

# Naphill & Walter's Ash Gazette



December 2023

January 2024

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# Naphill & Walter's Ash Gazette



## December 2023/January 2024

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### *Our Local Clubs and Organisation Contacts*

Beavers		01494 447121	Groupleader@naphillscouts.org.uk
Brownies (Naphill)	Ruth Daly	01494 565571	ruth.daly3@btinternet.com
Bridge Club	Margaret Stagg	01494 530736	
Cubs - Naphill			Groupleader@naphillscouts.org.uk
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Hughenden Street Association	Susan Bickerstaff	07880 519323.	



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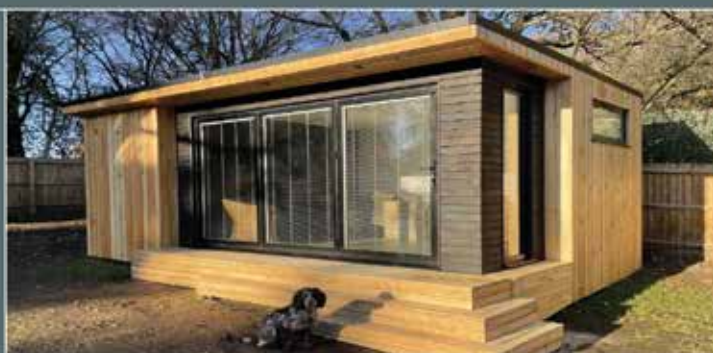
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# Naphill Village Hall



**Chairman** - Clive Lawrence

Email: [chairman@naphillvillagehall.org.uk](mailto:chairman@naphillvillagehall.org.uk)

**Bookings** - Tanya Stevens

Email: [hallbookings@naphillvillagehall.org.uk](mailto:hallbookings@naphillvillagehall.org.uk)

Tel: 07851 169275

[www.naphillvillagehall.org.uk](http://www.naphillvillagehall.org.uk)

## Local Council Contact Information

Bradenham Parish Council Clerk	Deirdre Hanson	01494 562254	<a href="mailto:clerkbradenhampc@gmail.com">clerkbradenhampc@gmail.com</a>
Hughenden Parish Council	Clerk Vacant	01494 715296	<a href="mailto:clerk@hughenden-pc.gov.uk">clerk@hughenden-pc.gov.uk</a>
Hughenden Parish Councillors	Usha Prashar	07778 141920	<a href="mailto:usha.prashar@hughenden-pc.gov.uk">usha.prashar@hughenden-pc.gov.uk</a>
Hughenden Parish Councillors	Marc Byrom	0777 1754501	<a href="mailto:marc.byrom@hughenden-pc.gov.uk">marc.byrom@hughenden-pc.gov.uk</a>
Hughenden Parish Councillor	Chris Janes		<a href="mailto:chris.janes@hughenden-pc.gov.uk">chris.janes@hughenden-pc.gov.uk</a>
Buckinghamshire Councillor	Steve Broadbent	07471 144181	<a href="mailto:Steve.Broadbent@buckinghamshire.gov.uk">Steve.Broadbent@buckinghamshire.gov.uk</a>
Buckinghamshire Councillor	David Carroll	01494 716967	<a href="mailto:David.Carroll@buckinghamshire.gov.uk">David.Carroll@buckinghamshire.gov.uk</a>
Buckinghamshire Councillor	Clive Harriss	07768 876568	<a href="mailto:Clive.Harriss@buckinghamshire.gov.uk">Clive.Harriss@buckinghamshire.gov.uk</a>

## Helpful Contact Numbers

Hughenden Surgery	See website <a href="http://www.ourpractice.co.uk">www.ourpractice.co.uk</a>	01494 562189
Out of surgery hours		111
Breast Unit Wycombe Hospital	Breast lumps self refer	01494 526161
Stroke Support Service	Stroke sufferers, carers & family support	0300 3300 761
Shaw Clinic - Genitourinary Medicine	Genitourinary Medicine	01494 425430
Hearing Clinic Wycombe Hospital	Self refer	01494 526161
Healthy Minds	Anxiety, depression, stress, postnatal wellbeing	01865 901 6000
Bereavement Listening & Support	Bereavement counselling	1296 332600
Wycombe Women's Aid/Also Men	Counselling re domestic violence	01494 461367
		Male 0808 8010 327
Carers Bucks	Help for carers	0300 7772 722
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Wishing you all  
the best Christmas  
and a Happy New Year  
from  
The Gazette Team

Photograph courtesy Gary Britton



Copy Date for February 2024 Gazette 15 January 2024



The Naphill Firework Display! Absolutely fantastic as always! Congratulations to the fireworks committee on another great display, the work and training which goes into this event is amazing and the funds raised are vital for our village hall! Thank you to my deputy editor for the firework photographs which I am so pleased to be able to share with you in this special Christmas/New Year edition of the Gazette.

The Remembrance Service was another occasion when the village community and our RAF community joined together to remember those who have fought and died for our freedom. An opportunity too to reflect on those who still serve without thought for their own wellbeing and who deserve our respect. There is so much conflict and unhappiness in our world today, my personal prayer is "Let there be peace on earth".

By the time this edition of the Gazette is delivered, our village hall tree will hopefully, once again be festooned with its Christmas lights. My thanks to Mike Mason and the "light up team". The tree lights are for many of us, the "start of Christmas". Cathryn has written the request for us all to make a small donation towards the costs involved in having these much-loved lights each year.

I am hoping, having brought the publication date forward, that this edition will arrive back just before the annual Christmas Fayre at the village hall on 1 December. It promises to be an opportunity to do some Christmas shopping, socialise, enjoy a glass of mulled wine and possibly one of the biggest incentives, Cathryn Carter's famously delicious mince pies!

Another traditional village event is the Carol Service at the village hall, 17 December, another opportunity to meet, greet and look forward to Christmas!

This has been another very busy edition, my thanks to all the contributors for photos and articles, you all did amazingly well to meet my very strict deadline this month, I am very grateful! Thank you, Jonathan and grandson Benji for this month's cover.

Finally! The Gazette team join me in sending our very best wishes to you all for a happy Christmas, a good New Year and all the very best for 2024.

Sonia



*Editorial Disclaimer: Although the editor has made every effort to ensure that the information in this magazine was correct at press time, the editor does not assume and hereby disclaims any liability to any party for any loss, damage, or disruption caused by errors or omissions, regardless of the cause. The content of any article is the responsibility of the contributor, if the text is edited/substantially altered, the editor will inform the contributor before publication. Any opinions expressed in articles herein do not express the personal opinion of the editor. Comments or queries on individual articles will be forwarded to the author/contributor to substantiate. The editor retains the right to refuse any contribution. No group or individual can demand that their contribution will be published or dictate how or where their contribution is placed or displayed. The editor will close comments on any subject if this is agreed by the Gazette committee member.*



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## Naphill Village Hall & Playing Fields Council Chairman's Report

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The village hall committee held their meeting on November 6th. There were 15 members present. Various items were discussed including maintenance of the hall. By the time you read this the plumber will have replaced the old pipes in the main hall and the small hall. This is being done as the plumbing system was based on a pre-war layout that used gravity to circulate the hot water through the pipes. All the steel pipes will be replaced with copper. The new system will be pressurised as are most systems today and will be run by a smaller pump. This should save power and give us a better system.

A few committee members met a representative from the National Probation Service to see if they could help us with the hall. We have agreed that they could help us with some of the decorating that needs doing and also, in the better weather, various jobs around the crick, including the play area.

The committee agreed there would be a change to the village hall insurance that would reduce the premiums we pay.

The fireworks event on November 4th was a great success. As I write this, not all the income and expenditure has been finalised but it appears that a good profit has been made for the village hall. I would like to thank all the volunteer helpers who made this event such a success. There were about 80 helpers and that is a fantastic number of volunteers for the village to muster. The bar served a pint of beer or lager every 10 seconds for over 2 hours and the BBQ served a burger or hot dog every 5 seconds!

With the success of the event also came the problems. The main one is parking. The committee cannot allow parking at the village hall so the event is advertised as no parking. We have never allowed parking at the event. We do recognise that there are problems and have considered various solutions, one being if the RAF would allow parking at the base in the car park by the two aeroplanes but then this would require a shuttle bus from there to the crick, and would people use it and be willing to pay a fare for this? Another thought for parking was the field in Stocking Lane. We would need more volunteers to staff it, lighting for safety and if wet a provision to tow the cars out, so this is not really practicable. I have even asked about parking at Hughenden village hall which could be feasible but their car park only takes 24 cars, so not much help.

In the past we have contacted the police for advice about parking but we are still waiting for a reply! Also, in the past we collected parking cones from the police station and put them on the main road but these are not available any more. The cones that were put out along the main road belong to the village hall. If you have any constructive ideas that would help with this issue please get in touch with the fireworks committee via their website.

The fireworks event at the moment is only advertised by sign boards in the village and also on social media mainly on local pages. No adverts are in the Bucks Free Press. There is a limit on numbers and on November 4th we closed the website so no more tickets could be sold. The tickets in the local shops and pubs were collected on Saturday morning so no physical tickets were sold on the day.

The bonfire and fireworks display were started 30 years ago by a small group in the village as an alternative to going to a display elsewhere. Previously I can remember being stuck in a field at Terriers after the event for over two hours waiting to leave with two children in the car getting more and more irritable. The current event has grown over the years because it is a great event. The village hall needs the income that the fireworks bring and if that income was stopped and not replaced by any other funds the village hall would struggle to exist.

The next fundraising event for the Village Hall is the Christmas Fayre on Friday 1st. December from 6.00pm. The Christmas Tree lights will be put on the tree on the 25 November and if the weather makes it dangerous this will be transferred to the following Saturday.

The village hall committee and I wish you all a very Happy Christmas and a Merry and prosperous New Year.

*Clive Lawrence,*

Naphill Village Hall Chairman.



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## Village Hall Christmas Tree Lights 2023



By the time you read this, the Christmas tree outside the Village Hall should be lit up, brightening the dark winter evenings and bringing the usual festive cheer to the whole village at the end of what has been another trying year. They will stay lit until January 5th, Twelfth Night as this marks the end of the Festive Season.

We all feel the stresses of the day fade away when we see the tree looking so wonderful on our way home - some even change their route just to admire the tree! Our Christmas tree has brought joy to the community for generations. The lights are put up and taken down

each year by a team of intrepid volunteers, led by Mike Mason, who have managed, once again, to ensure that the lights were put up in a safe and secure way.

Insurance and running costs for the lights are usually around £600 per year, but of course this year this may increase! Any repairs required can add significantly to these costs.

If you would like to make a donation to show your appreciation and to keep our tree alight, you can do so in several ways:

- Scan the QR code below
- By going direct to our Total Giving Appeal Page: [www.totalgiving.co.uk/appeal/naphilltreelights2023](http://www.totalgiving.co.uk/appeal/naphilltreelights2023)
- By visiting the Naphill Village Hall website ([naphillvillagehall.org.uk](http://naphillvillagehall.org.uk)) and following the link

If every household in the village gave just £1 our costs would be covered, so please give what you can. Any donation, big or small, will be very welcome.

Enjoy the lights and have a very Happy Christmas!

Cathryn Carter

*Wishing you all a very  
Merry Christmas!  
Enjoy the Christmas  
Tree Lights and  
please make a donation.*



## Naphill & Walter's Ash Gazette Advertising News for 2024

The Gazette Committee met last month to discuss next year's rates. We unanimously agreed that due to the increasing financial pressures faced by our local businesses and readers that there would be no increase in either advertising rates or subscriptions. Advertising rates for 2023 are therefore:

Full page colour	POA
Half page colour	£360
Quarter page colour	£190
One eighth page colour	£100
Small ads (text only)	£40

We will also honour the same rates as this year for existing black and white adverts but are no longer able to accept new adverts in black and white as the gazette is a full colour production and we need to cover as many costs as possible.

Invoices will be sent out very early in the new year.

Subscriptions will remain at £5 for the year.

Our financial year ends on 31st January and a full Treasurer's report will be included in the March or April editions.



Judy Whitehouse – Treasurer  
[judy.demon@btinternet.com](mailto:judy.demon@btinternet.com)

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## Christmas Gift Fayre Friday Friday, 1st December 6 – 9pm

How does a glass of mulled wine or fizz and a homemade mince pie whilst doing your Christmas shopping sound?

Our stallholders are very excited to be bringing you a wide range of beautiful and unique gifts, so join us at The Village Hall for the chance to shop local, meet friends and tick off your Christmas list!

You could also win a Christmas Hamper in our raffle!

30 per cent of the stalls are new to us this year so do come along to support not only the Village Hall, but all the local crafters and traders.

For more details of the stalls that will be there check us out on Facebook:

<https://www.facebook.com/groups/NaphillChristmasGiftFayre>

If you are a local business and would like to donate a festive prize for our raffle, we would love to hear from you!



*Cathryn Carter & Moira Harris*



Princes Risborough Rotary Club - [www.rotary-ribi.org/clubs/homepage.php?ClubID=561](http://www.rotary-ribi.org/clubs/homepage.php?ClubID=561)



This is a busy time for us. We will hold our 'Over 75's Christmas Lunch' on 9th December for those living alone in Princes Risborough and the local area. Our recent participation in the last two Farmers' Markets of the year raised nearly £1000 for our charity, and our Golf Day was successful despite the weather and raised over £2,200.

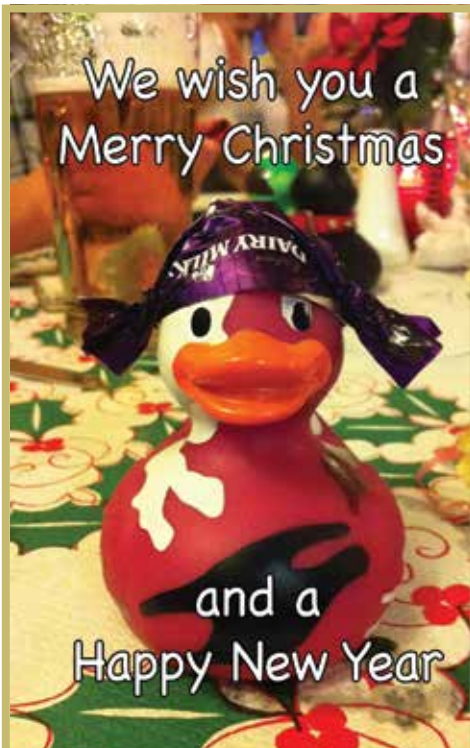
On the social front, apart from our regular Monday evening meetings, we arranged a visit to the HS2 site, organised a Curry Club night and a Club cycle group outing. Additionally, we have a Christmas quiz planned for our members, plus our excellent list of Monday night speakers - further details available on our website (see below). On 3rd December we will hold our annual Tree of Light dedication, in remembrance of those who have passed away, which also raises funds for the Rennie Grove Charity. We will help with the Street Closures for the Remembrance Day Ceremony and the Christmas lights switch-on. We will also be running our usual Christmas collections in the Town. We continue to support the Risborough Upper School and Royal Grammar School Interact Clubs and the Risborough Youth Club.

In 2024 we are running our Schools Art Competition and Chess Competition again. We are at an early stage of planning a Rotary Race Night, in the spring, and a Risborough Ramble to coincide with the Town Festival. It's a packed schedule, and despite having welcomed many new members recently, we would be delighted to welcome more to help fulfil it: we're looking for men and women to help make a difference. As ever, we remain a fun, friendly Club, and organize several social events for members. If you would like to be part of it and help us contribute locally and internationally, visit our website and consider coming to one of our meetings to see if it might interest you. Also, if you know of local causes that would benefit from our support, or you would like to donate to our Charity Account, please use the contact details below.

A very Happy Christmas and a Happy New Year.

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Shear Madness



Wow, so that's another year done and dusted, thankfully it's been a calm year without ill health and pandemics. We've certainly had a few crazy years and it is nice to get back to a new normal. Appointments are king and are now a permanent thing as it does mean I can manage my time much better. I'm not getting any younger but I've still got a few years left in me yet!

I wish you all an amazing time, I know the kids will drive you crazy but that's their job - it's just for a few short years, it's all gone too soon and I promise you'll miss it. Look after the oldies, like neighbours who may be on their own without a visitor this Christmas. Invite them in for a cuppa and a mince pie, honestly, it will mean the world to them.

Once again, thank you for all your support and genuine friendship, it means so much to us all! So, business as usual next year, myself, Dawn, Hannah and Zak the dog wish you all a very merry Christmas and a happy new year.

Love as always

Mandy x



## Reflecting on our 2023 Articles

Looking back on articles written during 2023 it is interesting to reflect on the range of topics covered, whilst at the same time having the core priorities of Hughenden Street Association:

*"For community life in Hughenden Parish to become better connected, supportive/supported, stronger and friendlier so that all residents are involved in it to the level they desire. This means working to create safer and connected communities encouraging residents to identify the needs of their neighbours to help them engage in the community. The Association has a key role to play in helping develop links to existing facilities whilst also working to support community groups to reach out to as many residents as possible".*

In January the theme was **'Be Kind To Yourself.... You Are Worth It'**. The nub of the article was about giving ourselves time to breathe, to relax and not feel that we should be busy all the time. Not easy but it makes a huge difference to our mental health. Another regular theme is around creating a stronger community. **The Great Get Together**, created in memory of the MP Jo Cox who was murdered at her constituency office in 2016 is focussed on encouraging us to come together as a community – be that your street, village, or wider group. The next event – **The Great Winter Get Together** – is scheduled for 12-15 January 2024. There is a website detailing resources to help organise a local event: <https://bit.ly/3FFnlkQ> If this is something you would like to explore do contact your HSA Ward Leader, Susan Bickerstaffe who would

be delighted to work with you to create a NAWA-centric event. Call 07880 519323 or [smbickerstaffe54@gmail.com](mailto:smbickerstaffe54@gmail.com)

**Health and wellbeing** is another recurring theme and one which will continue in 2024. Using local footpaths is a great free way to exercise and it is also important as the Government is seeking to reduce the number of footpaths at the request of landowners. See the June article in the Gazette. **Mental health** is also important particularly during the dark winter months. The monthly **Pub Lunch** at the **Black Lion** continues to be popular and if you have not been there, why not contact Susan Bickerstaffe to find out more? You can also enjoy the other monthly Pub Lunches at the Harrow in Hughenden Valley and the Full Moon in Little Kingshill.

By the time you read this article thoughts will be turning towards Christmas. However you celebrate (or not), on behalf of Hughenden Street Association I hope you have a restful time and have the opportunities you wish to share your time with others. The Association is keen to support you and we look forward to welcoming you to one of our NAWA events: the **Black Lion Pub Lunch** or the **Bon Ami Café Afternoon Social**. Contact Susan Bickerstaffe to find out more.

*Hilda Stearn CF CIPD*

Communications Co-ordinator  
Hughenden Street Association  
E: [hughendensa@gmail.com](mailto:hughendensa@gmail.com)  
P: 07808 229476





# The Wheel

## Christmas & New Year

Merry Christmas and a Happy New Year!

Congratulations to the Naphill Fireworks Committee and everyone else who helped out for yet another amazing display, and wow, it was fantastic. The turnout was impressive even with the weather, we also had a very busy evening here in the pub and raised £525 and €4 from our donation buckets.

The Rugby World cup was awesome, and we watched some great games. Well done to John (Lexi Dog) and Mark Flynn who got the top prizes on the sweepstake.

Christmas is just around the corner now and we are doing things a little differently! This year we are doing a Christmas Specials board throughout December (and end of November). We will still be taking bookings and making the tables special. A full Turkey Roast, with all the trimmings, will only be available

on Sundays. Please contact us for further details on what will be on our specials board.

New Year's Eve will be a brilliant evening with lots of party music! This year's theme is Cowboys and Aliens. So, get thinking, get dressed up for the night and let your hair down.

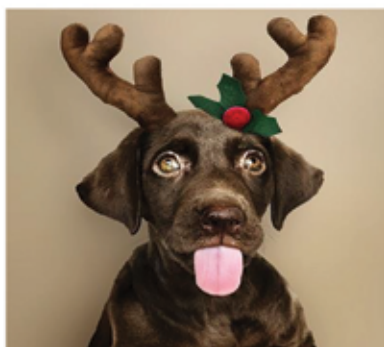
Everyone at The Wheel wishes you all a very Merry Christmas and a Happy New Year. We hope you have a wonderful festive season and I'm sure we'll see lots of you during the festive period. This year we have some Christmas present ideas for you, we now have Wheel Bobble Hats, Polo Shirts and Fleece Jackets to order from us.



Claire, Mark  
and all the team!

## Festive Opening Hours

<b>Christmas Eve</b>	<b>12pm – 12am</b> <b>Food</b> <b>12-3 pm – Including Roasts</b> <b>5-8pm - Burgers and Pizzas</b>
<b>Christmas Day</b>	<b>12 pm-2.30 pm (Drinks Only)</b>
<b>Boxing Day</b>	<b>CLOSED</b>
<b>Dec 27<sup>th</sup> - 30<sup>th</sup></b>	<b>Normal Hours</b>
<b>New Year's Eve</b>	<b>12 pm – 1.30 am</b> <b>Food 12-5pm – Including Roasts</b>
<b>New Year's Day</b>	<b>CLOSED</b>
<b>Tues 2<sup>nd</sup> Jan</b>	<b>Back to normal hours</b>



### Christmas at The Wheel During December

**Traditional Christmas Turkey Roast** 14.25  
These will only be available on Sundays 12 - 3.45pm (please book)

#### **Christmas Specials** (Tuesday to Saturday)

**Pigs in a Crib** 13.95  
Giant Yorkshire Pudding filled with Cumberland Sausages under streaky bacon, with roast potatoes, peas, and gravy

**Christmas Pizza** 14.25  
Topped with Turkey, pigs, stuffing, cranberry sauce, and cheddar cheese

**Gobble Burger** 12.95  
Turkey burger topped with steaky bacon, brie, served on a bed of lettuce, slice of tomato in an American style bun with seasoned skin-on-fries and side of cranberry sauce

**Jolly Jalfrezi** 12.95  
Homemade Turkey Jalfrezi served with rice and a Naan bread

**Christmas Pudding** 4.95



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In the November edition of the Gazette I mentioned that it has been estimated that a third of the population of the UK is suffering from malnutrition. That may seem strange as about half of the population is overweight. However, one can eat too much and still be suffering from malnutrition. What are often missing in modern diets are essential minerals which we need in tiny amounts. Let us look at a few examples:

**Zinc.** We need about 15 mg of zinc per day to be healthy. Zinc deficiency can lead to lack of energy, anaemia, increased blood pressure, lack of growth, depression, schizophrenia, enlarged prostate and lack of sexual drive

**Calcium and Magnesium.** The recommended daily allowance (RDA) for calcium is 800mg for an average person. However, magnesium deficiency prevents calcium from being incorporated into bone mass. The average daily intake of magnesium should be between 400 and 800mg. Because magnesium is involved in so many enzyme systems a deficiency has widespread metabolic consequences such as loss of appetite, nausea, apathy, weakness, tiredness, numbness, tingling, confusion, disorientation, learning disability, memory impairment, vertigo, convulsions, epilepsy, muscle cramps, grimaces, jerks, tremors, flicking eyes, muscular incoordination, insomnia, heart rhythm problems, hypoglycaemia, abnormal ECG, pre-menstrual symptoms, raised blood pressure, osteoporosis, kidney stones, diabetes and joint problems to mention a few

**Selenium.** The average person consumes 35 micro-grams of selenium per day whereas the recommended amount is 100 to 150 micro-grams per day. A person is often aware when the level of selenium has gone too low when chronic diseases such as cancer, arterial disease and arthritis are triggered. There are many other ailments which can be caused by mineral deficiencies. People who have heart attacks are usually found to have extremely low levels of chromium. Levels of cobalt are low in hair

samples taken from violent offenders. Children born to iodine-deficient mothers often have a lower IQ. The Mental Health Foundation have said there is growing evidence that good mental health is linked with good nutrition. An interesting study took place a few years ago in Aylesbury prison. Young offenders were given dietary supplements of 15 minerals. They then committed 40% fewer violent offences compared to a control group on a normal diet.

The list of trace elements which plants absorb for our use is very extensive and includes iron, selenium, manganese, molybdenum, copper, sodium, potassium, phosphorus, nickel, boron, vanadium, silicon, fluorine, aluminium and bromine. The only way to eat sufficient of these trace elements is to grow your own in enriched soil which is full of micro-organisms (since supermarket food is deficient in these trace elements because agricultural soil is deficient in these trace elements).

By the way, if you are suffering from any of the above mentioned complaints you should go to your doctor rather than rush to the nearest health food shop and purchase food supplements – too much of some of these minerals can also lead to health problems - and you need to be sure that the food supplements are compatible with your existing medication.

Bon appétit!

*Mike Mason*



### A Message from David Carroll - Your Local Buckinghamshire Councillor

Dear Residents,

I hope you had a good summer.

Over the past year I have continue to take your concerns about the bad roads to the various departments and I hope that these situations are now improving.

From the many issues residents contact me about, I know that protecting our wonderful countryside and environment is a top priority and I will continue to whole heartedly support these issues.

I would like to thank the many residents who contribute to our community.

Regards

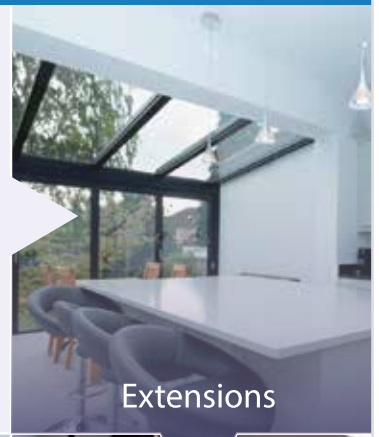
*David.*



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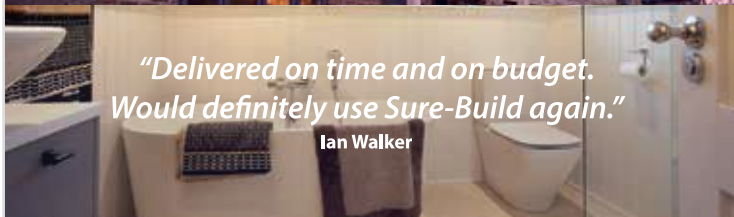


Extensions



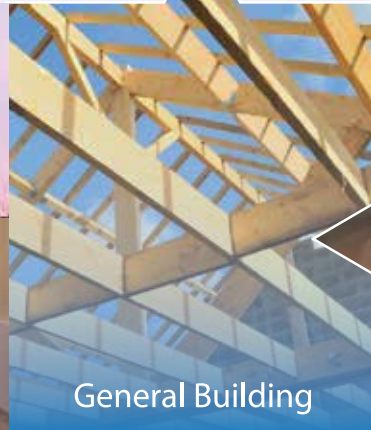
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## Protect Your Festive Shopping from Scammers with These Tips!

The festive season is undoubtedly a time of joy and celebration, marked by the exchange of gifts and the spirit of giving. However, it's essential to be aware of the lurking pitfalls when it comes to online shopping during this time of year. As the demand for online purchases grows, so does the risk of falling victim to scams.

Cybercriminals become increasingly active by employing a variety of tactics, including fake websites, fraudulent emails or social media, enticing offers that appear too good to be true; they often pose as sellers of high-value items such as cars, tech products and event tickets.

Fake emails or texts you receive about amazing offers may contain links to fake websites, designed to steal your money and personal details. Not all links are bad, but if you are unsure don't use the link, go separately to the website.

If you're making a purchase from a company or person you don't know and trust, carry out some research first and, if you decide to go ahead with the purchase, use a credit card if you have one, as most major credit card providers insure online purchases. Some other payment methods do provide good consumer protection, but they aren't obliged to provide the same protection as a credit card provider. Check their Terms and Conditions for exact details.

Regularly update your devices with the latest software and app versions. These often include crucial security enhancements guarding against fraud and identity theft. Even better, just turn on automatic updates so your device will update itself in future.

To give any online account additional protection, where possible, you should turn on two-factor authentication for the service you're using to double check that you really are the person you claim to be, when logging in.

Remember, falling victim to fraud is never your fault. Scammers are skilled at manipulation, and anyone can become a target. Staying informed and taking proactive steps can keep both your financial and emotional wellbeing safe.

Shopping in person has also its own unique challenges; especially during the festive period, when crowded stores and bustling streets become the norm, it's crucial to be extra cautious and keep a close eye on your belongings, like bag, keys, purse, cash and cards.

It's advisable to keep them securely in your wallet or purse until the moment you're at the till and ready to make a payment. Leaving cash or card on the checkout conveyor

belt, for instance, is a risky move, as it can easily become an easy target for theft or misplacement.

Always double-check that your cards are back in your wallet or secured in a safe place after each transaction to avoid any potential mishaps.

If you need to withdraw cash, use ATMs located in well-lit and secure areas, preferably inside a bank or a store.

The New Year is a time to set new goals and positive lifestyle changes; what about starting 2024 by joining our Neighbourhood Watch community?

We send you all our Seasons Greetings and best wishes for a happy, safe, and healthy Christmas & New Year, from the Committee of Wycombe District Neighbourhood Watch Association.

Email: [office@wdnhwatch.plus.com](mailto:office@wdnhwatch.plus.com)

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## Friends of Naphill Common

**AGM** - Our AGM will take place on Friday 2nd February at 7:30pm in the Village Hall. There will be a talk by Dave Brown from RAF High Wycombe on the history of the base in its various incarnations. An important item for discussion will be the decision by the committee to raise the annual subscription to £10.

**Activities** - Our regular walks continue: first Wednesday of the month at 10:30 for a short (1 hr) circular walk; and third Monday at 9:25 for a longer walk followed by (optional) lunch – both starting from the Village Hall. If you wish to join in with either of our weekly working parties, on Tuesday and Thursday mornings, our web site (where our walking and other activities are also listed) has all the contact details:

<http://www.naphillcommon.org.uk/activities.html>

Because both working parties are dependent on the weather, it's always best to check with the organisers before setting off: Tuesdays – Peter Davis (HW 569303); Thursdays – Ron Collins (HW 562240).

**Fungus Walk** - The annual visit of the Bucks Fungus Group to the Common took place on Sunday 1st October. The BFG have been forced to restrict numbers on their fungi walks, as they were proving too popular, so this one was BFG members only (with a couple of 'native guides' from the FoNC committee). As usual they made many interesting finds, with around 70 different species identified, including the attractive Skullcap Dapperling (not previously recorded on the Common, and only the fourth ever record in Bucks). A full report can be found on their web site: <http://www.bucksfungusgroup.org.uk/reports.html>

Penny Cullington is the expert who identifies most of the finds, and she kindly offered to lead a separate walk for FoNC. In previous years, this had proved very popular and, to avoid being overwhelmed, we agreed to limit numbers to 20. Unfortunately, difficulties with getting emails to all FoNC members (sending emails with 100 or so BCC recipients – necessary because of data protection – tends to trigger various 'spam traps' on the Internet and so they may never reach their destination), and perhaps the necessity of a midweek date, meant there were too few

who expressed an interest, and we had to cancel. We'll review how best to proceed next year.

It has been a good autumn for fungi in general, with the Lion's Mane (on the Common) and Devil's Fingers (on Vincent's Meadow) putting in an appearance.

**Felling** - West Wycombe Estate (who own the majority of the Common) have informed us they have no plans to continue their phased thinning of trees in the immediate future. They do, however, plan to remove a small number of ash trees close to Daisy Pond (the big pond at the end of Downley Road), as part of a larger effort which will also cover the area around the Dells on Downley Common – the timber will be extracted via Hunts Hill Lane. There will be information boards and warning signs, but both commons are quite narrow at this point, so care will be needed. At the time of writing, we do not have a date for the start of this work, but it may well have been completed by the time this appears in print!

Ash trees are, sadly, subject to an invasive fungus that causes ash dieback disease, eventually killing the tree. The advice to landowners is that any ash tree (even ones which appear to be healthy) where the distance to the nearest public footpath is less than the height of the tree, should be taken down to avoid any risk to the public from falling branches or trees. We're fortunate that there are relatively few ash trees on Naphill Common, other nearby areas have lost many such trees.



### **FoNC AGM Notice**

*Our AGM will be held at the*

*Naphill Village Hall*

*Friday 2nd February 2023 - 7.30pm*

Following a (short) presentation from me on the events of 2022, we will have a talk from Dave Brown from RAF High Wycombe on the history of the base in its various incarnations. Please do save the date and join us, everyone is welcome!

*Chris Miller* - Chairman



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## Valley Players - *Time Warp!*

Writing for the December edition of the Gazette is always a strange feeling as the copy does have to be in before we have had our "First Night" of "Robin Hood"! We truly hope that many of you will go to our Panto and have had a thoroughly great time! More reports and pictures next time.



*King Richard took time off from rehearsal to present the prizes for the pumpkin carving competition organised by the Friends of Hughenden Primary School.*

We won't be resting on our hands. Already we have plans for our Spring Production which will be a "Thriller evening" of two one Act Plays . We will invite you to bring an "indoor picnic" to make a very relaxed , cafe type evening. We invite anyone who is interested in joining us on this production to use the contact details at the bottom of this article.



One of the Plays will be "The Rats" by none other than the Queen of Crime , Agatha Christie. She wrote very few one act plays and this is a real classic tension builder! It packs a lot of story in approximately 40 minutes. As I write we are still reading a couple of plays which will keep the heart rate up!

We wish you a brilliant Festive Season and look forward to seeing you all in the Spring - March 22nd or 23rd !



*Andrew Pitman* - Chair, Valley Players"

contact@valleyplayershughenden.co.uk



## Naphill Neighbours

It was unfortunate that our November meeting had to be cancelled, at very short notice, due to a communications breakdown, because new pipe work was being installed at the village hall that week and so the hall was out of use to everybody. We were very sorry to miss our meeting as we had to cancel our speaker, Bill Hamilton, fortunately he has agreed to come to our January meeting and we look forward to his talk on January 8th. Our meeting will start at the usual time, 1.45pm for a 2pm start. Guests are welcome but it would be advisable to book in advance.

Many of us will be at the Christmas lunch in the Black Lion in December. The pub is opening just for us so there will not be an opportunity to wish everyone a "Happy Christmas" and a healthy and enjoyable 2024.

Very best wishes to you all.

Next year has to be better than 2023. Here's hoping !!!!!



*Peggy Ewart*

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The festive season is here once again and we look forward to celebrating with you and we thank you for your custom over the past year. Our last day before Christmas is Saturday December 23rd and we will reopen in the New Year on Thursday January 4th. Opening hours remain the same, as above.



Merry Christmas and Happy New Year  
*Ruth and Dorothy*



# Wycombe Photographic Society

December means Christmas and the chance to take lots of photos of Christmas festivities including festive lights and of course our village Tree Lights. A chance to try out the new camera or tripod you received for Christmas.

I know that the Gazette Editor will be more than pleased if you submit your photos of the Village Tree in all its glory.

Wycombe Photographic Society meets in the large hall at Hughenden Valley Village Hall, on the 1st, 2nd & 4th Wednesday each month at 8pm.



- 6th Dec Members images and critique
- 13th Dec Christmas Social – Wine and Nibbles
- 3rd Jan Members talk by David & Jan Harris
- 10th Jan Themed Assignment – Nature
- 24th Jan Talk by Paul Mitchell FRPS - Infrared Photography

To see everything that is happening at Wycombe Photographic Society please visit our website at: - [www.wycombephotographicsociety.org.uk](http://www.wycombephotographicsociety.org.uk)

*Peter Davis*

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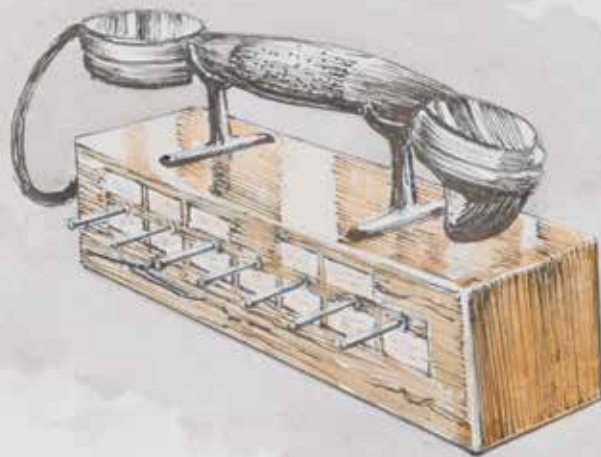
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*Original painting by Philip Hussey*

## Local Tales - A Haunting Tale

For many, this is the season of warm fires and haunting tales on TV, radio or books. As young boys in the 1950s, my brother Trevor and I would often go walking the lanes after dark, with my Cousin Eddy. He was a little older than us and, while we were reading the Beano or Dandy, Eddy would be reading comics like the Hotspur, and "proper books" and would relate stories – often ghost stories, that would thrill us and frighten us, but not enough to want him to stop.

Then, as now, you don't have to believe in ghosts to enjoy a good tale and I don't. But sometimes things happen that make you think. One such time was when I thought I must have spoken to a ghost on the telephone. I was an apprentice in an old furniture factory in High Wycombe. The factory, demolished now, was dilapidated then. It sprawled across St Marys Street in a jumble of buildings including two converted houses, an old chapel, various wooden factory buildings and corrugated metal sheds. Some parts were no longer used.

My drawing office was on the first floor above the main office in one of the old houses, and I could look across to some of the workshops. On one particular day I needed to contact the works manager. I rang his office with no response. I glanced over the yard and could make out his silhouette through the polish-fogged window of the finishing shop, he was chatting to the foreman. I attempted to ring the shop on the company's intercom, I have illustrated this apparatus above and you can see that there was a row of keys on the side of the telephone stand that could be either lifted or pressed to call various parts of the factory.

I pressed the key to call the finishing shop, and it rang and rang. I became increasingly annoyed at the lack of response and continued to ring. After some time, while the figures still talked, my call was eventually answered by an echoey and distant sounding voice of an old man. He ignored my plea to summon the works manager, indicated that he could not help and put the phone down. I was nonplussed. I wondered if I had rung the wrong workshop and so looked at the intercom. I realised that I had lifted the key and not pressed it. I had rung somewhere else. Wherever it was I could not tell as there was no label on the intercom, yet it had been answered. This was not impossible because some 'phones were in long abandoned workshops. But I was intrigued to know where and who it was that answered.

To find out, I got the office boy to go round the factory while I continued to press the telephone key. Eventually he reappeared and said that he had found the workshop and that he had not answered the telephone because it was rather difficult to get to. I followed him into the factory and to a derelict workshop attached to the old chapel. It was stacked with unused chair frames that made it awkward to reach a dust covered workbench on which stood a telephone. I struggled across and all seemed undisturbed as it had been for years. The only explanation was that, when the 'phone rang, someone had been walking through the workshop, despite it not really leading anywhere. But what intrigued me was the answer given to my request to speak to the works manager. The ghostly reply was a sad sounding – "there's no one here".

*Philip Hussey.*

## Naphill Brownies

Having moved on to darker evenings, the Brownies have been getting stuck into a range of indoor activities



At the end of October, we had Mexican Night with Mexican eyes, salsa dancing and Mexican fajitas.

The fajita-making involved all sorts of food preparation skills – peeling, chopping, grating, mashing. Such a lot to learn. The brownies did very

well, with all fingers remaining fully intact.

We are all so lucky to live in Naphill, with our wonderful Bonfire Night event. The brownies also celebrated November 5th by making some great bonfire paintings and trying some traditional Bonfire Night apple-bobbing – excellent fun, with a healthy reward at the end.

Whilst on the theme of 'fire', we also did a challenge to practise what we should do if we found ourselves in a building where there was a fire.

We are always proud to be involved in the village Remembrance event. This year the brownies made their own bold poppies to wear. We were so proud of all the girls who turned out to represent us.



This week we are excited to be welcoming a Bollywood dance teacher to brownies. The brownies are invited to bring a friend along to join us, and hopefully we will raise a bit of money for Children in Need too. It is going to be such fun.

One of the brownies recently asked me why I do brownies. It is an easy question. We have a great time being brownie leaders. We get to do all the fun things the brownies do. We are able to be involved in loads of community events. And running activities with this age group is so rewarding. The brownies are always full of enthusiasm for anything and everything we try.

If you would like to come along and try helping out, please do get in touch. No obligation. Equally, if you know a girl aged 7-10 years old who would like to get involved in Brownies, you can either register interest via the Girlguiding website ([girlguiding.org.uk](http://girlguiding.org.uk)), or email me directly.

Brown Owl (Ruth Daly)

[ruth.daly3@btinternet.com](mailto:ruth.daly3@btinternet.com)

1st Naphill Brownies

Thursdays 5:45-7pm



## Naphill & Walter's Ash School We're Proud of our School!



Recently, many of our Year 6's have had the privilege to act as tour guides to prospective Year R parents; a job which we have loved! We thought we'd share with you some of the things that we think make our school brilliant!

We have a large ICT suite which holds many computers and eye-catching displays on how to keep safe online.

All of the classrooms are spacious, they are a great environment for learning and contain lots of outstanding work by students.

We have a vast playground with basketball hoops and equipment galore! We also have a massive field, which has a sizable MUGA, a colourful obstacle course and a magnificent wooden castle where children can build dens!

We have plenty of clubs for everyone including: choir, music clubs, nature club, multi-sports, dance, drama, chess and so much more!

The lyrics of one of the songs we sing in assemblies just about sum it up...

***Everybody here's got a smile on their face***

***Everybody knows it's a wonderful place***

***Everybody's proud to call this school our school!***

*Nathan, Erin & Josie* - School Media Team







Naphill & Hughenden Scout Group enjoyed a very busy autumn term with some very seasonal sessions. We are very pleased to unveil our brand new website [www.naphillscouts.org.uk](http://www.naphillscouts.org.uk), which provides all of the details on the Group.

Both of our Beavers Sections enjoyed spooky nights of Halloween fun, dressing up and taking part in some 'ghost-racing' activities. Our Cubs continued to work towards a number of their key 'Challenge' badges, which require dedicated effort in different areas. A popular Challenge badge for the darker months where activities are more often inside, is the 'Skills' badge, which teaches our Young People some key skills for life, such as preparing a meal, bike maintenance and creative arts. All that said, we will always strive to get out of the hut and into the open air and some of our Sections ventured out for night hikes in Bradenham Woods. Our oldest group of Scouts continue to develop more complex skills towards some of the more involved badges for their Section.

We are very pleased to welcome a new Leader into the Group. Rob Shields was invested as a uniformed leader and will be working with the Hughenden Cub Pack... under his Cub name of 'Bagheera'. The Group joined the rest of the community in paying their respects at the Remembrance parade and our Young People observed this significant event in the Calendar with great dignity. We now look ahead to Christmas and our Carol Service at the Parish church in the grounds of Hughenden Manor on Thursday 7th December at 1900...please come down and join us!

Should you have a young person who would like to join the group then please get in touch with either Hamish Pearson, the Group's Lead Volunteer by e-mail ([hamish.pearson@naphillscouts.org.uk](mailto:hamish.pearson@naphillscouts.org.uk)) or Beth Foster who

manages our Waiting List ([beth.foster@naphillscouts.org.uk](mailto:beth.foster@naphillscouts.org.uk)). The entire Group is run by a band of enthusiastic and dedicated volunteers...and we are always looking for more people to join us! If you would be interested in getting involved with the Group, either as a leader interacting with the young people on a weekly basis, or behind the scenes in roles such as assisting with organising events, helping fund raise...or writing a regular article for the Gazette, then please get in touch with Hamish or Beth.

## Bradenham Parish Council

At its November meeting the parish council had the pleasure of the company of two Buckinghamshire Councillors, Shade Adoh and Carl Etholen. They are working hard with Lacey Green Parish council on speed reduction on New Road between RAF no 1 site (where the airplanes are) and Lacey Green village.

The parking situation on Hughenden Road was raised as was parking on the pavement on Main Road Walter's Ash. The pavement is for pedestrians. There are times that people with pushchairs and small children are forced to walk on the busy road, because cars have parked on the pavement. This is very dangerous. Please refrain from parking on the pavement.

The parish council was able to confirm to Buckinghamshire Council that Bradenham Manor has been in use as a residential training centre since the 1970's. The blue room in the Manor has a wedding licence, which the parish council would support being maintained. There is an opportunity for the church to earn some income.

2024/25 budget discussions were started.

The parish council decided to insist the footway in the parish along the A4010 is restored by Buckinghamshire Council. The footway can have a dual use as a footway and a cycleway to encourage walking and cycling.

The parish council wishes everyone a Joyful Christmas and a very happy New Year.

Our next meeting is Monday 15th January at 7pm at Bradenham Cricket Club.

Deirdre Hansen - Clerk to the Council

Tel: 01494-562254

[clerk@bradenham.org.uk](mailto:clerk@bradenham.org.uk)











### *A FANTSTIC Firework Display!*

The fireworks committee does it again! Another year of a well-oiled machine that puts on an amazing event in your village. So, a huge well done to all the army of people that volunteer and ensure some 4000 people can have such a great night. In talking to the chief steward, he is looking for all you younger residents to step forward and see how you could become involved in this little enterprise. Do you want to cook, are you good on the gate, could you help set up or take down. There are so many things you can do, and we need your help to keep this show on the road so please why not come forward and Volunteer, its good fun and helps your village.

Once again there was a full programme of music to help entertain the crowds who were enjoying the food and mulled wine and other assorted beverages. A big thank you to our friends in the cooking department and the bar staff who did a sterling job. The music kicked off

with Last Seen Alive <https://lastseenalive.squarespace.com/> who travelled from Brighton to entertain us. The second band (who used to be Bad Neighbours) are now called Apollo. Two cracking sets of music who with the help of our large bonfire really warmed the crowd up.

The weather was kind although we could have done with some wind to get rid of the smoke, the bonfire was great and the display as good as ever. A huge thank you to all the local businesses and The RAF without whom this event would not happen. The bar and food ran smoothly. If you are part of this, please accept the thanks of the rest of the village for all your hard work and for running such a good event. If we have missed anyone out who helped sorry, but your part was integral to the event and we look forward to your help next year. Thank you also from the Gazette as you give us pages of copy and photos to share with the community!

*Jonathan Hilder*







*Thank you to everybody who made the Firework Display a GREAT event!*



*Jonathan Filder*  
PIERS PHOTO





u3a Activities - do come and join us!



On behalf of your local u3a - High Wycombe and District - I would like to wish you a very Happy Christmas and New Year. In 2023, our new Groups attracted many new members. Some were new to our area. I am sure you will agree they made the right choice to come and live here.

We are always trying to offer more choice to our members and although we have over 30 Groups to choose from, I am always on the look out for convenors to start up new Groups. Our new groups in 2023 were Geology, Rummikub, Local History, Italian Conversation and Psychology, plus the exceptional floral displays in the Hughenden Church flower festival gave our Creative Sewing Group an opportunity to showcase their work. I would like to add both Architecture and Archaeology Groups in 2024. If you could run one of these Groups OR have an interest in these Groups, please email me.

A special visit is planned to Bisham Church in December to hear the fascinating stories of the history of the Abbey and Church even the families owning Marlow! Not forgetting Anne of Cleves. Who knew we had had the richest man in England living in Marlow – thanks to his purchase of most of the copper mining industry in England -yes including Cornwall's copper mines and more locally Temple Mill.

Our winter programme is in full swing with our Computer Group trying their hand at using various free AI programmes. They also noted that if they paid, they could do so much more! Our Psychology Group surprised us all when one of our members helped our convenor make some interesting points after

his playing the guitar. Intrigued? He is playing at their next event. Not to be outdone, our Music Group persuaded him to play with members singing a medley of folk songs and sea shanties.



Of local interest, one of our members involved in a major study of historical and current Census results, explained to us how the Census had changed over the years and what we might find out and what we could not find out and what questions we could suggest for further analysis. More insights were available than most of us imagined. Like the sound of what we do? This Gazette entry is just a snapshot. Please email me for further information.



*Paul Gilliam*  
gilliamph@aol.com

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# RAF High Wycombe November News and Events



## Remembering the fallen at RAF High Wycombe

At 1100hrs RAF High Wycombe fell silent to honour the many - past and present - whose lives have been lost or scarred by conflict. The Remembrance service was officiated by Padre Chapman before the Station Commander, Wing Commander Dennis laid the wreath at the Station Memorial.

The well attended event stood in quiet contemplation during the two-minute silence before a lone bugler played The Last Post.



## An Award for those at the sharp end

An RAF High Wycombe based Military Co-Responder team for the Ambulance Service has been recognised with a prestigious BBC Three Counties Radio Annual Communities Award. The 'Make a Difference Award' acknowledges all voluntary Co-responders in the Buckinghamshire area – including the three Military Co-responder sections at RAF High Wycombe, RAF Halton & RAF Benson. Be it a heart attack, seizure or a victim of burns, the team could face these and other conditions within their shift.

A team member for ten years, Wing Commander Rogers said, "The sense of self-worth is immense. It is also very sobering because when I put on the NHS uniform to help others, I may have had a bad day, but quickly realise that others are having a far worse day than me!"

Many congratulations on receiving the Make a Difference Award – it is richly deserved.





## Naphill Remembrance Service - Sunday 12 November 2023

The annual Sunday Remembrance Service 2023 took place in Naphill Village Hall on Sunday 12 November.

The village hall was full with people of all ages. In particular, there were many children sitting at the front of the hall in their respective uniforms.

The Stn Cdr for RAF High Wycombe, Wg Cdr Jenny Dennis was in attendance along with numerous service personnel both past and present. The service was taken by the RAF Padre, Sqn Ldr Andi Chapman.

At the end of the service, the congregation gathered around the commemorative Stone and numerous wreaths were laid in memory of the fallen.

As I have now moved out of Naphill this will be my last Remembrance Service that I will organise. I have had great pleasure in doing this for the last 7 years and have found a very capable person in Pete Dalby to take over

from me. Many of you will know him from his work on the Fireworks Committee.

Finally, I should add that £260 was raised in a collection taken for the national Poppy Appeal.

Wishing you all a Merry Christmas and all the very best for 2024.



*Reg Horne*

*Editorial Comment: Thank you Reg for organising this special village service for so many years. It is a service which brings us all together to remember those who fought for our freedom and to understand what true service is all about.*

*My thanks too to Claire and Chris Wilson for top photos and the bottom right photos and to the RAF for the bottom left photo.*

*Sonia*







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# Comomile PT



## One Step at a Time

Sometimes life gets in the way and puts paid to plans to exercise regularly and once this happens the thought of getting back into shape can feel very daunting. If this sounds familiar, then read on for some tips about how to approach this in a simple and positive way.

The most rewarding part of my job is sharing clients' sense of achievement as they realise they can do daily tasks again, or even better, can do things that they couldn't do before, in a pain-free way. I am not talking about running marathons, although this is a fantastic achievement, I am talking about activities of daily living such as standing up from a chair, lifting, carrying, walking, gardening, running, picking things up from the floor, to name but a few. These achievements whilst they might sound small are literally life changing.

Spend a few minutes thinking about one or more physical tasks that you would like to, or need to, be able to do but find difficult or painful at present. Here are some examples to get you thinking

- Climbing over a stile
- Getting up out of a very soft sofa
- Picking up the TV remote from the floor
- Carrying shopping bags
- Walking up hill or climbing steps or stepping off the pavement

Once you have identified one or more tasks, then think about what is getting in the way of completing them, it may be due to one or more of the following, lack of upper or lower body strength, difficulty balancing, chronic low back pain or lack of cardiovascular fitness.

From there, the best way to improve one of these areas is to practice a simpler version of the movement, for instance, if you want to improve your leg strength to help you stand up from a soft or low chair then practice standing up from a higher chair more regularly until you feel that this becomes easier and then progress by doing the same from a lower chair.

Sometimes you may need to break down the movement and practice one part of it. Taking the example of climbing over a stile, you may have issues with the initial step up, so you can improve this by practicing that step up on your stairs, holding the banister as needed.

The key thing is that you start doing something that moves you towards where you want to be, and you will find that applying this approach across different activities will soon amount to significant progress. Just think what you could achieve by Christmas if you start now!

If you have any questions about this please feel free to get in touch,

Do consult your GP if you are planning to increase your levels of physical activity to ensure that you can do so safely.

Wishing you and your loved ones a happy and healthy festive season!

Hilary



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## Naphill Tennis Club

If you are a newcomer to Naphill and Walters Ash, you probably won't realise that there is a flourishing tennis club in the village! Until recently, there was no sign to indicate where our courts were but now .... hooray .... we are finally on the map with 2 new low-level signs bordering the hedge near the children's playpark.

In the past, people didn't know the courts existed or couldn't find them. A great shame when they missed out on the fun, fresh air and exercise to be enjoyed by all.

Now you know where we are, do pay us a visit and find out more.

During our usual Tuesday morning club session on 12th December, we shall be holding our Festive Tennis event with mulled wine and mince pies. Don't forget to wear some Christmas 'bling' or your Santa Claus outfit. Oh, and a tennis racquet might be useful too!

As usual, further information on Naphill Tennis Club is available via our website: [www.clubspark.lta.org.uk/NaphillLTC](http://www.clubspark.lta.org.uk/NaphillLTC) or find us on Facebook: Naphill Tennis Club.



*Jenny Tench*



**New Members ALWAYS Welcome!**

**[www.clubspark.lta.org.uk/NaphillLTC](http://www.clubspark.lta.org.uk/NaphillLTC) or find us on Facebook: [Naphill Tennis Club](#).**

## Gordon the Bird Man

On the one hand, Great Britain is in the enviable position of being the sixth richest nation in the world. But is also in the unenviable position of being in the bottom ten percent of least biodiverse nations on Earth. Biodiversity loss is one of the biggest environmental threats globally and protecting areas of land and sea is one approach to tackling this. However, it can be difficult to measure how effectively such protected areas actually work.

This country has three main types of statutorily designated protected areas that benefit birds: Sites of Special Scientific Interest (SSSI), Special Protection Areas (SPAs) and Special Areas of Conservation (SACs). The second two were originally designated by European 2000 legislation currently retained in UK law following Brexit.

But this could change. Policy measures aimed at reversing the declines in terrestrial biodiversity mainly focus on Agri-Environment or Land Management Schemes (AES). These compromise multiple options for farmers that each have different environmental objectives. While these objects are based on evidence from trials, only measurement of actual effects can reveal whether they deliver in practice. Problems may arise from unforeseen background factors, from guidelines not being followed or simply from poor uptake.

One option with the potential to have strongly positive effects on birds in arable land is known as AB14 within the English

Countryside Scheme of which the Environmental Land Management Scheme (ELMS) is a part. This option involves low input harvested cereals sown at a lower density than usual and treated with minimal chemical input. The aim is to create an open crop structure with a diverse flora of non-crop plants that in turn support insects that pollenate other crops and also provide food for birds. The crop is harvested and scheme payments cover the income lost by farmers who implement this option.

Research on an evaluation of AB14 in 2022 to find the effect on implementation in practice and the attitudes of the farming community to AB14, found the main reasons for low take up were inadequate financial payments to cover losses, weed issues and not fitting in with existing farming systems.

The UN Convention for Biological Diversity last year set out a framework, which included a target of 30% of land and sea to be protected by 2030. In one of the least biodiverse nations on Earth where the legislation underpinning protected areas might be on the verge of being scrapped, it has been demonstrated just how vital protected areas are for birds. It just requires long term commitment and money. Remember the first sentence of this article and wonder where all the trillions go.

*Gordon.*



## From the Vicarage



*For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of his government and peace there will be no end. Isaiah 9:6-7*

As you read these words we have entered the season of Advent, of preparation for Christmas, and all that brings – celebrations with family and friends for some, more trying times for others, especially those living alone or facing challenging circumstances.

Isaiah the prophet foretold of a time when a child would be born in the land we call holy, in whom would be embodied the hopes of all the world. Not only would he be a human child, born to doting parents, but he would be God himself, taking on the form of flesh, and living amongst us.

Every Christmas we celebrate the birthday of the Saviour of the World, born not in a palace, but in a stable, welcomed by Kings, shepherds, angels and bleating animals.

The hope of all humanity, a bundle of joy, born into a world which needed to hear the Good News which he carried. Through the life, death and resurrection of Jesus Christ, we can find peace with God through faith in his Son.

As followers of the Prince of Peace, we are called to be peacemakers ourselves. As the troubles in Israel and Gaza have unfolded in the past few weeks, we have been closely following the latest news from our link missionaries Kevin and Jen Cable, currently based at Christ Church Guesthouse in Jerusalem, looking after displaced refugees. We have also heard about the partnerships which Embrace the Middle East have forged with Christian partners within Gaza. These are perfect examples of how Christians can respond in practical ways, with love and compassion.

We should continue to support the work of all those working for peace in the Middle East, and the voice of peace must be heard in government, at the highest levels, in every nation upon earth.

This Christmas, as we celebrate the birth of the Prince of Peace, please join me in praying for the peace of Jerusalem, and the Holy Land, for Gaza, the West Bank, and throughout the Middle East.

Peace be with you,

*Reverend Keith Johnson*

## Mothers Union

Recently we had a speaker from the One Can Trust. She told us they were developing a new toddler group for their client's children and also a First Steps Playgroup open to all, as well as distributing food donations from supermarkets, individuals and Churches etc. This involves a vast amount of volunteers to sort the donations and drivers to deliver parcels to people (some of whom are too embarrassed to be seen receiving food parcels). One Can Trust also run a clothes bank.

Our next Mothers' Union meeting is the Advent service held in church on Tuesday 5th December at 2 pm and then refreshments consisting of mince pies held in Church House. On the afternoon (at 2.30 pm) before that, on Monday 4th December, some of us will be praying in church for the Mothers' Union 16 Days of Activism Against Gender Based Violence (violence against women and girls either in domestic or sexual situations). On Saturday 24th November there will be a prayer said nationally at 1.03pm.

We always support Wycombe Women's Refuge at Christmas .....so if you would like to donate toiletries, sweets or biscuits, they can be left at the back of church in the Fortnum and Mason (empty of its original contents) hamper.

*Norma Clark*





## Christmas at St. Michael's & All Angel's Church

The sombreness of November in the church with our Annual Memorial Day and Remembrance Sunday on subsequent weekends, has now given way to thoughts of Advent and Christmas.

We have the usual range of events to celebrate the Christmas season which are suitable for all ages, and which are listed above, in detail in the leaflet you will (shortly) have received, and on the church website.

Whatever Christmas means to you and your loved ones, we at St Michael's wish you a blessed and peaceful time.

*Jane Tyrer*



**HUGHENDEN  
PARISH  
COUNCIL**

## Update from the Chairman

[www.hughenden-pc.gov.uk](http://www.hughenden-pc.gov.uk)

In spite of there being staff vacancies over the past few months that need to be filled, the Council has been able to make headway with a number of key projects. Our fifteen Open Spaces are being reviewed to plan for their futures with significant progress being made; for example the community renovation of Cockpit Hole, the detailed plans for Burnham Meadow and Spinney and the development of the Old Allotments in Great Kingshill. The Garden of Rest has been further landscaped and the allotment management significantly improved.

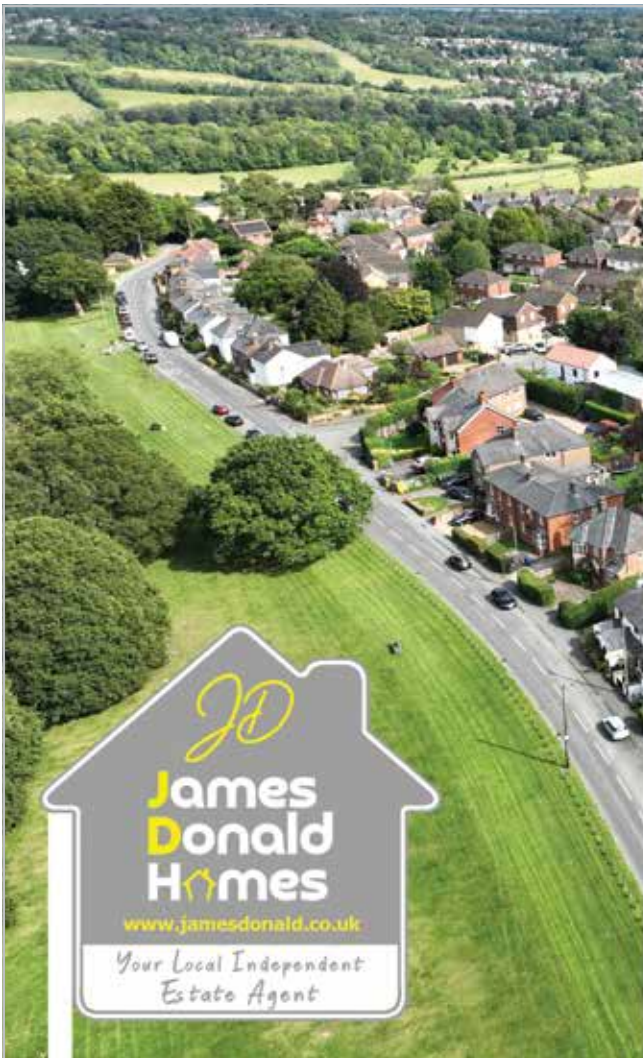
Speeding, a high priority for residents, has seen community speedwatch continue unabated thanks to volunteers. The speed signs are returning after being damaged when the batteries were stolen. Contractors

have been keeping the hedges and verges tidy, and tree removal continues when they, unfortunately, succumb to disease. We have also provided several grants to village halls and others to improve their facilities.

The Council now has an experienced Locum Clerk, Philip Truppin, who is working to bring stability back to the Council and to bring us back on track after the past two years of volatility. There are still some councillor vacancies and residents who wish to contribute to their community in that way can contact the Locum on [clerk@hughenden-pc.gov.uk](mailto:clerk@hughenden-pc.gov.uk).

For further information contact the Locum Clerk on [clerk@hughenden-pc.gov.uk](mailto:clerk@hughenden-pc.gov.uk) or telephone 07518 810192.





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*Want more? I met James on a house viewing and was impressed. I didn't get the house (then) but he kept in touch and when he offered to sell my London home I bit his hand off. I had to pause the sale but he stayed in touch and relaunched the house at the right time. He then persuaded the people in the house I had seen that they wanted to move out and into another house he knew was coming up. 3 happy sets of sellers - that's magic. ”*



- Diana, October 2023

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*We have just completed on that purchase and couldn't be happier! James handled the sale of our property and the purchase of our new home. It was great having both parts 'under one roof'. James's communication was brilliant throughout the whole process. He was always available either by phone, email or Whatsapp. James was always on hand to answer our silly questions or listen to us rant when at times it felt like the move may never happen.*

*We would certainly recommend James's services although we never want to move again! ”*



- David & Bethany, November 2023





## Windswept Christmas Lights

Our Christmas lights display will take place in December 2023 (weather permitting) and as in previous years we are raising money for BURPS at Stoke Mandeville hospital. We can be found at Windswept, Coombe Lane (near the junction with Hunts Hill Lane).

Many of you will be familiar with our reason for nominating this charity; our eldest granddaughter was born prematurely and was in hospital for many weeks in the baby unit. We are immensely grateful for the support from the nurses and BURPS during this time, enabling her to lead a full and healthy life. If you are able to make a donation you can either put some money in our collection box at the gate or use the justgiving website here:

<https://www.justgiving.com/page/windswept-christmas-lights>

We've been setting up a Christmas display for a number of years now and we are always astounded at your generosity. What started as a one off display has now turned into an annual event for us. Hopefully we can keep going for a few more years.

If you want to see the display, please park safely as we are on a corner in the road. You are more than welcome to walk down our drive for a better look.

Thank you, as always for your support!

We wish you a Happy Christmas.

Trevor & Jan May





# Carols at Naphill Village Hall



**Sunday 17th December 3pm**





# Naphill Christmas Gift Fayre

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★ ★ ★ ★ ★ ★ ★ ★

## Friday 1st December

6.00 - 9.00pm

## Naphill Village Hall

★ ★ ★ ★ ★ ★ ★ ★



Happy Christmas  
from the  
Stocking Lane Marina.



*The staff and boaters of the Stocking Lane Marina are pleased to wish all Naphill and Walters Ash Residents a Happy Christmas and a prosperous New Year. (After all we want to look after more of your boats) and it is hoped that the Harbourmaster will soon put up the festive lighthouse decoration. The only sour note from the past year is that the failed drainage works mean that we still don't have a dry dock. Well perhaps next year.....*

*Looking forward to 2024! We are hoping that the high tides will show a more regular pattern. If so, we hope to be able to offer a "Get you home" water taxi service from the local hostels.*



# COGNITIVE HYPNOTHERAPY



*Do you feel that you are not living your best life, no matter how hard you try?  
I practice hypnotherapy, reiki, and therapeutic coaching in Naphill as well as online.*

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- OCD and neuro-diversity
- Health and pain issues

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*Alison Scott*

About me: I have a Diploma and Master Practitioner qualification in QCH Therapy combining CBT, Gestalt Therapy, Positive Psychology, Evolutionary Psychology, Parts Therapy, NLP and EFT. I gained my Master Reiki qualification Second Degree in 2018.



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## Got the Christmas Blues?

'Tis the season to be jolly..... Or is it? Not everyone looks forward to Christmas and it can be a time which triggers emotional challenges.

Even if you're surrounded by family, relations can be fraught and bring up old wounds. If life already feels lonely, Christmas often makes that worse - especially if it seems like everyone else is having all the fun.

Anyone who has lost a close family member, friend or pet may be feeling their absence even more at Christmas.

For those who enjoy the festive season, time off to mull things over, added to dark days and cold weather, can easily result in disappointment, anxiety, and hopelessness. The party season brings with it other potential stressors too, including alcohol, lack of sleep and increased financial strain. Not always a recipe for jolliness!

It's good to acknowledge these difficulties and seek support if the so-called festive season becomes especially bleak. Here are some tips that might help:

### Get Moving

Exercise ideally every day. Exercise is probably the easiest way to help alleviate low mood as it increases dopamine and norepinephrine. For all of us who overindulge over Christmas, our minds and bodies need the extra exercise to counterbalance any binge eating.

### Fresh Air

It's all too easy to stay slumped by the TV but this will not boost your mood.

Getting outside, whatever the weather, will clean your lungs, lower your heart rate, increase energy levels and even improve your digestion.

### Catch Those Rays

When the sun does come out, catch those rays on your face. Sunlight helps boost serotonin, giving us more energy, positivity, and focus. Even if you're sitting by a sunny window, the sunlight on your

retina triggers serotonin. If you struggle with darkness, try using a light box. This might also be a welcome gift for someone who finds the winter months difficult.

- Watch your alcohol and food. Don't forget the water! If your body is sluggish, your mood will be too.
- Turn off TV adverts selling you an unrealistic 'dream' of Christmas.
- Reach out to friends you know who may also be struggling.
- Have the courage to say 'no' to events if they'll only make you feel worse.
- Volunteer to cheer up others - so many people need extra support.
- Take Vitamin D. Lack of this vitamin can lead to aches and low mood.
- Smile and look up. The mind / body connection is powerful, and this alone can help shift a negative mood.

### Where to go for help?

Just Talking - Talking to some-one who listens can significantly ease loneliness, anxiety, or grief. This can be a friend or family member too...a listening ear is a powerfully healing gift!

Hypnotherapy / Reiki – For longer-term help, hypnotherapy can work wonders to improve mood and may also kickstart a fresh mindset for 2024.

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## It's beginning to look a lot like Christmas

For many of us, Christmas is a time for family and friends, fantastic food and presents. But did you know that Christmas can be hazardous and stressful for your pooches?

With a bit of planning and preparation, your dog can stay happy and safe over the festive season, as well as perhaps, a little bit spoilt too!

- Some of our festive foods can be dangerous for dogs to eat, such as chocolate, mince pies, Christmas pudding, onion gravy, alcohol and bones from carcasses (can be a choking hazard). We all love to give our pooches treats and I'm as guilty of this as anyone, so a bit of white turkey meat is sure to get their tails wagging! You can always make treats for your dog ahead of time, such as stuffed kongs, treat balls and lick mats to give them during the festive season (*see below for a very simple dog biscuit recipe*)
- Additional plants can also appear in our homes at this time of year, which can cause harm, so if you do have plants such as poinsettias, holly, ivy, mistletoe and lillies, be sure to keep them out of reach.
- There are some incredible Christmas decorations available, but again, these can look very tempting hanging from a tree, or around the house, so take a moment to see whether this could be a potential hazard.

- As well as consuming items that could cause harm, a change in routine can be stressful. Try to stick to your dog's usual routine for walking, meal times etc, which will help keep them calm.
- Lots of people in the house can be overwhelming for your dog, so give them somewhere cosy and quiet to retreat to, whether at home or away, with familiar toys & treats.

**Honey & Banana Dog Biscuit recipe** – A simple and cost effective Christmas treat (or gift) for your pooch! (makes about 45 biscuits)

**Prep Time:** 15 mins      **Cook Time:** 20 mins

### Ingredients:

- 250 ml water
- 1 banana, mashed
- 1 tablespoon of honey
- 1 teaspoon vanilla extract
- 1 egg 600g whole wheat flour
- 1 teaspoon baking powder



**Directions:** Preheat oven to 180 degrees C

Lightly grease 2 large baking sheets

Combine water, mashed bananas, honey, vanilla, and egg in a large bowl

Stir in whole-wheat flour and baking powder

Mix until ingredients are thoroughly combined

Turn dough onto a floured surface and knead until no longer sticky

Roll out dough to 1/4-inch thickness and cut into mini shapes with a cookie cutter

Place dough shapes on prepared baking sheets & bake in preheated oven until cookies are lightly browned, about 20 minutes

Transfer to a wire tray and leave to completely cool.

Wishing you all a merry Christmas and a Happy 2024,



*Charlie & Ruby*



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*Clare McCaffrey*



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If you're curious about any of the above then take a look at my website: [www.loveforlifecoaching.co.uk](http://www.loveforlifecoaching.co.uk) or contact me at [clare@loveforlifecoaching.co.uk](mailto:clare@loveforlifecoaching.co.uk)





## Not from the Vicarage - *Affording Christmas?*

Christmas is fast approaching. In my local shopping centre, the Halloween and Remembrance Day themed windows have given way to Christmas displays. I am bombarded by leaflets urging me to buy a new carpet/sofa/cooker 'in time for Christmas'. The local pubs are awash with flyers for their 'festive menu' (usually over priced and under imaginative!) and my inbox is full of emails urging me to book online to earn a discount for my festive feasting or buy this year's 'must have' Christmas fashion garment. Regular readers of the Gazette know I am a self-confessed 'Christmasphile', but I do draw the line at over the packaged, single-use tat that ends up in the bin on Boxing Day (unless the single use involves drinking, eating or bathing!).

Something that I found especially disturbing this year was a whole edition of a well known Radio 4 consumer programme with the title 'How will you afford Christmas this year?' That was a red rag to a bull for me. I phoned and emailed the programme's contacts with my message – you don't need to 'afford' Christmas; it's NOT about spending. Needless to say, my contributions did not get aired. I would like to think this was due to the sheer volume of messages the programmers had received, but given the overall content of the broadcast, I think it was more about my message being unacceptable.

People emailed and rang in telling about getting bank loans, feeling the pressure to keep up with peer or family spending, maxing their credit cards and hoping they will be able to pay the resulting bills in the New Year. My heart sank lower and lower. It does not have to be this way; this is not what Christmas is about I inwardly cried.

When we are surrounded by all the excess the marketers would have us indulge in, it completely masks the real meaning of Christmas. At its heart is a harsh story of poverty, displacement, oppression and injustice. Christmas is the time when we celebrate the birth of Jesus Christ, the Son of God. It celebrates a moment in time when God came to earth in human form to live amongst us. It celebrates the greatest story ever told. It celebrates hope. The clue is in the name given to the services that mark this event - Christ Mass. Although he was the Son of God, Jesus was born in a stable, lived his life under an occupying power and eventually suffered a cruel, unjust death. Even if you do not profess to being a 'Christian', at least take the words of Jesus seriously. Words that speak of justice, equality, mercy, love and contentment; words that eventually got him killed because the ideas they embodied were seen as such a threat to the powers that be.

As you celebrate this year, please think about the real meaning of Christ Mass. Think about the God of the Universe who has everything, coming to earth with nothing except the love of a simple family. Don't ask yourself 'How can I afford Christmas? Instead, ask whether you can afford not to Christ Mass.

Wishing you a happy and blessed Christ Mass.

*Rev Jenny Ellis*



## Naphill & Walter's Ash Residents' Association

Not only was the Quiz (reported on in the last Gazette) great fun but it also yielded a new committee member in Melanie Penfold – welcome Melanie.

Dog fouling is a recurring theme for many local organisations including NAWARA. If you are a dog owner, please ensure yours doesn't leave any signs of its passage.

This is the time of year, whilst there are no nesting birds, to get your hedge cut if it overhangs the footpath. Suitable contractors advertise in the Gazette if you can't tackle it yourself. If you own a public footpath crossing farmland, please remember it should be at least one metre wide or one and a half if it is at the edge of a field.

Many of the roads in the village date back to the days of the horse and cart or at least to a time when cars were not

so wide. If you do need to park partially on the pavement, please leave enough space for wheelchairs etc. One last rant! Would the litter lout who discards empty lager cans in Coombe, Louches and Hunts Hill Lanes please take them home for recycling.

Finally on a positive note it was good to see the village hall packed for the annual remembrance service. NAWARA's was one of the wreaths laid in memory of those who gave their lives to ensure the future of our country.

*David Frost*

Vice Chairman



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# NSR Physiotherapy



## Jonathan Meets the NJR Physiotherapists

In a world where businesses get bigger and more impersonal it is reassuring when you meet new businesses who are keen to work with clients and offer a better service. More beneficial is when it is in the medical field. I had the pleasure of meeting Naomi and Sophie who own NSR Physiotherapy, a musculoskeletal practice based in Deeter House on Valley Road. They met whilst working at the Abbey Clinic as Bisham Abbey where they still work part time. Their aim is to develop the practice to allow them both to work there full time.

The large airy consulting rooms allow their patients, who are a mixture of self-referral and medical referrals, a great environment to be treated in. Plenty of parking at the back of Deeter House allows access to the rear entrance. 36 years of experience between them ensures that they can help their patients with both acute and chronic conditions. They use soft tissue work, ultrasound, acupuncture and exercise to ensure their patients get back to fitness as quickly as possible.

Currently they are building the business and are available on Wednesdays, Fridays, and Saturdays.

Naomi grew up in Naphill and knows the area well with her parents still living in Naphill itself. Living in Booker with her two children she looks forward to developing a practice that people can rely on and helping patients getting more out of life by keeping them mobile. Just in case you wondered, Naomi likes Take That and is off to see them next year. Sophie lives in Cookham with her well-trained Labrador and her favourite band is Future Islands (yes, I had to look them up too) I have to say she has good taste as they are rather good!

So, if you need that sports injury or that aching back attended to and would like to do so locally why not give Naomi and Sophie a call and get it sorted.

*Jonathan Hilder*

Deputy Editor. Naphill Gazette



### NSR Physiotherapy



*Jonathan Hilder*  
FERRY PHOTO

## NSR Physiotherapy



### About NSR

'Based in Hughenden Valley, NSR Physiotherapy is a team of two highly skilled Physiotherapists who are passionate about providing patient focused care to enhance the health and well being of their patients.'

### Hi, we're Naomi and Sophie

We have nearly 40 years experience between us working as Physiotherapists in the NHS, sport, MOD and private sector. We love treating a wide range of musculoskeletal conditions in all ages and are both qualified in acupuncture. Whilst we advocate a 'hands on' approach to treatment, we firmly believe in empowering our patients with education and self management skills to help to prevent further injuries.'



Naomi



Sophie

#### Price List:

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## A Wine Giant Essay - Christmas Film Pairings!

As Christmas plonks itself onto our horizon, the obvious choice for a wine article would be to offer some pairing suggestions for the mountainous piles of festive food that we shall all be enjoying. However, that seems too easy and unadventurous; basically, get lots of bottles of anything you already like and tuck in – there, the perfect pairing advice!

Instead, I thought it would be more useful (here, useful is a synonym for 'utterly useless') to offer answers to questions you have never asked...which wines closest resemble the characters in some of the most frequently viewed festive films?!

**Kevin McCallister (Macaulay Culkin) – Home Alone/ Home Alone 2** - I had to start with the main character in the greatest of all Christmas films! Kevin is playful, fun, energetic, unpretentious and clearly a bit naughty. Brimming with lively energy and often enjoyed in its youth (just like the career of Macaulay Caulkin) he is so obviously a good quality Beaujolais Villages!

**George Bailey (James Stewart) – It's A Wonderful Life** Onto the classic of all Christmas Classics...how does one pair up a complex character like George with a bottle of booze? Surely it's obvious; he is a Californian Merlot! A grape that can be so many things to so many people in so many places. Just as George touched the lives of so many in Bedford Falls, Merlot suffered a similar personal crisis of its own, owing to the 'Sideways Effect' that Paul Giamatti and co brought, but it has since been shown plenty of love and is now far happier and positive about its future. Just like George.

**Santa Claus (David Huddleston) – Santa Claus the Movie** - The Big Guy. A man of wonder who is warm, generous, fuller than full bodied and absolute royalty. He simply has to be an Amarone – a member of the wine aristocracy famed for high alcohol, knock your socks off oomph and the ability to cuddle your taste buds and make them cry 'Ho, Ho, Ho'. It's never a cheap option and so just like Santa Claus, it isn't one that comes out too many times a year.

**Buddy the Elf (Will Ferrell) – Elf** - This one is so obvious. A character who is unbelievably unctuous and sweet to the point that it is just ridiculous. A character who bleeds festive spirit and if you cut him open, his organs would taste of candy canes, mince pies and Christmas pud. I will fight to the death any one who suggests that Buddy is not a glass of sweeter than sweet, raisiny Pedro Ximenez sherry!

**Colin Frissell (Kris Marshall) – Love Actually** - Another pretty straightforward meeting of souls here. The character who appears a little simple, a lot promiscuous, but loved by many viewers. If you had to think of a wine

that was also pretty simple and likely to jump into bed with anyone who'd let it, you'd surely think of a bottle of lower end supermarket Prosecco?

**Juliet (Kiera Knightly) – Love Actually** - Beautiful, elegant, sought after by many, but possibly a little too aware of all that, Juliet is a walking, talking bottle of Whispering Angel Provence rose. As The Streets didn't write about Juliet (but definitely could've done) - 'Your fit, but my gosh, don't you know it'.

**Karen (Emma Thompson) – Love Actually** - I know this is too many Love Actually characters, but they really do lend themselves to this form of frivolous comparison! Karen is a wonderful woman. She is classy, intelligent and has the breadth of character to perform all roles: wife, mother, sister, friend. She is definitely a Burgundian Chardonnay. Just like this hugely versatile grape, she is under-appreciated by some who fail to notice how wonderful she is. Essentially, Chardonnay haters are Alan Rickman.

**John McLain (Bruce Willis) – Die Hard (Now isn't the time for the 'Is it or isn't it?' debate!)** - A classic character of any genre, McLain is a man with a skin as thick as a wet suit (although not the soles of his feet, perhaps!) and has an incredible resilience that means you just can't kill him. Therefore, he needs to be paired with a grape that is hardy and indestructible, can survive in any climate or situation, has a thick skin and tannins that make your mouth say 'Yippee Ki Yay' – a clear candidate for Cabernet Sauvignon.

Adam Sergeant

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Saturday 9th December  
Christmas Music Bingo | 7.30pm



Saturday 16th December  
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Sunday 17th December  
Christmas Quiz | 8pm

Sunday 24th December  
Christmas Eve Party | 6pm onwards

Christmas Day!  
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Sunday 31st December  
New Years Eve Party! | 7pm onwards

## The Black Lion CHRISTMAS MENU

### Bloody Mary Tomato Soup

served with artisan bread (Ve)  
Spinach, roasted aubergine and red onion filo crackers

served with a rocket salad (Ve)

### Creamy Mushroom Pate

with artisan bread (V, GF\*)  
Truffle infused Mac, Cheese and Chorizo Balls  
served with cranberry sauce (GF\*)

### Smoked Salmon Parcels

filled with whipped goats cheese, ricotta and chives (GF\*)

### Main Course

#### Hasselback Butternut Squash

served with a maple miso butter and herb buttered new potatoes (Ve, GF)

#### Cauliflower Wellington

served with roast potatoes and wild mushroom gravy (V)

#### Creamy Fish Pie

a mixture of Prawns, mussels, squid and scallops. Topped with indulgent three cheese mashed potato and a Madagascan crevette (GF)

### Feeling Festive

#### Roasted Pork Belly

served with caramelised pears, herb buttered new potatoes and a cider and apple sauce (GF)

#### Traditional Christmas Dinner

Turkey Crown on a bed of parsnip puree with duck fat roast potatoes, pig in sage blanket, apricot and chestnut stuffing, a homemade Yorkshire pudding and cheesy brussels (GF\*)

#### Christmas Espetada

Hanging kebabs with crown of turkey, pigs in sage blanket, apricot and chestnut stuffing and roasted brussel sprouts served above a homemade yorkshire pudding with a sticky port gravy (GF\*)

#### Chocolate Orange Brownie

with clotted cream ice cream (GF, v)

#### Baileys Crème Brûlée

with sugared shortbread (v, GF\*)

#### Sticky Toffee Christmas Pudding

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#### Key Lime Pie

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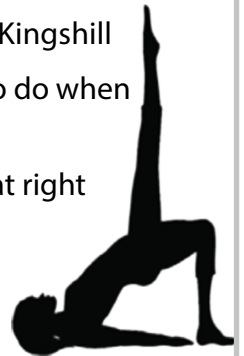
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