



spring edition

Seasons

Spring 2026

Featuring

- Health, Beauty & Wellbeing
- Spring Home Refresh
- Pets and People
- Caring People, Caring Places
- Spring Motoring
- & Much, much more



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Welcome to **Seasons – Spring 2026**

As the light lingers a little longer each evening and the first blossom softens our streets and hedgerows, spring arrives with its gentle promise of renewal. Across Worcestershire, Warwickshire and the West Midlands, gardens begin to stir, cafés spill out onto pavements once more, and there's a fresh sense of possibility in the air.

Welcome to the Spring edition of Seasons - a celebration of new beginnings, local inspiration and the businesses that help our communities flourish.

This issue is filled with ideas to brighten your home, revitalise your wellbeing and make the most of the season on your doorstep. From garden transformations and countryside escapes to beauty refreshes, spring dining and trusted local services, we shine a light on the people and places that make our region special.

Spring is not just a change in weather, it's a change in mindset. It's the moment we open windows, plan projects, book breaks, and rediscover favourite local spots. It's a season for growth, colour and connection.

As always, **Seasons** is proudly local, showcasing independent businesses, expert services and inspiring stories from across our three counties. Whether you are reading with a coffee in a local café, browsing between appointments, or enjoying the digital edition at home, we hope this issue sparks ideas and encourages you to explore.

Here's to lighter mornings, brighter days and a season full of fresh possibilities.

The Seasons Team
(01527) 588688



Health, Beauty & Wellness



Spring has a way of stirring something within us. As daylight stretches and the air softens, we feel it - that quiet nudge to move more, breathe deeper and take better care of ourselves.

After the slower rhythm of winter, this is the perfect moment to reset mind, body and soul.

Start with movement. It does not have to mean marathon training or punishing gym sessions. It can be as simple as committing to a daily walk through your local park, joining a beginners' yoga class, or signing up to a friendly running club.

Across Worcestershire, Warwickshire and the West Midlands, fitness communities thrive, from boutique studios and personal trainers to leisure centres and outdoor boot camps.

Fresh air is medicine in itself. A brisk morning stroll along the River Severn, a climb up the Malvern Hills, or a gentle cycle through Warwickshire countryside clears the head and lifts the mood. Even twenty minutes outdoors can improve energy and focus.

Spring is also the ideal time to review your routine. Perhaps that means finally joining the gym you've been considering, booking a long overdue physiotherapy session, or investing in a structured fitness plan. Professional guidance can make all the difference in staying motivated and injury free.

Wellness is not only physical. It's about restoring balance. Mindfulness sessions, Pilates, meditation groups and holistic therapies offer space to pause and recharge. Many local studios now provide welcoming environments for complete beginners.

There is something powerful about taking action in spring. It signals a fresh chapter — not about drastic change, but about positive steps forward.

This season, give yourself permission to prioritise your wellbeing. Move your body, clear your mind, and embrace the brighter days ahead.

Glow Into Spring

Beauty, Confidence and Self-Care

Spring light is wonderfully honest. As scarves are folded away and coats grow lighter, we begin to notice ourselves again - and often, we feel ready for a refresh.

A new haircut can transform more than just appearance. Whether it's subtle layers, a bold shorter style or fresh colour to catch the sunlight, salons across our region are embracing spring tones - warm blondes, soft caramels, glossy brunettes and lighter, natural textures.

Skin too benefits from seasonal attention. Cold weather can leave complexions dull and dehydrated. Professional facials, gentle exfoliation and updated skincare routines help restore radiance. Many local beauty clinics offer treatments designed specifically for transitional months, helping skin adapt from winter dryness to spring brightness.

Hands and feet deserve care as well.

Manicures, pedicures and nail treatments not only look polished but provide a welcome hour of relaxation. With wedding season and social events approaching, now is the perfect time to book ahead.

Massage therapy is another spring essential. Whether deep tissue, hot stone or aromatherapy, massage improves circulation, eases tension and encourages better sleep. After months of hunching against the cold, shoulders and backs particularly benefit from professional care.

For those considering aesthetic treatments or dental refreshes, spring offers breathing space before summer gatherings and holidays. Consultations now allow for thoughtful decisions and gradual results.

Above all, beauty in spring is about confidence. It is about feeling comfortable in your own skin, energised, cared for and ready to step into the season with renewed assurance.

Self-care is not indulgent. It is maintenance, restoration and an investment in how you feel every day.





Small Changes BIG Difference

Wellness does not require dramatic resolutions. Often, it is the smallest habits that create lasting impact.

Join a local running group and meet like-minded people. Try a reformer Pilates class for strength and posture. Book a personal training session to learn proper technique. Even scheduling a weekly countryside walk can anchor your routine.

Hydration, balanced nutrition and consistent sleep all play their part. Farm shops and local delis offer seasonal produce bursting with colour and flavour, perfect for lighter spring meals.

If stress has been building, explore reflexology, acupuncture or counselling services available across our counties. Professional support is a sign of strength, not weakness.

Spring invites action. Make one appointment. Try one new class. Take one long walk. Momentum follows movement.

Enjoy Exclusive, Evergreen Editions of **Seasons**



Following on from the fantastic response to our debut 'Winter' edition of 'Seasons', we hope you will now also enjoy this exclusive, evergreen edition of your local 'Spring' edition of Seasons.

Seasons

If you would like your business featured in the 'Summer' edition of Seasons, or if you would like more details just call

**01527
588688**

and speak to
Kelly, Caroline,
Roisin, Debra,
Sharon, Gareth
or Paul



Step Outside, Step Forward

Longer evenings mean opportunity. After-work walks, early morning cycles and weekend hikes become easier when daylight lingers. Local parks, canals and countryside trails provide accessible routes for all abilities.

Community sport is thriving too — tennis clubs reopening their courts, cricket nets appearing on village greens, swimming pools extending hours and gyms launching spring membership offers.

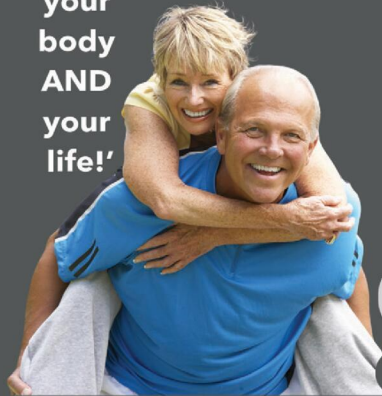
If motivation feels low, book something in. A massage appointment, a hair refresh, a fitness class — committing to a date in the diary makes change real. And remember, wellbeing is not about perfection. It is about progress. This spring, take your mind, body and soul in hand. Embrace the outdoors. Support local experts. Invest in yourself.

The season is ready. Are you?

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Open the windows. Let the light in. Start again.

There is something deeply satisfying about a spring reset. After months of heavy fabrics and darker tones, this is the season to lighten, brighten and breathe new life into your living space.

Start small. Swap thick winter throws for lighter textures in linen and cotton. Introduce soft pastels, warm neutrals or botanical prints to echo the colours emerging outdoors. Even rearranging furniture to maximise natural light can transform a room.

Decluttering is the true foundation of a refresh. Clear surfaces, rehome unused items and

create space for calm. Storage solutions — from fitted wardrobes to clever shelving — can make everyday life feel instantly more organised. Spring is also prime time for planning larger projects. Kitchens, bathrooms, garden rooms and conservatories all benefit from extra daylight when being redesigned. Flooring upgrades, fresh paint and new lighting can dramatically shift the mood of a home. A home refresh is not about starting from scratch. It's about enhancing what you already love — and making your space work beautifully for the months ahead.

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Light, Space and Simple Luxury

Spring interiors are defined by clarity and comfort. Think open spaces, soft palettes and thoughtful detail.

Natural materials lead the way this season. Oak, rattan, stone and brushed brass add warmth without heaviness. Layer with tactile fabrics — boucle cushions, woven rugs, sheer curtains — to create softness without bulk.

Paint remains one of the simplest transformations. Gentle greens, warm whites and muted blues reflect the outdoors and instantly lift interiors. Feature walls are giving way to cohesive, whole-room tones that feel calm and contemporary.

Lighting deserves attention too. Replace cooler bulbs with warm daylight tones and consider statement pendants or sculptural lamps to add personality. Mirrors positioned opposite windows amplify brightness and create a sense of space.

Kitchens continue to be the heart of the home. Spring trends favour painted cabinetry, open shelving and quartz or composite worktops that are both beautiful and practical. Breakfast nooks and relaxed seating areas encourage connection and conversation.

Bathrooms are embracing spa influences — rainfall showers, natural tiles and soft ambient lighting. Even small updates such as new taps or cabinet handles can make a noticeable difference.

Outside, patios and garden spaces become extensions of the home. Bi-fold doors, decking upgrades and outdoor seating transform gardens into social spaces ready for warmer days.

Spring is about progress. It's about making your home lighter, more functional and ready for entertaining, relaxing and living well.



Spring cleaning

**often reveals one truth –
we all need better storage**

Built-in wardrobes, bespoke shelving and under-stair solutions maximise unused space and reduce clutter. In kitchens, pull-out pantry systems and drawer organisers simplify daily life. For growing families, flexible furniture is key. Extendable dining tables, modular sofas and multi-purpose garden rooms allow homes to evolve with changing needs.

Energy efficiency is also part of a modern refresh. Upgraded windows, improved insulation and smart thermostats not only enhance comfort but help manage energy costs as seasons shift.

A well-designed home does more than look good. It supports how you live.



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Bringing the Outdoors In

Spring is the perfect moment to blur the boundary between inside and out.

Houseplants remain a simple yet powerful addition. Olive trees, ferns, peace lilies and trailing ivy bring freshness and improve air quality. Grouping plants at different heights creates visual impact.

Large glazed doors and expanded window spaces flood interiors with daylight. Where structural changes are not possible, lighter window dressings achieve a similar effect.

Garden design is increasingly seen as an extension of interior style. Outdoor kitchens, fire pits and weather-resistant sofas create spaces for entertaining long into the evening.

For smaller gardens or balconies, vertical planting, raised beds and container arrangements maximise impact without overwhelming space.

Spring reminds us that homes are living spaces. They evolve, grow and adapt — just like the season itself.



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The Finishing Touches

True transformation lies in detail

Artwork refreshes walls. Local artists, photography prints and framed textiles add personality. Swapping heavy winter curtains for lighter fabrics instantly changes atmosphere.

Scent also shapes how a home feels. Citrus, linen and floral fragrances signal the shift into spring.

Finally, focus on comfort. A reading corner bathed in afternoon light, a reimagined dining space for family gatherings, or a tidy hallway that welcomes you home — these small adjustments elevate everyday living.

Spring does not demand perfection. It invites improvement.

A thoughtful refresh sets the tone for the months ahead... brighter, calmer and ready for whatever the season brings.



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Kitchens That Work for You



The kitchen remains the heart of the home, and spring is the ideal time to give it a fresh perspective.

You do not always need a full renovation to make a noticeable impact. Replacing cupboard doors, updating handles or installing new worktops can transform the space without major disruption. Painted cabinetry in soft greens, warm neutrals or classic whites reflects the season beautifully.

Lighting is equally important. Under-cabinet lighting, pendant fittings over islands and improved task lighting can enhance both practicality and atmosphere.

Organisation also plays a key role. Drawer dividers, pull-out storage and pantry systems make everyday living easier and more efficient.

For those considering a larger project, spring offers the perfect window to plan ahead, ready for summer entertaining and family gatherings.



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Bringing Fresh Energy into Every Room

Sometimes, the simplest changes have the greatest effect

New cushions, throws or rugs can instantly lift a space. Artwork can be rearranged or replaced to reflect lighter, brighter themes. Even introducing fresh flowers or houseplants brings life and movement indoors.

Bedrooms benefit from seasonal updates too. Lighter bedding, softer colour palettes and improved storage create a calmer, more restful environment.

Hallways and entrances are often overlooked, yet they set the tone for the entire home. A fresh coat of paint, improved lighting or clever storage for shoes and coats can make a welcoming difference.

Spring is not about perfection. It is about progress, energy and creating a home that feels good to live in every day.



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The Power of a Seasonal Reset

Spring has a remarkable way of changing how we feel about our homes. Spaces that felt cosy in winter can suddenly feel heavy, and there is a natural urge to open windows, clear surfaces and start again.

A true home refresh is not just about appearance, it is about how a space makes you feel.

Begin by rethinking how each room is used. Are there areas that feel cluttered or underused? Could a spare corner become a reading nook, a workspace or a calm retreat? Spring is the perfect time to reassess and reimagine.

Light plays a huge role in this transformation. Clean windows, lighter curtains and repositioned mirrors can instantly brighten a room. Even something as simple as swapping darker lampshades for lighter tones can soften the atmosphere.

Storage is often the hidden hero of a well-functioning home. Built-in solutions, fitted furniture and clever cabinetry help reduce visual clutter and create a sense of calm. Local specialists can design bespoke options that maximise every inch of space.

Spring is also an ideal time to tackle those jobs that have been put off through winter. Repainting tired walls, updating flooring, replacing worn fixtures or upgrading insulation all contribute to a fresher, more efficient home.

Do not overlook outdoor spaces as part of your refresh. Patios, driveways and garden paths can all benefit from attention. Pressure washing, new planting or updated fencing can dramatically improve kerb appeal.

Technology is another area many homeowners are revisiting. Smart lighting, heating controls and home security systems offer both convenience and peace of mind.

Ultimately, a spring home refresh is about creating a space that feels lighter, more organised and ready for the months ahead. It does not have to be dramatic. Small, thoughtful changes often make the biggest difference.

And with so many skilled local businesses ready to help, there has never been a better time to begin.



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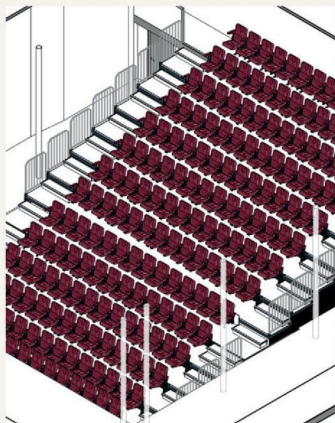
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HUGE REFIT ANNOUNCED AT ARTRIX THIS APRIL!

At the end of April, we will begin a refurbishment of our auditorium seating, an important step in improving the comfort and experience for everyone who visits the theatre. Alongside this, we will soon launch our new membership programme - Friends of Artrix giving supporters the opportunity to play a direct role in securing the theatre's future.

Membership will offer benefits for audiences while helping sustain the venue for generations to come. For those who want to be even more closely involved, volunteering remains one of the most powerful ways to contribute. Whether welcoming audiences, supporting events or helping shape the future of the theatre, our volunteers truly make Artrix possible.

For more info, we'd love to welcome you to our membership launch event at Artrix on the 31st May 2026, its free, nibbles and a free drink on entry. A night of live music in the foyer, tours of the venue and meet the team. Signup at: artrixbromsgrove.co.uk/membershiplaunch



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| 19.03.26: TINA TURNER EXPERIENCE | 13.06.26: THAT NIGHT IN MANCHESTER | 10.10.26: SIMPLY RED TRIBUTE |
| 20.03.26: FLEETWOOD UNCHAINED | 19.06.26: YOU SHOULD BE DANCING THE BEE GEES SONGBOOK | 15.10.26: MUSIC OF PETER GREEN |
| 21.03.26: FEARLESSLY TAYLOR | 26.06.26: I'M EVERY WHITNEY | 17.10.26: DIVA OF THE DECADES |
| 28.03.26: BART GREEN CHORAL | 04.07.26: SOUND & VISION (BOWIE) | 18.10.26: DIRE STREETS |
| 02.04.26: SMOOTH CRIMINAL
MICHAEL JACKSON TRIBUTE | 09.07.26: RAY QUINN KING OF SWING | 22.10.26: COLDPLACE - TRIBUTE TO COLDPLAY |
| 04.04.26: ELECTRIK LIVE ORCHESTRA | 10.07.26: BLONDISH | 23.10.26: ROD STEWART SONGBOOK |
| 09.04.26: K-POP SUPERSTARS | 11.07.26: G2 DEFINITIVE GENESIS | 24.10.26: STADIUM ROCK EXPERIENCE |
| 10.04.26: RADIOHEAD PROJECT | 23.07.26: ULTIMATE ELVIS EXPERIENCE | 25.10.26: DAN BUDD AS ROBBIE WILLIAMS |
| 11.04.26: ANNIE LENNOX & EURTHMICS EXPERIENCE | 24.07.26: DESPERADO - EAGLES | 29.10.26: SIMON & GARFUNKEL STORY |
| 12.04.26: SHANIA TWAIN TRIBUTE | 25.07.26: TOTALLY 80'S LIVE | 31.10.26: NOW I'M HERE QUEEN |
| 17.04.26: REM HARRIS HOT CLUB TRIO | 06.08.26: 50 YEARS OF FENDER | 05.10.26: CAROLE KING AND JAMES TAYLOR SONGBOOK |
| 17.04.26: ONE NIGHT OF ADELE | 15.08.26: ULTIMATE 70'S SHOW | 06.11.26: BLACKMORE'S BLOOD |
| 02.05.26: GIVE ME THE NIGHT | 22.08.26: KILLERS COLLECTIVE | 07.11.26: CODA LED ZEPPELIN TRIBUTE |
| 04.05.26: CASSIDY JANSON SINGS CAROLE KING | 03.09.26: JEFF BECK EXPERIENCE | 13.11.26: BOYBAND LEGENDS |
| 08.05.26: AND FINALLY PHIL COLLINS | 04.09.26: LUKE COMBS EXPERIENCE | 19.11.26: HOUNDS OF LOVE - KATE BUSH |
| 09.05.26: OASIS | 06.09.26: A NIGHT IN KILKENNY | 20.11.26: UPBEAT BEATLES |
| 14.05.26: ELTON'S SONG: BEYOND THE YELLOW BRICK ROAD | 10.09.26: SIXTIES EXPLOSION! | 27.11.26: GENESIS CONNECTED |
| 15.05.26: THIS IS MERSEYBEAT | 12.09.26: CLASS OF 55 THE HISTORY OF ROCK N ROLL | 07.12.26: JOSH HINDLE AS BUBBLE |
| 16.05.26: CLASSIC ROCK REVIVAL | 13.09.26: JOHNNY & JUNE | 14.12.26: JOSH HINDLE AS BUBBLE |
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| 05.06.26: THE CARPENTERS EXPERIENCE | 01.10.26: STEVIE & LUTHER SHOW | 04.03.27: TOM MEIGHAN - THE VOICE OF KASABIAN |
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| | 03.10.26: CALIFORNIA DREAMING SHOW | |
| | 04.10.26: SMASH 80'S | |
| | 08.10.26: SEARCHERS & HOLLIES | |
| | 09.10.26: CHRIS STAPLETON EXPERIENCE | |

C UPCOMING COMEDY

- 26.03.26: ACOPALYPSE NOW
 01.04.26: REGINALD D HUNTER | FUNNY BEESENESS
 14.04.26: JONNY COLE ARMAGUDD'N
 15.04.26: JONNY COLE ARMAGUDD'N
 21.11.26: TINY TIM'S FAMILY ADVENTURE
 21.11.26: TINY TIM'S STANDUP ADVENTURE
 22.04.27: DOM JOLLY'S TRIGGER HAPPY TV

T UPCOMING THEATRE

- 22.03.26: DISNEY NEWSIES JR.
 02.04.26: KRAPP'S LAST TAPE
 18.05.26: DOOMGATE
 26.05.26: WONDERS OF THE UNIVERSE
 04.06.25: MURDER:STAGED
 12.06.25: WHEN SATURDAY COMES THE MUSICAL
 24-27.06.25: SLEUTH *ALL AND SUNDRY
 18.08.26: THE NEXT CHAPTER: WONDERS OF THE UNIVERSE
 28-30.08.26: HIGH SCHOOL MUSICAL JR.
 01-02.09.26: 2:22 A GHOST STORY
 24.10.26: CARTWRIGHT AND COY'S GHOST STORIES
 ALL OF DECEMBER: RAPUNZEL THE TANGLED PANTOMIME

C UPCOMING CINEMA

- 16.03.26: JAMES ACASTER: CINEMAGOERS
 02.04.26: ROYAL OPERA LIVE: SIEGFRIED
 20.04.26: NATIONAL THEATRE LIVE: ALL MY SONS
 21.04.26: ROYAL OPERA LIVE: MAGIC FLUTE
 05.05.26: ROYAL OPERA LIVE: EUGENE ONEGIN
 28.05.26: NATIONAL THEATRE LIVE
 PLAYBOY OF THE WESTERN WORLD
 25.06.26: NATIONAL THEATRE LIVE
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W UPCOMING WORKSHOPS/CLASSES

- MONDAY: ZUMBA WITH CHARLEY (AM)
 HALFTAIL ACTING LIKE ADULTS (EVE)
 TUESDAY: INNOVATE DANCE (EVE)
 LCTKD - TAI CHI (PM)
 WEDNESDAY: LCTKD - TAI CHI (PM)
 INNOVATE DANCE (EVE)
 THURSDAY: ENCORE ARTS THEATRE SCHOOL (EVE)
 FRIDAY: CREATIVE WRITING FOR ADULTS (AM)
 STAR PROJECT - YOUTH DRAMA (EVE)
 SATURDAY: CREATIVE WRITING FOR CHILDREN (AM)
 ARTRIX YOUTH THEATRE: (PM)
 SUNDAYS: ADULT TAP DANCE (ONCE A MONTH) - EVE

FOR MORE INFO:
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ARTRIX

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The Joy of Companionship

Caring for the Animals Who Share Our Lives

Pets are part of the family. They greet us at the door, join us on countryside walks, curl up beside us in the evenings and, without asking much in return, offer loyalty, laughter and comfort every single day.

Spring is the season to give something back. As temperatures rise, activity levels increase. Dogs relish longer walks along canal paths, through blossom-lined parks and across rolling farmland. Cats venture further into gardens warmed by sunshine. Even smaller pets benefit from enriched environments and seasonal attention.

Health should be a priority at this time of year. Booking a routine veterinary check ensures vaccinations are up to date and provides peace of mind before the more active months ahead. Parasite prevention becomes increasingly important in spring, and local veterinary practices can offer tailored advice for your pet's needs.

Grooming also plays a key role. Many breeds shed their thicker winter coats as days grow longer. Professional grooming not only keeps pets comfortable but supports skin health and overall wellbeing. Nail trimming, ear

checks and dental care are small steps that make a big difference.

Spring is also a wonderful time to consider training or enrichment. Puppy classes, agility sessions and behavioural training strengthen bonds and provide mental stimulation. For older pets, gentle hydrotherapy or physiotherapy can maintain mobility and comfort. And let us not forget the joy of shared experience. Dog-friendly pubs, countryside cafés and outdoor events across our region increasingly welcome well-behaved companions, making social outings more inclusive than ever.

For those considering welcoming a new pet into their home, spring offers the space and daylight to establish routines gradually. Local rescue centres and adoption charities continue their invaluable work throughout the year, matching animals with loving families.

Pets enrich our lives immeasurably. This spring, take time to invest in their health, happiness and companionship. Whether it is a new harness, a training course, a health check or simply an extra-long walk at sunset, the rewards are mutual.

Because when pets thrive, so do we.



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Caring People, Caring Places

The Heart of Our Community This Spring

Spring is a season of renewal, but it is also a season of connection.

As lighter mornings return and neighbours begin tending front gardens once more, there is a quiet reminder that community is built not just on streets and houses, but on kindness, care and shared responsibility.

Across Worcestershire, Warwickshire and the West Midlands, there are extraordinary people quietly making life better for others every single day. Care home teams who offer dignity and companionship. Home-care professionals who help residents remain independent. Funeral directors who guide families gently through their most difficult days. Veterinary teams who care for beloved pets as if they were their own.

These are the steady hands and compassionate hearts that form the backbone of our region.

But community care is not limited to professionals. It belongs to all of us.

Spring is the perfect time to reach out. Could you check in on an elderly neighbour who lives alone? Invite them for a cup of tea, or offer a lift to a local garden centre or café. A small gesture can brighten an entire week.

Have you ever thought about volunteering? Charity shops, food banks, community centres and animal shelters rely on local goodwill. Even a few hours a month makes a meaningful difference. From walking rescue dogs to sorting donations or helping at fundraising events, there are countless ways to get involved.

Neighbourhood Watch groups continue to strengthen local safety and connection. Setting up or joining one fosters communication and reassurance, particularly for older residents.

Caring also means planning ahead. Solicitors, financial advisers and support services help families prepare responsibly for the future, ensuring peace of mind for loved ones.

At its heart, Caring People, Caring Places is about recognising that compassion lives all around us. It is in the volunteer behind the charity shop counter, the nurse on a late shift, the neighbour who waters plants while someone is away.

This spring, let us celebrate those who care, and perhaps take one small step to join them. Because community is not something we inherit. It is something we nurture.



Small Acts, Big Impact



Caring does not always require grand gestures. Often, it begins with something simple.

A friendly conversation over a garden fence. Offering to collect shopping for someone recovering from illness. Delivering homemade cake to a neighbour who rarely has visitors. These moments may seem small, but they create belonging.

Volunteering opportunities are abundant across our counties. Local hospices welcome

support at fundraising events. Charity shops depend on volunteers to keep their doors open. Animal rescue centres need help with cleaning, feeding and socialising pets waiting for homes.

Spring is an ideal time to begin. With longer daylight hours and a renewed sense of energy, many organisations launch new initiatives and community events.

Giving time costs nothing, yet it strengthens the fabric of the place we call home.

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Live-in care from Spring Retirement offers professional, tailored support and companionship that allows

you or your loved ones to remain in the comfort and safety of your home, without the need to move into a care home.

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Caring for Every Generation

Compassion spans every age group

For older residents, loneliness can be one of the greatest challenges. Inviting someone for tea, offering transport to appointments, or simply checking in regularly can provide reassurance and comfort.

Families caring for relatives often rely on trusted local services, from respite care and home support to mobility specialists and community health providers. These professionals bring expertise, patience and dignity to their roles.

Younger generations benefit too. Mentoring schemes, youth clubs and fostering services depend on adults willing to share experience and stability.

Even pets are part of this picture. Vets, kennels and rescue organisations ensure animals receive the protection and affection they deserve.

Spring reminds us that care is continuous. It grows when shared.



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Building a Brighter Community

Imagine the difference if each of us chose one act of kindness this month.

Set up a neighbourhood coffee morning. Join a litter-picking group. Volunteer at a community garden. Offer companionship to someone recently bereaved. Support local care providers who dedicate their lives to helping others.

Caring strengthens trust. It reduces isolation. It makes our towns and villages feel safer and more welcoming.

Across Worcestershire, Warwickshire and the West Midlands, countless individuals already give their time, skills and compassion without seeking recognition. They are the quiet heroes of everyday life.

This spring, perhaps it is our turn.

Because when we look after one another, we create communities that truly flourish.



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SCAN ME



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The Gift of Time

In a busy world, time is one of the most valuable things we can offer. Spring is a wonderful opportunity to slow down and reconnect with those around us. A short visit to a neighbour, a phone call to someone who may be feeling isolated, or offering help with small everyday tasks can mean more than we realise.

Community groups and local organisations are always looking for volunteers willing to give just a few hours. Whether it is helping at a lunch club, supporting a local charity or simply being a friendly face, every contribution matters.

Giving time does not require special skills. It simply requires willingness.



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SCAN ME

Supporting Those Who Support Us



Behind every strong community are dedicated professionals who provide care, guidance and reassurance.

From home-care providers and support workers to legal advisers and specialist services, these individuals help families navigate life's important moments with dignity and understanding.

Spring is a good time to review the support available to you or your loved ones. Whether it is planning for the future, exploring care options or seeking advice, local expertise is invaluable.

Choosing trusted local services ensures a personal approach and builds lasting relationships within the community.



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Growing a Kinder Community

Kindness has a way of spreading. A small gesture often inspires another, creating a ripple effect that strengthens the entire community. Spring, with its sense of renewal, is the perfect time to start something new. Consider organising a neighbourhood coffee morning, joining a local volunteer group or

supporting a community initiative. Even participating in local events helps build connections. Caring for others does not have to be complicated. It is found in everyday actions, shared moments and a willingness to look out for one another. When communities care, they flourish.

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Gardens in Bloom

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of Colour,
Growth
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Possibility

There is something magical about a garden in spring. After months of bare branches and muted tones, suddenly there is colour, scent and movement everywhere. Snowdrops give way to daffodils, tulips push through the soil, and birds grow louder in the hedgerows. Across Worcestershire, Warwickshire and the West Midlands, spring is the moment gardens truly come alive.

Now is the time to step outside and take stock. Winter may have left lawns patchy, borders tired and fences weathered, but spring offers the perfect opportunity to reset and reimagine. Start with a tidy. Remove dead growth, sweep patios, edge lawns and clear out tired pots. A clean canvas reveals potential.

Planting brings instant transformation. Early colour can come from pansies, primroses, wallflowers and violas. For structure and longevity, consider shrubs such as camellia, viburnum or hydrangea. Local nurseries are filled with expert advice, seasonal plants and

regionally suited varieties that thrive in our soil conditions.

Wildlife-friendly gardening continues to grow in popularity. Native planting, pollinator borders and log piles create habitats for bees, butterflies and hedgehogs. Even a small corner left slightly untamed can support biodiversity.

Vegetable beds also benefit from attention now. Potatoes, onions, carrots and salad leaves can all be started in spring. Raised beds and compact growing systems make kitchen gardening achievable, even in smaller spaces.

Outdoor living has become just as important as what happens indoors. Patios, decking areas and garden rooms extend entertaining space into the open air. A new seating area, pergola or outdoor dining set can turn a garden into a true extension of the home. Spring does not demand perfection. It invites participation. A little effort now will reward you all season long.





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Small Garden Big Impact



You do not need acres of land to enjoy a flourishing spring garden.

Balconies, courtyards and compact spaces can burst with colour using vertical planting, hanging baskets and layered containers. Choose pots in varying heights to create depth and interest.

Herbs such as rosemary, thyme and mint thrive in containers and provide fragrance as well as flavour. Compact fruit trees, climbing roses and clematis add height without taking up valuable ground space.

If time is limited, focus on statement pieces – a feature planter, a bright painted bench, or a cluster of vibrant pots near the entrance to your home.

Local garden centres are full of seasonal inspiration right now, with knowledgeable staff ready to advise on soil types, sun exposure and plant combinations.

No matter the size of your outdoor space, spring is your opportunity to grow something beautiful.



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A Taste of Spring

Spring arrives not just in gardens, but on our plates.

Across Worcestershire, Warwickshire and the West Midlands, the season brings a shift from hearty winter comfort to lighter, brighter flavours. Menus change. Farm shops fill with colour. Pub gardens reopen. And there is a renewed appetite for eating out and celebrating the incredible produce grown right here in our region.

We are fortunate to have it all.

From traditional country pubs serving generous Sunday roasts and freshly prepared pies, to elegant dining rooms recognised with Michelin stars, our counties offer a culinary landscape as varied as our countryside. Whether it is a relaxed lunch beside the river, a celebratory dinner in a fine restaurant, or fish and chips enjoyed in a sunny beer garden, spring is the time to rediscover your local favourites.

This is peak season for some of Britain's finest produce. Worcestershire is famously associated with exceptional asparagus, celebrated nationally and eagerly awaited each year. Across our counties, farmers grow outstanding seasonal vegetables, tender lamb, free-range eggs and artisan cheeses. Buying direct from farm shops and local

producers ensures food travels fewer miles and arrives fresher on the table.

Restaurants and pubs throughout the region pride themselves on sourcing locally wherever possible. Spring menus burst with greens, herbs, early strawberries and crisp salads. Chefs embrace what is available now, crafting dishes that reflect the landscape around us.

And as the days warm, thoughts turn to outdoor dining. Pub gardens begin to buzz once more, and if we are lucky, the barbecue may even make its first appearance. There is nothing quite like locally reared burgers sizzling on the grill, fresh bread from a nearby bakery, and salads made with produce grown just a few miles away.

Choosing to eat locally does more than satisfy appetite. It supports farmers, independent restaurateurs and family-run cafés. It keeps money within our communities and protects the unique character of our high streets and villages.

This spring, make it a season of flavour. Book the table. Visit the farm shop. Try somewhere new. Celebrate what is grown, cooked and served on your doorstep.

Because when it comes to taste, we truly have the best of everything.

Few pleasures rival a long spring lunch in a welcoming country pub. Doors thrown open, sunlight filtering through windows, and plates filled with seasonal favourites prepared with care.

Across our region, traditional inns continue to thrive, offering locally sourced menus alongside regional ales and wines. At the same time, acclaimed restaurants deliver refined tasting experiences that draw visitors from far beyond our counties.

This diversity is something to celebrate. You might enjoy a relaxed midweek supper in a village pub one evening, then mark a special occasion in a Michelin-recognised dining room the next.

Whatever your preference, choosing local establishments ensures quality, freshness and a warm welcome every time.



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Spring Motoring

Spring is not just a season for homes and gardens to receive attention, it is also the ideal time to give your car a little care.

After months of cold starts, wet roads and pothole-littered journeys, winter can take its toll on vehicles across Worcestershire, Warwickshire and the West Midlands. Spring offers the perfect opportunity to check, clean and prepare for smoother driving in the months ahead.

Start with the basics. Winter grime, salt and debris can cling to paintwork and undercarriages, potentially causing corrosion over time. A thorough wash, including the underside, helps protect bodywork and restore shine. Professional valeting services can also rejuvenate interiors that have endured muddy boots and damp coats.

Tyres deserve particular attention. Fluctuating winter temperatures affect pressure, and potholes can cause misalignment. Checking tread depth, ensuring correct inflation and booking a wheel alignment if necessary improves both safety and fuel efficiency.

Battery health is another consideration. Cold weather places extra strain on batteries, so spring is a wise time to test performance before unexpected breakdowns occur.

Brakes, suspension and fluid levels should also be assessed. A professional service can identify minor issues before they develop into costly repairs.

Spring often brings longer journeys too - countryside day trips, theatre evenings, family weekends away. Peace of mind on the road makes those outings far more enjoyable.

Local garages and service centres across our region offer seasonal checks designed to prepare vehicles for warmer weather. Supporting trusted local mechanics ensures personalised service and expertise close to home.

A little attention now keeps you moving confidently all season long.



Clean, Protect, Refresh

There is something satisfying about driving a freshly cleaned car in spring sunshine. Winter salt and grime can dull paintwork and damage alloys. A professional valet not only restores shine but protects surfaces with wax coatings and interior treatments.

Consider replacing worn wiper blades after heavy winter use. Clear visibility is essential during unpredictable spring showers.

Air conditioning systems also benefit from servicing at this time of year. A quick check ensures efficient cooling as temperatures rise and prevents unpleasant odours from developing.

A clean, well-maintained vehicle feels better to drive and helps preserve long-term value.



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Spring Motoring Checklist

- ✓ Check tyre pressure and tread depth
- ✓ Inspect for winter damage, dents or corrosion
- ✓ Test battery health
- ✓ Top up oil, coolant and screen wash
- ✓ Replace worn wiper blades
- ✓ Check brake performance
- ✓ Inspect suspension after pothole season
- ✓ Book an MOT or service if due
- ✓ Clean undercarriage to remove salt residue
- ✓ Test air conditioning system

A simple seasonal check keeps you safe, efficient and road-ready.

Choosing local automotive specialists supports skilled trades within our community.

Independent garages, MOT centres, tyre specialists and dealerships across Worcestershire, Warwickshire and the West Midlands provide trusted expertise and personal service. Many offer spring health checks, detailing packages and service promotions designed specifically for this time of year.

Regular maintenance not only improves safety but protects resale value and efficiency.

This spring, give your vehicle the same attention you give your home. A little care now ensures smoother journeys ahead.

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