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June/July
2020



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Naphill & Walter's Ash Gazette June/July 2020



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Our Local Clubs and Organisation Contacts

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Brownies (Naphill)	Ruth Daly	01494 565571	ruth.daly3@btinternet.com
Bridge Club	Margaret Stagg	01494 530736	
Cubs - Hughenden Naphill	Beth Foster		handnhcubs@hotmail.com
Football Club - Junior Senior	Martin Beddows		naphillcubscouts@outlook.com
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Good Companions	Harry Salter	07403 249208	
Guides (Naphill)	Chris Miller	01494 564030	chairman@naphillcommon.org.uk
Men's Club	Pat Furness	01494 565501	
	Toni Green	01494 562089	
	Andrew Wasilewski	01494 562770	naphillmensclub@yahoo.co.uk
Residents Association	Gloria LeFlaive	01494 563634	glorialeflaive@msn.com
Naphill Evening W.I.	Sarah Bacon	01494 563479	Sarah.bacon39@googemail.com
Naphill Neighbours	Janet Judge	01494 563186	
Scouts (Naphill)	John Huddleston		naphillscouts@aol.com
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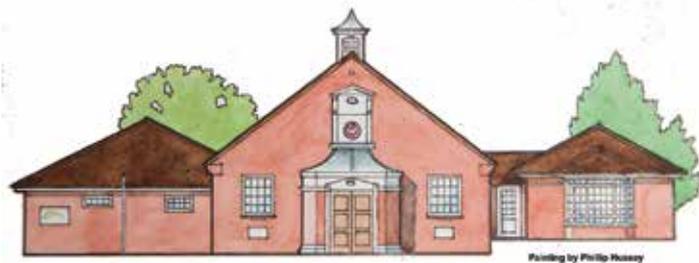
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Bookings - Tanya Stevens

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Tel: 07851 169275

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Local Council Contact Information

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Bucks County Council	David Carroll	01494 716967	david_carroll@wycombe.gov.uk
Hughenden Parish Council Clerk	Shona Hadwen	01494 715296	clerk@hughendenpc.org.uk
Hughenden Parish Councillors	Chris Waterton	07968 268067	chris.waterton@hughendenpc.org.uk
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Bucks Council Councillor	Steve Broadbent	07471 144181	steve_broadbent@wycombe.gov.uk
Bucks Council Councillor	David Carroll	01494 716967	david_carroll@wycombe.gov.uk
Bucks Council Councillor	Audrey Jones	01494 563435	audrey_jones@wycombe.gov.uk

Helpful Contact Numbers

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Copy Date for August Gazette 8 July

Welcome to our June/July Gazette! Just where to start on this edition! Many of us have been obeying the Covid 19 instructions and self-isolating and so, for the last two months, it has not been possible to distribute a printed edition of the Gazette. My thanks to Peter for putting these editions on line for us. Thankfully the restrictions have been lifted a little and so Ian has rallied our distribution team who have very kindly agreed to distribute this month's BUMPER edition! I am very grateful to them too!

So WHY a bumper edition? It was decided that I should include "the best bits" from the last two editions. The only problem here was choosing what were the best bits, some articles were just too long, others were not high enough definition for printing and honestly, even with 12 extra pages, I ran out of space, so please forgive me if your favorite picture or article has not been included. It will still be on the website, www.naphillandwaltersash.org.uk. for you to enjoy!

June and July are not usually a combined edition so why have I granted myself a month off? This is because we are all hoping that whilst NapFest has had to be cancelled for June this year that it will be rescheduled for the August bank holiday weekend. If this does go ahead we will publish the August Gazette a week earlier than usual to cover the pre NapFest announcements and pleas for books, cakes, help etc. Likewise, in these circumstances, the

September edition will also be published a week early and copy dates, will also be a week earlier than usual. I will of course do my best to keep everybody informed. However, there will be separate August and September editions of the Gazette this year.

It has not been possible to collect the Gazette subscriptions for this year. We will arrange this collection when the current situation is eased.

My personal thanks to everybody for all the kind offers of help, we are blessed to live in such an amazing, caring community, just so many acts of kindness! The local shops who have kept up their stock levels and literally gone the extra mile or three delivering goods. The Covid19 team who are never more than a call away when help is needed and of course all the NHS workers and everybody who has worked through this pandemic to support us all.

Himself was delighted when he was invited to take his camera gear along to a local VE Day social distancing street party and I am delighted to share a few of the photos with you. There were several such events in our community, an opportunity to socialise albeit at a distance but also to reflect and remember those who fought and died for our freedom. A stark reminder that once again we need to remain strong and resilient.

Stay safe everybody and I look forward to speaking to you all again soon.

Sonia

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

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This month's report is somewhat different to the usual report as we have closed the village hall due to the ongoing coronavirus pandemic. The AGM has been postponed for now but will be held when we can meet in the hall at a later date. There has been a committee meeting held at the beginning of May via zoom and a small committee was set up to draw up a plan as to how the village hall will be reopened when the government allows. At the moment the hall is shut completely and I go in every other day to make sure that all is OK.

The Napfest committee is planning to hold this year's event on August bank holiday weekend, It is of course reliant on the lockdown restrictions allowing and we will not know what these will be until nearer the event. The fireworks committee also held a meeting in May and hopefully by the 7th. November most things will be back to normal but this will also be subject to any rules the government may put in place to deal with the coronavirus.

The playground is locked until we are allowed to reopen it, although the grass has grown around the trim trail that was installed just before Christmas, so when we do reopen the playground all features will be accessible.

The car park gates have been locked as the hall is closed and it will add to the security of the hall and make sure that no meetings of cars late at night are taking place or any unwanted visitors are using the car park for dubious activities.

I hope you are all well and keeping safe, once this pandemic is all over it will be great to see you all at the events that are organised in the village hall and on the crick.

Clive Lawrence - Village Hall Chairman

Bradenham Parish Council Report

We hope you are all well, managing life in the lock down, home schooling, working from home or furloughed, social distancing and hope you are able to enjoy the beautiful area we live in.

The Corona Virus Pandemic put a halt to the expected local elections of 7th May 2020 as well as holding meetings held in person. The Government has brought in new legislation to allow for virtual meetings and to hold all meetings flexibly, including annual meetings and committee meetings giving Councils flexibility to hold meetings at a time, day and frequency to suit their own needs. This legislation is in place until 6th May 2021, when the local elections will now be held. As both the Chairman and Vice-Chairman were prepared to remain in post, all councillors decided to stay in post until the next election and as all councillors were in agreement, the parish council carried on. We held our first virtual meeting 11th May. This went well, just a few technical hiccups. We even had a member of the public attending as well as our Buckinghamshire Councillor Carl Etholen and the RAF representative.

BC Councillor Etholen told us about the set up with the new Unitary Council, which came in force on 1st April.

The RAF representative gave us an update on RAF assistance to the community during the pandemic.

We have been very fortunate with the kindness shown by local volunteers in offering help to those in need during the pandemic. Thank you all.

The VE day 75th Anniversary celebrations planned for 8th May were cancelled. We are looking at options to celebrate later.

A grant has been received from BC Councillor Etholen to revive the Bradenham fete, which is currently planned for 12th September, but the date, of course, is under continuous review.

We did manage to get our accounts internally audited and all were in good order.

Our next meeting will be Monday 6th July @ 7pm, most likely again a virtual meeting. We hold our meetings on Zoom

Deirdre Hansen, clerk to the Council
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Hughenden Parish Council

Dear Residents,

I am writing this article for the Naphill Gazette in what are truly unprecedented times as we are living with our lives governed by the lock down regulations coupled with a high level of uncertainty as to what will be happening in the future.

Firstly, our thoughts and sympathy must go out to those residents who have lost friends and relatives to the COVID 19 virus.

I would like to express the thanks of Hughenden Parish Council to all residents who are essential workers, be they in hospitals, carers looking after residents in nursing homes or in the community, and of course all those who continue to keep those services going that we especially rely on.

It is heartwarming to see that, despite this truly unfortunate situation, it has brought out the most positive side of so many people. I am amazed and overwhelmingly pleased to see how many in our community have volunteered to help as part of the NAWA COVID 19 Support Group and other organised groups, as well as those individuals who are giving their time so freely.

There is also a big thank you to everyone who is not part of a volunteer group but are simply helping out neighbours and their loved ones. The way that shops have been able to quickly adapt to help residents is most gratifying.

As a Parish Council we are looking to keep it as near as possible to business as usual while still obeying social distancing etc. Full Council meetings are being conducted remotely, the first of these remote meeting took place at the end of April.

The Council is supporting the various new and existing local voluntary organisations together in a virtual forum where concerns and best practices can be shared.

It is impressive to note that within the first few weeks of the lockdown, almost every household in the parish received at least one note through the letterbox informing them of what local support resources are available and highlighting the available

social platforms that have come into their own, like WhatsApp and Facebook groups.

On behalf of Hughenden Parish Council I would personally like to thank everyone in Naphill & Walters Ash for staying at home, following the social distancing

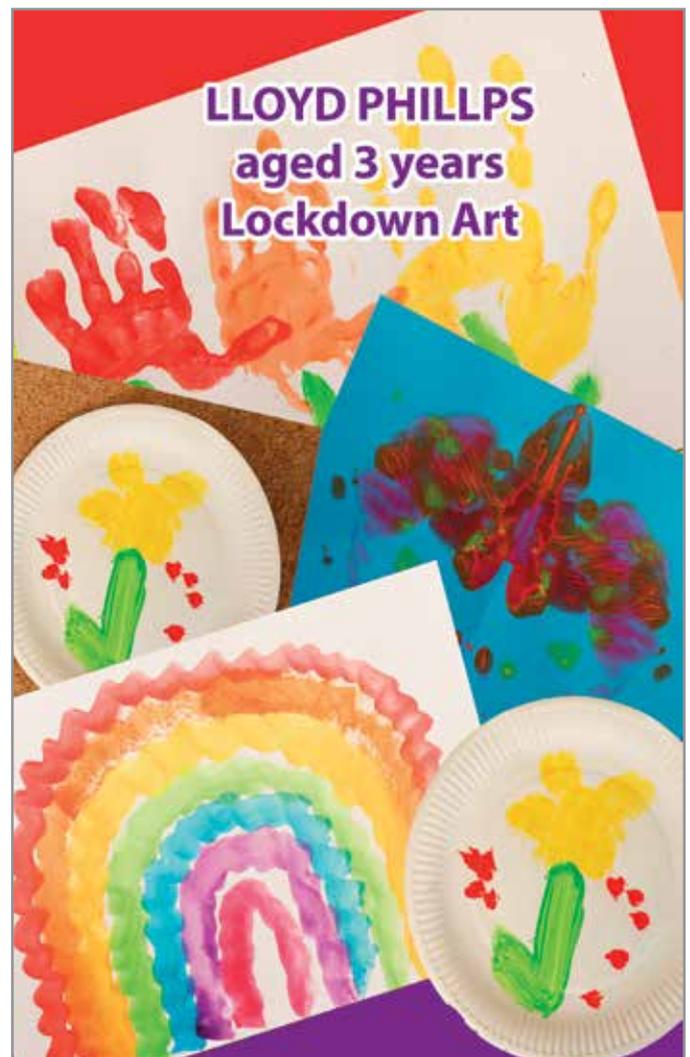
rules and hope that we can all keep safe and return as soon as possible to enjoying the lovely Parish that we all live in.

Stay safe.

Paul

Councillor Paul Nicholls
Chairman

Hughenden Parish Council





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Naphill & Walter's Ash Residents Association

Planning

The following are local planning applications received by Buckinghamshire Council between 13 April 2020 and 11 May 2020 for Naphill & Walter's Ash. Any responses by NAWARA appear in full on the Buckinghamshire Council website.

20/05779/VCDN. Beverley House, Downley Road, Naphill. HP14 4P. Variation of condition 2 (materials) attached to PP 19/06242/FUL (Householder application for construction of two storey side/rear and single storey rear extension, construction of detached rear garage with associated driveway and dropped kerb) to allow for change of roof tiles. Received 17 Mar. Validated 22 April 2020.

20/06018/FUL Melvern, Stocking Lane, Naphill. HP14 4NE. Demolition of existing dwelling and construction of 1 x residential dwelling. Received 22 April. Validated 27 April 2020.

20/05856/FUL 5 Louches Lane, Naphill. HP14 4QH. Householder application for construction of single storey front extension following removal of existing front porch and new pitched roof to garage. Received 29 Mar. Validated. 27 April 2020.

Permitted

0/05385/FUL Saxon House 213 Main Road, Naphill. HP14 4SE. HA Construction of single storey rear extension and side porch.

20/05272//VCDN. Uplands Conference House and Training Centre, Four Ashes Road, Cryers Hill. HP15 6LB. Variation of condition 2 (plans) and 5 (master-plan and planting strategy) attached to PP 19/05741/VCDN (Variation of condition 2 (plan numbers) attached to PP 16/05053/FUL – (Demolition of former coach house block and erection of new two storey building providing 1 x 1-bed, 10 x 2-bed & 2 x 3-bed self-contained flats. Conversion of former Conference Centre building including extensions and alterations to provide 54 x 1,2 & 3-bed flats with reception area/offices/storage to ground & first floor of Central Block (67 dwellings in total). Permitted 11 May 2020.

Refused

20/05582/FUL Vivaldi, Stocking Lane, Naphill. HP14 4NE. HA for demolition of existing conservatory and construction of part two storey, part single storey rear extension.

Gloria Leflaive 563634



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Friends of Naphill Naphill Common

There is no detailed history of our Common. The best we have are several mentions in Rex Leaver's fine book *Naphill and Walters Ash* (1999) and a brief section in S. F. Piercy's *The Village Hall Naphill* (1943). Similarly, there has been no systematic survey of the archaeological remains: the banked enclosure, boundary banks and ditches, ponds and other pits are all unexplored. Old maps show that it was once called Mosely Common and it seems there was a hamlet of Mosely between Stocking Lane and Clappins Lane. ('Moseley' comes from the Anglo-Saxon for a mossy clearing in woodland.) Naphill was a separate hamlet at the Combe Hill/ Hunts Hill end. (Naphill is probably derived from 'Knapp' - a rounded hilltop). Otherwise, all we have to go by are the memories of the more ancient amongst us and the evidence from the Common itself.

At the time of the enclosures (1853-63) the Common extended over the present Main Road, to Great and Little Mosely farms. It was largely grazing land, dotted with beech and oak trees and numerous ponds for drinking water (both animals and humans. Wells are rare in Naphill). The trees were regularly pollarded for timber and firewood. (Perhaps one was coppiced – see if you can spot it.) Looking at what remains of these ancient trees it is obvious that they once had huge crowns and were growing in the open. Pollarding left them with massive trunks and a cluster of branches at a little over head height. They have since been surrounded by young trees. When the large ancient beech at Dew Pond collapsed a year or two back and the large limbs were cut off, counting the growth rings suggested that it was last pollarded in the late 18th Century. Pollarding probably stopped all together after enclosure when the villagers lost their right to get firewood.

The Lord of the Manor permitted grazing to continue and Ken Bristow recalled that grazing eventually ended in 1928. By this time much of the common was woodland, but with a wide fringe of juniper and gorse bushes (locally known as furze) plus the inevitable bracken. Both bracken and yew are poisonous to cattle. There are a few very old yews along

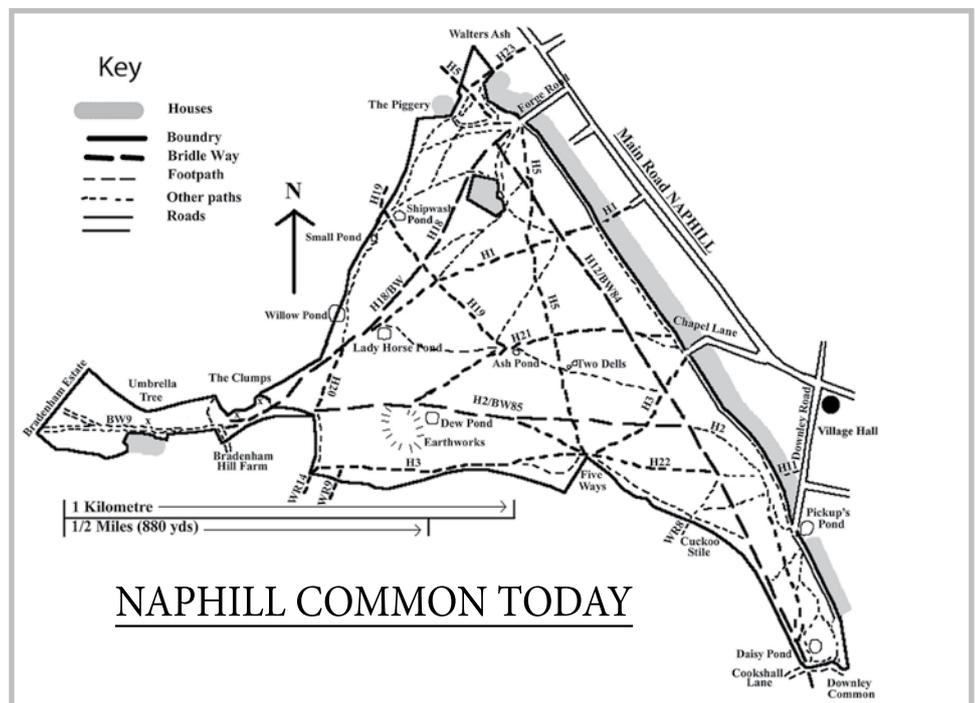
the edge of the Common, but they must have been trimmed so that browsing animals could not reach any foliage. Five old junipers have survived and The Friends of Naphill Common have planted several more.

The Common is not rich in tree species although the oak and beech have been supplemented by yews, cherries, holly and a few other species. Fortunately, there is very little ash, so when they are lost to the awful die-back disease, it will not change the Common very much. The richness of the Common is not in the diversity of tree species but in the remarkable number of ancient specimens.

Unfortunately, in the present circumstances, Chris Miller and Ron Collins will not be leading any walks this month, but it is good to see that many people are walking and cycling there, attracted by the beauty, freedom and peace of the place. Following the felling, that let in so much more light, they will soon be able to enjoy unprecedented displays of foxgloves. Maps and descriptive guides for our short walks can be found on our website at <http://naphillcommon.org.uk/walks.html> (click on the various 'Short Walk' links for a PDF file).

For the same reasons, no working parties will be taking place until the current restrictions are significantly relaxed. Apart from the risk of breaking 'social distancing' regulations, we have been informed by our insurers that undertaking activities contrary to government guidelines may mean our public liability cover will not apply

Chris Miller Chairman.





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Since its creation, Hughenden Street Association has sought to work with the many community groups within the parish. Steady progress was being made and the stand at last year's Napfest certainly had plenty of visitors which was very encouraging! Fast forward to earlier this year and the Association's members have again been part of the 'community of volunteers' seeking to support residents shielding or self-isolating.

Originally established to reduce isolation and raise awareness of doorstep, telephone and online scams, particularly among elderly residents, Hughenden Street Association sought to encourage 'active neighbourliness' at a time when everyone is so busy with their own lives. The reality for many older residents (25% of Hughenden residents are aged 65+) varies: some live alone with strong local family links and or good neighbours who look out for them; others sadly do not. Feeling alone also applies to younger residents and it is important we do not lose sight of this. The Covid19 pandemic has shone a real spotlight on the health of our communities and the results are little short of stunning! In Naphill & Walter's Ash a co-ordinated response ensured that anyone shielding or

self-isolating had support to keep them safe be that a regular phone call or offer to get some shopping. It also extended further when the Association highlighted the dire situation for many people reliant on food parcels from the One Can Trust, a High Wycombe-based charity. Collection points were quickly set up across the parish. An amazing response!

What lies ahead for Hughenden Street Association?

Helping to maintain and enhance the strong network of community support going forward is a priority. In its weekly Guidance Note the Association covered a range of topics including mental health across all age groups. Whatever the new 'normal' will look like it is certain that some residents, having self-isolated for so long, will struggle to return to shopping and social-interaction. Others may find the sense of purpose created by their volunteering comes to an end as demand ceases. The Association is keen to explore with other community groups how we can support and encourage people to find their new normal. At the same time we are keen to encourage continuing volunteering, perhaps in other ways.

If you or your organisation would like to continue this conversation, do get in touch.

Hilda Stearn

On behalf of Hughenden Street Association
Follow us on Twitter: @HughendenStreet
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Photograph courtesy Paul Goby

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RAF High Wycombe Supports NHS in Covid-19 Front Line Operations



TWELVE personnel from RAF High Wycombe's Military Co-Responder scheme have been activated to support South Central Ambulance Service under Op RESCRIPT. These personnel would normally volunteer one of their evenings a week to man the Rapid Response Vehicles in support of the Service, now they will be working full time alongside Paramedics, Patient Transport Service (PTS) and manning the Emergency Operations Centre (EOC).

All personnel from RAF High Wycombe have received an accelerated training package. For some this was a three-day response driving course in the Ambulances, some have started the 4-week C1 Ambulance driving course, 1-day PTS patient handling course or a 1-day training package for the EOC.

Duties will vary for all personnel depending on qualifications and experience: dual crewing the frontline ambulances, driving and supporting critical life-saving treatment, supporting the PTS by manning their transport vehicles supplying medical care to those to and from hospital, and manning the EOC dispatching ambulances to those who need them.

The team have taken all the duties in their stride and as we see the COVID-19 situation develop they will be on the "front line" alongside their colleagues from the NHS.



Cpl Leanne Wheeler

SHQ, RAF High Wycombe
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I am delighted to be writing my first article for the Naphill and Walter's Ash Gazette and look forward to regularly sharing updates about my work in Westminster and my constituency.

I had barely been in parliament for three months when the Prime Minister announced the lockdown restrictions because of coronavirus.

Like so many of you, this meant I had to adapt to a new way of working. The parliamentary authorities worked very quickly to enable a "hybrid" parliament, where a small number of MPs – usually just ministers and opposition spokespeople – are physically in the chamber, and backbenchers like me contribute via video link. Asking the Prime Minister a question through a laptop perched on a pile of books is certainly a strange feeling, but it is important that I can continue to fulfil my promise to make your voices heard in Parliament, even in these challenging times. I have also asked ministers questions about help for small businesses, which play such a vital role in our local economy.

Prior to the lockdown, I have spoken in the House of Commons chamber about town centre regeneration, policing, prisons, the new Environment Bill and even school uniforms, and had meetings with ministers on issues raised by constituents.

In my first few months as your MP, much has happened on the national scene. We passed the legislation to get Brexit done, saw the disappointing decision by the government to approve Phase 1 of HS2 and now

face the most serious public health crisis in a century. I know that the coronavirus emergency has made the past few months extremely difficult for many local people. I would like to thank all Naphill and Walter's Ash residents for everything you have done to help the most vulnerable in the community. Whether it has been grocery shopping, collecting a prescription or just picking up the phone to call someone who is isolated, these kind actions have undoubtedly made a huge difference to local people's lives. As we move forward into the next phase of the crisis, I have complete faith that this community spirit will endure.

Looking ahead to happier times, I very much look forward to future visits to Naphill and Walter's Ash. I have heard great things about Napfest and, if it is safe to go ahead, I hope to join in the very well-deserved celebrations with your brilliant community.

If you have an issue that you feel I may be able to help you with, please email me at rob.butler.mp@parliament.uk

Rob Butler MP

David Carroll Your Councillor

Dear Residents

Over many years I've talked about the tremendous Community spirit we have within our area.

With this awful virus the same Community beacon is shining through.

The many acts of human kindness and support individually and collectively for our residents is truly remarkable.

Can I please thank every one who phones me and I in turn ring back the next week, people really appreciate having the contact.

So can I thank everyone involved in helping through these challenging times .

Take care and keep safe.

Regards David.



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Napfest Fri 28th – Sat 30th August 2020 Movie Theme

Hello all, fingers crossed that we can hold NAPFEST on August bank holiday weekend, as you can imagine, all booking have had to be rescheduled, but we are very lucky that almost all of the booking are able to support us on our new weekend. Due to what's going on, let's make this a huge weekend of celebration, get out with our friends and family. The Committee and I need your help to make this the biggest NAPFEST ever, I think we all deserve it?? We could do with some help in these areas:

- As always we are in desperate need for cakes, tombola prizes, books and Grand Draw prizes so if you can help in any way please contact Linda. (lindaclark894@hotmail.com)
- We are always looking for extra volunteers for help to set up and close down on the separate days.

Now I've stopped begging for help, this is what's to look forward to during this fun filled weekend.

Music on The Crick.

Tickets will soon be available from our website www.napfest.co.uk and are the same price as last year - £25 for a family ticket of four, adults £10, Kids £5, they will also be available at The Wheel, Shear Madness and Carries for cash only. Please be aware ticket prices will increase on the night. There will be amazing music from our bands, headlining we have 'Sultans on Swings'. You will also be able to get hot food from Noodle Nation providing Street food and Noodles. Don't forget your refreshments from our famous bar and Topsy Flamingo. This year we will also have numerous inflatables, bungee trampolines, and a Fair Ground ride, these are free to ride. This is a great night but do remember to keep warm even if it is August! GET YOUR TICKETS EARLY.

Fete on The Crick,

We have got so much more for you this year, not only better inflatables than last year and a fairground ride, we also have celebrity performances including 'BUMBLE BEE', yes the real one!!!! There are even more new stalls (still not too late to book at nwafete@hotmail.co.uk) than last year and many more events happening in the arena. Don't forget to come in fancy dress 'Movie Themed' and stall holders please dress your stall, we have more great new trophies that you can win. The procession and flag bearer will happen as last year so please all make the effort again this year. All those organisations wishing to participate in the procession please contact Linda and provide a small narrative, so that our host for the day can read it out, as you proudly parade around the arena.

Can't wait to see you all there.
Linda and the Napfest Committee

Classics on the Crick

Due to the current situation we are still tentatively hoping to go ahead with Classics on the Crick on Sunday 30th August. Please keep watching this space as things are liable to chop, change and adapt with the Government guidelines and the lockdown easing. We will keep you informed if there are precautions etc that will need to be adhered to once we get nearer to the 30th Aug.

We hope you are all safe and well and have spent all this spare time titivating or even rebuilding your beloved vehicles. We can't wait to see what everyone has been up to and catch up with you later in the year! Please keep posting your vehicle photos on our FB page.

We are still looking for some different Food stalls and also Trade stalls that may want to be considered. If this something you are interested in then please contact traders.classicsonthecrick@gmail.com If you'd like to enter your vehicles then please keep an eye on the COTC website for further details. If you'd like to be considered for judging (bikes or cars / vehicles) then please contact COTC via the website or any other of our social media platforms.

Stay safe and keep polishing those engines!

Sam Bayley



Himself was invited to do some photography at a local gathering, social distancing observed! There were several BEAUTIFULLY restored vehicles! In anticipation of Classics on the Crick, a taster of what might possibly be on display!

Sonia

Naphill Evening WI

Well, here we are, still in lockdown. However, the weather has been lovely and most of us have managed to find some bedding plants for the garden – although my daughter did manage to spend twice as much as I usually do!

We have been visited regularly by a red kite who has taken a liking to the top of our recently lopped walnut tree. Unfortunately, he is extremely sensitive to the sound of a camera clicking so we have no evidence.

The lovely WI Committee have continued to regularly telephone all members and I know this has been appreciated by all of us but particularly those who live alone. Some of us have met on our walks on the Common and had a chat at the requisite distance.

I have been asked if our Sew and Chat group would make some face masks and I wonder how many WI members, or any readers of the Gazette, have a sewing machine in the back of the cupboard that hasn't been used for a while.

The pattern that I found on the web is amazingly easy and requires two pieces of cotton or polycotton fabric 9" x 7" and two pieces of thin elastic 7" long. The long sides of the fabric are sewn together on the wrong side and then

turned out. The short ends are then turned in and the ends of the elastic tucked into each corner. Three pleats along the length and then sew elastic and pleats in. Why not have a go and you can have your own personalised face mask.

Stay safe and hope to see everyone soon.

Carol Gilliam



Growing Your Own

I thought it would be useful if I described my greenhouse, which is an aluminium one sitting on a brick wall about 15 inches high. The dimensions are 12.5 feet by 8.25 feet by about 9 feet high at the apex. It has two skylights which open automatically for ventilation, and a louvre window at ground level which I can open manually. The whole of the left hand side is a deep bed about 15 inches deep, in which 100% farmyard manure was put 30 years ago and which receives a topping up of farmyard manure every year. The right hand side is raised staging about three feet high on which I lay 60-litre bags of multipurpose compost. I open up the bags and use them as super grow-bags, enriching them with fertiliser pellets. I prefer them to ordinary grow-bags since the latter do not contain enough compost. In the bags I grow cucumbers and peppers. I made a discovery earlier this year. Wanting some radishes really early in the season I sowed the seed in the bags which were just sitting there from last year. The results were very good indeed, "French Breakfast" radishes of a good size, completely free of the small maggots one sometimes finds when radishes are grown in the open. There was just time to harvest them before the bags were replaced with new ones and seedlings of peppers and cucumbers planted out.

The main deep bed is left during the autumn, winter and early spring for cropping the abundant watercress which self-seeds there. I had a good crop this time. The watercress was removed when it went to seed in mid-April. I then planted-out eighteen "Alicante" tomato plants, which I have found to be the best all-round variety. Over the years I have experimented with many varieties, but the combination of size of fruit, taste and size of crop of "Alicante" is hard to beat. Early in the season, before the tomato plants get too big, I use the space between the plants to put out trays of seedlings of other vegetables destined for planting out on the allotment or in the garden. I have a "Heath Robinson" overhead sprinkling system to water everything in the left hand bed. It is on a timer, which is most useful and avoids forgetting to water. Each tomato plant also has its own drip feed watering outlet, as do the individual pepper and cucumber plants on the staging. All the aforementioned vegetables I start off from seeds.

To keep out aphids I grow perennial *Oxalis Triangularis* "Purple Shamrock" along the edge of the deep bed and annual marigolds here and there. There are no insects in the greenhouse as a result, which necessitates hand pollination of the peppers.

I hope the description of my greenhouse will give you some ideas!

Good gardening!

Mike Mason

A Point of View

Writing these notes on a beautiful morning in May with a beautiful blue sky, even more appreciated now that the trees in front of my house have been considerably thinned out, allowing the sunlight to show through onto my garden again. I say again because having lived in the house for almost 60 years I have seen the beech and oak trees become very overgrown with holly and yew blocking out the light. Photographs taken of the common in 1902 show the frontage of the "Lady's Myle"* as being open common land with few trees. My Great Aunt, Miss Edith Kennedy, could walk along Number One footpath in her Sunday best, to St Botolph's, Bradenham, for both Matins and Evensong Services. I can still remember patches of what we called Cumberland grass, a very fine dwarf fescue species of grass which was well grazed by rabbits. I always understood that the Naphill Cricket wicket was created from this turf, certainly worn patches of the wicket were replaced by this grass.

Unfortunately, the clear blue sky at 7.00 am is soon transformed into a cloudy overcast sky by the numerous flights out of Heathrow leaving behind their vapour trails which condense into cloud. This is denied by some observers but the recent period of fine weather and a lockdown on flying from London Heathrow appears to confirm my opinion. The Chiltern hills are a much-flown area as any flight map will confirm, both from Heathrow and Luton airports. Perhaps with a reduction in air travel we can enjoy clear skies for some time.

There appear to be many more walkers and families who are discovering the beauty of the woodlands of the area, particularly during this period of fine weather. This beauty has been much enhanced by an increased flowering of bluebells extended by the fine weather, next we will see the foxgloves which seem to have been spread further by the recent ground works in the woodlands.

There has been a considerable increase in cycling on Naphill Common and not just on the bridle ways but on many of the pedestrian footpaths where walkers have precedence. Many bikes do not have bells these days, I always thought these were a legal necessity but perhaps I am wrong, but some cyclists are fast and are upon walkers very quickly, hopefully when the mud reappears this situation will be rectified!

Richard Pushman

Naphill Tennis Club

We are thrilled that our tennis courts are open again for play albeit with certain rules attached. Singles only to be played but doubles may be played by members of the same household. Due to the coronavirus, social distancing is essential and players are requested to bring their own marked balls and hand sanitizer.

Tennis is a great non-contact sport, perfect for fun and fitness, and one of the best sporting activities under the present situation. For this reason, and to prevent too many people visiting the courts at any one time, our Chairman, David Fletcher, has set up an online booking system. If you are not a member but would like to join the club, we are offering reduced rates of £58 adult, £108 per couple, £25 junior/student (7 years to under 25 years) and £10 for a Mini (under 7 years) to run from 1 June 2020 until 31 March 2021. There is a further 20% reduction for additional children in a family. For further information, please email our Membership Secretary, Sarah Dengel, at sarah.dengel1@gmail.com or visit our website: www.naphilltennisclub.org.uk.

Current members of the club who have not yet paid their subscriptions for 2020/21, due to the coronavirus, qualify for the reduced rate of £83 adult, £158 a couple, £40 for a junior/student and £10 for a mini + 20% reduction for a second junior as before. BACS payment preferred please. Information on the online booking system has already been sent to members.

Jenny Tench

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Lacey Green Players



Hello Naphill and Walters Ash, it's been an interesting few months hasn't it? Back in early March we were almost ready to start piecing together this year's performance when the pandemic struck.

We have a director, a full production team, a play ready to go and we were about to start auditioning when Covid19 struck. However, the committee will ensure, despite this interruption, that the show will go on!

The Lacey Green Players are pleased to announce that this year's performance will be the thrilling "The Ghost Train" by Arnold Ridley, who played Godfrey in Dad's Army. This play was written in and is set in the 1920's. It has been made into film several times over the last century and was one of Ridley's most successful scripts. This play will be technically interesting, and anyone who may be keen to join the sound and lighting specialists for a great opportunity to learn new skills should contact us on the details provided with this article!

LGP are keeping everything crossed in the hopes of still performing at our regular slot at the end of November, however, this is subject to change. We will keep you all up to date via Facebook/website and publications. Please be aware that this year will be a performance only!

Once everything has calmed down and we are allowed to meet again to rehearse we shall hold formal auditions. However, anybody who is interested in getting involved, please make yourselves known to us now! Email us at info@laceygreenplayers.co.uk, be it performing, stage handling, props, lighting, tech side, please get in touch!

We can't wait to get this production rolling! But, until then, our best wishes to you and stay safe!

Chloe Page - LGP

info@laceygreenplayers.co.uk
www.facebook.com/laceygreeplayers

Naphill & Walter's Ash COVID Support Team



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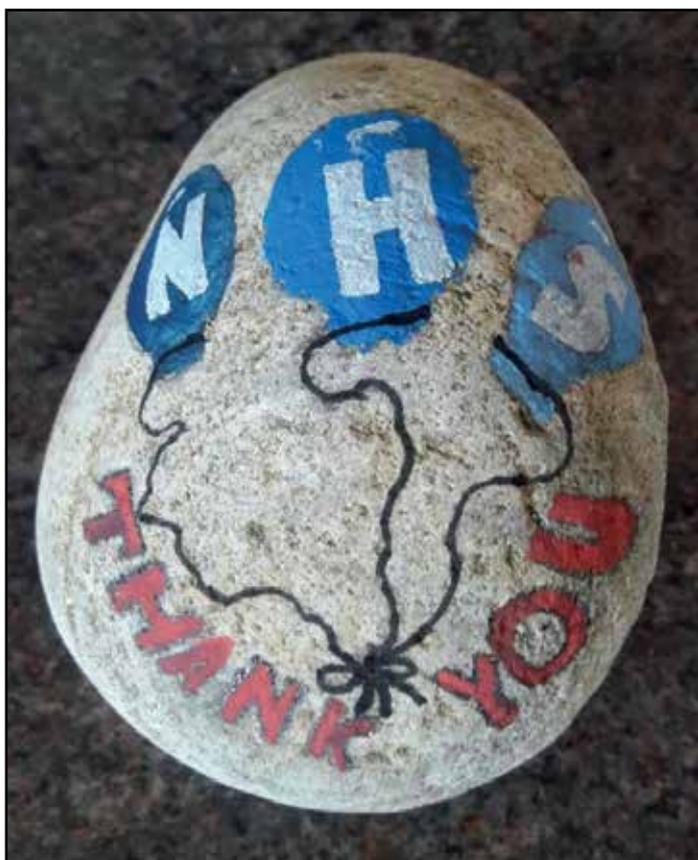
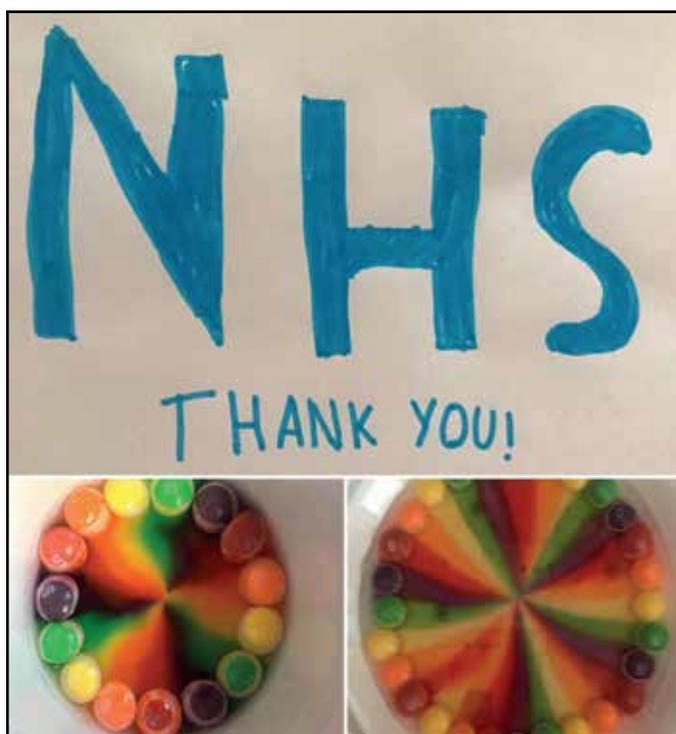
Find us on Facebook @ NAWA Covid 19 Support Page

"These strange times are challenging for everyone but they are also bringing people together. The Naphill & Walters Ash Covid 19 Support Team was set up by a rapidly growing team of volunteers to help those in our villages who are isolated or may need help.

Our aim is to provide help and support, working alongside existing village neighbourhood groups and our neighbourly residents.

Following a leaflet drop to every house, we can offer services including grocery shopping, prescription collection and dog walking. So if you need anything and don't know who to ask, please contact the team on 07857 932915 or via Facebook @ NAWA Covid 19 Support Page and we will do our best to help you."

Tim Waterhouse



Charlotte and Ava's Charity Bookstall - Raising Money for the NHS

Charlotte and Ava decided that they would like to raise money for the NHS in recognition of the hard work of all their staff in taking care of people in hospital because of the virus. They made a book sale with puzzles. They had lots of books that were not being used as they had already read them. They started by putting the book sale outside Charlottes front garden and now they are putting the book sale in the very front of Ava's garden.

They were very happy to be raising money for a good cause. Some people even donated books for them to sell. The girls used their pocket money to buy some of these books, thus adding to the total raised for charity.



So far, the girls have raised over £230 and are still selling books. Ava would like to raise £800 and Charlotte would like to get to £15,000! The girls plan to donate the money to a local hospital. Ava and Charlotte thank everybody who came to their book sale.

Charlotte (Age 8) and Ava (Age 7)

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Time Capsule Poem

(Lockdown 2020)

We laugh and we play and smile all day
so you don't know the worry and fear I hide away.

We paint and stick and do messy play
with hope you don't see the sadness that has come to stay.

We dress up, lunge and jump with Joe Wicks
Because it takes our minds of all those things I can't fix.
We have our own makeshift school but Mr Ellis, Mrs Carter and Mrs Hall
you say are the only that can make your brains full.

We call our dearest on WhatsApp and Zoom
cause not seeing them at all is a terrible doom.

We strengthen the bond of brother and sister
to cherish it now and when you are much bigger.

We walk in the woods when it all gets too much
somehow is all better when with nature we are in touch.

We practise to be thankful for all the things small
for life is to be appreciated when darkness befalls.

Even the planet knows we are trying so hard
giving us sunshine to warm up our heart.

When all this is over so glad we will be
that apart but together we beat thee!

Gordana Tanceva-Cobley



Lockdown Bears



We were delighted when Mummy gave us the task of coming up with a theme for Lockdown Bears. We thought really hard about what props we could use and something we could all do together.

Mummy suggested thinking about what we missed and what we thought other children in the village may be missing throughout this horrible time. It wasn't long before agreed...story times with our teachers and class friends!

So we brainstormed about things that reminded us of story time at school and came up with the following. Our friendly teachers, a fun story, comfy cushions, stacks of books and us all sitting and listening carefully to our teachers. Our mum thought it would be a nice idea to put together a class register and give our teacher a nice cup of tea. So we gathered up everything and had lots of fun putting it together. We also love the fact that loads of you stopped by to come say hello to our bears. It would be really cool if others wanted to have a go at it. It was lots of fun.

We really miss story time at school and we are looking forward to seeing our teachers and friends again.

Stay safe everyone.

Love

Jessica, Harriet & Emily Watson



Rainbows of hope

It is an incredibly different time for all of us at the moment. Our children are all being incredibly brave, and it is wonderful to see so many photographs of the fun they are having safely at home. We have seen so many beautiful rainbows around the village which bring us lots of cheer and smiles. For those of you unable to leave home to see the children's artwork here are a few of our families and their beautiful rainbows.

From all of us here at Toddle In Group, we wish you all the very best of health. We look forward to the days where we can all be together again, and enjoy the company of friends and family. Whilst times are challenging now, we know it won't be forever. We send our love and support to a wonderful community

Kim Cahalan Crompton.



Peggy Ewart Remembers VE Day Street Party in 1945



6th June 1945 - Victory in Europe street party, Briar Crescent, Northolt, Middlesex

My cousin and I experienced social distancing at our street party on Victory in Europe Day June 6th 1945. I was approaching 7 years old. We both had mumps but no-one wanted us to miss the party so our heavy dining room table was placed at the end of the long row in our crescent in Northolt so we were not too close to the other children. I am saddened that, in 2020, my cousin is shielding at her bungalow in Surrey and I cannot visit her.

The only men present were those who could not serve for health reasons. Everyone helped to prepare by making bunting and flags, and a life sized guy in the form of Adolph Hitler. He was burned on a bonfire by

the concrete air raid shelter we had in the street. My mother and I had slept in it occasionally when the raids were at their height. Our home was a few miles from an aerodrome; we had problems with incendiary bombs rather than large ones. The dining room in our small terraced house was taken up with a Morrison shelter under which my mother and I shared a bed. We dug for victory in our little garden, digging up the lawn to do so.

We joined thousands of people in London to celebrate victory. I was rather scared of the crowds but everyone was happy and enjoying the floodlit fountains in the parks. We had all lived in darkness for far too long.

Peggy Ewart

John Veysey shared his VE Day 1945 Memories with his Daughter



75 years ago, 8 May, my Dad, who was 15, was at the VE Day parade in London. He was chosen to represent the Scouts. They caught a really early train as they had to be in their places round the Victoria statue outside Buckingham Palace by 7.00am, where they had a front row seat! He remembers seeing troops from all around the world, famous Generals, music, bands etc. The place was heavily decorated and there were millions of people. They stayed all day! Went home exhausted but happy!

Elaine Veysey

VE day 8th May 1945 – to VE day 75 years on

As a child of five and a half, I was fully aware of a change in the emotionally charged atmosphere in the first few days in May 1945.

I understood war as I lived not far from London. The aeroplanes going over nightly meant most nights we slept in the Morrison shelter- all five of my family – I could identify the engine of a spitfire as opposed to an enemy plane, taught me by my brother 13 years older.

The planes had stopped coming, and I was put to bed in my bedroom each night.

The announcement was made - Mr Churchill's voice I knew well - his tone very different from previous broadcasts. We were to have a special day to celebrate.

I remember my Mum taking me on the train to Dads office (he was too old to be in the army) which overlooked Trafalgar Square. I remember being stood on a chair in the widow, and being given torn paper by Dads secretary, to throw out of the window. Memory is an odd thing, my Dads secretary was called Miss Hooper! How come I remember that? When I can't remember the reason I have come into a room!

That afternoon I remember kicking through the shredded paper that littered the streets and the steps of the station as we made our way home.

Later that night we walked to a piece of waste ground where a huge bonfire had been built. Typical of an older brother, he told me they were going to burn Hitler on top. I was terrified, Hitler to me at 5 was the ultimate bogey man, I thought they had the real man and I did not want to see him!

VE day 75 years on will be just as memorable; as the whole world is fighting another war, with an enemy

just as unkind, but more silent than the aeroplanes roaring overhead and dropping bombs. Street parties, like the ones in 1945 were impossible as social distancing was the rule of the day!

Living in a cul-de-sac with a friendly bunch, we had a day of the best of fun! We started our day on our doorsteps in respectful silence for the men and woman who delivered our freedom - - - - then houses were decorated with flags, and anything red white and blue we could get hold of. Tables were set out in our individual drives, some of these decorated with white cloths and red, white and blue flowers. A large portable radio was supplied by a neighbour and tuned into a special radio station for the day - playing 1940's music and folks telling their memories. We ate our separate picnics at 4pm, whilst enjoying a glass or two and singing along to the radio (this reflected my age as I could remember most of the words!!)

The 'party planners' had scheduled in at 9pm a rousing chorus, joining with Vera Lyn singing 'We'll Meet Again! Don't worry Vera, as only a few of us oldies knew it, the result was not memorable and we won't be giving up our 'day jobs'

After this we retired back in and left the dedicated party people enjoying themselves. That night I remember lying in bed listening to the happy sounds outside and dropping off to a rousing chorus of '10 Green Bottles'.

That day bought together all generations from our road – 80 plus down to 5 years old - a joyful day for all to remember.

The Shy Contributor



Food Bank Collections in Naphill/Walter's Ash

The One Can Trust which serves High Wycombe and the surrounding area has seen demand for its help more than double recently.

With regular collection points in supermarkets, schools and churches less active, 90% of donations come via what the One Can Trust call Street Heroes - neighbourhoods and communities coming together to drop off tinned food, which are then taken to the food bank.

Tinned meats, pies, veg and pasta are in particular demand.

If you would like to donate, there are local collection points at:

- Louches Lane (opposite Hychenden Close)
- Battingswood Gardens (just off Clappins Lane)
- Moseley Road

If there are more, please let us know and we can share!

Messages from our Street Heroes:

Eadie (12, Louches Lane): We started doing this because my grandad had been volunteering at the One Can Trust for 3 years,. Unfortunately due to his age and current restrictions he had to give up volunteering. I think it is so important to support people who need our help, and it makes me feel so sad that there are people that need this support so, with my Mum's help we signed up our family to do this! It is a great way to give a little if you can, it means so much to so many.

Lily (6) and Rhys (3) Battingswood Gardens: Thank you for helping us to help other people, we are really grateful for your help, no one should have to be hungry.

Please visit the One Can Trust website to find out more information about ways to help!<https://onecantrust.org.uk/>



Charlotte Tindale & Emma Griffiths



**Oliver Catchpole's
Rainbow**

We are Missing Naphill & Walter's Ash School!



This photo is three siblings who are desperately missing Naphill & Walters Ash village - they all love going to school there but we live a good 12 minute drive away so during lockdown they've been missing all the other little things about the village too... like Samantha in Year 6 walking with friends to the Crick after school or Anna in Year 4 enjoying a squash and crisps at The Wheel with our friends after gymnastics on Thursdays and Ozzy in Year R out exploring the top of the Bradenham woods with his classmates at Forest School.

Last month we walked from Downley through the woodland pathways into the village for a quick march-through and the happiness on their faces to just be back in a familiar place that they love so much was worth the exhaustion (we had chosen the hottest day of the lockdown to do this!).

They miss their friends, miss going for after school ice creams at the co-op on sunny days, they miss their wonderful teachers and the fun they have at the school.

We're doing our best at home, as all parents are but it's never going to replace the special place that Naphill & Walters Ash School has in their minds. This 'permanent vacation' is wearing very thin and Zoom chats just don't quite scratch that itch!

Sinead & James Sillars

From our Wye Correspondent

Firstly, I hope my first article in a while finds my fellow residents safe and well, whilst hopefully coping with the lockdown restrictions. It was very reassuring to note, from the official figures published in the Bucks Free Press at least, that we have not suffered any Covid related fatalities in our immediate area and long may this continue. It has been pleasing to hear the support for the NHS on Thursdays and we enjoyed a small but distance-governed gathering on VE Day in our street to remember and celebrate the end of another challenging time from our great history.

As many of you will be aware the Government has opened the door for Estate Agents to start business again, albeit under some fairly stringent guidelines. I cannot help but think the decision is driven by the collecting of millions of pounds in Stamp Duty held up in the pipeline by the Covid lockdown.

We at Wye will have started trading again by the time you read this. The office in Naphill will be open between 10am- 2pm for callers initially; however we are operating normal office hours for a telephone response. We have already seen a rise in the number of enquiries and many of you are monitoring the situation before perhaps deciding to come to the market.

My personal opinion is that after a short continued lull, whilst our methodology for starting to trade again becomes established, the housing market will become very buoyant. I do not see prices moving up or down drastically but much higher volumes of people wanting to move. I have spoken to a lot of people over the last 6 weeks and whilst many will be forced to sell due to a downturn in their financial position, many are reviewing lifestyle choices and have decided to "get on with life" and make that move they have been considering for a while. I also envisage people wanting to move to areas like ours from bigger urban conurbations where perhaps Covid had a bigger impact. Many of you have spent the enforced lockdown carrying out home improvements and clearing out garages. This has not been made easy when hiring a skip or buying paint has been so difficult!

Daisy's Diner will be open again for refreshments and I look forward to seeing some of my regular customers, and their owners of course! I hope that you are all able to enjoy the warmer weather and enjoy the summer months as best that the guidelines allow.

Alan Draper

The Wheel

19th June 2006 – Present Day

Mark and I have now been at The Wheel for 14 years this month, and during our closure we have had time to look back over the many happy years here. On June the 19th 2006 we took over a rather run down, sad little pub that we saw so much potential in. It was rather under loved with a Mediterranean décor, a huge TV coming out of the ceiling, and uncared for gardens. It was said at that time the pub would never sell good ale (how wrong they were)!

August 2006, we had our opening party with live music and a BBQ. The garden was full, and our neighbours had to bring their own bench! Looking back that was the start, Mark and I were here and not going anywhere, it was full steam ahead.

June 2007 was the Smoking Ban and we were told by customers the pub would never survive! So, The Spare Wheel was born, we built the most amazing smoking area which transformed the previously unused back garden. It has since been updated in 2017 into a fabulous courtyard and great sun trap during the day.

Amazingly our Beer Festivals started in Oct 2006 till Sept 2015, we always did one in April and then a joint one in Sept/Oct with The Whip Inn. These events secured us our place in the CAMRA (campaign for real ale) Good Beer Guide from 2008 and then winning the CAMRA best pub in 2011 and 2016. In July 2007 we held a Cider Festival (Napple Cider Fest) it was a one and only event as we soon learnt that people can't handle their cider. The chaos and entertainment of these events were amazing as we often sold out by the Saturday afternoon and the Hog Roasts were to die for. Some of you will remember them but there are a lot of you who won't! I personally will never live down the April 2010 one as I never made it home from a holiday because of the Volcano eruption that stopped flights, I am still constantly reminded of it. Sadly we were planning a smaller pop-up style beer festival for VE Day this year, but we all know the reason why that didn't happen.

We extended the pub with a new dining area out the back which opened July 2011, the construction was a sight to see with massive machinery going over the top of the building, with this came employment of Chef and then many themed food nights. In November 2018 we refurbished the toilets and confused you all by swapping them round, with it came the wrong toilet fine box and a great deal of laughter as many just couldn't get the right one!

Animals – well there have been many types over the years and started with Amber then Daisy, they made us well known for being a dog friendly pub and of course we now have Maxii and Molly. We held our first Dog photography day in 2009 and have continued since. Over the years we have become known as the local dog rescue as I know so many in the area and we now have the help of a pet scanner. In 2019 we came runners up for the Dog Friendly Pub Awards. But we did not stop at dogs. We owned four chickens that were escape artists and were caught frequently at the bus stop heading for Wycombe. Other visitors have ranged from rabbits, horses, parrots and The Bird of Prey Days.

As you will all know Mark and I do not follow the traditional TV pub sports! So, the two main ones here have always been Motorbikes and Rugby. So, who remembers the Scooter Rally in 2011, we had over 250 scooters visit, they parked everywhere and the noise and smell of two stroke was incredible. The array of scooters was fantastic and the whole day was incredible. We have now been through four Rugby World Cups at some god-awful times in the morning (breakfast was served) and the yearly fixtures of the Six Nations. Due to our passion we sponsor both Risborough and Wycombe rugby clubs which has definitely brought its own entertainment over the years with some amazing get togethers. Table jousting was a favourite, tree climbing, broken fences, along with a lot of nakedness!

Our amazing village holds the best fireworks nights which have been rather busy over the years with queues going out the doors as we have a great view from our garden and carpark (although you still have to pay a donation to watch it from the pub)! Then there is Fete Day which is now Napfest. It is scary to think that I took over the Fete back in 2010 which the committee then developed into Napfest in 2013. The effort put into these events by everyone proves how great this village is, our staff have always gone all out with their costumes and floats. It all started with The Musketeers and then so many more; Pirates of the Caribbean with Mark as Captain Jack Sparrow, a very soggy Magic Round About, Wild West with myself as the sheriff, Circus featuring Dog Lions and the Human Cannon Ball (yep Mark again), no matter how or what The Wheel always had the beer on tap to hand out to all those thirsty Dads and Mums! So many great memories. Who remembers the Tent the being set on fire in 2009?

Mark's pub signs over the years have not only made you laugh but also got noticed by the press on a couple of occasions. In 2008 the 'Alister Darling you're Barred' got me interviewed on BBC Radio and in the papers. On the 29th March 2010 we went viral in a big way with the A-Board sign 'Beer Shortages Soon, Please Panic Buy' we had 3.8 million hits on social media, and it was in the national papers too! (yes, that started here at The Wheel no matter what others claim) I feel I should also mention Drunk Santa who joins us every year, he is famous in his own right. Many, many photos have been taken and he has even fooled the police and passers by more than once.

Snow days in the village are always fun, some of you have used skis and snowboards to get to us, as no-one can get on or off the hill, people have had to stay with us due to the chaos but it has always been fun. If we had the chance it was metal tray sledging at Hunts Hill fields, which is rather fast as poor Daisy found out once.

Any excuse for a party! We have both celebrated big birthdays here, and helped celebrate many of yours over the years, some have been sensible while others a bit more raucous. Then, there have been all the staff parties, Christmas and New Year Parties. So many have involved fancy dress and we have lots of great photos including Jan in his penguin costume that stopped the guards at the base as he cycled past in full costume. To

list but a few more; Beach Party, St. Trinians, Superheroes, Sitcoms, Flower Power, Spice Girls and many more. Over the 14 years we have also sadly seen the loss of family, friends and regulars but we have always carried on and raised a glass or two for them.

There's so much more to say but here's a little list of a few favourites - Motorbikes / Mountain bikes riding through the pub, Beast of Naphill at the war memorial, Mountain Bikers sleeping in the wrong house, Christmas in August and March, Reggae in Dec, Charity events, Brilliant DJs, Having to wheelbarrow someone home, Movember (you all looked awful), Lots of dancing, Fences flattened, Tents and breakfasts, Closing tunes, Very loud sing a longs and so much more.

Finally, to all our fantastic staff over the years, there are so many it is frightening. When they join us they join The Wheel Family, our staff have always been the key to our pub and the personalities we have had have been amazing, many now are friends for life. We have watched so many grow into fabulous adults with some brilliant jobs and are very proud of them all. The team now are awesome, and we cannot wait to be open, serving and raising a glass with you all again soon.

We hope this brings back some great memories and hope you are ready to make many more.

Claire, Mark and The Team (past and present) Cheers!

The Wheel

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A Moment of Deliverance

So, whilst there have been no physical Gazette deliveries to make, I have missed my monthly workouts - letter box wrestling & barrier strengthening exercises - and observational skill tests.

Please can I ask everyone to do the following whilst the weather is good?

1. Go outside - beyond your own boundary, with this issue of the Gazette is your hand... Yes, I know it's scary after all these weeks but you can do it! Then follow the instructions:
2. Open your gate if you have one. Is it easy, stiff, and warped or a smooth travel?
3. Head for a door where you can see a letter box. Is the path navigable?
4. At the door, is the box at a sensible height or do you have to bend down (from the knees of course, watch your back)?
5. Push the Gazette through the letter box opening. Are there scratchy brushes around the inside providing too much resistance; is there a dog panting/barking the other side making you nervous of a friendly lick (or worse); does the lip of the box snap back on your hand; are the hinges so stiff it takes two hands to prise it open. Phew... Is the Gazette in or did you have to post into a wall box which is too small for A4 magazines or full up?
6. Retrace your steps and go back to the boundary. If you have a gate check if the latch is easy to operate; did you have to lift the gate to close it? Did it try and "bite" your fingers?
7. Now, it's nearly time to go back inside so head back to your front door. Imagine you are going to be asking for Gazette subs. Where is the doorbell/knocker? Is it easy to use? Can you hear that it worked?
8. Enter - have a cuppa/beer/wine (it is wine o'clock somewhere in the world), and write down all that needs adjustment and implement the changes asap.

The postal workers, Gazette volunteers and everyone who delivers to your premises will thank you....

A member of the Gazette delivery Team



Wycombe Photographic Society

I thought that for this month's article I would look back at previous years and see what we had been up to and compare it to this year to put in reality the changes in twelve months.

Our Annual Exhibition, held in the Eden Centre, is normally over for another year with Cups and Trophies won by members for the many different classes.

This year there was no Annual Exhibition, however, we will use Zoom Conferencing later in the year for our projected images. Zoom Conference calls - something very few had ever heard of but is now a common word and used by many. The cup and trophy winning images will be on our web site so you will be able to see them.

Normally we are entering our "quiet season" with the finals for the best prints of the year as well as the best digital projected images all happening before the end of June.

This year the finals of our projected images will be judged using Zoom, again, but our print finals will have to wait until... whenever.

One plus of technology is that we are holding regular General Discussion Groups and Guest Speakers with Zoom Conferencing during this usual "quiet season"

In the past July and August are busy times for our members out taking those great photos ready for the start of our new year at the beginning of September.

This year I suspect we will have many macro images having been taken indoors with the occasional outdoor image.

June is the month when all the gardens of Naphill and Walters Ash are in full bloom so out with your cameras and take that photo of the colours of Naphill and Walters Ash... then send it to Sonia for inclusion in a future edition of The Gazette.

This can still be done whilst you are taking your exercise walk.

Usually it is preparation for the Napfest Weekend with all those opportunities to get your camera out and take fabulous photos for The Gazette.

This year it is planned for Fri-Sun 28-30th August.

This month you will see another prize winning image from our members included in the Gazette. (*see below*)

Please check our web site to see what is going on at Wycombe Photographic Society
www.wycombephotographicsociety.org.uk

David Greenwood
Membership Secretary
Wycombe Photographic Society



About to Strike by Paul Day



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Chiltern Hills Arboriculture

As I write, we are now elevated to the status of “partial lock-down”. The relaxation of the government guidance has been good news for the green fingered tribe. We now have unfettered access to garden centres. We can start to plant out those beds, fill hanging baskets, and get seedlings propagating in the greenhouse.

The period of full lock-down has resulted in an increase in enquiries to CHA. Many people are spending way more time in their gardens, either on furlough or working from home, and naturally their thoughts and observations have turned to unkempt hedges and overgrown trees in need of some TLC. CHA are completely capable of quoting for work safely and operating at an appropriate distance for anyone who needs a tree pruned or a hedge trimmed.

These strange times have presented unusual problems. Following the strong winds during mid May we received a few enquiries regarding emergency works. One in particular was out towards Wendover, from the people I bought our house in the village from.

Their Chestnut tree had split right down the main bough. It was a substantial tree, and had the main electricity feed to their house running through its upper branches. After a chat on Sunday, I visited the site on Monday, and we carried out a full dismantle on Tuesday. (I know... it sounds like a Craig David song). The electricity company were in attendance to shroud the adjacent cables, remove the wires passing through the tree, and ultimately disconnect the generator and re-connect the mains. Team work.

Danny’s charity tree climb at The Wheel this summer is obviously on hold, until we all know what is actually going on.

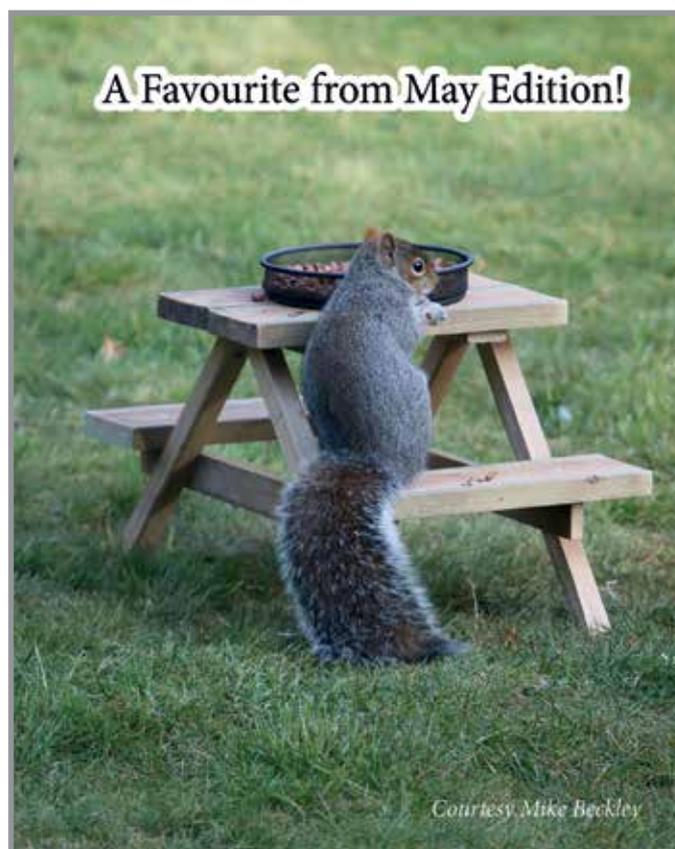
I believe that Janet Keen has rescheduled her parachute jump. Please still keep giving, see the following link:

<https://tinyurl.com/y85cmqj4>

Stay safe.... and stay home guys, for the time being

Mike Beckley

Chiltern Hills Arboriculture





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Community Notes of Thanks

During these recent difficult times it becomes easy to see things that are of value to the community, things that are often overlooked and taken for granted. For the last 45 years our family have used Batchelors, now the Post Office, and we just wanted to write in to say a big thank you to the new owners, who have work tirelessly to keep it very well stocked, safe and open 7 days a week, all while looking after a young family. They have worked incredibly hard and always have a smile on their faces. The store has been a vital resource for many and we just thought they should be recognised for the important service they provide for the Naphill & Walters Ash community.

The Lomas Family

It is amazing how adversity brings out the very best in people. The Corona virus has certainly done that. In just our own village community there are numerous examples from the NAWA Covid Support Team of volunteers whose services we have made use of to the Co-op, the post office store and Hughenden shop, our Wren Davis milkman and post lady - the latter cheers us up with her amusing form of fancy dress! Add to this our wonderful friends and neighbours and you can appreciate how very lucky we are to live in such a close knit community.

A very sincere thank you to you all for your support. We are most grateful.

Ann Gower and Ron Collins

Naphill Local & Post Office

If you are self isolating or you do not wish to venture out, there's no need to panic, our shop is open 7 days a week 7am till 9pm. We are at present are receiving deliveries daily and our shelves are well stocked. If you require a home delivery please call the shop on 01494 563125. We will do our best to support all our customers and local residents. Stay safe everyone!

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Nadeem

Shear Madness



So I'm sat here at home, on the day after Boris' confusing statement, and from what I can gather we won't be going back to work until July. I have got all my PPE ready to go and measures have been put in place.

Appointments only: **NO WALK IN'S!**

For me you need to ring 07843100574

For Dawn's ladies ring 01494 536006

On a lighter note, I have rediscovered some old skills! As you all know I don't cook meals from scratch nor do I bake! Well I made my son's birthday cake! I've not baked him a cake for 23 years and it was edible! I even made smoked mackerel pate! I knew you would be impressed.

My friends are helping to keep me sane! We chat over the internet using an app called Houseparty which means that we can all see each other and chat which is fun. Every Friday we have a dress up and sing a song crazy time together which I record and post on the shop's Facebook page. I don't think Simon Cowell will be calling us anytime soon, we are truly awful, but we certainly enjoy our remote time together!

Sending love to you all

Stay safe! Stay well! Stay home!

If it is July 4th I will be talking appointments from the 1st July, office hours only!

Mandy x

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Firstly, from all of us at Hearing Dogs, we sincerely hope you, and those close to you, are all safe and well.

Many people are feeling isolated at the moment. We understand this very well. Many of the deaf people we help have spent years feeling this way because of their deafness. Not being able to leave their homes, feeling cut off from loved ones, facing communication barriers every day, or simply having no face-to-face interaction at all, can make even the most resilient people feel isolated and lonely.

This is a daily reality for many deaf people, even before the Coronavirus outbreak, so it makes us even more committed to helping them. However, doing so is more difficult now.

We've had a halt much of our fundraising activity across the UK and cancel face-to-face puppy training classes. We've closed our restaurant and gift shop in Saunderton, cancelled the weekly tours of our dog training centre, and reduced activity in lots of other areas. This is all affecting how we keep going, but we are resilient and optimistic about the future.

Helping deaf people and caring for our amazing pups is our utmost priority, and our Hearing Dogs family has really come together to navigate this unique period. We have calmly adapted, and we are confident we will overcome this turbulence with resilience and kindness.

All of our hearing dogs-in-training are now being trained in the homes (and gardens!) of their amazing volunteer puppy trainers. They are continuing with various elements of their training with remote support from our trainers, and as always, the pups are playing

lots of games and being kept mentally and physically stimulated.

We are continuing to support our existing hearing dog partnerships, albeit remotely, and the adaptability shown by everyone who has a hearing dog has been remarkable. For each of them, their hearing dogs are an incredibly valuable source of companionship and comfort during these worrying times of increased isolation.

Our dogs are expertly trained to deliver a wide range of bespoke sound alerts to their deaf partner in the home. So, they are carrying on their amazing duties, alerting their deaf partners to important and life-saving sounds, which adds extra reassurance during these longer periods alone in one's home.

The Coronavirus crisis may have slowed us down, but with our innovative staff, our adaptable and generous volunteers, and our wonderful dogs, it won't stop us helping as many deaf people as we can.

We care a great deal about our wonderful supporters in the local area and we hope that sharing how Hearing Dogs is coping during this time of crisis, and telling you a bit about what our puppies have been up to, has brought a smile to your face.

If you want to find out more about what we've been up to during the Coronavirus crisis, visit www.hearingdogs.org.uk.

*From all the team at Hearing Dogs for Deaf People
Stay safe and well.*

Mark Franklin

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A Message from Padre Lacey - Hippo moments



I'll confess to you (I know it's traditionally the other way round) I've had a few 'hippo moments' recently. You know those times, when you just want to wallow in the stuff that seems to be swamping you. Things being out of the ordinary, worrying about COVID, not knowing how things will be and when they will be settled again...missing friends and family and juggling different roles in the home. Well, with a box set/chick flick and a packet of biscuits (OK, maybe more than one), that's when I have my hippo moments...but, just like a hippo wallowing in the mud, we can't stay there all the time. Life needs to carry on and somehow, we must pick ourselves up, shake off the lethargy, acknowledge the sorrow and carry on. However, let's not cut wallowing short, and when we are wallowing let's not feel guilty about sitting there for a bit.

So, I've hippo-ed recently. And I'm sharing this with you because I think, in sharing this wallowing, it almost gives permission for other wallowers (I know that's not a word!) to wallow. And, I wanted to share my wallowing antics with you because it's important not to wallow alone. My whole vocation is to support

people. And, to be able to support people, I need those people to come to me in their vulnerability, to share honestly in sometimes their hardest, scariest, saddest and gut wrenchingly difficult seasons. And when they share, I often become the wallowing comrade. Sitting with someone in their brokenness is a most incredible privilege and although wallowing is unlikely to shift the situation, it can shift the person within their situation.

COVID is still going to be around after your wallowing, the restrictions on who you can see will still be there, but once the grief, the sadness, the fear, the guilt or the anxiety has been dwelt in, it can either begin to be lived with or stepped out of. Wallowing is part of being human...but so also is hope and resilience. One of my favourite songs at the moment and my go to support in helping me to look beyond the wallowing is 'The Blessing'. It's come out of a group of songwriters in America and is well worth a listen. One phrase which has stuck for me is that 'in our weeping and rejoicing he is for you'. And that's my prayer for all you lovely people of Walter's Ash and Naphill, that whether you're wallowing or not, that you will be blessed and that if you are longing for a wallowing comrade, get in touch with me, or with someone. Because I believe through everything someone is for you.

Contact Padre Chrissie on: christina.lacey102@mod.gov.uk or 01494 494469



Our RAF Families Celebrated VE Day

Still Fundraising Through Recycling During Lockdown!

You may remember an article last year about setting up a recycling scheme locally to fundraise for St John's School in Lacey Green. Well, since then it has gone from strength to strength and we have raised over £1000 for the school from other people's waste!

We recycle 14 different streams of waste. These are collected from the donation points and sorted by hand into the different categories. When I have boxes weighing over 5kg these are sent to Terracycle who transform them into new items such as plant pots, garden benches, and children's play equipment. Each waste stream is sponsored by a different company, e.g Crisps by Walkers, Baby food pouches by Ella's kitchen, and they pay for the shipping from here to Terracycle and the points we are awarded for the waste is converted into £s for charity!

Prior to the Covid-19 lockdown, waste was being collected in shops and public places in High Wycombe, Naphill, Walter's Ash, Lacey Green and Princes Risborough. Currently, with shops and cafes closed there are just 2 locations still running. One is a wheelie bin that is located outside Lacey Green Village Hall (on the right, behind the hedge!) and another at an address in Walter's Ash (email for details). I would love a permanent wheelie bin in Naphill too so if you know of a location that would accept one then please let me know (unfortunately the Village Hall is not an option).

If you'd like to get recycling at home then please have a read of the list below and if you eat / use these items please consider setting up a collection point in your home and then, when you have enough just pop them in the wheelie bins! Pre-sorting of waste into categories is really really helpful if you can (bread bags are useful for this task!) and careful reading of the lists is essential (unfortunately I receive a lot of items that have to just go into my rubbish bin and it makes life very difficult).

Each number is a different waste stream – try not to mix them up too much!

- 1. Crisp Packets** – All crisp packets, including multipack outers. Please try not to scrunch or fold packets into small balls / triangles / knots – flat packets are the best and are much easier for us to pack.
- 2. Popcorn, nuts, pretzel packets** – As above, all packets are accepted including multipacks. Again, please don't fold or scrunch into balls. NO – dried fruit packets, seed packets.
- 3. Bread Bags** – Any brand of stretchy plastic loaf bags. We only accept the stretchy type bags – like a basic sliced loaf. NO – 'Crinkly' trick packaging. Wraps, crumpets, bread rolls, pitta, baguette, muffins, brioche, croissant or pasty packaging, greaseproof paper style packaging (e.g Warburtons).
- 4. Confectionery** – *All brands of confectionery are accepted (sweets, chocolate). NO – foil, paper or rigid plastic packaging – please place in regular household recycling.*

- 5. Pringles Tubes - YES** – Pringles Tubes. **NO** – any other tube brand.
- 6. Biscuits and snacks** – Plastic biscuit wrappers e.g digestives, go ahead bars, Jacobs cracker wrappers, cake bar wrappers, Bear Yoyo packets. **NO** – Plastic biscuit trays, cardboard wrappers.
- 7. Beauty Product Packaging** – Flexible plastic tubes, sachets, lids, pumps, plastic roll on deodorant bottles, face wipe packaging, plastic tops from regular deodorant, hair dye tubes. **NO** - Baby wipe packaging, rigid plastic or glass bottles or tubs, pumps from household cleaning bottles, medication tubes.
- 8. Oral Care** - toothbrushes, toothpaste tubes, electric toothbrush heads, toothbrush packaging. **NO** - Electric or battery-operated toothbrush bodies, pump toothpaste, wooden toothbrushes, mouthwash bottles, interdental brushes.
- 9. Baby Food Pouches** – Any brand of baby food pouches. **NO** – pouches for other products e.g capri sun (please separate from other waste as they can leak!)
- 10. Makeup Packaging** – Plastic makeup packaging, mascara wands, eyeshadow boxes, lipstick, lip balm, metallic tubes, facial wipes packaging.
- 11. Carex Packaging** – Soap bottle pumps, carex refill pouches. **NO** – Plastic bottles
- 12. Home Hygiene Packaging** – FLEXIBLE PLASTIC ONLY – eg Fragrance twin pack sleeves, flexible stain remover packaging, dishwasher table and salt packaging, cleaning wipe packaging. **NO** – Laundry detergent packaging, aerosols, cleaning bottle pumps, oven cleaner packaging.
- 13. BRANDED Printer cartridges** – Inkjet and toner cartridges – BRANDED only. **NO** - waste cartridges (please separate cartridges from other waste as they tend to leak!)
- 14. Writing Implements** – Biro's, highlighter pens, marker pens

Also hopefully coming soon!! – **Cheese Packaging** (please keep hold of items for now and check the Facebook page for if I get accepted on the scheme)

Please note that whilst other food packaging may be the same type of plastic as some items listed above, unless it is the right food type I cannot accept it. Here is a list of a few items I regularly receive that I can't recycle. Please put these in your regular bin – packaging from..... fruit, veg, ice lollies, rice, pasta, yogurt, coffee, tea, cereal, granola, butter, nappy, kitchen rolls, toys, baby wipes, freezer food & plastic envelopes.

Thanks for reading. Email me or message via Facebook if you have any further questions.

Jo Sharp
recycling@allaboutjo.me.uk

<https://www.facebook.com/RecyclingForStJohnsPrimary/>
Terracycle home page - <https://www.terracycle.com/en-GB/>

Rhubarb and the Allotments

My son and I walk around the allotments quite a lot. He enjoys learning where our food comes from in the course of our nature walks. I try to get the foods we see onto our dinner plates. Recently, as we passed, one kind allotment holder gave us some rhubarb.

My son was keen to use the rhubarb to make one savoury dish and one sweet dish. We made a cake and a chutney. Needless to say, the more popular was the cake. With all the hallmarks of a winter indulgence treat the spiciness reminded me more of zingy jamaican ginger cake. (I think you could always add a teaspoon of ginger into this recipe!) The rhubarb added the nice gooey element that kids love and for the adults, a vegetable to contribute to their five-a-day!

The chutney, like most chutneys, was fruity but tart enough to bring out the flavours of any cheese accompaniment, although my husband much liked a large dollop on a fish cake!

If anyone is interested, we would love to trade produce for products as it such fun to see what we can 'manufacture' from home.

We love the allotments so. Such a pleasure to have, one day maybe we will have our own!

Kim's Rhubarb Cake Recipe

Ingredients

- 140g butter, softened, plus extra for greasing.
- 300g self-raising flour.
- 2 tsp mixed spice.
- 1 tsp ground ginger.
- 100g dark muscovado sugar.
- 250g golden syrup.
- 1 tsp bicarbonate of soda.
- 2eggs, beaten.
- 300g rhubarb cut into short lengths.
- Icing sugar, for dusting.

Method

- Heat oven to 180C/fan 160C/gas 4 and put the kettle on.
- Butter and line a deep 20cm square cake tin.
- Sift the flour and spices into a bowl.
- In the food processor, beat together the butter and sugar until light and fluffy, then beat in the golden syrup
- Dissolve the bicarbonate of soda in 200ml boiling water, then gradually pour through the spout of the processor.
- Pulse in the flour, then add the eggs, mixing briefly.
- Remove the bowl from the processor, then gently stir in the rhubarb.
- Pour the mixture into the tin and bake for 50-60 mins, until the cake feels firm to the touch and springs back when pressed. Cool in the tin for 5 mins, then turn out and cool on a wire rack. Dust with icing sugar.

Kimberley Travers (mumma) and JJ (mini farmer)



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There is so much confusing information around about health & wellbeing, particularly around what we should & shouldn't eat & a multitude of exercise fads, offering a quick fix. Experts however agree, that the right type & intensity of exercise, is good for us all, physically & mentally. Being active also boosts the immune system, & reduces our risk of disease.

These benefits could not be more important at the moment. Being online in small groups, whilst not as rich as being face to face, offers the opportunity to follow a complete effective and balanced exercise package, in the comfort and safety of your home, and importantly, creates a real sense of community and team work. Classes can be added and adapted to suit the group's needs.

If you have been thinking about how to get back into exercise or building or rebuilding your strength, then why not use this time to get in touch and see how my classes can help you. Here's some of the fantastic feedback I have had from my amazing clients particularly during lockdown.

- *Hilary is a great teacher....All my shoulder aches are now at bay!! I do not like going to gyms but love this!" Penny Todd*
- *Hilary has helped me in more ways than everyone would believe! I didn't believe in myself and Hilary has taught me that I can do exercise and my*

motivation is at an all time high! I can't recommend Camomile PT enough!" Eileen Thomas

- *Since joining Camomile PT a few months ago I have become stronger and fitter. Hilary's classes are fun and varied and altogether a great way to get some effective exercise in a friendly, age-appropriate way." Sue Hawes*
- *The group sessions make us feel part of a group and thus inspire each other, I also have 1-1 sessions. Hilary is an inspiring PT and has helped with mind, body and spirit during these difficult times. As a tennis player with various injuries she has really helped strengthened areas in my body and made me feel stronger and more confident for when I get back on court! Hilary is such a positive energy you cannot help but be swept up with the positivity. I would whole heartedly recommend Hilary to all." Annette Harrison*

A huge thank you to all my clients for their support and for being so inspiring and motivated! You are a joy to work with.

Stay Safe & Take care everyone!

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A Message from Bradenham Vicarage - *Wings and a prayer*

A vicar I know (VIK) had a problem. Rats! They had invaded his churchyard to such an extent that the church could easily have been renamed St Pied Piper of Hamelin's. Visitors and worshippers arriving at the church would see rats running across the paths in front of them – disturbing. Families of rats were seen cavorting and playing on newly dug graves in the churchyard – distressing. Rats sometimes got into the heating ducts and died there – disgusting.

The pest control officers had been out, traps and bait boxes laid, runs blocked but all to no avail. If anything, the problem was worsening. Finally, one pest control officer remarked that the real problem was people feeding the pigeons that flocked around the church. Food left on the ground was attracting and sustaining the rats, allowing them to breed uncontrollably. Stop people feeding the pigeons the officer said and the problem will resolve itself. But how do you stop the public feeding the pigeons?

VIK and his church wardens held a prayer walk around the church, asking God for an answer to the problem. A few days later, a sleek hawk with a slate grey back, barred breast and dark pendulous markings under its eyes was seen in the vicinity of the church tower. Shortly after this, a second bird was seen. Peregrine falcons! The pair had decided to set up home in the church tower. The tower was a perfect location for them. Its height afforded them protection and allowed them to survey their territory. The carvings and ledges gave ample shelter and nest building space. AND there was an abundance of their favourite food – pigeon!

The pigeons quickly discovered the threat the peregrines posed them and soon learned they were at far less risk from attack if they roosted rather than scratching about on the ground. People tend to feed pigeons when they see them on the ground, so didn't feed them so frequently and much less food was scattered about the churchyard. Within a few weeks, the rats were barely noticeable. If you visit the church now, you will rarely see even one rat. Problem solved!

When we pray to God, we often think we know what the best answer should be. 'Dear God, please let...!' is the common form. VIK prayed for the baits to take effect – but bait boxes contain poisons and are not very eco-friendly for a number of reasons. Not in his wildest dreams could he have imagined the provision of this 100% natural, eco-friendly solution. A year has now passed. The pigeons are still there, but you will see them roosting rather than flocking on the ground and amazingly, the health of their local population has improved – gone are the scrawny birds with club feet or twisted beaks. The rats are breeding far less and the natural cycle of birth and death has massively reduced their numbers. Nature's balance has been restored and VIK is VERY happy as peregrines are his favourite British bird of prey. A prayer answered with abundance, grace and a win-win solution.

May your prayers be answered with such abundant grace.

Every blessing,

Rev Jenny Ellis

Bon Ami

Hello Customers and all,

We hope that everyone is safe and well. We are very sorry that we have not been able to see and serve you in these difficult times. We had hoped to hold commemorative VE Day celebrations with you

We are currently looking into the logistics of offering a take away service for pre-ordered and pre-paid afternoon teas. We hope that we could start this in the middle of June. We hope that this will be of interest to you all. Please keep an eye on our Facebook page for further details. In the meantime please stay safe and we will "Meet again" very soon.



Regards,
Amanda and Ruth

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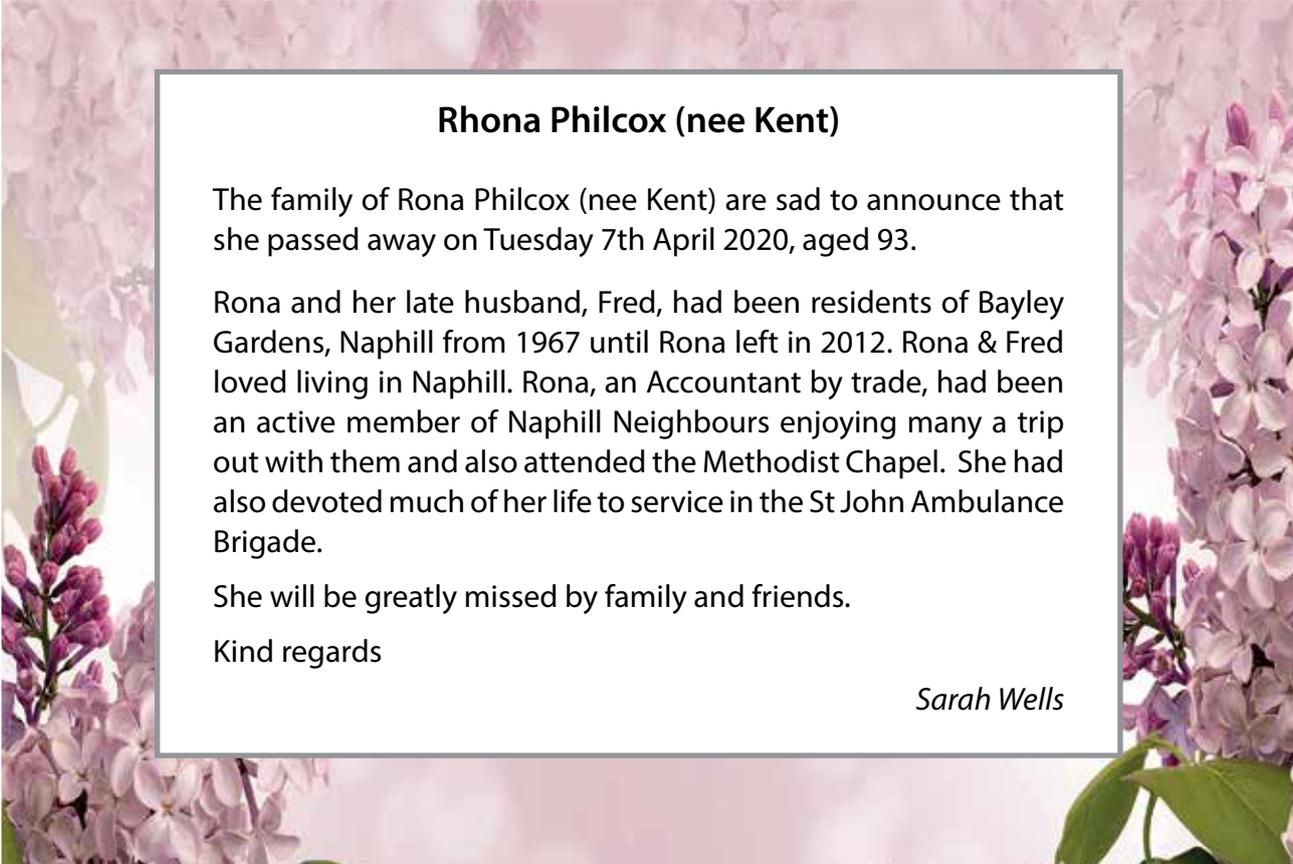
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A background image of pink flowers, possibly cherry blossoms, with green leaves, framing the text.

Rhona Philcox (nee Kent)

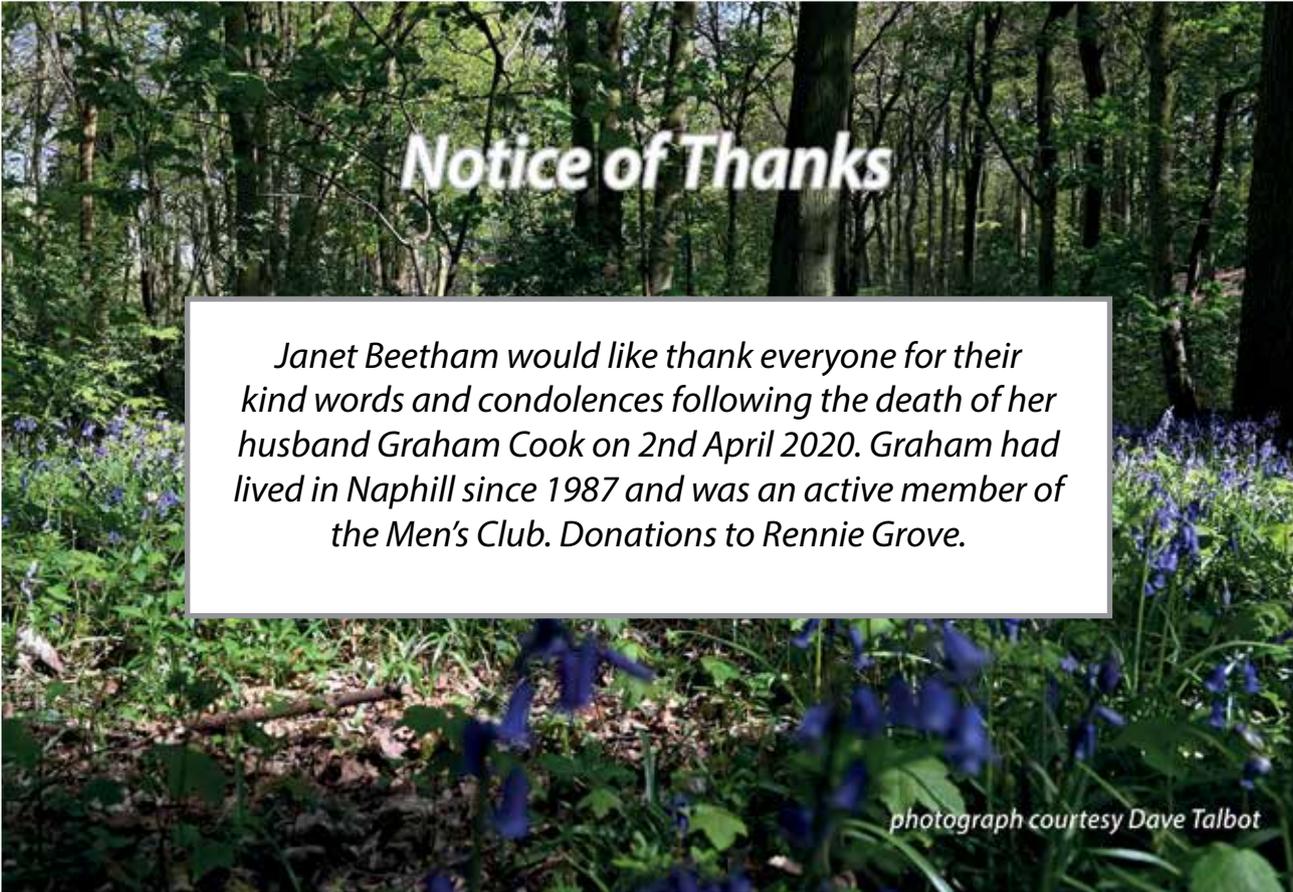
The family of Rona Philcox (nee Kent) are sad to announce that she passed away on Tuesday 7th April 2020, aged 93.

Rona and her late husband, Fred, had been residents of Bayley Gardens, Naphill from 1967 until Rona left in 2012. Rona & Fred loved living in Naphill. Rona, an Accountant by trade, had been an active member of Naphill Neighbours enjoying many a trip out with them and also attended the Methodist Chapel. She had also devoted much of her life to service in the St John Ambulance Brigade.

She will be greatly missed by family and friends.

Kind regards

Sarah Wells

A background image of a forest with tall trees and blue flowers in the foreground.

Notice of Thanks

Janet Beetham would like thank everyone for their kind words and condolences following the death of her husband Graham Cook on 2nd April 2020. Graham had lived in Naphill since 1987 and was an active member of the Men's Club. Donations to Rennie Grove.

photograph courtesy Dave Talbot



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A Message from Saint Michael's and All Angels Hughenden Vicarage

As I write this month's reflections from the Vicarage, we are half-way through May, almost two months into our national lockdown, and growing accustomed to a strange new-norm – or perhaps you are crawling up the walls and desperate to do all those things you had taken for granted before, but which we are currently not permitted to do, due to public health concerns.

I have been thinking at some length over the last few days about the role of technology in our current epidemic – how it has facilitated so much, which would not have been possible 10 or 15 years ago, but in turn has potentially caused further social isolation for those who do not own a smart phone, and are not on the internet.

One day last week I spent over 5 hours on Zoom (which is a video-conferencing application for those who don't know). I took part in a diocesan committee meeting about the Church of South India, I had an enjoyable meeting with my colleagues Helen and TJ, and in the evening we had Jacobs Crackers housegroup, during which time we (somewhat belatedly) finished our Lent course material.

I am very new to video-conferencing and find myself marvelling at what it can allow you and I to do. I have coaxed my parents to start using it, and we now have a weekly Zoom family call with them and my sister's family, and I hear similar stories throughout the community.

Technology allows us to share fellowship virtually, which is so much more effective than a phone call. We support those who are struggling to get their apparatus to work (I mention no names, but you know who you are!), grind our teeth if the broadband goes off, try to co-ordinate our efforts with our family members also calling on this elixir of life to keep connected, and get by from one day to another.

However, video-conferencing will always be second best to meeting people face-to-face. I really miss my two weekly sessions in the local cafes, chatting with local people, perhaps offering a sympathetic ear, sharing a joke and life stories with those who find themselves at my table. I am going to really cherish when some degree of normality returns, and my coffee chats can recommence. Please Lord may I never take my freedoms for granted and cherish them even more in the future.

As I have said during our St Michaels @ 10 service broadcasts every Sunday, when life is stripped down to such as we are experiencing right now, our life priorities are shaken and we have an invaluable opportunity to ask the question – what or who is most important to me? What do I miss the most which I cannot currently do? For me, it's all about relationships. I miss being able to meet with friends and family in person and be free to interact with them without donning PPE first.

As a Christian, my relationship with Jesus Christ is the most important relationship in my life. I have more time and space during the lockdown to devote to him, and my hope and prayer is that I will use the time wisely, in order that I might appreciate the other relationships in my life more deeply.

How about you?

Rev Keith Johnson

Church News

At the time of writing, all Churches remains physically closed, but services continue at St Michael's in the virtual world we are all relying on so much. For those who cannot access the internet it is possible to join in the services by phone. (see all details below)

Accessing St Michael's @ 10

To watch, either 'as live' or any time after broadcast, you can go to:

Website: <https://www.hughendenparishchurch.org.uk/Services>

YouTube: <https://www.youtube.com/hughendenchurch>

Facebook: <http://www.facebook.com/hughendenchurch>

People without access to the Internet can listen to the St Michael's @ 10 service using their telephone.

- Between 9.55am and 10.00am, call this number: 020 3481 5237
- When asked for a "meeting ID", enter the number 951 289 9440 followed by #
- When asked for a "participant ID", just press # once again
- After that, listen to the music until the service starts just after 10.00am

The cost of listening will depend on the person's telephone provider and whether they have any calls included with their contract: it should cost the same as a weekend telephone call to London.

The 'attendances' are very encouraging and include friends old and new from far and wide. The services include

St Michael's@10, broadcast every Sunday 'as live' from 10 a.m. (and streaming thereafter).

JC Club is broadcast weekly and the Tiny Tots service monthly. Information about these services and all other news, including access to the Parish Magazine (Outlook) is available from: www.hughendenparishchurch.org.uk

All changes to Church opening and ceremony availability will be posted on the website.

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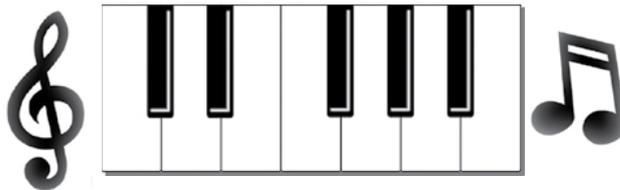
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Slimming World Hughenden Valley with Kerry

Wow! Its been 6 weeks now that I have been running our Temporary Virtual Slimming World Group. We had no idea how long we would have to do this, and still don't. So, for now this is the way until we can get back to group properly.

It's been a lot of work to put it all together, but is now working really well and my members seem to be enjoying themselves. I thought for this month's gazette I would ask my members to tell you what they think of the Virtual Group: -

Lauren says - *The virtual groups have been a great way of staying accountable and motivated. It is encouraging to know that other people have the same struggles during these strange times and the weekly meetings give me something to aim for when I'm lacking motivation.*

Sam (a new member) - *For me only just becoming a new member. I think I would rather do class on line than have to sit in group this way I get the best if both (it's a confidence thing for me) I am self-conscious.*

Marion D - *The virtual groups have been a great way to keep in touch, getting and giving the continued support needed in all this madness. There are things I have no control over in these strange times, the virtual group lets me have control of my weight loss. x*

Jackie - *I have found the virtual groups really helpful. Knowing we have our virtual meetings has made me focus when I'm struggling*

Sue - *The virtual groups have been a godsend over the past few months. The support you receive is amazing, and reassuring to know we all have our good days and bad days. Everyone is so friendly and supportive to help you get back on plan with lots of ideas and recipes. Kerry is a fantastic consultant who really cares about your weight-loss journey x*

Nikita says - *I've found the virtual groups to be a little bit of normal in a crazy world!! I love seeing everyone each week and it's keeping me focused to keep going! Loving the support from every one and the challenges to get us moving when it could be very easy to sit in our pjs all day and eat cake!!*

Debbie J - *Being in your own home makes it a relaxed environment and the group are so supportive of each other - it's great to clap each other on our successes - I am glad Kerry and SW managed to keep the group going - thank you*

It has been my absolute pleasure looking after my members and a joy to have written out all these lovely awards to give to my members, whilst in lockdown.

We are currently holding our Virtual Group Sessions at 5.30 pm and 7 pm every Thursday.

For more information please contact Kerry on 07887 - 567264

Everyone gets a warm welcome!

Stay Safe and well,

Kerry

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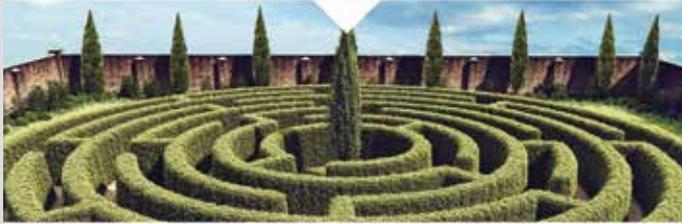
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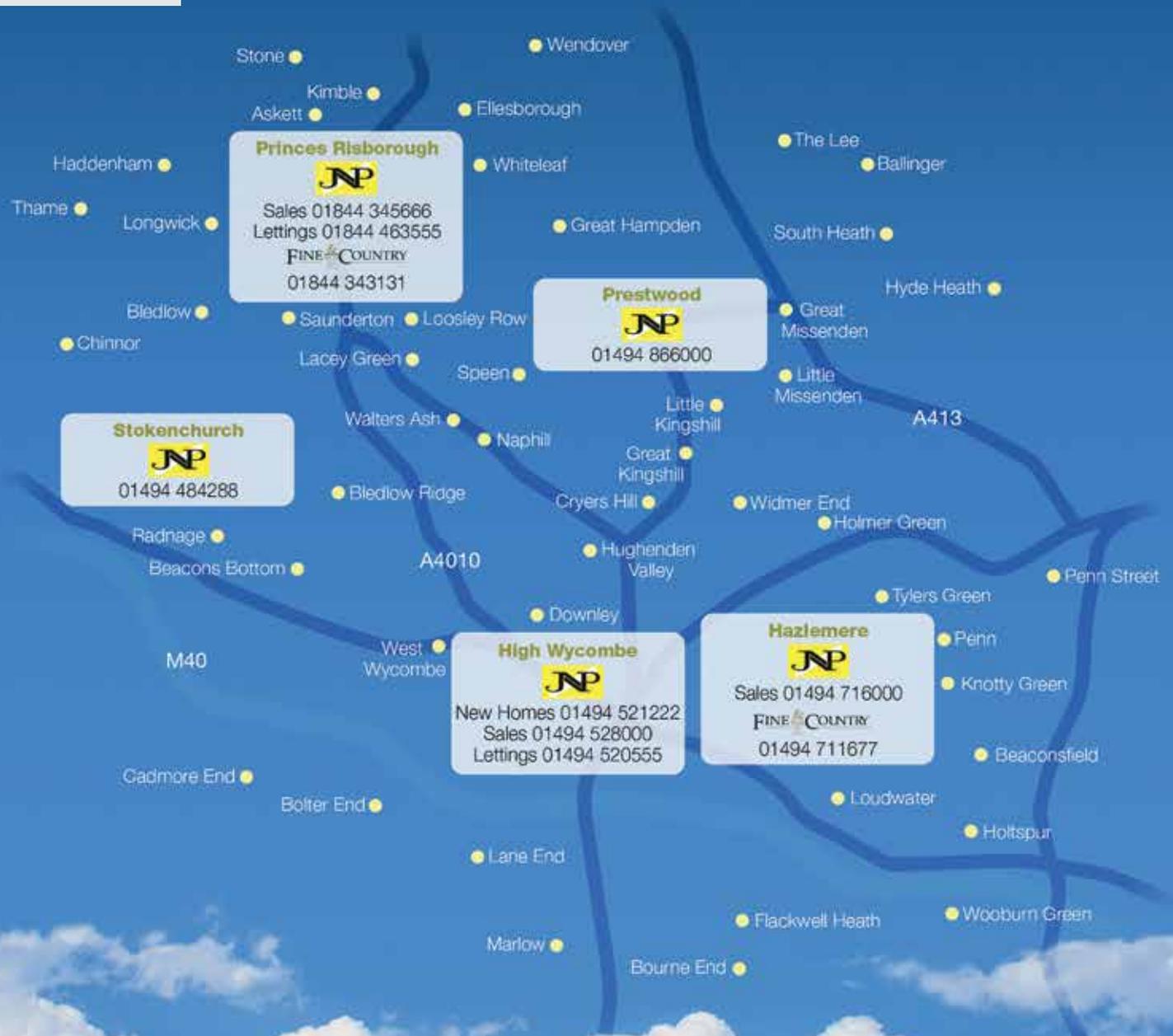
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