

A photograph of a dense forest with a path leading through tall trees. The trees are mostly deciduous with green leaves, and the ground is covered in brown leaves. The path is a narrow dirt trail that winds through the trees.

Naphill & Walter's Ash Gazette

October 2020

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Our Local Clubs and Organisation Contacts

Beavers	Barry Reading	01494 447121	
Brownies (Naphill)	Ruth Daly	01494 565571	ruth.daly3@btinternet.com
Bridge Club	Margaret Stagg	01494 530736	
Cubs - Hughenden			handnhcubs@hotmail.com
Naphill	Martin Beddows		naphillcubscouts@outlook.com
Football Club - Junior	Andy Sinclair		mailto:naphillfc_cwo@yahoo.com
Senior	Harry Salter	07403 249208	
Friends of Naphill Common	Chris Miller	01494 563707	chairman@naphillcommon.org.uk
Good Companions	Pat Furness	01494 565501	
Guides (Naphill)			
Men's Club	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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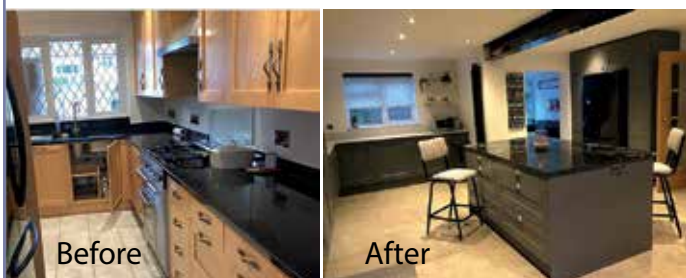
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Tel: 07851 169275

www.naphillvillagehall.org.uk

Local Council Contact Information

Bradenham Parish Council Clerk	Deirdre Hanson	01494 562254	clerkbradenhampc@gmail.com
Bucks County Council	David Carroll	01494 716967	david_carroll@wycombe.gov.uk
Hughenden Parish Council Clerk	Melinda Woof	01494 715296	clerk@hughendenpc.org.uk
Hughenden Parish Councillors	Chris Waterton	07968 268067	chris.waterton@hughendenpc.org.uk
Hughenden Parish Councillors	Peggy Ewart		
Hughenden Parish Councillor	Peter Williams		
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

Hughenden Surgery	See website www.ourpractice.co.uk	01494 562189
Out of surgery hours		101
Breast Unit Wycombe Hospital	Breast lumps self refer	01494 526161
Stroke Support Service	Stroke sufferers, carers & family support	0300 3300 761
Shaw Clinic - Genitourinary Medicine	Genitourinary Medicine	01494 425430
Hearing Clinic Wycombe Hospital	Self refer	01494 526161
Specsavers Hearing (NHS hearing tests)	Self refer	01494 520304
Healthy Minds	Anxiety, depression, stress, postnatal wellbeing	01865 901 6000
Bereavement Listening & Support	Bereavement counselling	1296 332600
Wycombe Women's Aid/Also Men	Counselling re domestic violence	01494 461367
		Male 0808 8010 327
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Alzheimer's Society	Dementia information & support	01296 331722

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Copy Date for November Gazette 8 October

Welcome to the October edition of the Naphill & Walter's Ash Gazette. It seems impossible that it was seven years ago I sat at this very desk, my brand new computer in front of me and a sheaf of notes beside me kindly written by the very efficient retiring editor and the "do it like this" step by step instructions from our printer on how to actually START to use the necessary software. The learning curve goes on, I still make mistakes, but here we go, the GOBY version number seventy-one!

This has certainly been a challenging year for everybody due to the pandemic and just as we hoped things would continue to brighten up, we have new restrictions to deal with, so trying times for everybody including our local businesses! The Gazette advertising space is always in great demand and I had said that there was no more feature ad space for this Gazette financial year but one of the Gazette functions is to support local business, so with several, very local advertising requests, I have added an extra page for advertisements.

Tanya and Jon from the Black Lion send their best wishes and thanks to you all for your support. They are of course following all the regulations and have apologised for not contributing to this edition due to an important family event! Tanya hope to be sharing their news with us in our November Gazette.

On the subject of family events! Congratulations to David and Ginny Ratcliffe on your DIAMOND wedding! David brought their wedding photo here for Paul to photograph and it was a pleasure to celebrate this special event in the Gazette. If you have a family news or a special anniversary which you would like to share with us do please get in touch.

This month our distributors will have been asking you for your annual Gazette subscription. Whilst our advertisers pay the major part of our print and running costs, we truly could not survive without your subscriptions. I thank our distribution coordinator, Ian Hall, the team of distributors and you, our subscribers for your ongoing support.

I am always concerned that we won't have anything to put in to the magazine and I usually end up struggling to fit everything in! This month was no exception! My thanks to our contributors, without you there would be no Gazette so please continue writing and forgive my nagging. Special thanks to Peter Williams who has returned to the Parish council and has commenced writing "FACTOIDS" and thanks to Himself for yet another cover photo, he doesn't have sole rights to the cover and he is always delighted to receive photos from you all.

Once again, my best wishes to you all, stay safe.

Sonia

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Naphill Village Hall & Playing Fields Council Report

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It is great to see the Crick in good use again, with the Football club and Tennis club back in full swing.

Having consulted our regular hirers about the interest and readiness to return to using the Village Hall, we are delighted to be able to start a gradual return to use. National guidelines and those relating to the specific activities will need to be strictly adhered to, but we are confident that our hirers will take every precaution.

Once the Hall is back in use the car park will also be re-opened, but please be aware that the car park could still be locked overnight.

The play park is still awaiting a safety inspection before it can be re-opened. There is a delay with this at present due to Covid backlog. As soon as

we have the green light, we are keen to re-open this facility.

There were some fantastic entries for the Bank holiday Scarecrow competition. The standard was very high. I do hope you all got a chance to go out and spot them. The money raised is to be donated to the One Can Trust.

Sadly the Annual Village Fireworks event cannot go ahead this year. We can only hope that 2021 sees all these wonderful village events returning in style. At this stage we are still optimistic about the Christmas Fayre. Fingers crossed.

Ruth Daly

NAPHILL FIREWORKS SPECTACULAR 2020

After much deliberation and soul-searching, given the impact of COVID-19, The Naphill Fireworks Committee have unanimously agreed to cancel this year's event. It goes without saying that this was a tough and sad decision, but ultimately the safety of our visitors and volunteers is of paramount importance and by hosting an event such as ours in the current climate, we just couldn't guarantee that.

November is still a few months away but even if the government do give the go-ahead, hosting an event on this scale, whilst adhering to social distancing measures, would be extremely challenging.

Once it's safe to start staging large events again, you can be sure that Buckinghamshire's Best Fireworks Display will be back bigger and better than ever! Until that time stay safe and well and we look forward to welcoming you all back again soon.

The Naphill Fireworks Committee

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<i>Grief</i>	<i>smoking</i>
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It's been 2 years since Factoid #22- it's good to be back on our local Parish Council.

Did anyone notice I'd gone?

Well that's rather the point - the wheels of local government trundle on regardless. Only when our own lives are directly impacted, when dog bins are not emptied, the verge is left overgrown, the bus shelter is leaking, or the playground equipment isn't fixed, do we tend to want to say or do something about it.

Thank goodness then, the Parish Council carries on regardless.

Councillors are there to oversee, represent their ward and, in their individual ways, attempt to develop, steer or introduce ideas to maintain or improve our local quality and way of life. With that in mind my return to the Council is about two very specific areas. That of delivering on the promise to redevelop the Templewood open space and play area in Walters Ash & improving the Councils communication to its key audience which is all of us who live here.

I'm not the only returnee. Peggy Ewert also put herself forward and has been voted back onto the Council, joining Naphill stalwart Cllr Chris Waterton. You can always find our contact details at the front of the Gazette.

As we all live at one end of the ward we are currently a little light on representation from Walters Ash - and we still have one vacancy going spare. Please get in touch if you might be interested. Read on for why this might be just the time to consider joining in.

Now, I say we have returned, but in reality we haven't left our homes and a lot of our Councillor work is being done remotely. We used to have to physically meet at the Council offices in Great Kingshill every month for an evening meeting. As the saying goes "decisions are made by those who turn up". Well that used to be the case. Covid 19 however has turned 126 years of Hughenden Parish Council lore on its head and Council decisions are now being made virtually, online via video conference.

THIS IS A HUGE DEAL.

It means people locally can access & participate, from the comfort of their own homes (or someone else's if they don't have their own access to the internet). You can affect decision making and money spending/saving/raising activities while putting the kids to bed, having a nice cup of tea and without having to get cold or wet.

You can dip-in live on the second Tuesday of the month to watch and even speak for up to 2mins on any relevant local matter. This is direct, raw, localism in action. I grant you, not spectacular action, but very relevant to every household in Naphill & Walters Ash, that's for certain.

So visit the council website - look up the agenda for the next meeting and you will find the details of how to join in (We will work on a simpler way for people to get access to the link)

Look forward to seeing/hearing you online shortly.

Your Ward Parish Councillors are :

Chris Waterton , Peggy Ewert, Peter Williams

You can find our contact details at the front of the Gazette

Website www.hughendenparishcouncil.org.uk

Peter Williams

Diary Dates:

October 13th, Full Council, Online via Zoom, 7pm

November 10th, Full Council, Online via Zoom, 7pm

December 8th, Full Council, Online via Zoom, 7pm

A View from Westminster - Rob Butler MP

I am pleased to have the opportunity to be writing again for the Naphill & Walters Ash Gazette. Like many others, I am adapting to new ways of working back in the office at Westminster. What has not changed though, is my commitment to serve all my constituents as well as I possibly can, especially by raising issues in parliament and one-to-one with ministers.

The approach of autumn has brought with it changes to the regulations around coronavirus, as the government attempts to control its spread while enabling life to start to return to some form of normality. I know this has been particularly difficult for those whose plans have had to change more than once - whether for a wedding, the way they run their business, the journey to work, or seeing extended family.

Unfortunately, there is no sign of an end to the pandemic and I think we will have to continue to be flexible and adaptable for several months to come. I am very grateful to everyone in Naphill & Walters Ash for your patience throughout the crisis, and continue to be awestruck by the community spirit that has truly been the Best of Bucks. I am absolutely certain that by continuing to think of others, and remembering the most basic advice of Hands, Face, Space, we will all play our part in driving the virus down, paving the way for a strong recovery in our towns and villages here in the Aylesbury constituency and across the country.

Rob Butler



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Naphill & Walter's Ash Residents Association

PLANNING - *The following are planning applications received by Bucks Council between 10TH August 2020 and 7th September 2020 for Naphill & Walter's Ash. Any responses by NAWARA appear in full on the Bucks Planning website.*

20/07010/FUL. Cherry Coombe, Coombe Lane, Naphill. HP14 4QX. Household application for construction of single storey side and rear extension, alter and raise roof height in connection with first floor extension, part conversion of existing rear attached garage to habitable accommodation and alterations to access. Received 05 Aug. Validated 10 Aug 2020.

20/07181/FUL 3 Allen Drive, Naphill. HP14 4SS. HA for construction of proposed dormer window extension. Received 24 Aug. Validated 28 Aug 2020

20/07158/FUL 8 New Road, Walter's Ash. HP14 4UZ. HA for construction of single storey rear extension. Received 21 Aug. Validated 25 Aug 2020.

20/06549/TPO Naphill Village Hall, 79 Main Road, Naphill. HP14 4SX. Reduce in height and width by 3m all round to prevent limb failure over the neighbour's property or common x 1 Ash (T1) Received 24 Jun. Validated 17 Jul. 2020.

Permitted

20/05986/FUL Greensleeves, Bradenham Woods Lane, Walter's Ash. HP14 4XP

20/06303/ADRC Homelands Clappins Lane & Baltic House, Stonefield Rd. HP14 4SP. Permitted with conditions.

20/06250/FUL 239 Main Rd., Walter's Ash. HP14 4TH

20/06302/FUL 17 Ash Close. Walter's Ash. HP14 4TR.

Weekly Planning List

To do a planning search for the Hughenden area, one route is to Google "bucks council publicaccess.wycombe.gov.uk". Click "Find a Planning Application". Under "Weekly List" for "Parish" click "Hughenden Parish". For "Ward" click "Ridgeway East". Then select a week and click "Search".

Bucks Council's Great British September Clean

As the pandemic limits organising teams to do litter picks throughout Naphill and Walter's Ash this year, we can all do our bit to get N&WA looking spotless by 1 October by cleaning up the verges, pavement and roadsides outside our properties.



Scarecrow Competition

The Wheel Pub got the competition off to a great start with their four prominent roadside scarecrows. Perhaps we could make this a yearly competition to collect for good causes.

Gloria Leflaive 563634

A Letter from County Councillor David Carroll

Dear Residents,

The last few months have meant that there have been tough and challenging times for everyone, but the community spirit and incredible acts of human kindness have helped us all to overcome these difficulties.

For many years, as a local councillor, I have tried to protect our environment. A couple of years Naphill Common was under threat from developers who wanted to infringe the boundaries and I was proud to be able to play a part in ensuring that this encroachment was dismissed.

Unfortunately, we now have the Clappins Lane development which like many other people, I totally

oppose. I am pleased to report that I have now got an assurance from the planning officers that this application will be going to the planning committee so that residents' objections will be put forward.

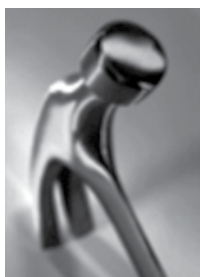
With the creation of the Unitary council I am one of your remaining five Councillors. I give you my personal assurance that I will continue to do my very best to serve and support our community.

Keep safe

Regards

David.

DAVID HUSSEY



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Friends of Naphill Common



Southern Hawker laying eggs



Broad-bodied Chaser (m)



Large Red Damselfly

Because of Covid restrictions, none of our regular FoNC activities are taking place at present, except for our working parties on Thursday mornings.

I write this having just completed one of my regular 'tours' of the ponds on the Common, where I was pleased to find that most of them had one or two dragonflies in attendance. As well as being an indicator that the ponds are generally in good condition and free from pollution, these are fascinating and beautiful creatures.

They are fierce predators and would present a terrifying sight, if you were the size of a fly! They spend almost all their life in freshwater, where they take the form of a nymph and prey on small water creatures. After one or two years in the water, the nymph (which will have been moulting regularly as its size increases) climbs up the stem of a water plant and undergoes a final moult into the winged, adult form. The flying insect has just a few weeks to mate and lay eggs in the water before it dies.

The first to appear in spring (generally April to May, depending on the warmth of the weather) are the damselflies. These smaller cousins of the dragonflies are around 30mm in length (just over an inch in old money) and can be identified because at rest they fold their wings down along the length of their body – dragonflies rest with their wings extended. The two common species in Naphill are the Large Red and the Common Blue, in their contrasting colours. They can often be seen flying in tandem, with a male closely clasping a female while she lays her eggs.

Shortly after the damselflies, the earliest dragonfly to appear in Naphill is the Broad-bodied Chaser, named for its noticeably flattened body (around 40mm long), which in the male is brightly coloured – the textbooks call it 'powder blue', but I think it looks lilac. The female is golden-brown. The common names of our dragonflies relate to their methods of hunting – we have darters, chasers and hawkers. Darters will perch (very often in the same spot) waiting for a small insect to fly by, which they will attempt to capture. If they fail, they rapidly return to their perch. Chasers behave similarly, but will spend

longer in pursuit of their prey, while hawkers spend most of their time in the air.

Our other two common species, found between July and September, are the Common Darter – bright red in the male, dull brown in the female – also about 40mm in length, and the Southern Hawker – the male of which has bright blue and green markings against a dark background, the female being brown and green – and is much larger at about 70mm long. The hawkers can often be found well away from the ponds, hunting along woodland rides. It's a very inquisitive dragonfly and may well fly close to take a look at you, but be reassured that they are entirely harmless and can't bite or sting.

Keep a look out for these insects when you're on the Common in spring and summer.

Chris Miller - Chairman



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Growing Your Own



Imagine! Imagine yourself on your back with arms and legs waving in the air, uttering shouts of gastronomic joy!! That can be the reaction if you grow your own and taste the first home-grown tomatoes of the season, perhaps in a tomato salad with a dressing of a mustard sauce with olive oil, vinegar, basil, salt and pepper. Wonderful! After a long winter and spring of supermarket tomatoes, usually bland and without real taste, it is just so thrilling to experience the real thing. A similar gastronomic delight can be experienced with the first beetroot, served with the same sauce. Those feasts of gastronomic delight are the principal reason to grow your own.

Why do home-grown fruit and vegetables taste so much better? First of all there is freshness, and the fact that the vitamins, which are hydrocarbon molecules, will not have had time to deteriorate. A more important reason is that when we grow our own, in soil enriched with farmyard manure, the result is fruit and vegetables which are rich in the 19 trace elements which our bodies need. The presence of those 19 trace elements in adequate amounts affects the taste of what we eat and makes the food so scrumptious after a winter of supermarket food.

Unfortunately our farmland has been terribly degraded by the vital trace elements being taken away in the crops and not replaced. The application of the fertilisers Nitrogen, Phosphorus and Potassium results in a doubling of the crop, but the crops are ever more deficient in the 16 other vital trace elements, which are: Selenium, Zinc, Magnesium, Copper, Calcium, Iron, Manganese, Chromium, Molybdenum, Boron, Sodium, Chloride, Nickel, Cobalt, Vanadium and Fluoride. The UK Ministry of Agriculture tests in 1941, repeated in 1991, showed a 40% decline in trace elements in vegetables in those 50 years and that decline must have continued. Also, the failure to apply sufficient animal manures causes the humus

in the soil to reduce – and one can foresee a time when farmers are pouring Nitrogen, Phosphorus and Potassium onto sand and expecting crops to grow – which they won't since the crops also need the other 16 trace elements.

Already a third of farmland worldwide is degraded, and it has been estimated that we could have only 60 harvests left. If that point is reached, the 9 billion or so people will have nothing to eat. Will that happen? Probably not, although we shall have to go through a prolonged period of mass starvation first, to galvanise governments into considering soil fertility as the number one priority and doing everything possible to repair the damage being done at present to our precious soil.

Finishing on a more cheerful note, look after the soil in your garden or allotment and reap the benefits of healthy, delicious food!

Good gardening,

Mike Mason

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The Wheel

As I am sure you are all aware, we have been doing some major works to ensure you are all COVID safe during the winter. Our courtyard out the back is now fully covered with gazebos and new lighting to give you some extra dry outdoor space. We have also erected a temporary covered area at the front of the pub, again this is to help us through the current situation we find ourselves in. We decided to build a wooden structure to ensure that our beautiful surrounding area is not impacted by a big ugly marquee, and the fact that it can get a little bit breezy up here.

The end of August and beginning of September is always a funny time of year for us. It is great that so many people in the village managed to get away and have a holiday. We also then see our university students go back, and we would like to thank them all for their hard work helping us get up and running again. This also means we have some new staff to introduce, we would like to welcome Isabelle Holmes and Lucille Tardiff to The Wheel family and Charlie Marshal and Kyle Coleman have been allowed out of the kitchen and are now part of the bar team.

I pleased to say that our menu is now back to normal with the addition of our pizzas. The pizzas are available during the evening food times with three fantastic choices, and even better you can also order them to takeaway. The feedback has been amazing and it's great that they are selling so well.

With the winter months on their way life at the Wheel is going to be tougher and please remember a pub is not just for the summer! We have now done everything we can to give you extra outdoor space and we are also selling fleece blankets to help keep you warm when you sit outside. Please remember though we do have plenty of tables inside including the dining area which can be booked (highly advisable) for both drinking and eating.

Finally, we thought we would give you some help in understanding the Governments COVID Rules and Guidelines for Pubs, Bars and Restaurants.

To ensure the safety of all our staff and customers

1. Test and Trace – we must take customer details (LAW)
2. Tables inside and out, are a maximum of 6 people and can now be from different households (LAW)
3. Police and local authorities can enter our venue at any time and may shut us down (LAW)
4. We are liable to fines if the rules and guidelines are not adhered to (LAW)
5. Customers are not allowed to stand drinking inside or at the bar (GUIDELINE to ensure social distancing, and protect our staff)
6. Tables are expected to be 1-meter plus apart (GUIDELINE to ensure social distancing)
7. Social distancing outside of 1-meter plus is still required (please respect other people's space)
8. We are expected to control the flow/volume of customers within the venue (GUIDELINE to ensure social distancing)
9. No Shouting, Raised Voices or Dancing (GUIDELINE to ensure social distancing and to prevent the spread of airborne particles)

Hope that helps clarify the rules and guidelines. Mark and I as usual would like to thank everyone for their continued support and to all our staff who are helping us to cope with this.

Claire and Mark



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Bradenham Parish Council

The parish council held its September meeting on Zoom and we are most likely to continue to have to do so for some time looking at new Covid 19 regulations, in general it works very well. Buckinghamshire Councillor Carl Etholen reported that schools have gone back and Veolia have taken over kerbside collections from Serco. This started 07/09/20 and it will be a gradual transition starting in the Wycombe and Chiltern areas. It is hoped there will not be too much disruption. We will start to see HS2 traffic on the A4010, that should finish quarter 4 next year.

Our Chairman reported that the HS2 traffic on the A4010 is for archaeological works at Stoke Mandeville. The use of the A4010 as a HS2 construction route has changed repeatedly over the years. These archaeological works were not in the original plans. They will be carried out before a new viaduct in Stoke Mandeville is to be

constructed. Meetings of the Community Boards have now started, Bradenham is part of the North West Chilterns Board, each Board has 5 sub-groups: Crime and Antisocial Behaviour, Economic Regeneration, Environmental and Climate Change, Traffic and Road Issues and Young people and older residents.

Our RAF representative gave us a brief report.

Flooding on Rectory Lane, after heavy rain, was discussed as was the danger of parking on the grass verge on the corner of the A4010 and Bradenham Woods Lane. The cars parked on the verge reduce visibility for drivers.

Our next meeting will be held Monday 2nd November location TBC.

Deirdre Hansen, clerk to the Council,
clerkbradenhampc@gmail.com. www.e-voice.org.uk/bradenham-parish-council

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Chiltern Hills Arboriculture – Foraging

As the leaves start to turn brown and the morning dew often hangs around until mid afternoon, one of the more welcome things that this season brings is an abundance of foraging opportunities.

As much as I love mushrooms I don't have the courage to pick them raw from a field and toss them into a frying pan with some bacon and eggs. Call me old fashioned, but I have never really seen the appeal of 48 hours in a local hospital, hooked up to a stomach pump and a saline drip while a priest administers the last rites. I will leave that particular brand of living off the land to Bear Grills and Ray Mears.

Fruit however, is a comparatively safe option. If you know where to look, blackberries, apples, sloes and rosehips are in abundance. In terms of flavour, all the local apples I have found are probably best described as similar to the Braeburn variety. Not too sweet, more of a classic English eating apple, perfect for cooking without needing the addition of too much extra sugar. Blackberry brambles can be found in most woods and on the outskirts of common lands. For best results dig deep into the woods, away from roads, exhaust gases and other air borne pollution. Also pick your fruit above 3ft from ground level, best to avoid the attention 'Fido' payed to the bush.

With a good haul of apples and blackberries in our bag, my wife easily put together this tasty culinary creation...



Apple and Blackberry Upside-down Cake

- 140g unsalted butter
- 140g caster sugar
- 3 tsbp caster sugar
- 3 apples, peeled, cored, and quartered
- 250g blackberries
- 3 eggs – lightly beaten
- 200g self raising flour
- 1 tsp ground ginger
- 1 tsbp milk

Pre heat oven to 160°C / 325°F / G4

Grease your tin and line it, grease again. Swirl in the 3 tsbp of caster sugar to coat.

Arrange the apples and a third of the blackberries around the bottom of the tin.

Cream the butter and sugar together.

Gradually beat in the eggs. Sift the flour with the Ginger and fold into the mix.

Stir in the milk and the remaining blackberries.

Spoon the batter into the tin over the fruit.

Bake for 40 mins, until the sponge is springy, golden, and a skewer comes out clean.

Eat warm or cold. Enjoy.

We are now coming into the perfect time of year for harvesting sloes. I have been told that the best time to pick them is after the first autumn frost. The thinking is that sloes are quite a firm fruit and that the frost helps to break up the fibres, and soften the pulp. I have also read that the easy way to shortcut this is to pick the fruit when you want to, and then freeze it to simulate a frost. Either way, they are out there, plentiful and ready to go. Beware when picking them though, they are the fruit of the Blackthorn, which will defend them accordingly, not a problem generally encountered in your local farm shop, or Waitrose.

So now you have a bucket load of sloes, what to do with them? Sloe Gin, a winter staple for any country walk, bonfire celebration or Christmas gathering. Invest in a 1 litre Kilner jar and you are good to go. Make sure it is clean and sterile before adding the ingredients.

Sloe Gin

- 1 Litre Gin – any cheap supermarket brand will do
- 450g sloes
- 225g sugar

Wash your sloes and put them in the jar.

Put the sugar in.

Fill the jar with the gin

Seal the jar, and rotate frequently.

Serve between 6 weeks and 12 weeks later*

.....*if you can wait that long.

The recipe above can be easily replicated with other fruit. Rhubarb with gin (a particular favourite of mine), Blueberries with vodka...etc... you get the gist...

Mike Beckley

Chiltern Hills Arboriculture Ltd



Naphill Brownies

It would be so lovely to report that we were re-starting Brownies, but sadly this is not the case.

Whilst technically we could meet in small groups outside, the weather and autumn evenings are against this working for any length of time.

What is more we have a mix of girls from several schools and several year groups which is normally a positive thing, but adds to the complications at this time.

I hope you all saw our scarecrow Brownie 'escaping' over the hedge in Downley road over the bank holiday weekend – as you can tell the brownie leaders are missing doing Brownies.

We are keeping up-to-date with all the guidance from Girlguiding in readiness for when we can finally get back together again.

Sadly we have had to cancel our Autumn Jumble Sale, but we hope you will find a space in your loft/ garage to

store your jumble until the Spring, so that we can have a really bumper sale on the 6th March. Make a note in your diary.

In the meantime, if you have a daughter who is interested in getting involved in Brownies It is a great time to get in touch in readiness for when the fun starts.



Brown Owl

Ruth Daly 565571.
ruth.daly3@btinternet.com
1st Naphill Brownies
Thursdays 5:45-7pm

Naphill Guides

Naphill Guides are saying goodbye to two fantastic leaders, Toni Green and Amanda Lucas. They have been leading Naphill Guides for more than 10 years.

Naphill Guides has been a very successful and happy Guide Unit under their leadership. Over the years, they have had help from RAF leaders coming and going and for many years also from Verity Gee, who has been a Naphill Guide herself.

Due to the pandemic we have not been able to say a proper goodbye to Toni and Amanda. The unit has not met since March. Girlguiding will allow face to face meetings indoors from the 24th September with appropriate distancing, cleaning, sanitising, risk assessments and numbers. The Village Hall will reopen soon also with all the appropriate Covid measures.

Toni and Amanda have not been able to find leaders to take over the unit from them, which is going to mean the unit will have to close. Which in turn means Naphill Brownies can't move up to a local Guide Unit, once they get to 10 years of age.

I help run Hughenden District (Firefly) Rangers (age 14-18) and plan to run the Naphill Guide unit until Christmas with parental help, you always need at least two adults present. If you would like to help, please get in touch. It is always fun to run a unit with a few friends. Naphill Guides meet on a Wednesday evening 19.00-20.45pm during term time.

I am looking at running the meeting with a mixture of Zoom and face to face meetings. Zoom meetings are shorter.

As soon as we can meet in greater numbers we will hold a very belated leaving party for Toni and Amanda, a party on Zoom is just not the same.

Deirdre Hansen

Hughenden District Commissioner
Girlguiding Buckinghamshire
County Water Activities Advisor
01494-562254, wateractivities@girlguidingbucks.com

A poster for Naphill Under 14's (Year 9 - September) Players Welcome. The background is green with a soccer ball and a pair of black and red sneakers. A circular logo features a yellow sun and a brown eagle with the text 'NAPHILL FC'. The text 'NAPHILL UNDER 14's (YEAR 9 - SEPTEMBER) PLAYERS WELCOME' is in white. At the bottom, a red banner says 'JOIN NOW CONTACT: ANDY SINCLAIR naphillfc_cwo@yahoo.com | 07967 313614'.

Naphill & Walter's Ash Scarecrow Competition



The Three Winners!



Sarah, Denis, June and I were overwhelmed by the high standard of scarecrows around the village yesterday

Some were simple, some detailed but all different and really impressive

It was a very tough decision

There were no children's entries, so we awarded two first place in the Adult class. The final decision was:

- ADULT - Terry Dudley for the *Scare CROW* (27 Vincents Way)
- ADULT - Susan Bickerstaff for *Peggy Pots* in (17 Ash Close)
- FAMILY - Guy Bailey for *Lockdown Family* (2 Braeside)

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Letter from Bradenham Vicarage

To write this month's article, I have just looked through my past four years of contributions to the October edition of the Naphill Gazette. What did I write last year? The year before? I must make sure that I don't write the same thing again in case anyone notices. I read those past articles with a strange sense of something I don't have a word for. Wistfulness? Nostalgia? Languor? I don't have a word for my feelings because I do not have a frame of reference within which to place them. What frame of reference could there possibly be within which to place the past 6 months?

When I wrote those past articles, the world was a different place. Sure, there is always change – without change, things stagnate and die. There will always be some individuals for whom the world will have changed, but for most of us, it's usually a case of 'same old, same old'. When I wrote for the Gazette in October 2019, I could not in my wildest dreams have imagined the scenario we now find ourselves in. The world has changed, not for a few individuals, but for all of us, on a scale and at a speed that hasn't been experienced for many decades, perhaps a century even.

Whether the world has changed for the better or for worse, depends on your experience of the pandemic. Who can forget the images of our nurses and the awful skin lesions caused by the wearing of PPE? I saw this first hand on my daughter (a nurse at St George's, Tooting). When I met her recently, one side of her face was

covered in sores and she seemed to have a black eye – definitely the effects of a face plant as a result of parting company with a horse whilst out riding I thought. Not so – wearing PPE! And the stories continue to unfold. Stories of heroism, sacrifice, ingenuity, finding hitherto unknown resources and so forth; stories that are now a part of our collective narrative.

As we watch summer change into autumn, the change in seasons accompanies the changes in the story of our world. Normally, we would be celebrating the change of season in churches and schools throughout the land with Harvest Festivals. I went to one a few weeks back. It was a very sombre, modest affair. No singing of harvest hymns, no bringing up of gifts, no jolly harvest supper to look forward to; 'no frills' didn't even begin to describe. Yet at its heart was still the concept of thanking God for the provision we enjoy in this country, actually highlighted by the service being cut back to its barest bones. It's a shame we didn't get to sing the great harvest hymns, especially 'Great is thy faithfulness', but even if we didn't sing them, God still knows and understands the thoughts of our hearts. In spite of everything, God remains constant and it is a wonderful thing to know that the God who created the earth and everything in it knows and cares for each one of us.

May you know God's rich blessings at this season of change.

Rev Jenny Ellis

Lacey Green Players

Unfortunately, due to the uncertainty of the current pandemic, we have decided, for the safety of our audience, cast and production team, to delay our production of Arnold Ridley's "The Ghost Train" until November 2021. As you can imagine, we are as disappointed as you to have to delay things, but safety must come first!

In the meantime, Would you like to join the LGP Words Exchange? We would like to email you a poem or short passage from a book or play, every 1 – 2 weeks. These pieces will vary in mood, style and period, but will always aim to be engaging and entertaining. You could also send us pieces that you like. Some of these could be re-circulated to the whole group. We will circulate on a blind copy and no names will be mentioned. Let us know if you would like to receive a piece, or send us your favourite now, by email to info@laceygreenplayers.co.uk.

Did you know 'the old superstition of no whistling on stage' comes from the time when theatres used to hire sailors as stagehands and riggers, and cues were called using whistling commands. Whistling a happy tune backstage could be taken as a cue causing an accident or early curtain call! - Don't tell General Gordon!

Short and sweet this month, let's keep everything crossed for a productive 2021!

Any queries please don't hesitate to contact us via email at info@laceygreenplayers.co.uk.



Chloe - LGP



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Introducing Judith Tardif - our local Osteopath

I have recently opened up my own osteopathic clinic here in Naphill and would like to take the opportunity to introduce myself to you. For the past 8 years I have worked locally with Lorna Dixon, and when she decided to retire from Osteopathy during the pandemic, it seemed like a perfect opportunity to realise my dream of opening my own clinic. I have lived with my family in Naphill for 20 years, my children attended the lovely village school and are now in local secondary schools. We can often be found taking our dogs walks on the common with our beautiful cuddly Bernese dogs, June and our puppy Roxie.

Osteopathy is a holistic approach to healthcare where the whole patient is at the centre of our treatment. My patients vary across all age groups, from newborn to older people and across all professions and activities. I can provide treatments for a wide variety of conditions including back pain, changes to posture in pregnancy, postural problems caused by work strain or driving, pain caused by arthritic joints and minor sport injuries. So osteopathy is really not just all about the spine and the bones. If you have any questions, or would like to book a treatment, please do not hesitate to give me a call and I'll happily discuss this with you.

Judith Tardif - Registered Osteopath



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Remembrance Sunday 8 November 2020

Since my last article in the Gazette little has changed as far as Covid19 and the Government guidelines are concerned.

It has therefore been decided, in consultation with the RAF, to hold a very limited Remembrance Service in the Village Hall car park at 2.45 pm on 8 November, followed by a wreath laying ceremony. Numbers will have to be limited and only those who normally lay wreaths will be invited to do so. I will be communicating with these people and organisations individually in due course.

I realise that many people in our community cherish the opportunity to show their respects and to remember the courageous people who fought in the various Wars on this special day in our national calendar. However, in this very unusual year I ask that only those specifically invited attend on this occasion. During the day there will be opportunity for all to pay their respects at the Stone.

Thank you for all your understanding in these difficult times.

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Shear Madness from Scotland

Well, I'm writing this from sunny Scotland! So far the weather has been great and it's lovely to have some family time at last. Sadly my husband was unable to join us as his good friend John Evans, who owns Thame snooker club, very suddenly and sadly passed away.

So, Aylesbury based radio station Mix 96 has been taken over by global company Bauer. It's so sad to lose a local independent station, I always tuned in on my way to work and loved all of the presenters especially Wes on drive time, he was so funny! Mix 96 did so much for local charity. I don't know if you remember me collecting old bras last year for a breast cancer charity. A few local people, about 4,500 of us, have decided that these charities must not miss out so I will be collecting bras this month and possibly new toys for the Christmas appeal, please keep your eyes out on the village Facebook page for more updates.

It's still a strange old world out there! No Halloween or fireworks! It's just so sad but I'm sure the organisers are already planning for next year. We will all surely come back bigger and stronger. So that's it from me for now! I'm off to the beach to collect my thoughts.

Love as always

Mandy x

Naphill Evening WI

Just in time! The Sew and Chat group managed to meet and have a really lovely catch up before the guidelines changed once more! (Although I think we only numbered six.). We spent some time making a few more face masks and one of our members showed us the large quantity of squares she had been knitting.

Hopes of having a proper meeting in the near future are fading fast, but our committee continue to meet and do their best to keep in touch with members. Meanwhile, some of us have met up in small groups for a coffee, etc, and quite a few of us took advantage of the Government "Eat Out to Help Out" scheme.

Personally, I'm going to give my Keep Fit class on Zoom another go, especially as my 'power walks' earlier in the year have turned into afternoon strolls.

Best wishes to everyone.

Carol Gilliam

Hughenden Street Association

The word 'community' means different things to different people. For Hughenden residents it might mean the area in which they live: Great Kingshill or Walters Ash. It could also cover a wider area: the St Michaels and All Angels community stretched beyond the historical boundaries of the parish. Covid19 has helped us all focus on our community and many people have quietly gone about their business supporting neighbours, friends and family to minimise the adverse impact that the pandemic has had. 'Community' lies at the very heart of Hughenden Street Association. Working in partnership with as many local groups as possible HSA has forged important links with those groups and individuals who have given their time so selflessly.

Beginning in Widmer End the scarecrow competition spread across Hughenden with strong support from HSA. It provided the opportunity to forget about the pandemic and have some fun. Certainly, in Hughenden Valley the scarecrow trail and questions helped everyone learn a little more about the place they call home. At least one horse was surprised to discover a scarecrow lurking in a garden!

Going forward HSA is keen to continue to work collaboratively with like-minded local community groups and individuals. Our weekly newsletter seeks

to highlight what is going on across the parish and to encourage residents to get involved within their local community, however they determine that. If you would like to receive a copy into your inbox simply email hughendenstreetassociation@gmail.com with the subject line stating: newsletter please

HSA must thank newsletters like this one that have spread the word. NAWA is so fortunate to have such a great team creating a highly readable newsletter. Without this partnership communication opportunities would be missed.

The HSA team is divided into 4 areas, reflecting the parish wards. Each Ward Leader is the 'eyes and ears' and helps to shape the association's activities. Looking ahead we are formulating some ideas and would love your input. You can find out more about the association on our Facebook page and if you would like to join us either on the ward sub-committee (where the real work gets done!) or as an HSA road representative then simply post us a message. We would LOVE to hear from you!

Hilda Stearn

Communications Coordinator
Hughenden Street Association
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Naphill Tennis Club

We have had a wonderful summer of tennis! The sport was one of the first to open up after 'lockdown' as social distancing wasn't a problem. Several new members joined the club and have been enjoying the fine weather and regular exercise.

Our chairman, David Fletcher, worked hard and fast to get an online court booking system up and running. It has proved very successful and it is now easy for members to book a court several days in advance. Lots of sprucing-up around the courts has also been done by Paul Knight, our committee member i/c maintenance, and a team of willing volunteers.

Junior members have been enjoying tennis coaching sessions on Friday evenings after school and all groups have been fully booked. Saturday mornings have seen the Under 7s in action.

New adult members, beginners and 'rusty', have also been provided for with private lessons as required. An extra improvers' coaching session is due to start at the beginning of October at 9 am on Monday mornings. So no lying in bed there!

As you know, we play tennis all year round and have excellent rates for new members with additional discounts for those joining during the course of the year. You are most welcome to come and try us out. Just get in touch with our membership secretary, Sarah Dengel, email: sarah.dengel1@gmail.com or visit our website: naphilltennisclub.org.uk.

Jenny Tench

A Point of View

I have to admit being fed up with this wretched lockdown with its limitations on meeting up and restrictions on personal freedoms, it really has gone on for too long and one's sanity is being sorely tried, I just thank God that we live in such a beautiful area with glorious countryside on our doorstep. I cannot imagine what it would be like to live in a London tower block with several children.

Walking the dog most days on the Common I remain amazed that one can be alone or at the most see one or two dog walkers or runners taking their exercise.

The High Wycombe Society Newsletter sent out to its members contains some useful information, not least its comments on local planning issues, especially the grandiose scheme of Buckinghamshire Council to improve traffic flows by introducing more traffic lights along the London Road through to Loudwater! I recommend that readers study it and make comments where it might affect their daily commute.

I find that county meetings are increasing their use of Zoom for internet users and there is some talk of it being extended as saving travel costs to members. I hope this is not the case as it will rob the meetings of much of the spontaneity and humour of "live" . debate.

The two village allotment sites have never looked so well tended as they do today which I suppose is a result of the lockdown and tenants having more enforced time with which to tend them. It is a pity that the Horticultural show is now defunct as the quality looks very good and the standards high.

Richard Pushman

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Do not miss out on this special opportunity to meet and make new friends.

In September our Computer Group helped our members keep an eye on their finances and budgeting with an informative talk from KPMG. We were left with templates for producing our own budgets. On September 18th, the 'World We Live In Group' received an update on the latest research on "Air Pollution" from Mehrdad Borna, a researcher from Westminster and Oxford Brookes Universities.

On 23rd September, our Monthly General Meeting welcomed Philip Caine who enlightened us all with his talk on "Barrow to Baghdad and back again". On October 28th our guest speaker for the Monthly General Meeting will be Ginny Davis giving her talk on "To the Fringe and Back." On November 25th Michael Kerry White will be asking, "So What did the Ancients Do For Us?" These monthly General Meetings are from 2.15pm on the 4th Wednesday of each month. Talks will resume at Lacey Green Village Hall in the future but at present we will have to continue with using Zoom.

You can check out all our activities, including those currently using Zoom, at: <https://u3asites.org.uk/highwycombe/events> You will need an 'invitation' from us to click into any Zoom session. All you need is a PC, Tablet, Laptop or iPad. You do not need to

download any software in advance. Please email our Membership Secretary for an invitation at: hw.u3a.membership@gmail.com Do not forget to mention topics that interest you most. You may even want to suggest an idea for a new Group. Of course, we all are missing meeting up with our friends in either members' houses or Village Halls. The good times will come back and those cups of tea.

We'd like to tell you more about what we do, the fun and laughter we all have at our meetings, even those held over the internet. We are using Zoom as an opportunity to introduce new as well as existing members to subjects they had not previously considered. Our Reading for Pleasure Group held their first meeting using Zoom recently. They're holding another meeting shortly. We are standing by to help anyone who is unable or worried about how to make the connection. If your passion is Photography, Playing Croquet, Discovering Art or Science, Enjoying Shakespeare, or brushing up on your French Conversation, our Groups are ready to help you through these difficult times. With around 40 Groups to choose from, we're sure you'll find something to enjoy, even if understandably, we are unable to hold face to face Group meetings. Please do find out more.

Paul Gilliam

Wycombe Photographic Society

September already! I saw somewhere the other day that 2020 has only had three months,,,,, January, February, March, March, March, March, March, March.... well it certainly feels that way with the only change being the weather which as I write this is very hot and humid.

In September we plan to continue with our fortnightly General Discussion Group sessions using Zoom and we start our new year off with our first round of competitions.

Competitions are not everything as we also have a guest speaker, using Zoom... what else... speaking about "Creative Flower Photography"

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

Also have a look at our Facebook page, Wycombe Photographic Society, where you will see more photos taken by our members.

If you see something on our programme that interests you then please contact us and an invitation to attend the Zoom Session will be sent to you.

David Greenwood

Membership Secretary

Wycombe Photographic Society



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A Message from Saint Michael's & All Angels Vicarage

October is almost upon us, and being a semi-rural area, our thoughts naturally turn to the annual harvest.

We are truly blessed by living in the Buckinghamshire Chilterns – rolling fields as far as the eye can see, dairy and livestock farms, land which produces the food which we put on our tables.

It is so important to support our local economy, and that it why I do try to buy local produce if I have a choice, and if it is available locally. Fruit and other produce locally sourced, crops grown in our fields, and allotments. I would much rather eat Hughenden honey than a product manufactured in a factory hundreds of miles away, wouldn't you too?

As well as supporting our local farmers and businesses, harvest is also a timely reminder to us all that not everyone can afford to put food on their tables for their families. Poverty can often be hidden behind closed doors, and it can be difficult and even embarrassing to ask for help.

Sadly, our local foodbank, the One Can Foodbank Trust, has been increasingly in demand, following the escalation in the Covid-19 crisis, the loss of jobs and income for many, and unimaginable hardship for some. The number of parcels they have given out each week to families in crisis has grown significantly, and shows no signs of improving for the time being.

Our area is one of great contrasts. Some are blessed greatly and live comfortably, whilst others experience great hardship.

During the early weeks of the Cov-19 pandemic, as much of society ground to a halt, our communities came to

life, as organisations and especially local volunteers and community groups worked tirelessly to ensure that no one was forgotten, especially those who were self-isolating at home. We have experienced a new found revelation of how important our neighbours are, relative strangers have become friends, many roads have set up WhatsApp groups to stay in touch with each other, and the amount of care and compassion shown to others has been heart-warming.

As a Church we will be supporting the vital work of One Can Trust once again this harvest, and I encourage you to do so as well. There are many practical ways in which you can make a worthwhile contribution, inspire others, and put food on the tables for families in our locality who desperately need our support.

Please can I encourage you to consider becoming a Street Hero, and putting out a collection box for your neighbours to easily make suitable food donations to One Can? Why not make a note to always buy a couple of things when you do your weekly shop to put in the One Can box? One Can are also in need of our continued financial support in order to cover the overheads they incur. Please visit their website for more details: onecantrust.org.uk.

Let us pray

Loving heavenly Father, as we prepare to celebrate harvest this year, give us thankful hearts for all that you supply to meet our needs, and help us in turn to be generous in our support of others, thinking especially of the One Can Trust at this time. Amen.

Keith

Church News

As I try to keep you up to date with the position at St Michael's. I am conscious that things change almost as soon as the Gazette has gone to print! However the recent imposition of the 'Rule of 6' does not affect church services. So I can report that, as last month, two morning services take place each Sunday at St Michael's at 9 am and 11 am. (In case you are reading this BEFORE the end of September, this does not apply on 27th Sept) Evensong takes place also each Sunday at 6 pm.

For latest details see: www.hughendenparishchurch.org.uk.

Social distancing, hand sanitising, mask wearing and cleaning of the Church between services are of course all implemented in line with the latest guidance.

What is new is that live streaming of Church services for those unable to attend in person has been trialled and will commence shortly, in the meantime St Michael's@10 continues on-line.

With the start of the new school year (for which we wish all our young people and teachers our best wishes for an enjoyable return to school or start in University or College)

on-line Tiny Tots services have restarted. The September session looked at a theme around harvest and involved on line visits to team members' gardens, a sampling of their produce, and crafting a fruit tree!

Jane Tyrer

Hughenden Mothers Union News

Owing to present guidelines/law, we are unable to meet in the Church House or in the church, so our next meeting will be on Tuesday 1st December when our traditional Advent Service will be taking place in the church at 2 pm.

Unfortunately our coffee morning on 20th October, has had to be cancelled. With the prospect of no refreshments and only 6 people being allowed in the Church House, this event could sadly not be held!

We will let you have details of the 16 days of Activism against Gender Violence, which is an international prayer appeal, in the next magazine.

Norma Clarke

Hughenden Valley

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Camomile PT

What is a Kettle Bell?

Essentially it is a cast iron weight which looks like a cannon ball with a looped handle, which has been described as a "Total gym in the palm of your hand" (Beauchamp & Pike 2006). Their exact origins are unclear, however both Scotland and Russia have claimed them as their own. Irrespective of their origins they are now a very popular form of training.

What makes them so effective?

I have been using Kettle Bells for my own training for several years and really enjoy working with them. Apart from being a fun workout, many and varied exercise programs can be designed around them, which can benefit in some or all the following ways

Improved Cardiovascular (CV) fitness

- Boosted metabolism & improved body composition (increased muscle mass and decreased body fat)
- Increased muscle strength, tone and endurance
- Increased strength and flexibility for all the movements you need in everyday life (especially as they work on the key postural muscles at the back of the body). Reduction in injury risk.

Who are they suitable for?

Many of the movements and exercises with kettle bells require use of multiple muscle groups at the same time, giving you a great option for a full body workout, in a relatively short space of time. Kettlebells also now come in a wide range of weights which mean that these great exercises can be adapted to suit a wide range of abilities. Complete beginners can benefit from first becoming proficient in the movements without weights, and then, when ready, advance those movements using the kettle bells.

We are lucky these days to have so many training options open to us, if you are looking to achieve or all the benefits above, and learn some new skills in the process, why not get in touch and see how this sort of training could help you?



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A Message from Padre Lacey -

Be a part of history.

We're coming into the season of remembering. September marked the 80th anniversary of the Battle of Britain and as we approach November it's bonfire night and then Remembrance Sunday. It's really important to mark with appropriate acts of remembrance key events from our own past, or from the culture/society or group to which we belong. Although



these acts of remembrance may look different this year, I've found it humbling that people will do what can be done to enable the marking of remembrance to happen. The acknowledgement and recognition of the impact that a person or people have had on our lives, society or history is important. In church at the moment we are looking at how God involved people in His plan to bring reconciliation between Him and us, and us and us. I've titled the teaching 'Be a part of His story'.

Whether you believe in the whole God thing or not, it's an element of life, that we want to leave a mark on the world around us (hopefully positive!). We want to play our part in the story that will become history. Whether it is bringing up a family with good morals and grounding to enable the next generation to flourish or changing practices at work to make processes smoother. Or petitioning to the Government about equality issues or making the effort to recycle and reuse as much as you can. Or volunteering at a charity shop, care home or listening service. Or working hard to provide for your family to enable them to follow their dreams...how are you making a mark on history, no matter how big or small. Are you making a mark on what will be the history of your country, workplace, community, house, family, friend or stranger?

During the war there was the campaign that they wanted YOU and throughout COVID various towns and counties have used the slogan 'play your part'. Whatever it is you are doing, we are part of something bigger than ourselves and who knows what little thing we may do that will have a ripple effect through a life or through time. How are you being a part of history? And as we pause to remember those who changed the course of history how can we be inspired to take action, no matter how big or small, to bring hope to those around us?

*To continue this conversation contact Padre Chrissie on:
01494 494469 or christina.lacey102@mod.gov.uk*

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Slimming World - Hughenden Group

Great news! We are now open again at Hughenden Valley Village Hall on Thursdays at 5pm, 6pm & 7pm, after over 6 long months of lockdown. I had still been supporting my members virtually each week which wasn't ideal but I'm glad I was still able to do this. Members were eager to return and once I had confirmation from the Village Hall, we were able to re-open on the 7th September.

It's great to be back in group, albeit slightly differently. We have lots a measures in place to make it safe for everyone to return. There are hand sanitizer stations, a one-way system, cones to mark 1 metre distancing on the floors and chairs spaced socially distanced apart. Members are asked to wear shoes and face coverings to weigh in. Sessions are slightly shorter due to the restrictions on numbers in the small hall. It is essential for members to book their space in group to adhere to the guidelines.

Here are some of the comments I received after our first week.....

- *It all went swimmingly! Well done. It's good to get back into our group and see to everyone. again. I'm looking forward to seeing you next week.*
- *Thank you so much for last evening and for all the precautions taken – well done.*
- *Hi Kerry just wanted to say is was great to be back in group last night – you have been an amazing support throughout lockdown and I know how hard you worked to keep things going. Many thanks and look forward to seeing you next week.*
- *Just got back home after coming to Slimming World Hughenden Valley with Kerry for the 7.00pm session, and I must say the organisation was fab and I felt very safe in a well laid out room.*

I thought the 4 different stations you go to on entry worked really well. Well done Kerry and her team and will definitely be back next week and stay for group. So lovely to see a few familiar faces again as well.

To find out more about our warm and friendly Slimming World Group at Hughenden Valley Village Hall every Thursday 5pm, 6pm & 7pm and to book your space, please contact Kerry on 07887 567264.

Our Bird Man

Some of the most elegant of birds can now be seen around the wetlands of the UK. Some new to our shores, others previously driven to extinction. These exotic Egrets are very welcome – unless you are a fish, that is!

Until recently, well within the living memory of many active birders, to see any White Heron was a major excitement, an event of national significance. Now the Little Egret is commonplace and the signs are that the Cattle Egret and the Great White Egret will follow.

Back in the 1970s and 80s Egrets would occasionally appear in late summer. After breeding the young tend to wander in all directions. Egrets from Europe and Africa have been seen over the mid-Atlantic.

In the UK the first Little Egrets bred in 1996, the first Cattle Egrets in 2007, White Storks in 2012 and Great White Egrets also in 2012. Other Heron related species now breeding in Britain are Purple Heron, Spoonbill, Little Bittern, Night Heron and Glossy Ibis. all these species can turn up at any wetland in Britain, though more commonly, those nearer the coast.

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Toddle In Group *nurturing curious minds*

Meet Our Team



Kim



Bernie



Alisha



Chelsey



Marlin



Gordana



Olivia



Roma

Well, we are back open fully! With the full national lockdown behind us, and sensible precautions (and a whole lot of cleaning!), we have been able to open up again to all of our children from 8am every day. The team have been a juggernaut of energy and determination to give our children back what they lost – the opportunity to play with their friends.

Every month we take a moment to consider ways that we play here at Toddle In Group that can be enjoyed in the home too for local families. This month is a little different. We have been asked to introduce ourselves, properly! Often, our lovely team of professionals, who are going the extra mile, shy away from accepting praise and compliments on all they achieve with the children. We have created an incredible Nursery, and it most certainly starts with the right team at the heart.

Toddle In Group is owned and Managed by Bernie and Kim, a mother and daughter partnership. They have been working together since 2003, and with Kim moving locally 13 years ago and having her own children in primary school, it seemed the perfect opportunity to set up a second Nursery in High Wycombe. In January they were joined by Olivia, Alisha and Roma who embraced the challenge of setting up a new Nursery and creating a lovely community group. Olivia is the Butterfly room supervisor, and is working towards her degree at the moment. She brings fun, kindness and bucket loads of creativity, stories and singing to the children's experience here at Toddle In group.

In September, with our numbers on the increase, we were able to employ a further 3 new team members. Gordana, a local childminder, now works with Olivia in the Butterfly room and has brought a fresh energy and a passion for mud kitchens to the Nursery! Marlin and Chelsey have taken on our Caterpillar room, along with Roma. They have both specialised in Under 2's care for years, and with so many little explorers joining us over the last few weeks, they have been an asset to our Nursery.

We would love to meet with anyone considering joining our Nursery. We are now offering socially distanced show arounds every Tuesday evening after we close.

For more information please email Kim at enquiries@toddleingroup.co.uk or call her on 01494957196.

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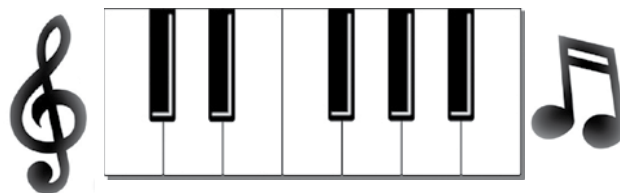


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Hoppers Pre-School Hughenden

A warm hello from Hoppers Pre-School!

Our dedicated and caring staff have been focusing on building self-belief, resilience, teamwork, tolerance and respect, within a nurturing environment for our children. We deliver the early years curriculum with an emphasis on the children's interests and often take our learning outdoors.

We know the last months have been challenging for us all, and for our pre-school children, this means they have started school without the opportunity to come and meet the teachers, have a settling-in session, and make new friends.

Less than two weeks into the term the children are already coming in settled and with a well-established routine. We believe that the way children come in and settle down sets the tone for the day ahead. One way we have achieved this is through sensory bins. Once the children arrive, they store their belongings away, wash their hands, self-register with an adult and are then given a choice of sensory play.

Sensory bins are hands-on tools for children to explore their world through senses. Sensory play may calm, focus, and engage a child – exactly what we need when leaving mums and dads at the gates!

Sensory bins are great fun for young children as they love to scoop, pour, dig and explore many different materials. Here are two examples of the Hopper favourite sensory bins that we've had this term so far to try at home!

Pine Cones, seashells and some colourful feathers. Add twigs for extra texture. Spoons for scooping and pots for putting things in. Find the conkers with the spoon, scooping them up and put them into a little pot whilst counting how many there are.



Play-dough, sticks and dried pasta makes for a simple fine motor activity. Attach the sticks upright using play-dough, and ask your child to loop the pasta onto the sticks.



We'd love to know if you try any of our sensory bins, or have some ideas of your own you'd like to share with us.

We DO currently have limited spaces available for all-day or half-days, and welcome socially distanced visits. Visit our website at www.hughendenprimary.co.uk/website or email the office at office@hughendenprimary.co.uk

Children can join our pre-school from age 3years. We are based within Hughenden Primary School, located in the beautiful Hughenden Valley.

Bon Ami

Hello, thank you to everyone who has supported us by enjoying our Afternoon Teas. We have had some lovely comments including stunning photographs of our afternoon teas beautifully laid out in your homes and gardens.

Unfortunately while social distancing remains mandatory Bon Ami is sadly unable to reopen. The size and layout of the coffee shop cannot accommodate this.

We will, however, continue to offer pre ordered take away afternoon teas as they do appear to be rather popular with you. Please do call or Facebook message us if you would like further information or to place an order:

Amanda 07557 220418

Ruth 07710 885537

Our autumn menu includes seasonal cakes: .carrot cake with cream cheese icing, blackBerry Velvet cupcakes., Apple Crumble squares.

These come together with homemade scones with clotted cream & jam and various finger sandwiches.

Do all stay safe and well and we look forward to serving you as soon as we can.

Best wishes,



Amanda & Ruth.

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Incredible Kids in Extraordinary Times! - *Childhood.*

A simple time, filled with hazy summer days, enduring friendships, happy memories and not a care in the world. Right? Well, not entirely.

The most recent survey of the mental health of children and young people in England found that 12.5% of 5 to 19 year olds had at least one mental health disorder when assessed (2017), and 5% met the criteria for 2 or more mental health disorders. There also appears to be a slight increase over time in the prevalence of mental health disorders in 5 to 15 year olds, rising from 9.7% (1999) to 10.1% (2004) to 11.2% (2017). Around half of all lifetime mental health problems start by the mid-teens, and three-quarters by the mid-20s, although treatment typically does not start until a number of years later.

And all of this prior to the inevitable stresses and strains of a global pandemic and the disruption to life that has brought. A whole generation of children are just now returning to full-time education after more than five months of lockdown and summer holidays.

Now, more than ever, it is critical to safeguard the emotional wellbeing of our children and young people. So, how do we go about doing that, whilst also rebalancing ourselves in this "new normal"?

In situations which may be causing some degree of anxiety, it can be helpful to stop the mind racing ahead by practicing some form of mindfulness. Contrary to popular misconceptions, this doesn't have to involve sitting quietly, which can prove challenging for some. One of the most popular mindfulness exercises on our Incredible Me emotional wellbeing and empowerment courses is one involving eating chocolate! Any activity can be mindful if we learn the right skills and tools to help us to focus on the present moment.

The Incredible Me approach focuses on equipping children, young people and the adults in their lives with the awareness, skills and tools to develop robust emotional wellbeing and to become happy, healthy and empowered global citizens. Each session incorporates self-awareness, neuroscience, resilience, coaching, higher-level thinking, relaxation and a good dose of fun, delivered through safe, engaging and creative activities.

For further information about the Incredible Me approach and our regular emotional wellbeing & empowerment courses, as well as how they can benefit the children and young people in your life, please contact us on incrediblemekids@gmail.com.

Lindgate

We are delighted to be able to start running some of our programmes this month.

Rest & Reflect continues to be a success, with over 750 visitors since opening our gates in the middle of June, offering anyone who has been affected by COVID-19, a peaceful environment, to take time for themselves.

Wellbeing Pathways, our weekly programme, for people with low to moderate mental health needs. We have started the process of enabling people to come back to Lindendate, based on nature based activities in groups, linked to our Five Ways to Wellbeing.

Nurture Pathways, for all care workers, looking after someone at home, in their home, a care home, or similar environment. Take part in arts and crafts activities or gardening, on the 1st and 3rd Friday of the month, between 10am - 12pm, those attending will need to register in advance.

Planted is a six week programme, for 13-15 year olds, starting on Friday 25th September, between 08.45am - 10am, focussing on one activity each week, linked to our Five Ways to Wellbeing.



Healing Pathways is for adults and children aged 13-15 years, bi-weekly over 6 weeks. Again, using the Five Ways to Wellbeing, to provide hope, support and understanding, for those experiencing loss, grief and bereavement.

Minority Women's Wellbeing Group, for adults, taking place every month, starting 3rd October, supporting women from the BAME community, offering a safe and relaxing environment to build resilience and improve wellbeing.

We also have very successful kitchen gardens.

Our produce is used as part of our nature based activities for our Gardeners, for cooking projects and sold locally at BuckmooreendFarm, to bring additional revenue back into Lindengate.

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