Switch-On.

Taking place on Saturday 29th November from 3pm to 8pm at Redditch Market Place, this vear's celebration promises an evening packed with festive fun, live entertainment, and that allimportant moment when the lights flicker on and the town is transformed into a winter wonderland.

A magical start to the season Organised by Redditch BID, the event is set to deliver a full lineup of seasonal sparkle. Families can look forward to the arrival of Santa Claus, children's rides, and a feast of festive food and drink stalls offering everything from hot chocolate to mince pies.

There'll be plenty of live performances and music to keep the atmosphere buzzing throughout the afternoon and evening, with the big switch-on lighting up the skies as darkness falls. The streets will be filled with laughter, song, and the unmistakable scent of Christmas in the air.

For many local residents, the lights switch-on marks the true start of Christmas in Redditch, a time when friends and families gather in the heart of town to celebrate, shop, and soak up the atmosphere. It's also a fantastic boost for local businesses, drawing crowds to the high street and encouraging shoppers to explore what Redditch has to offer. A spokesperson for Redditch



BID said the event is designed to "bring everyone together in a celebration of community spirit," and to showcase the town centre as a place full of warmth and festive cheer. Save the date

So, wrap up warm, bring your loved ones, and join the crowd in Market Place on Saturday 29th November for a night of festive magic. It's a wonderful way to kick off the holiday season — and to see Redditch shine.

For full details and updates, visit redditchbid.co.uk/whats-on/redditch-christmas-lights-switch-on



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THIS MONTHS

Local Lowdown Quirky Tales & Local Lore

The Phantom Coach of Pitcheroak Hill

Locals say that on misty
November nights, a ghostly
horse-drawn coach rattles along
the old road by Pitcheroak
Hill. Its driver, cloaked in black,
is thought to be a long-lost
nobleman who vanished after
gambling away his fortune. The
echo of hooves and the glimmer of lantern light have been
reported by late-night walkers
and those who hear it say it's
best not to look back.



The Bell of Beoley

At Beoley Church, legend has it that a buried bell once rang on its own to warn villagers of danger. The story goes that during a fierce storm, lightning struck and silenced it forever but some swear that when thunder rolls over the hill, you can still hear the faint toll of that warning bell.



The Ghost in Forge Mill

Forge Mill Needle Museum may be a proud reminder of Redditch's industrial past, but staff have long whispered of an unseen presence after hours. Tools clatter, footsteps echo on empty floors, and a shadowy figure is sometimes glimpsed near the old machinery perhaps a long-departed needle worker still keeping watch over their craft. Visitors have reported sudden cold spots, the faint scent of oil and metal, and the feeling of being quietly observed a lingering reminder that history never truly leaves this fascinating place, where every creak and whisper tells a story of bygone industry and ghostly devotion.



Redditch Borough £20M neighbourhood investment

The fund will deliver £2 million a year for 10 years to help regenerate the community

The Leader of Redditch Borough Council has welcomed the Government's announcement of long-term funding targeted at an area in need of regeneration.

A part of the Greenlands and Woodrow neighbourhoods in Redditch has been included in the Pride in Place Strategy, which will deliver £2 million a year for 10 years to help regenerate the community.

The funding, announced, is aimed specifically at neighbourhoods with high levels of deprivation and weak social infrastructure. It can be used in an area to bring disused buildings back into use, create new community facilities, and improve local infrastructure.

Cllr Sharon Harvey said: "This huge investment is wonderful news for Redditch, and it will empower people in challenging communities that have suffered from underinvestment for too

Under Government rules, the Pride in Place money will be managed by Neighbourhood Board structures made up of local residents, elected politicians. council officers, and community and business stakeholders, with strong consultation requirements.

and independently chaired, the boards will be responsible for the local regeneration plans, working closely with local authorities.

They will consult residents to shape their long-term vision for the investment and explore additional funding that may be available from other public, private, and philanthropic sources. Government advice also includes that boards will be able to

buy and repurpose neglected properties for community benefit, using powers such as Community Right to Buy and Compulsory Purchase.

Work to establish Redditch's board is now expected to take place between spring and summer next year, so that it can submit regeneration plans for Government approval that autumn. Delivery funding would then be available from spring 2027.

Before that can happen, people in Required to be community-led the area must be asked what their local investment priorities are. The details of that engagement will now be developed.

> Cllr Harvey added: "The Pride in Place programme will give real influence and input at a neighbourhood level, with a strong commitment to consultation and engagement. Working with a variety of stakeholders, we can create positive and meaningful impacts. I can't wait for Redditch to get started on this."



Don't Waste Your Pumpkin:

A Spooky Guide to Using It All!

Carving a pumpkin is a Halloween classic, but what about all that delicious flesh and those tasty seeds? Don't let them go to waste! The inside of your pumpkin is packed with potential for some seriously spooktacular treats.

Pumpkin seeds are a ghoulishly good snack. Simply wash them, toss with a little olive oil and vour favourite seasonings (like salt, paprika, or chilli flakes), and roast until crunchy. They're a great way to use a part of the pumpkin that often gets thrown away!

The stringy pulp and remnants of flesh can be a little tricky, but they're perfect for purée. Simmer with a splash of water, blend until smooth. and you've got a base for delicious pumpkin pie, soup, pasta sauce or even a warming latte.

This Halloween, be a pro at preventing food waste by using every bit of your pumpkin. For more and spooky recipes visit www.letswasteless.com/foodsavvy.



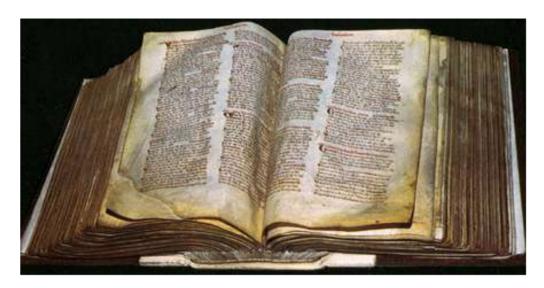








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History: Did You Know? Redditch and the Domesday Book

Did you know that Redditch itself doesn't appear by name in the Domesday Book of 1086, but many of the areas that now make up the town certainly do? Back then, the landscape was dominated by a collection of rural manors, including Feckenham, Tardebigge, and Beoley, all of which were thriving agricultural communities. Feckenham was one of the most significant entries in the local area. Surrounded by the vast Feckenham Forest, it was a royal hunting ground used by the Norman kings. Tardebigge and Beoley were also important, with farmland, mills, and woodlands forming part of a busy medieval economy that stretched across what would eventually become the Redditch district.

The name "Redditch" didn't appear until several centuries later, most likely referring to the red-

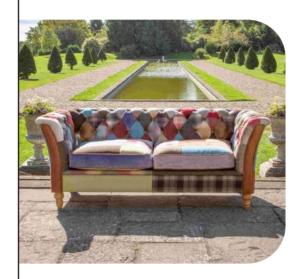
dish clay soil and the small stream or ditch that ran through the early settlement. Over time, these small hamlets and farming communities grew together, eventually developing into the town we know today.

By the 18th and 19th centuries, Redditch had transformed into a thriving needle-making centre, earning a worldwide reputation for its craftsmanship — but its roots go much deeper, right back to England's earliest recorded history.

So while Redditch as a town may be younger than Domesday, its story began with the very manors and villages listed nearly a millennium ago.

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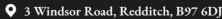
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History: The Birth of the NHS A National Treasure

Today, the NHS remains a symbol of that promise an enduring institution that has touched every family in the country and become a vital part of national life.



secured enough support to launch what would become the NHS.

When the NHS finally opened its doors, hospitals, doctors, nurses, and entire healthcare systems were brought together under one public umbrella—offering care to all, free at the point of use. It was a moment that transformed the relationship between people and healthcare in Britain.

The creation of the NHS was more than just policy—it was a promise. A promise that every citizen, regardless of background or wealth, would be treated with dignity and compassion in their hour of need.

Today, the NHS remains a symbol of that promise an enduring institution that has touched every family in the country and become a vital part of national life.

As we reflect on its legacy, we're reminded that the NHS

was built not just with policies and paperwork, but with vision, empathy, and a belief in collective good. In many ways, it's more than a healthcare system it's a reflection of who we aspire to be as a society: fair, caring, and committed to one another's wellbeing.

Looking ahead, the NHS faces immense challenge rising demand, an ageing population, and the strain of limited resources. Yet its founding values remain as relevant as ever. Innovation, investment, and a renewed focus on preventative care will be key to ensuring its future.

As new technologies transform healthcare and expectations evolve, the NHS must adapt while staying true to its core mission: providing free, high-quality care to all. With continued public support and thoughtful leadership, the NHS can remain not just a national treasure, but a global beacon of compassionate healthcare.

On the 5th July 1948 the National Health Service was established. The National Health Service (NHS) stands as one of Britain's proudest achievements. A cornerstone of the welfare state, it was born from a deep desire to rebuild a fairer, healthier society in the wake of the devastation left by two world wars.

During the Second World War, ordinary Britons made extraordinary sacrifices—living through rationing, enduring bombing raids, and shouldering immense hardship. Amid this turmoil, political leaders began to envision a better future. There was a growing consensus

that post-war Britain needed more than just physical reconstruction; it needed a social and moral one too.

At the heart of this transformation was a groundbreaking report that laid out a vision for tackling the root causes of social inequality. It proposed a new, comprehensive welfare system designed to fight five major threats: poverty, disease, ignorance, squalor, and unemployment. These ideals found a powerful champion in the Labour government elected shortly after the war, led by Prime Minister Clement Attlee.

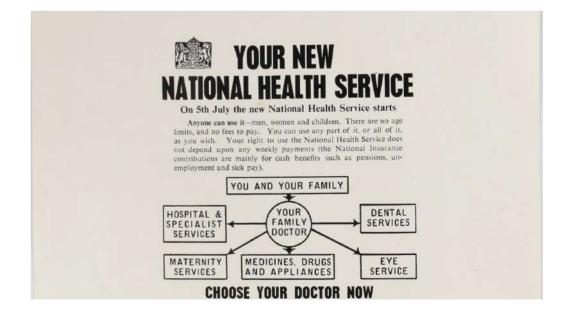
Attlee's Cabinet—many of whom had served in both world wars—were deeply committed to building

anew society. Among them was Aneurin Bevan, the fiery Minister of Health, who took on the enormous task of turning the vision of free healthcare for all into a working reality.

Bevan's mission was simple yet radical: that no one should be denied medical care because they couldn't afford it.

The idea of a universal health service was met with resistance, particularly from parts of the medical profession, who feared losing independence.

But Bevan was determined. Through negotiation, compromise, and sheer determination, he





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Standing Up for Redditch & Getting Tough on Anti-Social Behaviour

By Chris Bloore, Labour MP for Redditch and the Villages

When I speak to people across Redditch, the same feeling comes through: they're proud of their town, but many are worn down by a small minority whose behaviour is making life harder for everyone else.

The impact of anti-social behaviour and drug misuse isn't just a headline - it's families worried about their children's safety, elderly neighbours longing for peace and local business owners struggling to keep their doors open without fear. These are real people facing real challenges every day and their voices deserve to be heard. Recently, I met with local business owners at a Redditch BID meeting and heard firsthand their frustration and concern about ongoing anti-social behaviour in the town centre. These are

people working hard every day to keep our community vibrant, vet they face challenges that affect their livelihoods and the safety of their customers.

Redditch is full of incredible businesses, community organisations and people who every day are making this community better and stronger. Far too often, sensational stories paint a different picture but the reality is a resilient town with so much to offer.

That's why I spent a morning in Batchley with PC Matt Slemensek and the PCSOs from the local Safer Neighbourhood Team, seeing firsthand the challenges our community faces and the dedication of those working to keep us safe. Their commitment is clear - they care deeply. But they can't tackle these

problems without our help.

The police rely on the community to share what's happening on the ground. Every report of anti-social behaviour, vandalism or drug dealing helps build a clearer picture and supports more effective action. So please, if you see something concerning, don't hesitate to speak up. I know that some residents have been left feeling frustrated when reports don't seem to lead to visible action or when communication falls short. That's something I've raised and it's clear that more needs to be done to improve follow-up and build confidence in the system. People need to feel heard and to know that their concerns are being taken seriously.

And let me be clear: Redditch deserves its police station front desk back. Residents want to talk to officers face-to-face - not be redirected online or to another town. Visible policing matters. It builds trust, deters crime and reassures people that their community is protected.

I will continue to support fair funding for our police, better resources for local teams and safer neighbourhoods across Redditch. Because this town is our home and we all have a role to play in making it a place where everyone can feel safe.

Get in touch: Chris.bloore.mp@parliament.uk X: @ChrisBloore Bluskyy: @chrisbloore Instagram: @chrisbloore4redditch

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November Garden: Preparing for Winter and Planning Ahead

November might seem like a quiet time in the garden, but it is one of the most important months for preparation. The leaves have fallen, the air feels crisp, and while growth slows down, there is plenty to do to protect your garden and set it up for success next year.

Start by giving your garden a good tidy. Clear away fallen leaves from lawns and paths, and add them to a compost heap or leaf bin to create rich leaf mould for next year. It is also a great time to cut back any dead or dying perennials and remove old annuals. Leaving a few seed heads in place can provide food and shelter for birds and insects during the colder months, so do not feel the need to be too neat. If you have a lawn, give it one last light mow on a dry day and rake out any moss or debris. Avoid walking on frosty grass, as this can damage the blades and leave brown patches.



Autumn leaves are gold for the compost bin, so make use of them. Mixing them with grass clippings and kitchen waste helps create a perfect balance for decomposition. Turn the pile occasionally to keep it aerated. November is also the time to think about bulbs. Plant daffodils, crocuses, and tulips now for a burst of spring colour when winter finally fades. If you prefer pots, layer different bulbs in the same container - taller ones like tulips at the bottom, then daffodils, with crocuses or snowdrops near the top — for a long lasting display.

Tender plants will need protection as temperatures drop. Move pots to sheltered spots, cover delicate shrubs with horticultural fleece, and insulate containers with bubble wrap to prevent roots from freezing. Check greenhouse heaters and make sure everything is well ventilated to avoid damp and mould. Birds are your garden's winter companions, so keep feeders topped up and provide fresh water. A mix of seeds, suet, and mealworms will attract a variety of visitors and help wildlife through the lean months.

Finally, take a moment to look ahead. November is perfect for planning changes to your garden layout, browsing seed catalogues, and dreaming about next spring's colours. A little planning now will make your spring work much easier and more rewarding 25

Even though the pace of gardening slows, there is still plenty of satisfaction to be found outdoors. Wrap up warm, enjoy the peace of your late autumn garden, and know that every small task you do now will help your garden thrive once the growing season returns.









Sustainable Interiors: Eco Friendly Ways to Refresh

More people than ever are looking for ways to live more sustainably, and home interiors are no exception. Choosing eco friendly furnishings does not mean compromising on style. In fact, it often brings a richer, more authentic feel to your space.

Start by thinking about materials. Natural options such as reclaimed wood, bamboo, linen, and organic cotton are both durable and planet friendly. Investing in well made pieces that last is far more sustainable than constantly replacing cheap, disposable décor. Look for local makers and second hand finds. Pre loved furniture can often be refreshed with a coat of paint

or new handles, giving it a fresh lease of life.

Sustainability also means making the most of what you already have. Before rushing to buy something new, try rearranging a room or upcycling what is there. A lick of paint, new cushion covers, or a reupholstered chair can completely transform a space for minimal cost and waste.

Energy efficient lighting is another easy win. Switch to LED bulbs, which use less electricity and last far longer than traditional ones. Adding a few plants can also improve air quality while bringing life and colour

into your home. Trailing ivy, peace lilies, and spider plants are all great low maintenance options.

Finally, when you shop for new homeware, choose companies with clear sustainability policies and recyclable packaging. Many independent retailers in Worcestershire and the West Midlands are now embracing greener practices, from locally sourced materials to environmentally conscious production.

By making thoughtful, sustainable choices, you are not just creating a stylish home, you are also helping to protect the planet for the future. And that is something to feel truly good about.

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Small Space, Big Style Making Every Corner Count

You do not need a large home to have a big sense of style. With a little imagination, even the most compact spaces can feel open, airy, and full of personality. The secret lies in smart design choices and clever use of light, storage, and colour.

Start by embracing multifunctional furniture. A sofa bed in the spare room, a coffee table with hidden storage, or nesting side tables can save precious floor space while keeping your home tidy and organised. Look for pieces that can do double duty, stylish and practical is the goal.

Light is your best friend in a small space. Mirrors can work wonders by reflecting natural light and creating a sense of depth. Position one opposite a window to instantly brighten a room. Choose sheer curtains instead of heavy drapes to let in as much daylight as possible.

When it comes to colour, lighter shades open up a room, while pops of bold colour in accessories such as cushions, artwork, or rugs add character without overwhelming the space. A soft neutral palette with accents of terracotta, teal, or mustard works beautifully for a modern

vet homely look.

Clutter is the enemy of small spaces, so choose décor thoughtfully. A few meaningful items on display have far more impact than a crowded shelf. Keep surfaces clear and invest in decorative baskets or stylish boxes to store everyday items neatly out of sight.

Finally, do not be afraid to express your personality. Whether it is a statement lamp, a feature wall, or a gallery of family photos, small spaces come alive when they reflect the people who live in them.

With a few smart choices, any home, no matter its size, can feel spacious, stylish, and truly yours.



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HOME FURNISHING Warm Up Your Home for Autumn:

Simple Touches for a Cosier Season

As the nights draw in and the air takes on that unmistakable autumn chill, our thoughts naturally turn indoors. This is the perfect time to make your home a little warmer, softer, and more inviting. You do not need a big budget or a full redesign, iust a few simple updates can transform your living space into a cosy autumn retreat.

Start by layering textures. Think chunky knitted throws, soft wool blankets, and plump cushions in deep, earthy tones like rust. forest green, and burnt orange. Mixing materials such as velvet, faux fur, and woven cotton instantly adds comfort and depth to a room.

Lighting plays a huge role in setting the mood as daylight fades earlier each evening. Swap harsh overhead bulbs for warm. low level lighting. Table lamps, fairy lights, and candles create a softer glow that feels both welcoming and relaxing. A few scented candles, perhaps cinnamon, cedarwood, or vanilla, can bring that extra touch of autumn comfort.

Rugs are another instant game changer. Layering one over wooden or tiled floors adds both warmth and style. Choose natural fibres like wool or jute, or experiment with bold patterns to give tired flooring a lift.

Do not forget the small details. A bowl of pinecones or pumpkins, a vase of dried flowers, or even a cosy corner with a good book and a blanket can make your home feel like the perfect seasonal hideaway.

Whether you live in a modern apartment or a traditional family home. autumn is your chance to embrace comfort. This season, it is all about slowing down, creating warmth, and turning your home into a space you truly love spending time in.





Health: Boost Your Immune System This Autumn

As the days grow shorter and the temperatures start to drop, many of us find ourselves reaching for an extra layer - and the tissues. Autumn is a beautiful season, but it also marks the beginning of cold and flu season. The good news is that a few simple lifestyle changes can go a long way in keeping your immune system strong and your energy levels high right through the darker months.

A healthy diet is one of the best defences against seasonal bugs. Try to "eat the rainbow" - filling your plate with colourful fruits and vegetables rich in vifarm stalls is a great place to calm a busy mind. start - seasonal food that's full of natural goodness and sup- Regular exercise also plays a huge ports local growers too.

tamins and antioxidants. Orange tion. Aim for seven to nine hours foods like pumpkins and car- each night, and try to keep to a regurots are packed with vitamin A, lar sleep schedule. Avoid screens bewhile leafy greens provide iron fore bed, keep your room cool and and vitamin C to help ward off dark, and allow your body to unwind infection. Fresh, locally grown naturally. If you struggle to switch produce from Redditch Market, off, a warm bath, herbal tea, or a Hillers Farm Shop, and nearby short bedtime meditation can help

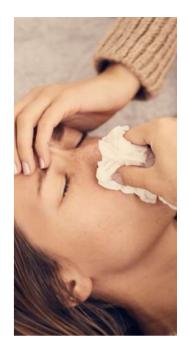
role in building a resilient immune system, and there's no reason to Getting enough sleep is another stop when the weather turns. If the cornerstone of good health. chill keeps you indoors, try some Your body does some of its most gentle yoga, stretching, or home important repair work while you workouts. On brighter days, wrap up rest, including producing the im- warm and head out for a brisk walk mune cells that fight off infec- - the pathways around Arrow Valley Lake, Morton Stanley Park, and the woodland trails around Redditch are all perfect spots to enjoy the crisp autumn air while keeping active.

Hydration is another simple but powerful way to support your immune health. Even when it's cold, your body needs plenty of fluids to function well. Swap a few cups of tea or coffee for herbal options, try warm water with lemon, or enjoy homemade soups that combine hydration and nutrition in one comforting howl.

Finally, don't forget to look after vour mood. Stress can weaken your immune defences, so it's important to take time for yourself. Whether it's reading a book.

catching up with friends, or taking a peaceful stroll through the park, small moments of calm can make a big difference. Vitamin D levels also tend to drop in autumn and winter as we spend less time in the sun, so a daily supplement can be a sensible boost — your local pharmacist or GP can advise on the right dose for you.

Autumn doesn't have to mean endless sniffles and low energy. By focusing on good food, proper rest, and a little self-care, vou'll give vour immune system the support it needs to keep you healthy, happy, and ready to eniov the best the season has to









Ballet with Melody Bear on Sundays!



A Christmas Carol

Comes to Life at Redditch Palace Theatre



This November, one of literature's best-loved festive tales will be brought to life on the Redditch stage in a stunning new musical production. The Redditch Operatic Society is proud to present the regional premiere of A Christmas Carol – The Musical, taking place at the Palace Theatre from Tuesday 18th to Saturday 22nd November.

The show promises to be a heart-warming and visually enchanting adaptation of Charles Dickens's timeless story. Set in Victorian London, it follows the familiar tale of the miserly Ebenezer Scrooge, whose life is transformed after a series of ghostly visits on Christmas Eve. Guided by the spirits of Christmas Past, Present, and Yet to Come, Scrooge is shown

the true meaning of generosity, compassion, and festive spirit. This new musical version has already delighted audiences in

London, where it enjoyed seven sell-out seasons and welcomed over 17,000 theatre-goers. Now, Redditch audiences have the exciting opportunity to experience the magic first-hand as the production makes its debut outside the capital.

Adapted by Ben Horslen and John Risebero, with music by Nick Barstow, the show beautifully combines Dickens's rich storytelling with a fresh and uplifting score. Expect an evening filled with powerful performances, haunting melodies, and heartfelt moments that capture the essence of Christmas.

The Redditch Operatic Society is renowned for its high-quality local productions, and this promises to be one of their most memorable yet. Audiences can look forward to elaborate costumes, atmospheric sets, and an emotional journey that stays true to the original spirit of Dickens's classic. Performances take place nightly at 7:30pm, with a special Saturday matinee at 2:30pm for those who prefer an afternoon showing. Tickets start from £24.50, with concessions available for selected performances.

Whether you're a lifelong Dickens fan or simply looking to get into the festive mood, A Christmas Carol – The Musical is the perfect way to start the season. It's a show filled with warmth, hope, and a reminder that Christmas is truly about kindness, community, and joy. It ckets are available now at: www.redditchpalacetheatre.co.uk





Discover the Wonders

of the Night Sky with Redditch Astronomical Society

If you've ever looked up at the night sky and found yourself captivated by the stars, planets and constellations, then the Redditch Astronomical Society has an event that's truly out of this world.

On Tuesday 4th November at 7pm, the group will be hosting a special evening called Learning Astrophotography with AstroLee at the Windmill Community Centre, Rye Grass Lane. The session promises to be both informative and inspiring for anyone with a love of the night sky from complete beginners to those already exploring astronomy as a hobby. The evening's guest speaker, AstroLee, is a highly regarded astrophotographer and astronomer from the West Midlands, known for his stunning celestial images and accessible teaching style. With a following of over 300,000 astronomy enthusiasts on Facebook, he has built a reputation for bringing the beauty of the universe closer to home, showing that anyone can capture incredible images of the stars with a bit of patience, practice, and the right knowledge.

During the talk, AstroLee will share his experiences and practical advice on how to get started with telescopes and astrophotography — from choosing the right equipment to understanding how to photograph deep-sky objects such as galaxies, nebulae, and star clusters. Whether you have a telescope already, use just a smartphone, or are simply curious about what's possible, there will be plenty to learn.

And, if the weather is kind, the evening will continue outdoors with a hands-on stargazing session at Morton Stanley Park, where attendees will have the chance to view the heavens for themselves and try out some of the techniques discussed earlier.

This event is a great opportunity to meet like-minded people, chat with experienced astronomers, and discover how rewarding stargazing can be as a hobby. If you're considering taking up astronomy, or even thinking about what to add to your Christmas wish list, this could be the perfect place to start!

Members of Redditch Astronomical Society attend for free, and guests are welcome for just £3. Everyone is encouraged to come along, learn something new, and enjoy an evening that promises to open your eyes to the wonders of the universe right from your local community.

Find out more and join the event via Facebook:

Redditch Astronomical Society Learning Astrophotography with AstroLee

Rilys:

Redditch's Award-Winning Taste of India

Nestled beside the Palace Theatre in the heart of Redditch, Rilvs invites diners into a world where classic Indian flavours merge with creative flair. Since opening in November 2007, the restaurant has carved out a reputation for blending authenticity with elegance — becoming a go-to destination for those seeking more than just a curry night out.

From the moment you step through the door, you sense that this is not your average takeaway spot. The interior is chic and thoughtfully styled, setting a tone of refined dining that complements the culinary ambitions of the kitchen. The food philoso-

phy is simple but ambitious: use only the freshest, highest quality ingredients, then treat them with respect and flair to produce dishes that delight both the eye and the palate.

Rilys' menu covers a wide spectrum - from beloved classics like Chicken Tikka Masala, Lamb Rogan Josh, and Vegetable Biryani, to more inventive creations such as Tandoori Mix platters. Salmon Tikka, and King Prawn Garlic. Every dish is prepared fresh, with care, and at busier times diners may be asked to allow a little extra time for service – proof that quality here is never rushed.







Some of the finest meals at Rilvs in Redditch

The accolades speak for themselves: Rilys have won Best in the Midlands at the British Curry Award, a mark of prestige in a competitive culinary landscape. But awards are only part of the story - at its heart, Rilys is about hospitality. The team aims to impress not just with food, but with service, presentation and atmosphere, making each visit feel special.

Beyond its kitchen, Rilys plays an active role in the Redditch community. Sponsorships, donations, and involvement in local theatre and sports projects are all part of how the restaurant



Superb evening at Rilys. Excellent food and service while celebrating a birthday. Attentive friendly staff and high quality food and drinks.



connects with the wider town. Whether you're planning a special night out, catching a show next door, or simply craving takeaway with heart, Rilys offers a culinary experience that honours tradition while embracing a modern edge.

Rilys Redditch: 1b The Quadrant, Alcester Street, Redditch, Worcestershire, B98 8AE Tel: 01527 60544 www.rilysredditch.co.uk









Seasonal Spotlight:

Apples & Cranberries

There's something very special about cooking with produce that's in season, and November is a perfect time to celebrate two fruits that bring colour, flavour, and a touch of nostalgia to the kitchen apples and cranberries. Both are staples of winter cooking and lend themselves beautifully to comforting puddings like our spiced crumble.

Apples

Autumn is apple season at its finest, and many orchards across the country are still brimming with late varieties through November.

From sharp Bramleys that hold their shape in pies and crumbles, to sweet dessert apples like Cox or Russet, there's a type to suit every recipe. If you're lucky enough to have an apple tree in your garden, now's the time to gather up the last of the crop before frosts set in. Locally grown apples can often be found at farm shops and markets too, offering more flavour and variety than supermarket shelves.

Cranberries

While cranberries are most often associated with Christmas sauce, they're actually at their best in November and December. In the UK, they're usually sold fresh in supermarkets or farm shops from late autumn, but dried cranberries are also a handy store-cupboard staple that work wonderfully in baking and puddings. Their tart, jewel-red berries add a vibrant burst of colour and sharpness to sweet dishes, balancing rich or spiced flavours perfectly. Cooking with the season Bringing seasonal produce into your cooking is about more than just taste – it connects us to the rhythm of the year and supports local growers and suppliers. Apples and cranberries are versatile, affordable, and a great way to add both freshness and tradition to your winter table.

So next time you're planning a pudding, look out for local apples and a punnet of cranberries, and you'll have the makings of a dessert that captures the very essence of November.

Spiced Apple & Cranberry Crumble



Ingrediants

- 5 medium cooking apples, peeled, cored, and sliced
- 100g fresh or dried cranberries
- 75g soft brown sugar
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- Zest of 1 orange

For the crumble topping:

- 150g plain flour
- •100g cold butter, diced
- 75g demerara sugar
- 7 38 demerara 34
- 50g rolled oats

Method

- Preheat the oven to 190°C (170°C fan) or Gas Mark 5.
- 2. Place the sliced apples and cranberries in a large bowl, then mix with the brown sugar, cinnamon, nutmeg, and orange zest.

Tip the mixture into an ovenproof baking dish.

- 3. To make the topping, rub the butter into the flour using your fingertips until the mixture resembles breadcrumbs. Stir in the demerara sugar and oats.
- 4. Sprinkle the crumble topping evenly over the fruit, making sure it's well covered.
- 5. Bake for 30–35 minutes, until the fruit is bubbling and the topping is golden and crisp.

Serving suggestion:

This crumble is best served hot with custard, cream, or a scoop of vanilla ice cream. The cranberries add a lovely burst of colour and tangy flavour, making it a perfect dessert for November – and a great recipe to carry through into the festive season. There's something truly special

about the aroma of spiced apples drifting through the kitchen on a dark evening. This pudding is a real crowd-pleaser, easy to prepare in advance, and the perfect way to bring a little extra warmth to the table this winter.





WARMING AUTUMN DRINKS:

COMFORT DRINKS

As the nights grow longer and the chill sets in, nothing lifts the spirits quite like a warming drink. November is the perfect time to swap iced lattes and cold refreshments for something soothing, spiced, and comforting. Whether you're coming in from a brisk walk, wrapping up after a local firework display, or simply settling down for a cosy evening at home, the right drink can make the moment feel extra

special.

Hot chocolate is, of course, the ultimate classic. Rich, creamy, and indulgent, it's a favourite for all ages. Add a handful of marshmallows, a swirl of whipped cream, or even a drizzle of caramel sauce to make it feel truly luxurious. For something a little more grown-up, try adding a splash of liqueur such as Baileys or orange brandy for a festive twict

Mulled drinks are another November staple. Mulled cider brings a fruity warmth, infused with cloves, cinnamon, and star anise, while mulled wine makes an early appearance in the runup to Christmas. Both fill the kitchen with an irresistible seasonal aroma and are perfect for sharing at social gatherings.

If you prefer something lighter, spiced teas can offer the same comfort without being overly rich. Chai lattes, with their blend of warming spices, are a great alternative to coffee and create that café-style treat at home. Herbal blends with ginger or cinnamon are also excellent for boosting energy and warding off the winter chill.

And don't forget simple homemade touches – a slice of fresh orange, a sprinkle of nutmeg, or a spoonful of honey can transform even the most ordinary cuppa into something warming and restorative.

So, whether you're curled up with a book, catching up with friends, or treating the family, November is the perfect excuse to savour a hot drink that warms you from the inside out.









November Motoring Getting Winter-Ready

As the nights draw in and the temperatures drop, November is the perfect time to give your car some extra attention before the full force of winter arrives. A little preparation now can save a lot of stress later, whether you're commuting daily, running family errands, or planning festive trips further afield.

Check your tyres

Tyres are the only contact your vehicle has with the road, so it's vital they're in good condition. Check for adequate tread depth (at least 1.6mm, though 3mm is recommended in wet or icy conditions) and make sure they're properly inflated. Consider switching to winter or all-season tyres if you do a lot of driving in challenging weather, as they pro-

vide improved grip and reassurance.

Battery health

Cold weather is tough on car batteries. If yours is more than three years old, get it tested to avoid the dreaded flat battery on a frosty morning. Keeping jump leads or a compact booster pack in the boot is always a good idea too.

Lights and visibility

With darker evenings and poor weather, clear visibility is essential. Check all your lights are working and clean, and replace worn wiper blades. Top up your screenwash with a winter-grade formula to prevent freezing and keep your view crystal clear.

Emergency kit

It's worth keeping a small winter kit in your car – think blanket, torch, ice scraper, de-icer, phone charger, and even a flask of hot drink if you're heading on longer journeys. You'll thank yourself if you ever get caught in traffic or a breakdown on a cold night.

Plan ahead

Road conditions can change quickly in November, especially with early morning frost or heavy rain. Allow extra time for journeys, keep your fuel tank topped up, and drive steadily to match the conditions.

A few simple checks and a little preparation can make a big difference to your safety and comfort on the roads this winter.



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