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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>

National Heritage List



Buckinghamshire has a rich heritage. Many key sites and buildings benefit from statutory protection as listed buildings or scheduled monuments. However, locally-important heritage assets, which contribute positively to the character and identify of the county, often have little or no protection, and over time these special places can be lost.

Buckinghamshire Council has created a Local Heritage List Project to help identify and celebrate some of these important heritage assets. It is crucial that local residents get involved to identify a building, site or feature to be considered for inclusion on the List. Also, volunteers are needed to assist with the survey and assessment work. The Project Officer would be delighted to hear from local groups, schools and Parish Councils who might want to get involved.

How to get involved

Use the QR code on the right or browse the website to find out more: <https://bit.ly/3CI9n3J>



St Michael's & All Angels: Alpha Course

The Hughenden Church Alpha Course begins on Wednesday 20th October at Church House starting at 7.00pm. Running for 6 Wednesdays in the lead up to Christmas and a further 5 in the New Year, the course is based around a short film followed by group discussions that can be lively, thoughtful, questioning and sometimes emotional. Each session finishes with supper – a great opportunity to chat and form new friendships. If you would like to find out more then do contact Frank Hawkins:

Mobile: 07850 150462

E: office@hughendenparishchurch.org.uk

Hughenden Street Association events – October

Don't forget that there are two social events launching next month:

Hughenden Lunch Club at the Harrow and **Coffee and Chat** at Morrison's, Temple End, High Wycombe. Residents across the parish are welcome and please do share last week's newsletter with anyone who you feel might like to come along. Details will be repeated in the next issue.

Health & well-being



We all appreciate the benefits of keeping fit to stay well. The pandemic helped us to appreciate being able to get out for a walk or stroll as it really helped us to feel better despite the necessary limitations that were in force at time for our benefit.

22nd September is National Fitness Day and again there are lots of ideas and suggestions on how we can get that little bit fitter.

Paralympian Dame Tanni Grey-Thompson has issued the rallying cry for the UK to become the most active nation in the world by 2030. As Chair of ukactive, Dame Tanni comments:

"The past year has taught us many lessons but none more important than caring for our health and wellbeing, and that of our neighbour.

"The global pandemic has underlined how essential our fitness is, not only for our physical and mental health but also for our social and emotional wellbeing.

"I love National Fitness Day and this year offers the perfect opportunity to unite behind a collective ambition to become the most physically active nation in the world by 2030.

"The Government must make fitness its main priority for the nation's recovery, because by being more active we not only have the chance to improve our mental and physical health, but to improve our resilience to COVID-19 and reduce the burden on the NHS.

"National Fitness Day is also a time to celebrate the essential role of every gym, pool, leisure centre, sports club and activity provider in the UK, and their incredible teams that will continue to motivate and support us safely. Let's come together to celebrate and share what fitness means to us, and to commit to being more physically active."

Previous newsletters have included links to NHS fitness ideas. Click [HERE](#)

Thought for the week: disability is not always visible. 20-26 September is International Week of Deaf People

Contact the Editor

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