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NW Chilterns Community Board: <https://bit.ly/3h1LFSk>



@HughendenStreet



<https://bit.ly/2PNqQfg>



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Hughenden Newsletter

Find us on Facebook: <https://bit.ly/2PNqQfg>

The Hughenden Street Association vision:

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

So much has been achieved by the Street Association with more still to do together. Take a look: <http://bit.ly/2Skst40>

Know your blood pressure week: 6th – 10th Sept

It is important to remember that you can have **HIGH** and **LOW** blood pressure and both need to be addressed.



What should your blood pressure be?

Ideally, we should all have a blood pressure reading between 90/60mmHg and 120/80mmHg.

Most people in the UK have blood pressures higher than the ideal, but below the usual cut-off for diagnosing high blood pressure – somewhere between 120/80mmHg and 140/90mmHg. Click [HERE](#) for tips to lower your blood pressure

Low blood pressure is not necessarily a concern. If your blood pressure is naturally low, this probably won't cause you any problems and won't need treating. In fact, the lower your blood pressure, the lower your risk of heart disease and stroke.

Low blood pressure can sometimes be caused by medications or can be a sign of another health problem. This can sometimes cause problems such as falls, fainting and feeling dizzy, so it might need looking into and treating. Speak to your doctor or nurse if you're worried about low blood pressure.

Watch this video to find out more: <https://youtu.be/fvMBBtcijl8>

Older Drivers webinars are back!

During 13th to 17th September the Older Drivers Forum is supporting Project Edward: **'Every Day Without A Road Death'**

Shockingly, on average 5 people a day are killed and around 150,000 people are injured each year on UK roads. 20% of all deaths on our roads are older people. As older licence holders are increasing every year, fatalities for drivers aged 70+ are forecast to increase by 22% by 2040

Older motorists have a wealth of experience, confidence and tolerance. However, sight, hearing, reaction time and judgement of speed and distance may not be as sharp as it once was.

To join in the webinars click [HERE](#)



St. Michael & All Angels
CHURCH IN THE PARK | LIVING, LOVING, SERVING



Zero Waste Week 2021: 6th – 10th September

Next week is **Zero Waste Week** and across the country groups are working hard to celebrate and encourage greater participation in this week-long event.

Why not do your bit by completing a Waste Audit at home. It is so simple. Here are the headings:

Item
Why am I throwing it away?
Where will it end up?
Improvement



Follow on Twitter: #ZeroWasteWeek
To find out more and join in Zero Waste Week click [HERE](#)

'Bus Back Better Strategy' – have YOUR say

'Bucks Council has signed a formal commitment to enter into an 'Enhanced Partnership' with bus operators with a shared commitment to improve bus services' (source: Bucks Council, 2021)

A survey – there are lot of these at the moment! – has been created and Community Boards are urged to take part by the middle of this month. The Bus Service Improvement Plan for Bucks has to be submitted to the Government by 31st October. Click [HERE](#) for the survey. If you have any comments about the bus service here in Hughenden then let us know. HSA is a member of the **North West Chilterns Community Board** and will submit residents responses. Email: Hughedenssa@gmail.com

Hughenden Neighbourhood Action Group

Find out about the latest speedwatch news in the draft minutes of the latest meeting of HNAG. Click [HERE](#).

Don't forget:

Charity Garden Party in Great Kingshill, Saturday 4th Sept
Tickets (including cream tea and drink)
Adults £10
Children 3-12 yrs £5
Via Eventbrite or on the gate (please bring cash)
Replies to GKRA: greatkingshillresidents@gmail.com

Contact the Editor

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