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Naphill & Walter's Ash Gazette May 2020



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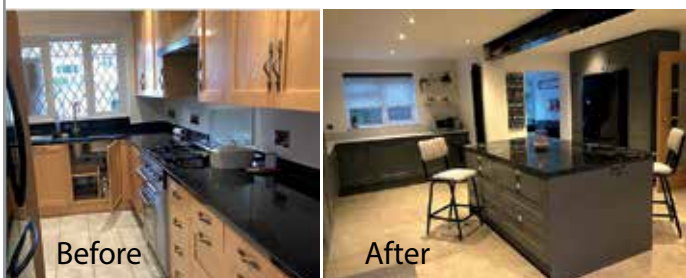
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Bucks County Council	David Carroll	01494 716967	david_carroll@wycombe.gov.uk
Hughenden Parish Council Clerk	Shona Hadwen	01494 715296	clerk@hughendenpc.org.uk
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Wycombe District Councillor	David Carroll	01494 716967	david_carroll@wycombe.gov.uk
Wycombe District Councillor	Audrey Jones	01494 563435	audrey_jones@wycombe.gov.uk

Helpful Contact Numbers

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Breast Unit Wycombe Hospital	Breast lumps self refer	01494 526161
Stroke Support Service	Stroke sufferers, carers & family support	0300 3300 761
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Copy Date for June Gazette 15 May

So here we have it, the May 2020 edition of the Naphill and Walter's Ash Gazette which once again is an online edition due to the ongoing restrictions imposed to keep us all as safe as possible whilst the battle goes on to beat the Covid 19 virus which has gripped and changed the world we all knew and took for granted.

We are all very grateful to The NHS nurses, doctors, hospital staff, the Thursday evening clapping has reverberated through our villages and across our nation. All the services we rely on have kept going and the support within our community for those of us who are self-isolating has been truly amazing! Our local shops are opening 7 days a week and are working such long hours to keep stock levels up whilst delivering orders out to us. The NAWA Covid19 support team are working tirelessly and I thank them all! We live in a resilient community where everybody pulls together to help one another! The acts of kindness and support are heartwarming and I am truly so grateful to you all.

I had hoped to publish this edition of the Gazette as usual but when the restrictions remained unchanged the Gazette team took the unanimous decision that we could not publish a print edition. I was of course disappointed and at first perplexed that there would be nothing to put into this edition. None of the clubs were meeting, the village hall, our school, our beloved

Wheel all closed and NapFest postponed. How very wrong I was! The articles, the children's artwork, the photographs taken on your daily walks flooded in and I still have a HUGE stock of photographs to share with you when all this goes away and the restrictions allow us to print again.

Now, as our webmaster Peter Davis reminds me regularly, there are no limits to the length of articles, the number of photographs or pages that can be included in an online publication. All my usual worries about proportionally resizing the photographs and indeed, the quality of the photos included, fly out of the window. The only restriction has been how this very elderly editor can sit at this desk collating everything, my apologies, 68 pages later, with the last day of April looming, I gave up! My sincere thanks to all the contributors who have made this edition possible, to Peter for publishing it on the village website. and to Paul Goby for our cover photograph.

Until we have more information as to when and how the restrictions will be lifted it is difficult to predict what form the next Gazette will take but regardless, I will be relying on your contributions! Please all stay safe and I thank you all for your kindness and support.

Sonia

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

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There is no report from the Village Hall Chairman this month so an editorial résumé:

- The Village Hall, the carpark and the children's play area remain closed due to the current lockdown restrictions.
- The Village Hall AGM will be rescheduled once the current restrictions are lifted.
- It is hoped that the restrictions will be lifted so that NapFest can be held over the August Bank Holiday weekend



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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 will be conducted remotely moving forward with the first remote meeting taking 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

Lockdown

A massive THANK YOU to the NAWA Covid 19 Support Team and all those other generous people in N & WA who have gone out of their way to help our elderly and vulnerable residents in every possible way at this very difficult time.

Planning

The following are local planning applications received by Wycombe District and Buckinghamshire Councils between 9th March and 13th April 2020 for Naphill & Walter's Ash.

20/05582/FUL Vivaldi, Stocking Lane, Naphill. HP14 4NE. Householder application for demolition of existing conservatory and construction of part two storey, part single storey rear extension. Received 04 March. Validated 11th March 2020.

20/05385/FUL. Saxon House, 213 Main Road, Naphill. HP14 4SE. HA for construction of single storey rear extension and side porch. Received 13 Feb. Validated 10 Mar 2020.

20/05766/FUL 79 Woodcock Avenue, Walter's Ash. HP14 4TN. HA for part single storey/part two storey rear extension and insertion of rooflight to front roof elevation. Received 20 March. Validated 20 Mar 2020.

20/05716/FUL Darracott, Coombe Lane, Naphill. HP14 4QX. HA for construction of two storey side and two storey rear extension in connection with hip to gable roof conversion with two front dormers following the demolition of single storey garage, store and conservatory (alternative scheme to 19/07873/FUL.) Received 15 March.. Validated 30 Mar 2020.

20/05862/FUL 40 Main Road, Naphill. HP14 4QB. Erection of 1 x residential dwelling and attached garage with associated parking and landscaping Received 31 March. Validated 09 April 2020.

Hughenden Neighbourhood Action Group Advice

Walkers Rights of Way

When out walking in the countryside it is important to remember that it is a working environment where animals graze. So walkers should be mindful of their surroundings to fully enjoy the experience. Be vigilant, especially on entering a field or where you cannot see the whole field, and try to stay away from animals and to be aware of their movements. In the spring it's especially important to be sympathetic to farm animals rearing their young and give them space.

Dogs accompanying walkers on public rights of way must be kept in sight and under close control and should not be allowed to stray off the path. Straying, or worrying livestock is a serious offence and landowners can take direct action.

- To achieve the best chance of a safe outcome to both you and your dog.
- Try to avoid getting between cows and their calves.
- If you feel threatened by animals protecting their territory or young, do not panic and run. Most cattle will stop before they reach you. If they follow just walk on quietly.
- Be prepared for cattle to react to your presence, especially if you have a dog with you.
- Don't hang onto your dog if you are threatened by cattle. Let it go and it will run to safety.
- Keep your dog close and under effective control on a lead around cows and sheep.

G. Leflaive 563634

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Photograph courtesy Chris Miller

What a contrast with March! Then the Common was swimming in mud: every path had patches to be skirted or waded through. Indeed, our work parties were engaged in forming such bypasses. Now, at the time of writing, the paths are dry and last month's mud crunches under foot. It is not always comfortable walking, but it is better to have dusty boots than boots caked in mud.

Recent walks on the Common have been particularly enjoyable despite the strange situation of everyone there trying to avoid everyone else in this period of isolation. The buds are swelling, and the first leaves are fluttering. The scars caused by the felling are slowly being healed and the increased penetration of sunlight is encouraging the spread of green, with grass, primroses and what looks like becoming the best display of foxgloves for many decades. The bluebells are (as I write) approaching their best, although they may be past their peak by the time you read it!

Our summer visiting birds will soon be here. The most likely species will be whitethroats, chiffchaffs, willow warblers and blackcaps, but perhaps wood warblers and even garden warblers. These are all little brownish birds, so the trouble is telling them apart. Blackcaps and perhaps whitethroats are distinct, but the rest require close examination. The two most common species, chiffchaffs and willow warblers, are similar in most respects except their leg colour – the chiffchaff has darker legs, but at least it

has a distinctive call – a repetitive chiff- chaff-chiff-chaff, while the willow warbler has a soft song with long, sweet phrases.

The array of trees on the Common is attractive to these birds but unfortunately there is a lack of low scrub such as brambles where the birds spend most of their day. Willow and wood warblers nest on the ground but the rest require low bushes for nesting. Holly is too coarse and open. With luck and good management, we may be able to encourage areas of juniper, gorse and bramble and these will transform the bird population.

The ponds are slowly returning to their normal size after the heavy rains. Six of them had some frogspawn in, but no toad spawn has appeared at the time of writing. At least two ponds each have a resident pair of mallards. Whether the survey of great crested newts is going to be possible in the present circumstances, is unclear. Dew Pond had toad spawn last year. It is associated with the ancient earthwork and we have good news here: the area is to be protected during the next phase of felling. No heavy vehicles will be allowed to damage the historic features.

Regrettably our meetings, working parties and organised walks led by Peter Davis, Chris Miller and Ron Collins will have to be suspended until the "Lock-Down" is over, but we will all meet again one day.

Chris Miller. Chairman.



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Growing Your Own

Food shortages may be in prospect. The proportion of home-grown food purchased in the UK has dropped from 78% in 1984 to about 60% today. As for fresh vegetables, we grew 70% of our needs in the year 2000 and that has dropped to only 53% today. It has been cheaper to import than to grow the food ourselves, but that has left us more vulnerable to supply shocks. Some major food exporters are banning exports in order to keep down food prices in their own countries. Because of the coronavirus restrictions only one lorry driver in the cab is allowed, rather than two, so the number of lorry arrivals has halved. There is also the problem of lorries crossing borders when there are prohibitions in various countries. Even for food grown in this country there are severe problems in obtaining seasonal workers from Eastern Europe, so crops may rot in the fields or not get planted at all. Food rationing may happen, but not food rationing by quantity as happened during and after the Second World War, since ration books may be impractical in a modern economy. This time food is likely to be rationed by price. Rarely has there been a more pressing need to grow your own to supplement what you can buy.

So, what can one sow in May to provide early crops? The first to spring to mind must be runner beans, or, preferably, climbing French beans. Start them off in pots on a sunny windowsill, harden off when about 3 inches high, and plant them

out in early June up a climbing support of 8-foot canes, long sticks, netting, string from a wire or whatever. Plant them a foot apart and water regularly. If a structure is not practicable for you, try dwarf French beans instead. Salad crops of all kinds, sown in succession, must be next on the list, particularly the kind of lettuce where one takes just the outer leaves and lets the rest of the plant grow on. Radishes should be ready 5 weeks from sowing. Peas should be ready about 9 weeks after sowing. Don't forget crops for next winter and early spring – sow brassicas generally - and even potatoes. If you cannot find seed potatoes in garden centres, in desperation you could try a few old potatoes obtained from supermarkets. Silver chard sown now will give a great crop this autumn and a further crop next spring when there is not much else about.

Seeds can be obtained online (www.kingsseeds.com, www.thompson-morgan.com, www.suttons.co.uk, www.tuckers-seeds.com, www.marshalls-seeds.co.uk for example). It may be possible to obtain young plants or plug plants to get a head-start, but they are expensive. As for land, consider devoting part of your garden or applying for an allotment – there are still vacancies at Louches Lane.

Good gardening!

Mike Mason



Widmer Feeds

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We are still open for you and your pets during these unusual times. We have extra measures in-store to ensure everyone is safe while shopping.

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Stay at home street party

You are invited to your own front garden!!!!

Friday 8th of May is the 75th celebration of VE Day. RAF High Wycombe think that this would be a great occasion to have a street party in your own front garden (**following social distancing**)

We invite you to bring your picnic outside at 2pm and talk to your neighbours from a **safe distance**

Ideas include bunting and flags, war time food, fancy dress (40's style or red, white and blue)

War time music, best China cups and maybe a cocktail or two - there are lots of recipes online

www.bletchleypark.org.uk #BletchleyParkVEDay75

If you have young children there is a Facebook group called "The Big Neighbourhood VE Day festival at home" that you can join, they have loads of activities for children.

We hope that you can join us RAF High Wycombe Community Support Team!



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

Hello all, fingers crossed that we can hold NAPFEST on 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



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.





At home we have been exploring lots of fun colour changing activities. Our family favourite has been 'walking water'. To see the experiment in action have a look at our Facebook page to watch the video! We started off with 3 glasses of water, each coloured yellow, blue and red. We placed 3 empty glasses in between and hooked paper towels over the top to connect the glasses altogether, The coloured water transferred up and over the paper towels in to the empty cups resulting in creating glasses of orange, green and purple too. It was simple, and very exciting! Here is the end result



The second fun activity we called 'the magical hidden picture!' Fold a piece of kitchen towel in half. Put one half of your picture on one side, and the second half of the picture on the underside. We drew half of a rainbow on each side for our experiment. Drop it into a saucer of shallow water and watch the two pictures merge into one! Magic!



And finally, 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.

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 maybe 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

The Duckling Rescue Story



Lexi:

Mummy, Nana and me were driving along Walters Ash outside Shana when we saw a duckling in the road. When we turned around we saw a mummy duck and 2 babies looking for the lost baby, we knew she was looking for another duckling because she was calling for it and walking in the road. Nana and a man who was jogging herded it back on the path into a safer place. A PCSO Carina stopped her police car and helped us look for the duckling. We found the duckling and was reunited with its mummy. My friends Vivi and Archer live near where the duck was and Nana called Gordana to see if anyone had a duck pond near their house. Gordana, Vivi and Archer came out to see them and that's when we found out that the lost one had a poorly leg.

Vivi and Lexi:

We thought they were so cute and fluffy and we were worried about the hurt duckling. We made a circle around them while keeping safe social distance from each other to stop them escaping on the road again! We had an idea to catch them and put them in Buddy the cat's box (Vivi's cat) and take them to Tiggywinkles. But when we tried the Mummy duck ran away with the uninjured ducklings under a gate where we could not get it, the poor little duckling was left behind! His leg was injured and he could not follow them. Lexi's mummy caught the duckling and Carina the police officer lady offered to drive it to Tiggywinkles. We all had a cuddle with the duckling and decided he needs a name. When Vivi felt his soft feathers she thought aha, Feathers, that will be a great name and eve-ryone agreed it was PERFECT! We bundled him into the cat box, made him cosy with a towel and Carina drove him to Tiggywinkles. She called us after to tell us that Feathers was happy and made a friend in the animal hospital with another rescued duckling. Our rescue mission even ended up on the police Facebook page, thanking us for keeping the ducks safe!

by Lexi Clark and Vivienne Tanceva-Cobley



The Blossom Bear Rescue Story

On Thursday afternoon, after an extensive search through the house, it was confirmed that Blossom the bunny had disappeared. The Peters family could not find him anywhere and decided as a last resort, to put a plea out to the local community on Facebook, to see if Blossom was anywhere in the area.

Earlier that afternoon, Charlie Hughes, a neighbour, had noticed that a cuddly bunny toy had appeared in her garden and after seeing the local Red Kites steal her dogs toys from the garden in previous years, assumed that was how the bunny had appeared. Not giving it any more thought, Charlie saw Darren Peters plea and very quickly, Blossom the bunny was reunited with her family.



Charlie Hughes

Editorial Comment: *My sincere apologies! Blossom wrote Thea a delightful letter explaining her bedtime absence. Unfortunately the letter did not photograph clearly enough for me to include with this article.*

Sonia

Team Lardy 2.6 Challenge - 26.2 hours in the saddle, supporting MIND

With Covid-19 having a catastrophic affect on society and the cancellation of fundraising events across the world hitting charities hard, we wanted to do our bit to help. One effect of the pandemic will be on the mental health and well-being of many people, so, inspired by Geraint Thomas' recent marathon garage ride, Team Lardy have decided to join the "2.6 Challenge" launched by London Marathon.

We will be cycling, in a relay, on our turbo trainers for 26.2 hours without a break. Using the wonders of technology, this is now a global challenge with team mates in Dallas, U.S and Sydney, Australia.

Our aim is to raise awareness and money for MIND, mental health charity, who do an incredible job and one that will only be made more difficult in the coming months.

The Lardy 2.6 Team Members are:

Owen Hughes, Charlie Hughes, James Arnold, Andy Perry, Pete Kohn, Denton Capp, Ricky Castoldi (Dallas, USA), Stuart Monksfield (Sydney, Australia)

<https://www.justgiving.com/fundraising/lardy26>

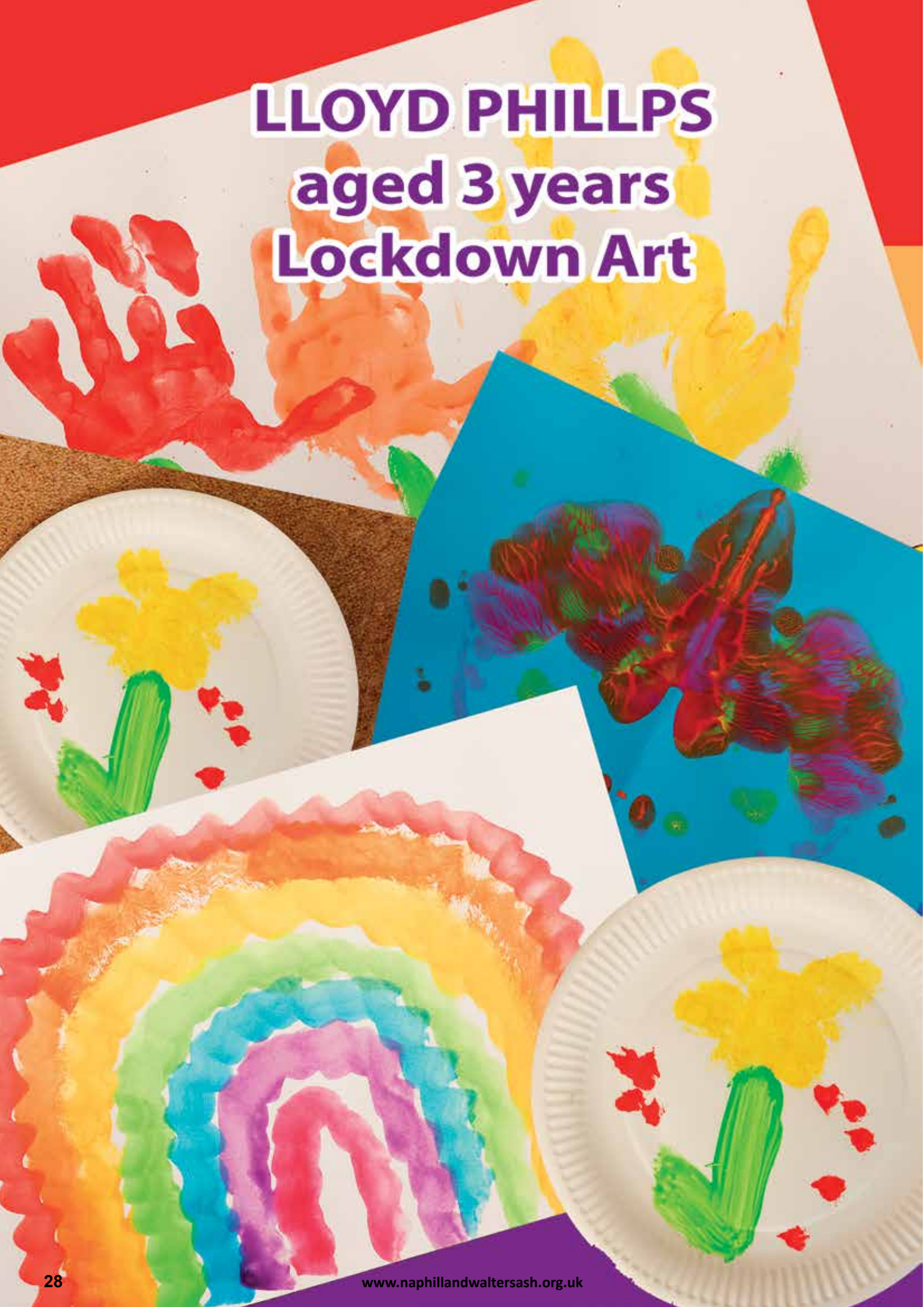
Charlie Hughes



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The Wheel

During this unprecedented time that is affecting everyone in some way and the pubs have been closed for the first time in history, we at The Wheel are keeping ourselves busy even if we don't have staff or customers.

So, here's a quick overview to keep you all updated.

Mark has been extremely busy painting the whole interior of the pub from top to bottom, as I'm not allowed near a paint brush. Whilst that's been happening, I've however have been cleaning lots and lots. The kitchen and cellar have had a full deep clean, curtains washed and lots more. Then the sun came out and so I started doing lots of gardening both in the front and back garden, and any other job that could be done in the sun.

Hopefully by the time you read this our garden fence will have been decorated by our local families to support the NHS and our Key Workers. It is great to hear all the clapping, cheering, and

general noise on Thursday nights, and if you are near us and heard music that is us playing 'You'll Never Walk Alone'.

I would also like to apologise to everyone who, walks, cycles or jogs past as Maxii is barking at you all as you go by (she's missing you so much). Molly on the other hand is loving the quality time with me.

Mark and I wish you all well and are staying safe. We can't wait to see you all when we re-open.

Claire and Mark



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Whilst the Church is physically closed because of Coronavirus, we are still able to offer services on line, via the church website and through our YouTube channel.

The Parish magazine, Outlook, still continues, and is also available via the website.

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

Our newest venture is ALPHA ONLINE.

Many of you will have heard of the Alpha Course which has been undertaken by millions of people worldwide, and which has been run at St Michael's for many years. The new course - details below - is one first venture into digital delivery of this programme, which of course can be studied in the comfort of your own home.

Alpha Online

First session: Monday 4th May at 7.30pm

What's Alpha all about?

Alpha is a course where people can explore life's big questions whilst learning more about Christianity, themselves and the group around them. It is great for people of all ages and backgrounds, with lifelong friendships often resulting from the shared experience.



Why is it for me?

You may know about Christmas and Easter but there is more than presents and chocolate eggs to the Christian Faith! An estimated 2 billion people worldwide follow the teachings of Jesus.

I don't believe all that stuff but I do have some questions about life, especially at this time - would this help me?

Over the last 40 years, more than 24 million people have undertaken Alpha. They too often come with questions or with heavy hearts, finding the films and the group discussions very helpful. Whether or not they (or you) want to embrace the Christian faith at the end of the course is entirely a personal matter but our goal is to help you move forward positively for the rest of your life.

How do I find out more or sign up?

Call or text Frank Hawkins on 07850 150562 or drop him a line on frankwhawkins@aol.com

How will Alpha Online work?

We will be using Zoom to bring the participants together, so you will need access to a tablet, laptop, desktop computer or a smartphone - if your device has a camera and an audio facility, you should be able to join in. Please don't worry about the technicalities as we have a simple way to link you in and a very friendly technical guy who can assist with any problems! Each of the sessions will last for about an hour and it would be great if you can make all 11 sessions, but don't worry if you cannot make some of them.

A Message from Hughenden Vicarage

What a difference a few weeks can make. It doesn't seem like very long ago that I was gazing across the calm waters of the Sea of Galilee, as our memorable pilgrimage to the Holy Land was drawing towards a close, marvelling at another breath-taking sunrise, and reflecting upon all that we had seen and heard, felt and imagined as we retraced the steps of Christ together from cradle to cross, from Bethlehem, to Jerusalem, to Nazareth and Capernaum.

As we tune in to the latest government updates, listen to the advice of experts in the field of medicine, and watch our cousins in neighbouring countries, and how their lives are also being impacted by the coronavirus, no one is brave enough to say with any degree of certainty, how long restrictions will last, and attempts to calculate how the implications of such a lifting of restrictions might impact the most vulnerable in our society especially.

I am very aware that my life has been affected a lot less than many. I continue to work from my study in the Vicarage, and my chief pursuits are staying in touch with members of our church and community, and endeavouring to plan our weekly St Michael's @ 10 service broadcasts on our YouTube channel – which can also be accessed through Facebook and our church website.

I miss meeting with people a great deal, and have developed from a novice to a keen amateur at Zoom videoconferencing in a short space of time. (You MUST try Zoom if you haven't done so yet!).

In my many telephone conversations, many have reflected upon what is really important in life, what we miss and what we don't during the lockdown, and how we might resolve to live our lives differently once restrictions are lifted.

Relationships seem to come out on top every time. Our relationships with each other and with God. God has made us as relational beings, even those of us who might consider ourselves introverts and have enjoyed the opportunity for an extended period inside enjoying our own company.

Of course there are many amongst us who are living alone and would love to have a friend, family

member or neighbour around for a cup of tea and a sticky bun, but the best we can do is have a socially permitted shout from 2 meters apart at the doorstep, or perhaps over the garden fence.

Hasn't it been heart-warming to see our local communities come alive with practical help and support to those who have been advised to stay isolated at home? Modern technology has come into its own, and silver surfers have become WhatsApp aficionados overnight.

Where is God in all this mess? He is alongside the sick and the grieving, the vulnerable and the lonely. The NHS doctor and nurse, and care home worker who are working their socks off with little rest or sleep, and feel as if they have nothing else to give.

Hasn't it been wonderful to clap and cheer and bang our saucepan lids with wooden spoons each Thursday evening at 8pm, to celebrate and thank the work of our medical professionals.

More recognition has also been given to other occupations which are so often taken for granted, but our key to our society functioning well, such as bus drivers, refuse collectors, those who keep our utilities and telecommunications operating, shop workers, petrol station attendants, parish clerks and councillors, and an extraordinary number of volunteers.

God is at work in the hearts of all those who are demonstrating love and compassion in these difficult times.

God is always there, should we choose to come to him in prayer, to lay our burdens at the foot of his cross, and to ask him to lift their weight, and to give us his peace. Telling God exactly how we are feeling can be so liberating, and good for us – why not try it today?

Come unto me, all you who are weary and heavy-laden, and I will give you rest. Matthew 11:28

God bless you and your loved ones

Rev Keith Johnson

Mark Franklin

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Message from Padre Lacey - *The new normal?*

As a Padre I often have the humbling privilege of working with people when they are in the depths of pain, hurt and grief. And it's not always grief for someone who has died. People come to me when their world seems to have been turned upside down and life seems wobbly and uncertain. One thing which they are reaching and searching for is that things 'go back to normal'. I wonder how many times you have longed for that in this season that we are going through. It's human nature to want some kind of familiarity, routine and predictability in life...this enables us to have the stability to be spontaneous, because there is an element of control - that we have.

As the weeks seem to tick by, how long was it before you started to get used to this 'new normal'? Have you got used to it or is it still alien to you? And does it feel comfortable or is there a level of unease growing as we long for family, friends and the life as we knew it?

Personally I have found this season difficult because it has got in the way of plans (both for personal and work life), my rhythm has been altered without my 'permission' and it feels like I am missing opportunities that I wanted to be able to take. A huge part of my role is meeting people and facilitating events and services...they are all on pause at the moment...well, the 'normal' way of doing them is on pause.

In our Sunday zoom services* at the moment we are delving into Ephesians, which is a book in the Bible. It's actually a letter, that was written by this guy Paul to the church that he had previously started in the town of Ephesus. When Paul wrote this letter (and in fact many other letters which are now in the Bible) he was under house arrest in Rome. He couldn't go out and about to meet people, as he had usually done. He couldn't travel around to socialise with churches and communities that he had set up and his life was very different from 'normal'...sound familiar? Now, I am not saying we are under house arrest, we're not, but we are being advised to restrict our movements and to socially distance (stay safe, stay home). Just like with Paul, things are not 'normal' at the moment.

So, why am I rabbiting on about this guy Paul who wrote letters while under house arrest? A large chunk of the New Testament (the second volume in the Bible) is written by Paul...he wrote some good stuff, which 2000 years after he penned it is being read and studied and followed by millions of people. And at the time, when he wrote the letters, they had a massive impact on the lives and cultures of the towns he wrote to. And all this happened from within his house in Rome. Yes,

our lives are very far from normal at the moment, but what other ways are we using to stay in touch with people, to connect, to support, to love and to guide? Paul wrote letters, we are on Zoom, Skype, Facebook, emails, watsapp, talking over garden fences and waving from across the road. It's not ideal, granted, but as we do life differently and engage with people differently, continue to get creative and don't limit yourself in what might come out of the words you are saying to people or the creative ways you are showing support and love.

Paul was part of a radical movement, and still is... dream and think beyond the walls of your home. And if you're having a blip, reach out and connect with someone** as we travel through this season together and then discover a new normal when we emerge on the other side.

God bless,

Padre Chrissie Lacey

**keep your eyes out on the Naphill and Walters Ash community Facebook page as I post the recorded services on there.*

***and if you would like to chat through anything with me contact me on- 07966 175085 or christina.lacey102@mod.gov.uk*



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Saint Botolph's Church, Bradenham - From the Vicarage

When I last wrote for the Naphill Gazette, the deadline was 15th March, so my words were written through the lens of the then world. Coronavirus was something in China and Italy though a few rumblings of what might be to come were starting to come our way and the Government was starting to caution about unnecessary gatherings.

It is now 21st April.

The world has changed.

In my Easter letter, I wrote about the death and Resurrection of Christ and how there can be different types of death and resurrection. My thoughts at that time turned to the death of a relationship or a reputation as examples. Never in my wildest dreams could I have imagined the death of the way of life we hold so dear in this country. I mean.... how could such a cataclysmic event happen? Europe has been at peace for over a generation. The UK is geologically stable – earthquakes are minimal usually resulting in only minor structural damage. The last (possible) tsunami we suffered was two hundred years ago. Worldwide food chains mean that shortages due to crops being ruined by climate conditions or disease are soon replaced by crops from other lands. In general, our country was safe and our way of life secure. I think the phrase 'didn't see that one coming' springs to mind. A minute virus has brought the whole world to its knees and threatens to destroy the way of life in which we were so secure.

In some ways, the Coronavirus story reflects the story Jesus told of the rich fool. You can find it in Luke 12:16-21. A rich man had more than he could ever need or handle, so he decides to make bigger stores for his wealth and live at ease, eating, drinking and making merry. That night, God visits him and says 'You fool! This very night your life will be demanded from you. What good will your wealth be to you then?' (or words to that effect).

'This very night your life will be demanded of you' – the rich fool was about to die, but there are other forms of death. Our lives have been demanded of us. We have been pulled up short and forced to reconsider how we have lived our lives. The profligate, self centred lifestyles promoted by the media have been highlighted as shallow and wanting. In his very next parable (Luke 12:22-31), Jesus speaks against worrying over material things, encouraging us to look to nature for the answers. A modern paraphrase might read 'why are you so concerned to get the latest iPhone or this season's must-have fashion accessories? Is this what is important in your life? Look at nature – it does not worry about stuff like you do, but it still goes about what God designed it to do.'

We have been forced into a period of reduced freedom, restrictions over all but the most basic necessities (though a glance in the supermarket trolleys calls into question what people consider necessities.....Moët & Chandon? Seriously? Surely Prosecco will do?!). We have had to reconsider what is important. The voices of gossip,

selfishness and self righteousness have become whispers, drowned out by the Thursday night choruses of clapping and cheering for our key workers; drowned out by the thunderous stamping of feet as we all step up to the mark to shoulder our responsibilities.

The story of Easter is all about death being followed by resurrection. Three days after his death, Jesus' followers were overjoyed to find he was back with them, fully alive, talking and eating and drinking just like before. They expected that things would now return to 'normal' and their world would return to how it was. However, the resurrected Jesus was different and presented his followers with a new 'normal'. No longer the cosy meals and conversations about the meaning of life, the world and the universe punctuated by public speaking events, healings and the odd run in with the authorities. Now, the message Jesus had taught was to be proclaimed to the whole world - good news that overturned 'normal' stereotypes of race, gender, class and education. A message that would ultimately change that world.

Post Coronavirus, what will resurrection look like for us? The current (21st April) consensus is that much of society does not want to go back to the old 'normal'. These past weeks and months have seen many find new, more eco-friendly ways of working, establish new patterns of family life, rediscover old skills and learn new ones. Barriers of isolation have been broken down as communities collaborated to protect their vulnerable members. The new 'normal' could see the links, relationships, services and collaborations that have evolved in the face of Coronavirus develop further.

One thing is for sure – life will never be the same again. For many, it will mean life without a loved one, for others the loss of a job or business, the breakdown of a relationship or the loss of precious family moments. And where is God in all this? If I could give a definitive answer to that question, I would not be a self-supporting priest in the Oxford Diocese – I'd be writing vast and learned volumes of theology from my study at the world's best school of divinity whilst advising the Pope, the Archbishop of Canterbury and the Dalai Lama! I do know that somehow God is at the centre of the pain, just as he was on that first Good Friday. Somehow he is at the shoulder of every key worker. Somehow he is at the side of all who grieve. Somehow he is with each individual as they journey through this difficult path we are on.

By the time you read this, there may be the first signs of a return to some sort of normality. I pray this may be so. When it is all over, stories will be told about this time that will make the transition into legend. We can all be part of the legend!

May you and those you love know God's blessing and presence in your lives.

Rev Jenny Ellis



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



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



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Some LOVED the Rain!



Photograph courtesy Mike Beckly

Others LOVED the Sunshine!



Photograph courtesy Mike Beckly

Chiltern Hills Arboriculture – Surviving Lockdown

Well, just as we come into the time of year when we are all planning weekend trips to the garden centre to stock up on bedding plants, new shrubs, and compost... along comes Covid-19 ... and with it, lockdown. Whatever level your passion for gardening reaches, I personally wouldn't want to try to justify my trip out for "essential pansies" to Thames Valley Police at any time soon, so not going there.

So I thought I would share a few ideas we came up with of how to spend time productively in lockdown while we mustn't go out. We can't shop for plants, but need to avoid going cabin fever stir crazy.

In week one I started off small. I had a brush and some Teak Oil kicking about. So I thought I would give all the garden furniture a couple of coats to fend off the winter rain. As the days ticked by everything that wasn't nailed down was getting painted, again, again, and again. By Thursday afternoon our cat was looking nervous. Luckily for her, I ran out of Teak Oil (I am joking).

Some DIY supplies are available online. It's possible to get brushes and timber treatments locally, on a 'click and collect' basis from retailers like Wickes and Toolstation. I have used both outlets during lockdown and the service works really well.

A chore I have been avoiding for at least a couple of years is cleaning and treating our decking. Last

December it was so slippery the Winter Olympic committee could have scheduled the curling events on it. With no excuses left I wheeled out the jet washer and spent a good 12 hours giving it a thorough "seeing to". An added bonus was doing it in shorts and flip flops. I now have a tan that looks like the one I should have got on holiday in Australia last week.

Once washed I needed supplies to carry out the treatments. I ordered brushes and rollers from the stores... but timber preservatives seemed to be hideously expensive, with proprietary brands costing anywhere between £25-£35 for 5 litres. Needing to coat around 150m² of deck, it was shaping up to be expensive. So I took to the internet search engines, and found a little gem in www.ryeoil.co.uk They do 25 litre drums of deck oil for £65, and will dispatch by UPS, an absolute bargain and a quality finish. Very happy with the results.

Once the deck and furniture were dealt with, we washed the greenhouse windows. Plenty of vegetables propagating in there, ready to go into the allotment any day soon.

Finally, we built a picnic bench, scaled down, to accommodate Sid the Squirrel. No cabin fever or mild insanity here. Sid stays home and picnics in the garden. Be safe. Be like Sid.

Mike Beckley



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Shear Madness

Well this is a strange one to write, I hope that you are all doing ok and staying safe and well. We are so lucky to have an amazing community as always but at these uncertain times it is even more appreciated so well done one and all. A huge thank you to all key workers who are putting themselves and their families at risk, you are doing a grand job !

I've been thinking of how to approach getting back to work so I think the best option is to do appointment only for now otherwise you'll all be queuing back up to The wheel ! I'm trying to sort out an old mobile phone so I don't clog up the line for Dawns ladies, I will let you all know as soon as I do and don't forget we have a Facebook page that is open to the public, so you don't have to join.

Well, keep those houses sparkling clean, see you on the other side.

Stay safe,
Love as always,

Mandy x

PLEASE NOTE TELEPHONE No. 07843100574 Office hours only. WHEN we return to work please book appointment! NO WALK INS!!!

Naphill & Walter's Ash COVID Support Team

"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



**ARE YOU ISOLATED AT HOME?
DO YOU NEED SOME HELP?**



Grocery shopping, prescription collection, dog walking or need help whilst isolated
NAWA Covid 19 Support Team are your local neighbourhood
group who are nearby and will try to help you

Please call us on **07857 932915**

Find us on Facebook @ NAWA Covid 19 Support Page

Wycombe Photographic Society

April and May are the months when we should be holding our Annual Exhibition in conjunction with the Wycombe Arts Festival and is our biggest event of the year.

The exhibition gives our members the chance to show the residents of and visitors to High Wycombe their best projected images and prints.

However, in these difficult times the Annual Exhibition is yet another of the many cancelled events across the country.

Technology has become the norm and Zoom conferencing is the technology being used to keep our members in touch with each other and also allowing us to hold our virtual competitions with judges sitting in their homes and images being sent to them for judging on the conference call with members joining in.

Below are some of our members images that have been in our recent competitions. Our challenge has been the prints as how can a judge see a print on a digital device and appreciate it as a print and not a projected image. We managed thanks to the skills of a couple of our members.

May means that the Bluebells will be in full bloom and the best way to photograph them is to get down and personal with them to get that photo of the best bluebell you have ever seen.

For full details of what is going on at Wycombe Photographic Society please look at our website – www.wycombephotographicsociety.org.uk

Enjoy our members images.

David Greenwood
Membership Secretary
Wycombe Photographic Society



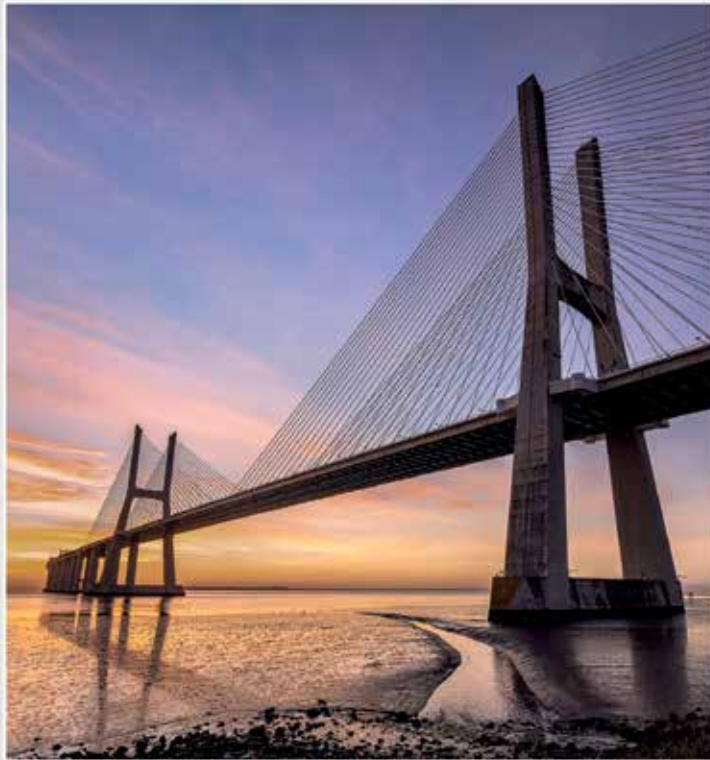
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by Alan Jaycock



Crossing the River
by Teresa Hehir



Reach for the Sky
by Hilary Pickersgill



The Bridge
by Jan Harris



Swainsons Hawk
by Teresa Hehir



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A huge thank you from the Lomas family!

During these recent difficult times it becomes easy to see the things that are of value to the community, things that are often over looked 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.

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If anyone had told us this time last year, how we would be living in March 2020, we would have thought they were deluded, however we find ourselves in a new reality, where our country is divided into key workers and stay at homers. Thank you key workers for all you are doing, it is impossible to find the right words to recognise all of you adequately, but please know, that you are very much appreciated.

Thank you to the fantastic local food businesses who have rapidly adapted to keep us fed, and have provided an invaluable service, Lacey's Family Farm and Peterley Farm to name but two.

Thank you also to vulnerable people who have found courage to ask the community support groups for help. Although it probably felt uncomfortable to ask, in asking you provide opportunity for others to help and thereby extend the positive sense of community spirit, which really comes into its own at times like this.

Thank you also to my lovely clients who have adapted to training online with positivity and open minds, and are all doing really well. Being online has allowed us to add new classes very quickly, and we now offer a fully balanced tailored weekly exercise programme which meets or exceeds the recommended government guidelines, as well as drop in sessions to supplement the other activities that people are involved in. Please get in touch if you would like to join in!

Stay Safe & Take care everyone!

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Naphill Evening WI

CANCELLED. Yes, like many other organisations, WI is cancelled for the time being. This is when I wish I had let someone else take over the WI Report for the Naphill Gazette.

However, I have decided to share some of my negatives and positives with you.

Negatives of this wretched Coronavirus include:

- Cannot see my friends
- Cannot go out for a coffee
- Cannot go shopping
- Cannot give my grandchildren their Easter eggs, or receive mine from them
- Cannot get my hair cut.

Positives:

- My husband and I have rediscovered the lovely walks on Naphill Common, with daffodils and primroses in abundance and the promise of bluebells
- We have discovered the delights of Zoom, where we can see our grandchildren and I can do my Keep Fit class
- The kindness of others has become much more obvious, especially the WI Committee who make sure that every member gets a telephone call and a chat. Very important if you live alone.
- Losing a little weight because I've been doing lots of gardening and longer walks and not having a cake at the end of the walk.
- Conquering my fear of on-line shopping and learning how to do it without my husband's help.

This is meant to be light-hearted. I am well aware that some members of WI and friends and neighbours may have a loved one who is ill with the virus. I do think though that WI and other organisations have helped keep us all from feeling isolated in these difficult times.



Keep safe everyone.

Carol Gilliam

Ramblings on Exercising at Home

Like all of us at the moment I am missing my regular weekly activities – not only the fun of my Silver Swans ballet exercise but also the company, chatter and the laughter we have together!

Imagine the delight when our Miss Diane promised to set up regular classes on Youtube for us and lo and behold on Monday the promise was kept. Grabbing my iPad and trying to remember the password (I'd written it down – always the safest) I put on my ballet shoes and thinking the kitchen would be the best place – set myself up. Enthusiastically I entered the pass word and got ready for all to be revealed! “Password incorrect” it said - tried again – same result! Checked my piece of paper ready to do battle for being given the incorrect password, and OK I can't spell! I had been a little too enthusiastic with my typing - so a careful tap,tap,tap etc. did the job.

Using the work surface as a barre - turned up the music and off I went! All this has a humorous side (if warped like me). The teacher was giving us instructions all the time like-head up, shoulders down and let your eyes follow your hands! Have you ever tried watching a screen and at the same time following your hands with your eyes to 5th position? It must have been a sight to behold. And then we turn, and work on the other leg- this involves picking up the iPad and finding a surface so I can watch from the other side! Of course by the time I have done this the class has advanced without me and I am desperately trying to catch up!

My class in the kitchen was not a success as when doing grand battement derriere I managed to kick the cupboards behind me (I hasten to add we were warned, just didn't realise I was so violent).

Next I tried the dining room – perfect or so I thought – I hadn't allowed for the fact that when sliding to a tendu the foot got stuck to the carpet and tendu came to an abrupt end!

This left the hall - perfect! Wooden floor and plenty of slide. One problem, nothing to use as a barre - chair backs all too low. Out to the garage to see what I could find. I found a pull up clothes drying rack perfect-easy to put up and put away and not a bad height to use as a barre. I had forgotten the wobble! One of the reasons for starting these classes two years ago was to help my balance (which they have). I lightly put my fingers on the dryer and commence the barre work. Point, flex, wobble- point, flex, and wobble- you get the picture! Where oh where was Carlos Acosta when he was needed, he would be the perfect steadying hand

Tomorrow all these problems will have been sorted out and I can throw myself whole heartedly into music and dance!

The Shy Contributor

Author's details upon request



Rob Butler MP: Press Release

1 April 2020: For immediate release

Aylesbury MP Urges People To Give Safely To Charities Responding To Coronavirus Crisis

Rob Butler, MP for Aylesbury is urging people to help ensure their donations reach genuine charities responding to the COVID-19 crisis, following reports to Action Fraud and Trading Standards of scammers targeting vulnerable people, for example posing as charity volunteers offering to help with shopping, or claiming to be raising funds for charity.

Rob is encouraging people to support only registered charities, such as Heart of Bucks which has set up a Bucks Coronavirus Response Appeal. By giving to a registered, regulated charity, people can be assured that their donations will be accounted for in line with charity law.

Rob said:

"It's been fantastic to see the generous community spirit across the constituency throughout the coronavirus crisis. I'd like to thank all the coordinators and volunteers of community groups who are helping the most vulnerable people in Aylesbury and the nearby villages. It's appalling that scammers are trying to take advantage of the kindness and goodwill of local people, so I'd like to encourage those who would like to donate money to check that they are supporting registered charities."

The Charity Commission for England and Wales has provided some tips to donate safely:

- Check the charity's name and registration number at gov.uk/checkcharity. Most charities with an annual income of £5,000 or more must be registered.
- Make sure the charity is genuine before giving any financial information – it's ok to decide not to give on the spot. Be wary of unsolicited emails from charities you have never heard of and be careful when responding to emails or clicking on links within them.
- Exercise the same caution as with any other internet transaction, for example, to donate online, visit the charity's own website and always type the website address into the browser yourself.

- Contact or find out more online about the charity that you're seeking to donate to or work with to find out more about their spending. Ask a trusted friend, neighbour or relative if you are unable to research this or need a second opinion.
- Ignore requests to donate through a money transfer company.
- If in doubt about an approach, give to a charity that you have an existing relationship with.

Baroness Tina Stowell, Chair of the Charity Commission, said:

"British people have a proud tradition of charitable giving and generosity, and this pandemic is already giving rise to that spirit of charity and community that brings people together. We want to ensure that people do so safely and in the most effective way possible so that people in need get help. We encourage everyone wanting to donate money to follow our simple steps to check that they are donating to a registered charity."

Lord Toby Harris, Chair of the Fundraising Regulator, said:

"Charities are a lifeline to many local communities and play a vital role in supporting people across the UK, particularly at a time of national crisis. Unfortunately, we have heard of some individuals who have used the Coronavirus outbreak as a means of defrauding the public, so we urge you to check that an organisation is legitimate before you give to it."

Louise Baxter, Head of the National Trading Standards Scams Team, said:

"As people stay indoors to prevent the spread of COVID-19, criminals are preying on people in vulnerable situations who are isolated and living alone. The criminals often claim to represent charities to help them appear legitimate before taking the victim's money. There are genuine charities providing support, so consumers should be vigilant and ask for ID from anyone claiming to represent a charity."

ROB BUTLER MP: PRESS RELEASE

14 April 2020

AYLESBURY MP THANKS LOCAL PEOPLE FOR STAYING INSIDE THIS EASTER WEEKEND

"Aylesbury MP, Rob Butler, said:

For so many people throughout the Aylesbury constituency this has been a particularly difficult Bank Holiday weekend. Some have been self-isolating, shielding or suffering from Covid-19. Others have been working on the frontline - whether in the health service, care homes or pharmacies looking after the unwell; or the police, prison and probation officers keeping us safe; farmers, manufacturers, distributors and supermarket staff ensuring we have the food we need; teachers and school staff taking care of the children of key workers; and all the council staff who are running our crucial local services.

Thousands of families and friends have been forced to stay apart, missing their traditional celebrations. The religious festivals of Passover, Easter and Vaisakhi have been marked in unprecedented solitude, but no less sincerity.

This has been the most testing time of the restrictions so far.

There have been many temptations to go out, enjoy the sunshine, have a picnic or even a party. But the huge majority of local people have resisted that temptation, recognising the greater good that comes from remaining inside and avoiding other people.

I'd like to thank everyone for their patience and their fortitude, for staying at home to protect people they know and love, and people they've never met.

Thank you."



Positive Predictions and Hopes

Humans hate change and yet in these unprecedented times, change has been forced upon us and kicking and screaming we are being forced to look at our world, our family, our work in a new light.

Hans Rosling – renowned Swedish academic who helped fight the Ebola breakout said he was neither Optimist, nor Pessimist. He wanted to create a new word – a Possiblist – one who does not hope without reason, nor fear without reason but instead resists the overdramatic and sees the possible.

In these unprecedented times we don't know what the future will look like but we can see what may be possible so below is a list of some of the positive outcomes that may be Possible

Public Services – Never has the name been so meaningful, public protection services at the moment – the term Key worker has become so important – what services are critical and if done well, we all do well? Most would say our council services have been declining in standards, maybe a return to direct labour over outsourcing may re-establish itself – will there be a surge in applicants for council posts given its apparent job security in the future?

The NHS – now more than ever our unique love of our NHS and what it stands for comes to the fore. At the end of this, could the NHS cease to be a political football, something that's development is hampered by successive governments and their point-scoring. Can it stand alone as an institution that everyone respects? The UK is world-renowned for certain areas of its medical research and should no longer take that for granted by re-establishing laboratories that were moth-balled. The 2016 Cygnus report should be fully reviewed again. Our NHS has always been free at point of contact, but should there be some tax, cost involved somehow so a value is once again placed on it, even if cost is nominal rather than representative? It is no small thing that our Prime Minister in his moment of crisis is cared for by the same health service that you or I could use. The US President has two teams of round the clock private doctors who follow two steps behind him, they look askance and with complete bafflement at our Prime Minister in a hospital with Joe Public but surely it's a sign of our faith in what we have?

Do we have long memories or short memories? There has been a sea-change in how people view their lives, their houses and their working lives. How much more do you suddenly love your garden or maybe have decided a garden is now a must, how our daily walk in the sunshine has become a highlight of the day and where you want to walk is suddenly clear, our parks and beaches have suddenly drastically risen in value. Will we suddenly forget all this the moment this is over?

Thursday the 9th April was the 100day mark from the first case of Covid-19 being declared to the World Health Organisation, that is a shockingly small length of time to where we are now. Some say it will take another 100 days (July 18th for your diary!) to see a true "end in sight" – how long after that will our memories of the feelings last?

There was a growing panic over climate change – sudden change was demanded in a screechy, desperate fashion with very little concrete or determined focus in how that change would be achieved. This however has given us a perfect indication of how quickly we could affect things if we truly wanted to, everyone has marvelled at the clear moon and starry skies, greatly improved without air and traffic pollution, pictures are shared of wildlife frolicking at mid-morning in gardens and parks, my favourite has been a mothers meeting of pheasants and hares in a public park, I like the idea they were all gathering to discuss the sudden disappearance of the noisy humans. The amazing pictures of the Himalayas suddenly visible to an Indian town normally shrouded in smog. Has a love of growing your own vegetables taken stock, the delight at driving on empty roads? Will these memories shift our focus on climate change to more manageable results but with greater effect?

What about our travel and working habits? Working from home has always been a novel idea, greatly lauded but quickly dismissed as unworkable for the masses or expensive to implement. Short airplane flights to Corners of the UK or Europe were seen as cost effective compared to virtual working and the benefits of meeting face to face were strongly confirmed. But what now? In a breath countries have discovered it's not that hard, employees are still efficient and there are actually entrepreneurial channels previously untapped (Rejoice for Joe

Wickes, virtual museum tours and National Theatre shows in bed) Could our transport plans be greatly changed and improved if suddenly larger swathes of the population were not constantly using the travel network, would large damaging projects like HS2 be better focused elsewhere on nicer trains and better roads for when we do use them? Could cheap flights be banned and air travel heavily taxed, so it isn't so widely used. Could working times be staggered, 9-5 is very old fashioned and a change would get rid of "rush hour" chaos and stress.

After 3 years of Brexit turmoil which everyone hoped was finally coming to an end should definitely be concluded – if only because the European model of co-operation and bloc thinking has been shown to be unworkable when faced with a global pandemic – countries are fighting for themselves and protectionism is undoubtedly rising again, but with a twist. In protecting our own country, we are all taking an interest in our global neighbours and how their responses compare to ours. Our politics had stagnated, the eye has been off the ball for years and it's time to focus on our country and being British again and maybe fully understanding what that means and what sort of relationship we want with our global neighbours.

The inability to plan ahead is frustrating, we don't know what the aftermath will look like, the idea of returning to normality seems odd when so much may have changed. Large business and corporations may have learnt something from this, I think we all shake our heads at the idea of change within big institutions but they are becoming exposed the longer this goes on, some companies are showing their heart and others that they have none. That must surely affect our behaviour afterwards, will you go straight back to original suppliers or choose British, having avoided your big supermarket and shopped local will you continue to do so, will you go for the company that you know saved their workers or for the one that chopped their wages, paid large bonuses and still asked for government aid? Banks in particular have an opportunity to pay back the kindness of the British public in bailing them out when they got too greedy – so far it seems they are resisting with all the arrogance we have come to expect but can it last the longer this goes on and again the public may have long memories?

Never have people been so informed in how many different ways people earn their money in this country, Furlough, an obscure term has entered the

public mind and the ramifications of the bailout is impossible to downplay. There has to be some levelling in how our tax is paid – the country has been moving towards a US style of taxation for years where everyone whether employed, or self employed will file a quarterly tax return and that will change things again? Should everyone pay more to ensure the future's safety, to ensure our services are improved and to ensure our elderly are looked after? There isn't an increase in the elderly population, that is a popular myth but it is clear that their care is becoming a more apparent failing service and does this virus makes us consider our mortality, our fast approaching future and what we want those final years to look like?

The post War years were very difficult for many, but some very monumental ideas came out of those times. The NHS was an idea formulated in the 1900s and ideas and small movements were made in the years preceding both world wars, but the real effort and backing came after the wars when undoubtedly the British society became more focused on community and suffering. Is our society now focused on the same things – community, suffering of others not connected with your immediate surroundings and your own life? It is a great time to consider what is important in your life, do you like the simpler and slower elements, the quieter skies, and people being kinder and more thoughtful, far better than any false "Be Kind" message.

My favourite line from all of this has been "Not stuck at home, safe at home" and we do need to consider what we want that home to be like in the future, not just our immediate home but our country.

Our Queen's rousing and historic speech was shown around the world for being more heartfelt and inspiring than any of the bumbling politicians, if nothing else we should take pride in our HOME.

A renewed respect for our planet, a realisation of our fragility, what we took for granted or ignored, how life could be simpler?

Peter Mark/ Eleanor Coldwell

April 2020



Dentistry in Uncertain Times

With this beautiful spring weather and the whole world of fauna and flora seemingly aching to burst forth into splendid bloom and leaf, and with young lambs, calves and foals frolicking around on new found legs, it is truly a magical time of the year. And so it is even harder to comprehend that there is a darker force pervading our land, akin to the Sauron's evil power in Tolkien's famous fables. But instead of banding together to defeat this pestilence, we are asked to distance ourselves from our fellow man to prevent the spread of this novel coronavirus, which is sound advice to mitigate a wholesale infection of the general population. An obvious extension of this maxim was to shut down large swathes of our society to prevent intermingling of people in various social settings, and so we are in lock-down.

Dentistry during the delay phase of the Covid-19 pandemic:

On the 25th of March, all dental practices were instructed by the relevant statutory health authorities to shut their doors and cease providing direct dental care to their patients. This was in line with the restriction on travel policy to keep the population in isolation, but also due to our limited knowledge of how the virus is spread. Early research from China suggests that it is transmitted through droplet spread, with measureable concentrations of the virus found in the naso-pharynx. This certainly may have implications in dentistry, where many of our procedures create a fine aerosol mist from the oral cavity. Until we figure out what is needed to mitigate the spread of the SARS-CoV-2 long-term, or we establish an accepted immunity within the population through a herd-immunity or whole-scale vaccination program, we don't know what the new normal in safe dental patient care is going to look like.

Present protocols for emergency dental care:

Dental emergencies are a regular occurrence at any given moment, but may create a greater

concern particularly in these difficult times. If you have any dental problem, your first port of call would be to contact your regular dentist by telephone. The standard operating procedures legislated would provide for a remote triage to establish the problem. The only service that should be available from your dentist follows the AAA management protocol: Advice, Analgesics and Antibiotic prescription.

If this is not sufficient to take care of the dental concern, then the dentist should be able to make a direct referral to newly established regional urgent dental care (UDC) hubs, which have been very slow to appear. The referral is made via an internal NHS email system, and not by contacting 111, who have no connection to the UDC hubs. The UDC hub will then contact the patient and, following a further remote triage, emergency dental care may or may not be offered.

A second pathway exists for patients that are self-isolating due to symptoms of the coronavirus, or those that are shielded due to underlying health concerns. These patients should telephone 111 directly, and will be directed to a different referral stream.

However, there are many things that one can do to help oneself in a dental emergency, and some brief advice is included at the end of this article.

In line with legislation, Pura Vida Dental in Walters Ash is also shut. Torsten Moehl, the principal dentist and owner of the practice, has volunteered his services to the NHS, and is currently providing telephone triaging services for the regional area team out of Oxford, so has a clear insight into the frustrations of this seemingly imperfect system. However, Torsten can still be reached at Pura Vida Dental by telephoning the practice number on 01494 215021, and he will be more than happy to assist anybody with any dental concern at all.

Torsten Moehl



@HughendenStreet



HELPLINE: 07392 683500

Covid-19 – Hughenden Parish response, 16 April 2020

Parish Council Covid-19 Support Group members include:

Bryants Bottom Community Trust, Speen & North Dean, Hughenden Valley Residents Association, Naphill & Walters Ash Covid-19 Support Group, St Michaels & All Angels Church, Great Kingshill Residents Association, Great Kingshill Covid-19 Support Group, Widmer End Covid-19 Support Group, Widmer End Residents Association, Street Association, Neighbourhood Watch, Buckinghamshire Council members Steve Broadbent and David Carroll
The next meeting is scheduled for Tuesday 21st April and will be reported in the next issue of this Guidance Note.

#StayHome #ProtectNHS #SaveLives

Useful guide for local support in Hughenden

The Street Association Directory is an invaluable resource : <https://www.directory.buckinghamshire.gov.uk/> The directory is being updated regularly and if there is something missing then let us know!

Volunteers and shopping – paying for purchases

The Post Office has announced a new scheme – **Fast Pace** – which will help self-isolating residents to get cash to enable volunteers to carry out their essential shopping. Full details here: <https://bit.ly/3bbxVPJ>

More options to buy gift cards are being rolled out including:

High Street Vouchers: <https://bit.ly/2VllraP>

Voucher Express: <https://bit.ly/2Vu3LRd>

Opening hours for Hughenden Pharmacy

Don't forget to allow 5 working days for any prescription renewals and try not to over order. Do remember to take some ID if you are collecting on behalf of someone. Don't forget that online consultations are now also available: <https://bit.ly/2JNSaaf>

Bin collections

The usual timetable -minus the garden waste collection – will resume next week subject to staff availability. Check online for any variations: <https://bit.ly/2VsZ7Yg> OR call 01494 586550

Bonfires

Please do **NOT** light garden bonfires at the moment. Residents with underlying health issues such as respiratory problems may be further compromised. If you cannot compost then the advice from Buckinghamshire Recycles (part of the Council) is to bag up the waste for disposal when the pandemic is over.

Babies and children

The NHS is urging parents to trust their instincts and call their GP or phone 111 if their child becomes ill. **See separate leaflet attached.**

Useful links at Bucks Council:

Daily updates: <https://bit.ly/2UlespS>

Prevention Matters: <https://bit.ly/2y5y5ta>

Twitter: @BucksCouncil

Useful resources

Latest news from Buckinghamshire Council

As usual there is a weekly update from the Council Leader, Martin Tett: <https://bit.ly/34EWkLe> Also the daily Vlog is a useful way of finding out more . Guests this week include Raj Bajwa, Chair of the Buckinghamshire Care Commissioning Group – the local NHS. Listen in here: <https://bit.ly/2UlespS>

Courier fraud

Last week's Note included advice on #scamming. This week the focus is on courier fraud. **Action Fraud UK** offers lots of advice on this growing type of scam: <https://bit.ly/2wJPAiw> . Here is one scenario:

A phone call out of the blue from someone claiming to be from your bank or the police suggesting that there is a problem with your debit/credit card. The caller asks for your PIN and says they will send a courier to collect your card. This is a #courierscam

There are many other types of #fraud: online shopping, pension and refund scams linked to #coronavirus. It is so important that we stay safe and ensure that older self-isolating people do not fall victim to any of these fraudulent activities . Follow @actionfrauduk to regular updates.

Younger children and Coronavirus

It is a difficult time for our younger residents. Not being able to see friends or visit the local playground is not always easy to explain. Here is one tool you might like to use:. The illustrator of the Gruffalo book lent his skills to a book for primary school children which is free to download and print out: <https://bit.ly/2XMcVf9>

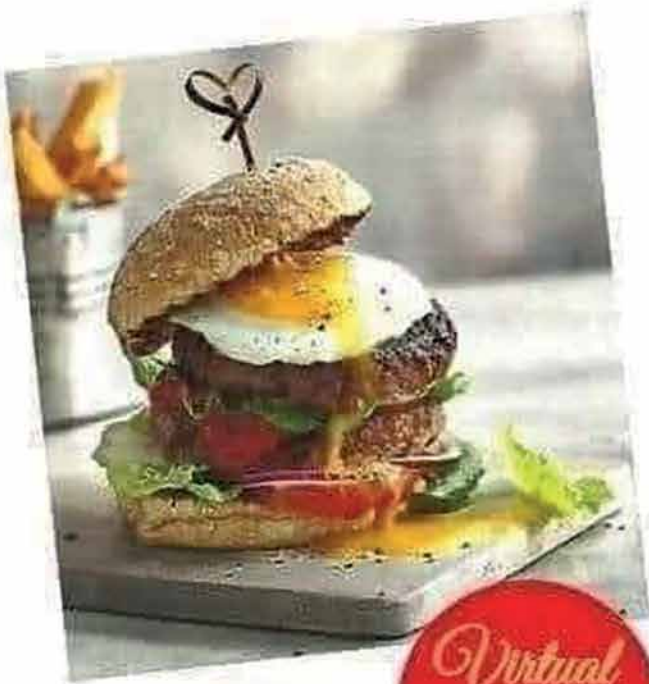


News from our Aylesbury members #ProudOfBucks

12 Aylesbury Old Town Street Association members have been shopping for 30 households in the Old Town where residents need to stay at home. A tiny caravan is the organisational centre and in partnership with Sainsbury's the team have completed 49 trips in 2 weeks. Read more about this fabulous team here: <https://bit.ly/34Dn3aH> WELL DONE!

Comment or Question? Email hildas@btinternet.com

Neither the Parish Council or Street Association are responsible for the accuracy of the information which has been provided in good faith.



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that Slimming World feeling!

All groups now running as virtual groups until we can reopen




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- ♥ Access to the Slimming World app
- ♥ Access to the brand new e-shop (to buy hi-fi bars, books etc)
- ♥ Access to your group private Facebook group
- ♥ Midweek support from your Consultant

What it costs

- ♥ £2.50 per week for paying members
- ♥ FREE Target members
- ♥ FREE 11-15 year olds (as long as parent / guardian is attending too)
- ♥ FREE NHS staff (ID required)
- ♥ New / rejoining members £5 or £2.50 if you don't need a new pack (Then £2.50 a week)

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Slimming World Hughenden Valley With Kerry

On the first week of March, I welcomed our biggest number of members since moving to Hughenden Valley Village Hall in November last year, and group was buzzing.

Numbers dropped very slightly in the second week due to members starting to self-isolate because of Covid 19. The following week the government announced that there should be no social gatherings. Slimming World quickly responded to this and made the immediate decision for us to close our doors to our members. This was closely followed by the government's decision to put the country on lock-down.

Nothing like this has ever been known in the 50 years that Slimming World have been running their groups. Together with us Consultants, Slimming World kept members fully aware of this most unusual situation we were all in. For the next couple of weeks Slimming World worked closely with their consultants around the clock, working out ways we could keep our groups continuing and supporting our members.

By the first week in April we were running practice sessions of our New Temporary Virtual Groups. These went really well and most members have carried on with their memberships. The service we are giving is exactly the same as a normal group, the only difference being – members weigh themselves at home and are able to attend our Virtual sessions via the Zoom App. Below you will see the list of everything you need to know.

If you work for the NHS membership is currently free, all you need to pay is £2.50 to cover postage of your Member Pack (if you are a brand new member).

For any lapsed members there is no re-joining fee if you haven't attended group in a while and still have your Members Pack.

You will still get the same support from me as your Consultant as you did when you attended group. I can also welcome any new brand new members if you have been thinking of joining – as below your first week would be £5 then £2.50 per week. What have you got to lose other than weight and coming out of this lockdown feeling healthier, happier and slimmer!

The Zoom sessions are a great way to see other people and gets lots of help and support in this difficult situation and have a little fun too. We have been focusing on how we struggle with emotional eating and also concentrating on keeping active during lockdown. I have already given out 5 x half stone awards, 6 x one stone, awards and 1 x Target award (that's just in the first 2 weeks since we have gone live). I am looking forward to giving out many more awards during this time. I have lots of members working toward their Body Magic Awards too.

Slimming World Hughenden Valley Zoom Group Sessions
are every Thursday at 5.30 pm and 7 pm.

If you would like any more help or information and reassurance,
please call me, Kerry on 07887 567264.



Hughenden Valley Village Store

For the community, by the community



Same-day Grocery Home Delivery and Collection Service

Due to the Coronavirus crisis, our Community Village Store and Coffee Shop, has been temporarily converted into a different kind of hub - a 'Home Delivery Hub'.

We are taking phone and email orders for all our usual retail lines for same-day collection for everyone, or delivery to anyone is housebound, elderly, sheilding or self-isolating.

We stock main brand convenience food, dairy and chilled goods as well as receive daily deliveries of produce from local suppliers such as bakery, eggs, meat, honey and handmade frozen meals. - see website for moe details

For phone orders call: 01494 568653 between 11am and 3pm
Monday to Saturday

For email orders - email shop@valleyshop.org from anytime up until 3pm
Monday to Saturday

For full details of the service, list of stock lines and how to order
See the INFORMATION PACK,
and
SHOPPING ORDER FORM see our website

To find out more about us, visit our website at: valleyshop.org

Or visit our facebook page: [hughendenvillagestoreandcoffeeshop](https://www.facebook.com/hughendenvillagestoreandcoffeeshop)

(We are a community owned, not-for-profit organisation)

We hope you stay safe and well,
from everyone at
Hughenden Valley Village Store



Hughenden Valley Village Store

For the community, by the community



Shopping Orders

Opening Times

- We are open Monday to Saturday for same-day delivery or collection
- Email orders can be submitted by email, (a form is available on our website if required), until 3pm on the day required to shop@valleyshop.org
- (Phone orders should be placed between 11am and 3pm on 01494 568653)
- Deliveries are typically early, mid, and late afternoon on the day of ordering.
- Collections can take place any time after payment, until 5pm.

Ordering

- Orders can be requested daily or as often as required, for delivery or collection
- Any quantity can be ordered, from a pint of milk to a basketful of supplies.
- We apologise if not everything is available on the day that you order, but we do have deliveries daily, so please just try again the next day (you will only be charged for what is available and we will substitute with similar products where possible).

Payment

Once your order has been picked, a member of staff will call you back to take your telephone payment. (The call will be from a mobile ending in 2095 or the landline 568653 you will be asked to quote your password).

To return your form via email

1. Complete the form
2. 'Save As or Save a Copy' with your name and date details - e.g. "order from Louise Jones) 6th April"
3. Attach the order to an email and return to shop@valleyshop.org

You do not have to use the form, you can simply type your order in an open email but please be sure to include the relevant details as requested in the form

Thank you.



Hughenden Valley

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