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November 2024

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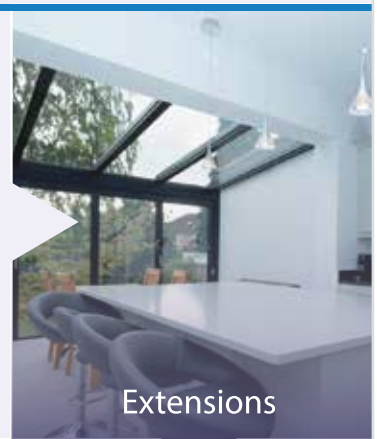


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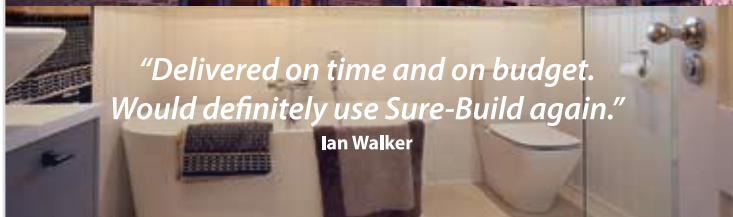


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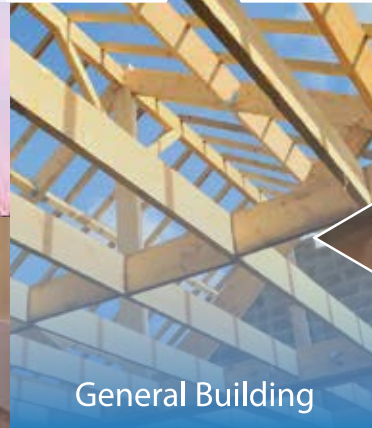
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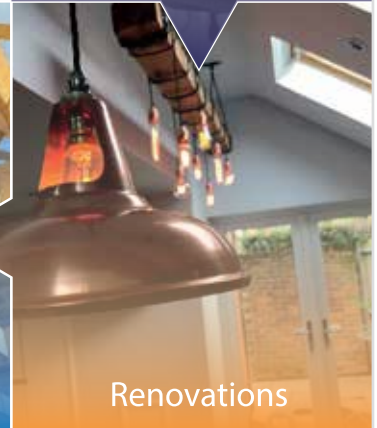


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EDITOR: Sonia Goby - Tel: 569428 email: editor@naphillandwaltersash.org.uk

ASSISTANT EDITOR: Jonathan Hilder email: assistant.editor@naphillandwaltersash.org.uk

ADVERTISING: Sonia Goby - Tel: 569428 email: editor@naphillandwaltersash.org.uk

TREASURER: Hillary Spain; email: treasurer@naphillandwaltersash.org.uk

DISTRIBUTION COORDINATORS: Paul & Joanne Hewitt email: distribution@naphillandwaltersash.org.uk

WEBMASTER: Peter Davis - email: webmaster@naphillandwaltersash.org.uk

GAZETTE FACEBOOK COMMUNITY COORDINATOR - Andria Benjamin

GAZETTE FACEBOOK BUSINESS COORDINATOR - Karen Kerr

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Come and Join Us!

Our Local Clubs and Organisation Contacts

| | | | |
|------------------------------|--------------------|--------------|----------------------------------|
| Beavers | | 01494 447121 | Groupleader@naphillscouts.org.uk |
| Brownies Naphill & W.A | Caroline Purdom | | wabrownies@gmail.com |
| Bridge Club | Margaret Stagg | 01494 530736 | |
| Cubs - Naphill | | | Groupleader@naphillscouts.org.uk |
| Friends of Naphill Common | Chris Miller | 01494 563707 | chairman@naphillcommon.org.uk |
| Men's Club | Andrew Wasilewski | 01494 562770 | naphillmensclub@yahoo.co.uk |
| Residents Association | David Frost | 01494 564466 | |
| Naphill Neighbours | Janet Judge | | |
| Scouts (Naphill) | | | Groupleader@naphillscouts.org. |
| Naphill Football Club | Chris Keats | | naphillfc@btinternet.com uk |
| Hughenden Street Association | Susan Bickerstaffe | 07880 519323 | smbickerstaffe54@gmail.com |
| Tennis Club | Jenny Tench | 01494 565406 | jttench@gmail.com |

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Naphill Village Hall



Chairman - Clive Lawrence

Email: chairman@naphillvillagehall.org.uk

Bookings - Tanya Stevens

Email: hallbookings@naphillvillagehall.org.uk

Tel: 07851 169275

www.naphillvillagehall.org.uk

Local Council Contact Information

| | | | |
|--------------------------------|-----------------|--------------|--|
| Bradenham Parish Council Clerk | Deirdre Hanson | 01494 562254 | clerkbradenhampc@gmail.com |
| Hughenden Parish Council | Clerk Vacant | 01494 715296 | clerk@hughenden-pc.gov.uk |
| Hughenden Parish Councillors | Usha Prashar | 07778 141920 | usha.prashar@hughenden-pc.gov.uk |
| Hughenden Parish Councillors | Richard Wilding | | richard.wilding@hughenden-pc.gov.uk |
| Hughenden Parish Councillor | Vacancy | | |
| Buckinghamshire Councillor | Steve Broadbent | 07471 144181 | Steve.Broadbent@buckinghamshire.gov.uk |
| Buckinghamshire Councillor | David Carroll | 01494 716967 | David.Carroll@buckinghamshire.gov.uk |
| Buckinghamshire Councillor | Clive Harriss | 07768 876568 | Clive.Harriss@buckinghamshire.gov.uk |

Helpful Contact Numbers

| | | |
|--------------------------------------|--|--------------------|
| Hughenden Surgery | See website www.ourpractice.co.uk | 01494 562189 |
| Out of surgery hours | | 111 |
| 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 |
| 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 |
| Carers Bucks | Help for carers | 0300 7772 722 |
| Alzheimer's Society | Dementia information & support | 01296 331722 |

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Copy Date for December/January Gazette **12 November 2024**

NOVEMBER seems to come around ever more quickly, this of course is expedited by my advancing years and a November birthday emphasises just how OLD I am. This birthday is a staunch reminder that I really must think seriously about handing on the editorial baton! If you are interested in becoming the next editor of the Gazette do please get in touch.

With the days shorter and the nights longer, the dropping temperatures along with the falling leaves, AUTUMN has arrived and Winter is surely on its way.

As I have often said, I am not a cold weather person, it is certainly time for me to don my winter jumpers and this year to get myself a snug, warm Winter jacket so that I can go out and about in my newly acquired motorised wheelchair. I have fought long battles with myself over keeping going and not giving up but I have finally had to admit that I cannot walk more than a few steps and I have to say, being able to zip around the house and go out and about in my wheelchair, is a real game changer for me, so to others who may struggle to admit, "no can do", sometimes admitting you cannot do is a positive.

Some months ago we had the sad news that the company who supplied the "cherry picker" to put the lights up on the Village Hall tree, could no longer do this. Our Christmas tree lights were in jeopardy! Mike Mason, the Christmas lights team organiser, with the help of our RAF helpers, contacted a local company

who have offered their help, more details about this next month but thank you Mike for the reassurance, the tree will be "ALL LIT UP" again this year!

On 2 November we have the annual Firework Display. There are NO PARKING facilities at this event and this applies to everybody, there are no exceptions including dropping off and picking up at the gate! If you use a car to attend this event please park elsewhere considerately and safely! NO PARKING is not an excuse for antisocial parking or poor motoring skills which may inconvenience or endanger others.

The community Service of Remembrance will be held at the village hall on 10 November. Full details and a warm invitation to attend are on page 11.

Next month will be a combined December/January edition so it will cover the Christmas/New Year events and news of the lights being put on the Village Hall tree. As always, I will, with the help of the contributors, endeavour to make this edition especially bright and cheerful. *Please note revised copydate above.*

My thanks as always to all our contributors for their articles and photographs! Stay safe everybody and enjoy November. I look forward to sharing the Christmas edition with you next month.

Best wishes,

Sonia

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Naphill Village Hall and Playing Fields Trustee Committee Chairman's Report

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A trustee committee meeting was held on 7 October. Among items discussed was the financial situation. Recently the trustees have commissioned work to the playground and decorating of the hall. This expenditure means that the village hall has just over the amount that is required for our reserves. With this in mind no other major expenditure will be undertaken until the funds have been replenished.

One of the long-term hirers of the hall, Frazer Morgan dancing has regrettably closed due to lack of children taking up dancing lessons, they were the longest running hirer, going back to the 1970s.

The Fireworks event will be held on Saturday 2nd. November from 5pm. There will be a Christmas Fayre in the hall on Sunday 1st. December from 1.00 pm, many stalls will selling gifts for Christmas.

Next year a group of people are going to hold a Fete type event on 13/14/15 June. According to Jason they are hoping to hold an outdoor cinema, traditional children's races, and a music event.

There is also another group who would like to use the hall and the crick for fundraising events during the year, a bingo night has been suggested along with a

magic night and even a film night in the hall. So, next year the village could have multiple entertainment events!

Now on a completely different note, I reminded the Trustee committee members of their responsibility in reference to not bringing the village hall trustees into disrepute. There was an occasion this last year when a social media post was picked up and was then expanded by people who did not know the full facts. This unauthorised media content very nearly led to one of the village hall's main long term partners withdrawing all assistance from the village hall and village events. This could have had disastrous effect on the village hall fundraising. We rely on all of the organisations and businesses that support the village hall and the village and clearly through unauthorised comments we offended one of our mainstay supporters. The village hall is thankful that we continue to have the support of all our organisations and business partners.

Clive Lawrence

Chairman Naphill Village Hall .



Remembrance Sunday Service, Naphill Village Hall 10th November at 2.30pm



A reminder to you all that the annual Remembrance Sunday Service will be held in the Village Hall on Sunday, 10th November at 2.30pm. The Service will be conducted by Padre Andi Chapman, the Station Chaplain at RAF High Wycombe. Wreaths will be laid at the end of the service on the Remembrance Stone. There be a collection for the Royal British Legion Poppy Appeal after the service, so please remember to bring along some cash.

Remembrance Day holds a special place in the national calendar in which we remember and give thanks to the many thousands of allied men and women who have given their lives to ensure our freedom. We must all remember the gift of their lives.

We look forward to welcoming you all to this special annual service.

Pete Dalby

The poster has a dark blue background with stylized fireworks in yellow, orange, and red. The main title 'NAPHILL FIREWORKS' is in large, bold, yellow letters with a blue outline. Below it, 'SPECTACULAR' is in smaller yellow letters. A central yellow rectangle contains the event details in dark blue text. At the bottom, event times and the website are listed in white and yellow text.

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Sunday 1st December 12 – 4 pm

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We have moved the Christmas Gift Fayre to a Sunday afternoon this year to give even more of you the chance to come along.

Our stallholders are very excited to be bringing you a wide range of beautiful and unique gifts, so join us at The Village Hall for the chance to shop local, meet friends and tick off your Christmas list!

You could also win a Christmas Hamper in our raffle!

30 per cent of the stalls are new to us this year so do come along to support not only the Village Hall, but all the local crafters and traders.

For more details of the stalls that will be there check us out on Facebook

<https://www.facebook.com/groups/NaphillChristmasGiftFayre>

If you are a local business and would like to donate a festive prize for our raffle, we would love to hear from you!

Cathryn Carter & Moira Harris



Naphill Christmas Gift Fayre

Sunday 1st December,

12 noon - 4 pm

Naphill Village Hall

- * Skincare & Make-up Gifts
- * Apple Juice and Preserves
- * Christmas Home Decor
- * Glass Tree Ornament
- * Countdown Boards
- * Wooden Crafts & Gifts
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Friends of Naphill Common

Our annual bat walk, scheduled for the 27th September, had to be cancelled because of the wet weather – meaning few flying insects and fewer bats. We have fixed a new date of 25th October – because of the darker evenings, this will take place an hour earlier, at 6pm, starting from the Village Hall as usual. Let's hope for better weather!

There will also be a fungus walk for FONC members only (as we anticipate high demand, based on past experience) on Friday 1st November (during half-term) starting at 10am, again from the Village Hall. It will be led by Sarah Ebdon of the Bucks Fungus Group, who will help us to identify any finds. If you are not a member of FoNC and would like to come on the walk, why not become a member? It only costs £10 for the year, and full details are available on our web site: <http://naphillcommon.org.uk/membership.html>

Walks

Our monthly walks – a shorter walk (about an hour) led by Chris Miller at 10:30am on the first Wednesday of each month; and a longer walk (roughly 2 hours) led by Ron Collins at 9:25am on the third Monday – continue to be popular.

Save the date!

As previously mentioned, our AGM will take place in the Village Hall on Friday 24th January at 7:30pm. Guest speakers will be Susie and Andrew Howard of Beechdean Ice Cream (in North Dean), so it should be a fascinating evening.

FoNC Working Parties

If you wish to join in with either of our weekly working parties, on Tuesday and Thursday mornings, our web site (where our walking and other activities are also listed) has all the contact details:

<http://www.naphillcommon.org.uk/activities.html>

Because both working parties are dependent on the weather, it's always best to check with the organisers before setting off: Tuesdays – Peter Davis (HW 569303); Thursdays – Ron Collins (HW 562240).

Chris Miller
Chairman





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The Innovative Composter

I am always trying out something new. This time my innovation concerns compost. I have two large vertical compost bins in the garden and they take kitchen vegetable and fruit waste, lawn clippings, soft debris from the flower borders and end-of-season vegetable plants. Since about half our food is imported, my compost contains pineapples from Costa Rica, bananas from everywhere, oranges from Spain, etc, etc. Since soil micro-organisms are very small (over a billion SPECIES in a handful of soil), this means that these foreign peelings are covered with micro-organisms, thus micro-organisms from all over the planet are in my compost. I hope they get on with the locals. Perhaps invasive species of micro-organisms along with invasive muntjac deer, grey squirrels, etc?

When a compost bin is full I tip partly-rotted material into the bottom of the other compost bin then use the well-rotted compost for all sorts of purposes in the garden. However, when the old bin is nearly empty I jealously guard the very-well rotted compost at the bottom, all black, crumbly yet damp, the crème de la crème, the "Real McCoy", which is at least two years old. And its use? This year, when planting out vegetable plants, I have tried an experiment. I have dug a hole deeper than normal for the plant, then put in a trowel-full of the Real McCoy, then the plant, then soil round the plant. On the greenhouse staging, rather than using growbags I buy five 60-litre bags of multi-purpose compost, open the tops, mix-in small yellow fertiliser granules then plant my cucumbers and peppers. However, the 60-litre bags just contain an inert growing medium such as peat or coir plus a

tiny amount of fertiliser to get plants growing. I doubt whether the 60-litre bags contain soil micro-organisms which are essential for bringing trace elements to the roots of the plants. So this year, when I put in a trowel-full of Real McCoy then put the plant in it, I was sure that the plant would benefit immediately from the trace elements but also that the micro-organisms would spread throughout the 60-litre bag.

What have been the results of the first season of my experiment? In the greenhouse the cucumbers, peppers and tomatoes have been the best ever. In the vegetable garden the newly planted strawberry plants were much bigger than the old ones and produced much, much larger strawberries. I had better crops of elephant garlic, maincrop onions, poirée (silver chard), beetroot, leeks, dwarf French beans and climbing French beans (although the crops of beans were late because of the overcast, cool and wet season). The sweetcorn was a disaster with plants 18 inches high instead of the usual 7 feet, but I think that was a result of the overcast, cool and wet season). So, all in all, my experiment with the Real McCoy was a great success and that is how I shall be growing my crops next year.

Good gardening!

Mike Mason






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Speen Helping Hospices

SHH Raising funds in the Chiltern Villages for Helen House for Children, South Bucks Hospice, Florence Nightingale and Rennie Grove Peace Hospice Care

Can You Help SHH?

SHH was established in 2001 by a group of women whose objective was to raise funds for Four local Hospices. This is done by arranging events in the Chiltern Villages. At the moment the small committee is made up of members from Speen and North Dean.

SHH would like to include the wider area with women joining offering new ideas for fundraising and support at the events arranged. If you would like to get more involved with SHH please contact me as we would really want more people from the local Chiltern Villages to help us.

Why not check us out and see what we do, just go to https://www.shh-shop.org/Speen_Helping_Hospices_About_Us.htm

Contact Gráinne Suter – Chair SHH grainnesuter@googlemail.com or [07778803260](tel:07778803260).



Annual Christmas Market at Speen

Saturday 16th November

Speen Chapel Hall, HP27 0SP at Speen

11.00 to 4pm.

This is a very well attended market with a wide range of stall holders! For example ✦silversmith with a beautiful range of silver jewellery ✦a candle designer ✦new designs in Christmas decorations ✦luxury chocolates, ✦Tom Ford ✦Estee Lauder and Jo Malone skincare and other products ✦resin art ✦macramé gifts ✦dried flower pictures and of course, the ever-popular ✦homemade cake stall and much more including ✦Christmas cards ✦tombola, tickets for the Christmas hamper.

Full details of the Christmas Market can be found at www.shh-shop.org




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Church News

November? How can that possibly be the case? Though, as you may have noticed there is a definite chill in the air, as well as a deal of rain, but the real sign is the slow turn of our Chiltern beech trees to all shades of gold and copper.



And so, at St Michael's, we celebrated our Harvest Festival on the 6th of October, with the church adorned with all manner of the Earth's bounty: flowers, fruit and vegetables. Piled around the altar after the two morning services were all manner of gifts of food for One Can Trust, together with financial donations to help their work with those in food poverty.

The Harvest theme was continued in the Tiny Tots service the following Thursday, when the children made fruit trees out of the (ever useful) toilet roll holder trunks, with pompons stuck on cut out branches. A wonderful display of produce was the talking point for the children to identify popcorn with corn cobs, ketchup with tomatoes, crisp with potatoes and butter and cheese with milk.

Of course, it being November, this means we are gearing up for December: advent and Christmas. Full details of services will be dropping through the letterboxes of those who live in the parish before long, but also will appear in the pages of this august publication next month.

Details will also be on our website:
www.hughendenparishchurch.org.uk.

Jane Tyrer



Editorial Comment: A very busy time of year so no Mothers' Union news or Letter from the Vicarage. I look forward to catching up with them next month.

Sonia



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Wycombe Photographic Society

November is the ideal month to photograph Fireworks especially as we have our own village firework display on the Saturday 2nd. See Gazette for more details.

Wycombe Photographic Society meets in the large hall at Hughenden Valley Village Hall, on the 1st, 2nd, 3rd & 4th Wednesday each month at 8pm. We have a new programme of events, wider range of Guest speakers and lots more.

| | |
|----------|---|
| 6th Nov | Visit by RPS members |
| 13th Nov | Talk by Leigh Preston FRPS |
| 20th Nov | Themed Assignment – Black & White |
| 27th Nov | Digital Workshop – Photoshop & Lightroom Techniques |
| 4th Dec | Practical workshop in a studio |

To see everything that is happening at Wycombe Photographic Society please visit our website at: -
www.wycombephotographicsociety.org.uk

Peter Davis

Membership Secretary

Wycombe Photographic Society





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Alice in Cuckoo Land

A Christmas Pantomime by Peter Nuttall

5th, 6th & 7th Demember

Curtain up:
5th & 6th - 7:30pm
7th - 2:30pm & 7:30pm

Ticket Prices:
Adult - £14
Child (5-16) - £9

Tickets available from November 1st
www.valleyplayershughenden.co.uk
or Ticket Source.

Valley Players

Busy, busy, busy!

Valley Players are rehearsing twice a week to bring you a festive feel good Pantomime, oh yes we are!

All we need for Christmas is YOU (as the song goes). Book your tickets via our website or Ticket Source. Last year we had sell out shows.

Come and see if The Queen of Hearts really does cancel Christmas , or can Alice save the day!

Andrew Pitman

Chairman Valley Players

contact@valleyplayershughenden.co.uk



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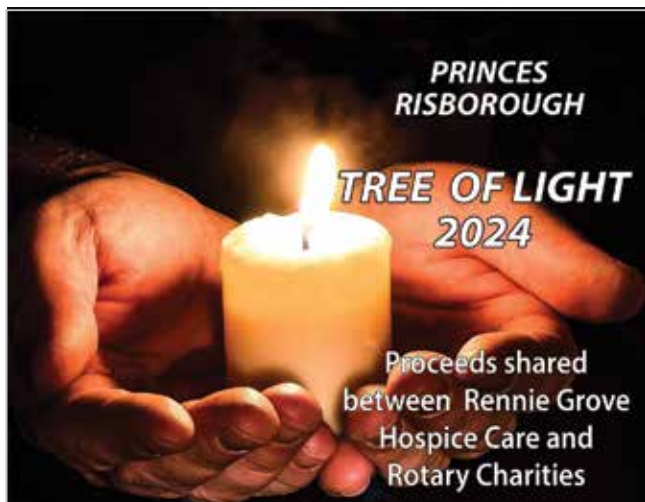
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REMEMBER A LOVED ONE DEDICATE A LIGHT ON THE TREE

Tree of Light Dedication Ceremony
in the gardens at the corner of New Road and Duke Street
Sun, Nov 24th at 4:00 pm - 6:00 pm

Dedication Forms available from
Princes Risborough Library, Rennie Grove, Dukes Wine Bar
or download at www.rcpr.org.uk

The Tree of Light provides an opportunity to honour, remember or celebrate the life of someone special, the names of whom will be displayed adjacent to the Tree. The dedications will continue to be displayed until the end of the year.

This is one of our major projects at this time of year, together with our over 75 year olds' Christmas Lunch at the Princes Centre, our Christmas Collection in the Town and a party for the Bucks Young Carers. WHY SHOULD YOU BE INTERESTED IN SUCH THINGS? Well these are some of the many ways that members of the Club can give back to the local community. We provide support to numerous local and wider needs. To enable us to do so we need to raise money for our Charity Account. Over the past few years we have raised over £30,000 annually. We achieve this by various events, such as our annual Christmas street

collection, our Risborough Rotary Ramble, Bingo Nights, Race Nights, our Farmers' Market stalls, Quiz Nights etc.

The Club is a vibrant organization that meets on Mondays at the Whiteleaf Golf Club for enjoyable and light-hearted evenings, which include a meal and entertainment in a friendly and fun atmosphere which helps build strong relationships - a crucial part of our Club's identity. If you would like to be part of this and might consider joining us, visit our website and perhaps come to one of our meetings to see if it might interest you. We would love to hear from you. Also, if you know of causes that would benefit from our support, or you would like to donate to our Charity Account, or have any other queries please use the contact details below:

You can contact us at: rcpr.org.uk or call David White on 07787 750889, or email: david@dhwhite.plus.com



Light Up Hughenden Again!

Autumn is well and truly here, and it is a gorgeous time of year. Even if it rains! Nature seems to have a way of brightening up even the dullest of days. Bright berries in the hedgerow signal that winter is coming. The robins sing even louder and always bring a smile to our faces.

Getting out and about is so easy in Hughenden. There are plenty of footpaths to follow with stunning views just around the corner. The weather may go against us sometimes which is where a stroll on the pavements makes sense. Heading into the festive season is always exciting and at the same time can be a bit stressful. Taking a stroll can help calm us down!

During the pandemic, Hughenden Street Association encouraged residents to 'Light Up Hughenden' during the festive season and it was a huge success. Of course,

Naphill & Walter's Ash have a fabulous tree outside of Naphill Village Hall which is such an amazing beacon of light. That said, there are often plenty of other trees and hedges that previously lit up the dark evenings. Not forgetting that houses often provide good cheer.

This year the Association would like to invite you to again Light Up Hughenden. Do let us know if you are planning to get involved.

Hilda Stearn

Communications Coordinator

Hughenden Street Association

E: hughendensa@gmail.com



RAF High Wycombe



The Power of the Pen!

Over eighty years may separate them, but for one ex-RAF Corporal and a group of schoolchildren, age really is no barrier to lasting friendships.

A chance glance at an article in the RAF News about a nursery changing to become RAFA Kidz prompted eighty-seven-year-old Brian Hanks from Lincolnshire to write to his granddaughter (who works at the Medmenham branch of RAFA Kidz). The letter was read out to the enthralled children at the nursery. Little did anyone know that a pen pal relationship between Brian, who has ten grandchildren of his own and the school children would quickly develop.

"The children wrote a letter back to Brian asking him about his time in the RAF, whether he flew aircraft, his hobbies and any favourite colours," said Amanda Brown, Manager of RAFA Kidz. "His letters are displayed on our wall with his responses." During his time in the RAF, Brian worked as a Ground Radar Fitter. He later worked in Germany on a flight station and oversaw the installation of missiles on UK aircraft. There was quite a revelation for his granddaughters when they found out that, unbeknown to them that their grandfather had also worked as an engineer on the iconic Concorde!

In an age of email, texting and Skype, the children favour an age-old form of communication; "They requested that Brian post them a letter back as they love going to the post box to send their replies," said Amanda. The school is hoping to send letters to their veteran pen pal every couple of months.

In July Brian was invited down to Medmenham to meet the excited children in person. Due to his deafness the children wrote down their questions

for him to answer. Showing sepia pictures of himself in uniform to his little fans together with the hat that he wore encouraged the children to dress up in RAF, navy and army uniforms from their dressing-up box.

"Brian was exceptionally good with the children. He loved that people wanted to talk to him about his Air Force days. He really interacted with everyone and would ask questions back. Although they sat crossed legged in a circle, they all got closer to him as his stories became more animated," said a delighted Amanda.

Before departing the jovial ex-Corporal was given a thank you card made by the children together with some chocolates. So keen were the little five-year-olds for him to stay that they clung to his leg as he left!

Many thanks, Brian for taking the time and trouble to educate our youngsters on times gone by.

Laurence Parker
Station Media and Comms Officer (MCO)
RAF High Wycombe





RAF High Wycombe

Local pilot gains silver-edged wings



Brownie leader, RAF High Wycombe employee and all-round village stalwart Ruth Daly had a lot to smile about recently when she saw her eldest daughter Natalie graduate from RAF Cranwell as a fully-fledged RAF pilot.

For decades many a child has dreamed of being a pilot, more so since the 'Top Gun' phenomenon of the 1980s. In reality few are chosen to undertake the arduous task of pilot training. Due to a combination of lack of training aircraft and trainers, the normal three-year course has taken nearly six to complete. The dedication and resilience to become a pilot has been immense, but for Ruth, she is still surprised by Nat's choice of career.

"As a youngster Natalie did ballet, girl guides and music. One day she said she wanted to join the air cadets. We couldn't work it out! She didn't know anyone, but after attending Beaconsfield Air Cadets two evenings a week she was hooked. It really inspired and motivated her," said Ruth and husband Paul.

Natalie studied Politics & Economics at university and quickly joined the Air Squadron. On attending RAF Cranwell and completing aptitude tests to discover what branch would suit, Natalie passed the tests for pilot training and the rest as they say is history.

The young Flight Lieutenant has now completed her elementary flying training and phase two multi-engine

basic training on a Phenom aircraft. Each pilot is allocated to a particular aircraft known as a 'platform.' This could be a C17 or a Voyager. For Natalie she will be at RAF Brize Norton to learn to fly an A400. Once qualified the plucky pilot will be doing anything from flying personnel around the world to humanitarian missions.

And Ruth's thoughts on her daughter's graduation? "Paul & I are really proud that she had stuck at it. It has been a rocky road. There have been times when she has really doubted herself. But she has made it."

Flight Lieutenant Daly will be the second woman ever to qualify to fly an A400.

During the recent graduation ceremony at RAF Cranwell a pair of double Air Force wings badge was pinned to the lapel of each graduating pilot, along with a tradition that dates back to the Second World War: Each officer is given an authentic silver six pence which is sewn into the back of the badge. The coin is a symbol of good luck.

Congratulations to Flight Lieutenant Daly and may you have many happy hours up in the air!



Laurence Parker
Station Media and Comms Officer (MCO)
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Naphill Village Hall, HP14 4SX



An evening of music, dance and fun with live music from covers rock band 'Red & Grey'- a group of musical friends who play rock and pop from the 60s to the present day at the same time raising funds for charities and good causes.

Please bring your own food & drink (alcoholic or not - with glasses, cups etc) to enjoy throughout the evening - and plenty of cash as there will be excellent raffle prizes to be won!

We look forward to seeing you on 9th November!

Jenny Tench

A Message from our MP - Greg Smith

After a short recess over the party conference period, Parliament is sitting once again and I already have a packed Parliamentary agenda ahead.

As well as attending the Conservative Party Conference, I was able to use the time away from Westminster to focus on constituency work, including several local events, visits, and my regular pub surgery drop-ins which are always very popular with constituents.

Since returning to Parliament after recess, in my role as Shadow Roads Minister, I questioned the Secretary of State for Transport on the Government's commitment to road repairs. Pressing on their commitment to continuing the previous Government's £11 billion road repairs budget, but unfortunately there wasn't any such commitment from the Secretary at the Government Despatch Box.

We need this money spent on roads and was pleased that, back in July, Battingswood Gardens in Naphill had been resurfaced, following the hard work of your local councillors, including Cllrs. Steve Broadbent and Dave Carroll that campaigned for this with my full support.

Last month I also responded to the Government Consultation on Proposed Reforms to the National

Planning Policy Framework. The Government appear to want to build indiscriminately all over our countryside and have been consulting on changes to planning to enable just that.

As your Member of Parliament, it was my promise during the election to always stand-up against assaults on our countryside, including vital farmland, and I won't stop defending Mid Bucks from those who would like to build over Bucks' landscape.

The full submission can be found on my website: www.gregsmith.co.uk/news

As always, I hold regular help and advice surgeries, upcoming dates and locations below:

November 15: Venue in Stokenchurch

December 6: Venue in Grendon Underwood

I'd also ask you to stay up-to-date on my social media and website for news on pub surgery drop-ins which give constituents an opportunity to talk to me about their issues over a pint in a local pub. Don't hesitate to reach out: greg.smith.mp@parliament.uk

Greg Smith MP

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Naphill & Waler's Ash Brownies

With our two packs now running side by side, we spent a few sessions at the start of term establishing how it would work – combining the traditions of both brownie packs – Brownie welcome song/ brownie sixes etc, We then had a fun evening trying some traditional brownie activities from the past – knotting, keeping fit and the components of the Union Jack. We also made traditional brownie toadstools.



The Brownies have been looking at charities over recent weeks. What sorts of charities are there? In what ways can people help charities?

The girls ran a Macmillan coffee evening, with teas and cakes and some games to raise funds. They did a fantastic job, raising nearly £300 for Macmillan Cancer Support

It was also great to see so many brownies turning out to help at our recent Jumble Sale. However it really couldn't be done without all the people locally who help. You know who you are and you are amazing. Thank you! We raised over £1100 to allow us to keep Guiding accessible to all.

If you think your daughter may be interested in brownies, may I suggest you register as soon as possible, even if your daughter is not yet 7. We do now have a waiting list

To register interest, please visit: <https://www.girlguiding.org.uk/information-for-parents/register-a-child/>

There is no fee to register and no obligation to join when a place becomes available.

Ruth Daly



See Brownie contact details on page 5

Naphill Neighbours

Our speaker last Monday was Jo Laurie, a retired WRAF officer. I had arrived expecting a talk on aircraft collisions but the "Air Miss" was Jo Laurie herself! She gave us a most entertaining afternoon about her service in the RAF, from selection, through training, to retirement. The talk was illustrated by her own drawings, in an amusing cartoon format, of her progress through various stages of her career.

Jo had been selected after interview at Biggin Hill. Part of the procedure was to give a five minute talk on writing a cheque. She passed this with ease!! She was then sent to RAF Henlow for training. This included a raft building exercise at which she did not excel! As most of the trainees on the course were men they had a natural advantage, or scouting experience, and managed not to sink as the female trainees did!

Another feature of the training was the once a week shower, a bit of a shock to those used to more regular bathing! There were a variety of written tests, with a pass mark of 60%. Jo passed the course and was posted to an air base as an operations Officer. She had a lovely sense of humour which stood her in good stead throughout her career, including low level flying, as a passenger, at 250 feet.

She left the service when she married another officer and started a family. It was a very informative and entertaining afternoon.

Our next meeting is on November 11th at 2pm. This will also be the short AGM, with making small gift boxes as light relief!

Peggy Ewart.
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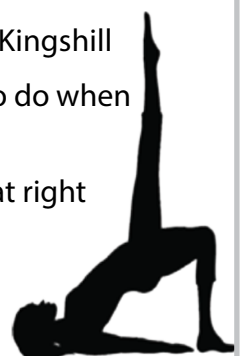
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Bonfire Night & Beyond

It's that time of year again...whether you love them or hate them, firework season is upon us. This can be very exciting for many people, young or old, but spare a thought for our pets, who may find this time of year incredibly distressing. This, coupled with Halloween and potential visitors trick or treating, can be very frightening.

Here are some more common signs that your dog might be fearful or stressed during fireworks:

- Whining or barking: your dog may voice their distress through whining, whimpering, barking, growling or crying
- Clinginess: they may seek comfort by jumping up, staying close, or by seeking attention
- Excessive panting or drooling: anxiety can lead to increased panting, drooling or lip-licking
- Holding their tail down between their legs
- Hiding: they might try to find a safe or secluded spot to hide, like under furniture
- Trying to escape: in extreme cases, your dog may attempt to escape to get away from the noise
- Trembling or shaking: your dog may visibly shake or tremble when fireworks are going off

There are a few things you can do to help your dog avoid any unnecessary stress in the run up to fireworks:

- Walk your dog during daylight hours – if your usual routine involves a walk after dark, replace it with simple games, or treats indoors, so that your dog has some mental enrichment to replace the physical exercise.
- Classic FM have dedicated calming music programmes for pets during November.
- Provide toys and treats, such as kongs/lick mats to keep your dog occupied when the fireworks start and wherever possible, stay with your dog, doing usual activities, without making a big deal of the noises. If your dog can see that you are not reacting, this can help to decrease their anxiety.
- Create a safe space, this can be as simple as putting a blanket over a table, so that your dog can hide under it. If your dog is used to sleeping in a crate, put blankets over the top and on the inside.

- Keep the curtains and windows closed to muffle firework sounds and flashes.

By gradually desensitising your dog to loud noises over a period of time, you can teach them to associate these sounds with something positive, instead of something to be scared of.

Why not go to an organised firework display instead of hosting a party at home? You'll be supporting your local community, socialising with friends and neighbours and potentially keeping pets free from stress!



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Naphill & Walter's Ash School News From the Media Team



We, the new Media Team, have had so much fun interviewing the year R's who have just started their journey at Naphill and Walters Ash. The students we interviewed were delightful and they all said they have made lovely friends. They will have an amazing time at Naphill and Walters Ash School and cherish their memories here forever.

Here are some of their answers:

Freya said she didn't want to come at first but likes it now and Oscar said he didn't have any worries and was excited. When we asked what their favourite thing to do was, Poppy said she likes to play with Lyra, and Ahrier said she loves playing outside.

There are a few changes at this school which some of the new children are unfamiliar with: mixed classes, different locations, new children, new teachers, new lessons. All of the interviewed children agreed that the children at Naphill and Walters Ash School are very kind and welcoming. One said that the uniform was very different as

they wore non-school uniform in their old school, another said that they liked playing wet-play games inside whenever it was raining, and another two said the environment was totally new, as they used to live in either another country or a different part of England. All the children we interviewed said that most importantly the children here welcomed them with smiles when they arrived!

Starting anything for the first time is difficult; starting the next seven years of your life is a major change! Time has flown by so fast, we are already almost half a term into the school year. To anyone who has just started, time will fly but you will have the time of your life!

From left to right photo above:

Olivia, Olivia, Tristan and Magnus

Editorial Comment: A big welcome to our school's new media team! I look forward to lots of news from during this school year!



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Gordon the Bird Man

There is no better place to be than on the foreshore of The Wash at Snettisham on a clear afternoon in late autumn and winter. Snettisham sits on a small ten mile stretch of the north Norfolk coast which faces west, the only area of the east coast to do so. If you consult the tide tables and choose a clear day you will witness the sight of about 85,00 birds being driven towards you by an incoming tide. First to rise are the waders whirling in unison over the water before moving overhead to roost on the banks of the lagoons situated just behind the shingle rise. First heard, then seen are countless skeins of Geese flying in vee formation overhead to land in the stubble fields further inland, all of this against a backdrop of the reds and golds of the setting sun, absolute magic.

The Wash is our largest estuary covering some 12,000 acres and supports around half a million wildfowl and 250,000 waders over winter. It can do this for two reasons, six rivers and a few streams discharge fresh water containing nutrients and minerals into

The Wash, mixing with salt water sustains billions of invertebrates. Secondly, each group of birds have their own feeding strategy. On the foreshore are Turnstones and small Plovers searching the high tide line for small invertebrates like Sandhoppers. Further down are Sanderlings dodging incoming waves like clockwork toys seeking what the latest wave has uncovered. Next are Avocets with their sideways movement sifting through the top layer of mud for shrimp. A little deeper, probing for small worms and molluscs are Dunlin, Knot, various Sandpipers and Shanks. Deeper still, searching for Oysters, Mussels and crustaceans are Oystercatchers and Godwits who can prize them open with their chisel shaped bills. Deepest are the 25cm bills of Curlew probing for Rag and Lugworms, while above the mud are the wildfowl feeding on the Eel Grass beds.

One of the great sights of the birding world and it's almost on our doorstep.

Gordon.



Naphill Village Hall

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10th November at 2.30pm



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Remembering, Lynn, a very special friend and business partner, with much love!

I'm writing this on a dreary October day. I am sure that the fireworks will be amazing as always. Huge congratulations to all the team and volunteers, it's always a privilege to be able to support all of the villages events.

Some of you will remember the time there were two of us in the shop. My friend and work colleague Lynn for more than 25 years. In fact the shop was all her idea! Sadly, she was only in the shop with me for three years before she was diagnosed with terminal cancer and three months later she very sadly died. This month marks a whole decade without her. At that incredibly sad time the rumours were rife that there was no way of me carrying on on my own, even facing my own cancer battle 5 years ago but yet I'm still here working away as usual and just about to renew my lease for another 5 years! Thank you all for sticking with me over the last 10+ years! You honestly mean the world to me, so, Thank You!

Love as always

Mandy



It has been another busy month at Bon Ami. Following on from our successful MacMillan coffee morning we donated over £200 to this worthwhile charity, this was as a result of our raffle and donating 50p from every hot drink that we sold throughout the day.

Now that the clocks have gone back and we are feeling more wintery, our nutritious, warming homemade soups are back on our menu. and "Two soups" is a regular request!

With the colder weather, please remember that the back room is once again available for use by Bon Ami customers. This provides a warm comfortable space for larger groups.

Christmas is fast approaching and we hope that all of your preparations are going well. Ruth and I are

drizzling alcohol into our prepared Christmas cake weekly basis ready for you all to enjoy during Advent. We will also be baking lots of mince pie, always another favourite Christmas treat! Our Christmas New Year opening times will be in the December/ January Gazette.

Best wishes.

Ruth & Dorothy.

A reminder of our opening hours:

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The Wheel News

Well, it's been wet! The wellies are out along with the lots of towels for the dogs, but amazingly it's still been 15 degrees so the fires have not been lit yet. I'm sure it won't be long. Thank you to Angel for chopping lots of our wood that we had felled last year, so we are well prepared. I'm really hoping for a cold, frosty winter.

Thank you to everyone who supported National Cask Ale Week and National Curry Week both were fab. We had some extra special ales that we have never had before, and they went down really really well. Bella Chef did brilliantly on all our homemade curries, it was a great week although the pub permanently smelt of curry!

Thank you to Julia, Kaytee and Bella for holding the fort while we had a brief holiday, which was not in Pembrokeshire for the first time in years but Shropshire! Thank you to all the rest of the team who helped support them too.

During November we have Remembrance Sunday on the 10th and we will be selling Poppies, Pins, Dog poppies and more. Once the service at the Village Hall is over come and join us for a refreshment. It is always a special day with so much support.

Now it's all about Christmas as it is just around the corner now. This year we are doing a Christmas Specials board

again throughout December. To help with peoples costs we have chosen to not have a Christmas Menu that makes you have 2 or 3 courses at an increased price. We will still be taking bookings and making the tables special, a full Turkey Roast with all the trimmings will only be available on Sundays. You can collect our menu in the pub or have a look at our website for further details.

A little reminder of our Christmas and New Year trading hours, information regarding these times will also be available in the next gazette, and on our website and in the pub.

- * Mon 23rd - 12pm - 11pm
- * Xmas Eve - 12pm-11pm
- * Boxing Day - CLOSED
- * Fri 27th - Sun 29th - Normal Hours
- * Mon 30th - 12pm - 11pm
- * New Year's Eve - 12pm - 1.30am
- * New Year's Day - CLOSED

We hope to see everyone over the festive season and before.

Claire, Mark and all The Wheel Team.

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Not from the Vicarage Happy Hygge!

No sun - no moon!
 No morn - no noon -
 No dawn - no dusk - no proper time of day -
 No sky - no earthly view -
 No distance looking blue -
 No road - no street - no 't'other side the way' -
 No end to any Row -
 No indications where the Crescents go -
 No top to any steeple -
 No recognitions of familiar people -
 No courtesies for showing 'em -
 No knowing 'em -
 No travelling at all - no locomotion,
 No inkling of the way - no notion -
 'No go' - by land or ocean -
 No mail - no post -
 No news from any foreign coast -
 No Park - no Ring - no afternoon gentility -
 No company - no nobility -
 No warmth, no cheerfulness, no healthful ease,
 No comfortable feel in any member -
 No shade, no shine, no butterflies, no bees,
 No fruits, no flowers, no leaves, no birds, -
 November!

Thomas Hood's colourful (or should that read colourless) poem reflects on November. On the face of it, it's pretty miserable. The clocks have gone back so we are now entering a time when we go to work in darkness and arrive home in darkness. It's several weeks until Christmas and the days start getting longer again. A key feature of this month is the sombre annual Act of Remembrance, though there are lots of saints to celebrate, so between Remembrance and Saints, we vicars are kept pretty busy.

It is well documented that the mood of many people takes a dip around the middle of this month. Nowhere was this more so than when I was a university chaplain. The students had got over the excitement of the new year, 'Freshers' had become first year undergraduates, homesickness was beginning bite, essays were needing to be handed in, dissertation proposals submitted – the mood on campus perceptibly changed.

Enter those lesser known members of the Superhero universe – the Chaplains!

We discovered that the Danes had a great way of dealing with this melancholy through what they called 'hygge'. Hygge is a way of embracing the dark days of winter with the aid of warmth, cosiness, friendship, sparkly lights, candles and chocolate. Think 'Country Core' on steroids. So we set up a 'Hygge cafe'.

A space was booked in the Student's Union lounge (the corner with the squidgy sofas) and we arranged to have copious quantities of hot chocolate, chocolate cake, scented candles and fairy lights together with nice china mugs to drink from. The event was widely publicised and was a massive hit. Tutors brought whole tutor groups to come and enjoy the treats, whole departments of staff came and people mingled, talked, shared their thoughts and drank hot chocolate. It quite simply made people HAPPY for a while, and for a few precious moments, melancholy dissipated.

The idea of bringing some joy into people's lives is not new. Christians have always tried to live their lives with gratitude, creating and embracing moments of joy in order to live in a way that celebrates their faith. It's a good attitude to have; as autumn dies and winter creeps in, perhaps you can find moments of joy and a bit of hygge to lighten the darkening days.

Every blessing,

Rev Jenny



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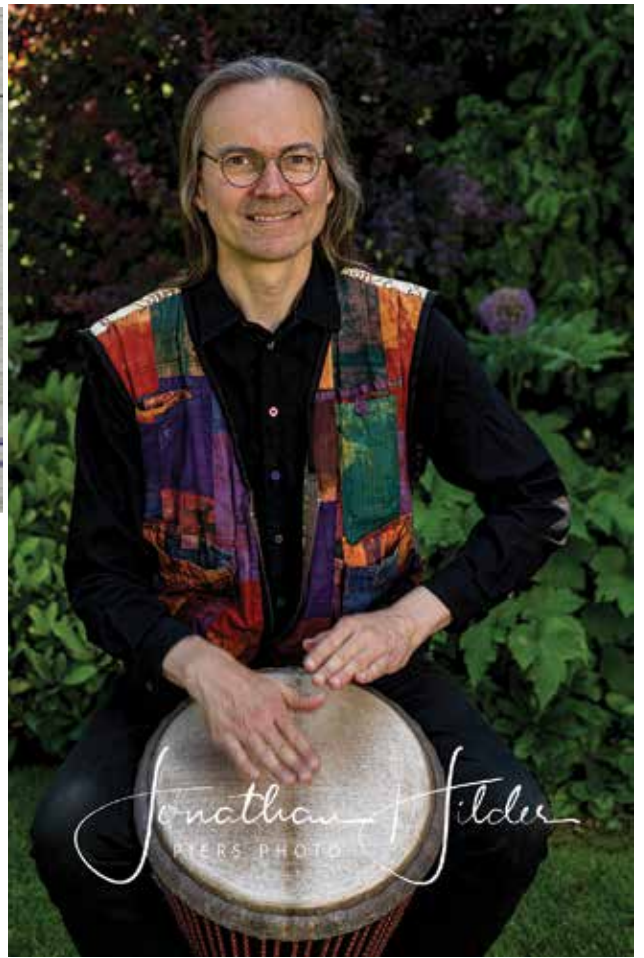
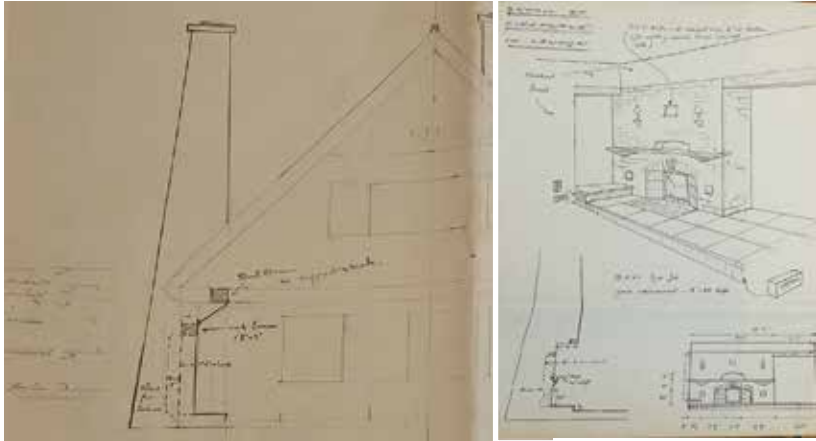
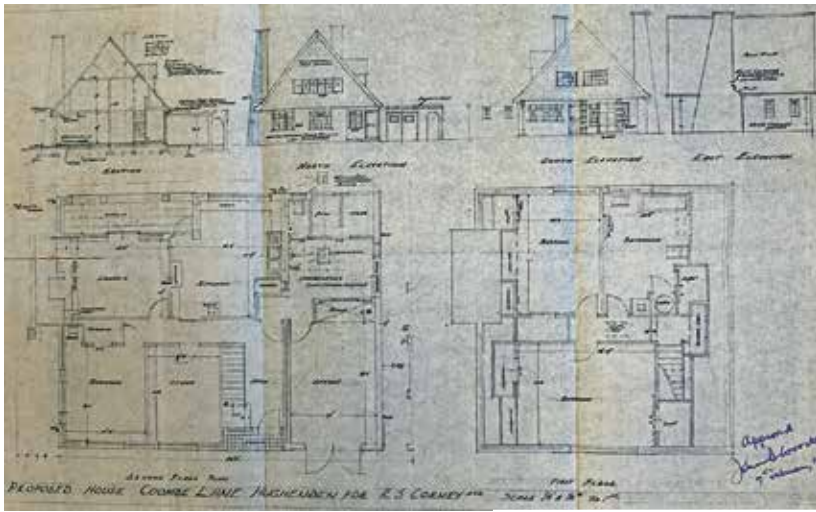
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It's a small, small world!

We have lived in Naphill since 2006 having moved from Lacey Green, we often wondered why our house had such a big chimney (Its 12 ft at the bottom) and not a huge fireplace. Recent events have provided the answer.

As a photographer I often get requests for headshots in my studio. That day was no different, could I take some pictures of Malcolm who taught African drumming. The date was agreed, and he then asked if my wife would be present when we did the shoot. I asked why and he said he would explain at the time, I thought it a bit strange.

The appointed day came, and we did the shoot and scared the neighbours with wild African drumming in the studio and garden. As Malcolm was leaving, he asked if my wife was at home, as he had something he wanted to show her. My interested raised I asked her to meet him, and he handed her a file.

He when on to explain, he had been adopted and in the last couple of years had traced his birth parents and it turned out that his mother and her parents had built our house, and the file contained the original proposed plans for the house and the actual house built. We opened the files and found not only the drawings for the proposed house but also the plans

for the large fireplace and a drawing of the cast iron banisters which the house still has!

Malcolm had needed the pictures but became aware that our house had a connection to his parents so he made the booking. He wanted to see the expression on our faces as we viewed the plans for the first time.

The builders have changed the house, and the garden is no longer a sanctuary to the conifers grown by Peter Corley and root pruned every year.

Jonathan Hilder



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Here at u3a we have over 30 different groups covering a wide range of topics and interests. It is impossible to report on all our activities or give dates and times of all the group meetings in this publication, so a few highlights, and as always, a warm welcome to join us. Remember, your first meeting is always FREE!

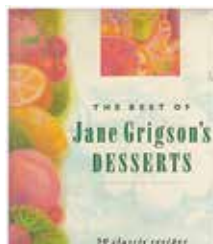
October News Reports



Here in Naphill we have several u3a activity groups offering various activities including Music, Art, a monthly Quiz, and Computing. There is also a group who enjoy playing Rummikub, pronounced "rummy cube." This is a game similar to some other card games, but where the cards are replaced with sturdy tiles placed on a personal rack, in front of each player. It is an especially sociable, fun group! For more information about venues and times do please get in touch!

Our Genealogy Group is assisted by two exceptionally knowledgeable family history researchers, who are available to help members research their own family history. Whilst Ancestry is set up for free use at our meeting venue, Hazlemere Public Library, where computers are available for use, members with their own Ancestry subscription are welcome to bring their own laptop computers to the meetings, WIFI is available.

Up Coming Events



12 November - We are visiting the Oxford Brookes University collection of cookery books. Email for details and to book a place.

27 November - Our Monthly Meeting for all members, takes place at Lacey Green and Loosley Row Village Hall. We will hear from an expert Lucy Goldman in tax law, as to how best to protect your family's nest egg including advice on inheritance and lasting powers of Attorney. Please note that whilst there is plenty of parking available, the 300 bus stops outside the hall.

11 December - Christmas Coffee Morning, Naphill Village Hall. This is a members' only event. Our Handbells group are practicing hard to entertain us. If you are not yet a u3a member, there is still time to join u3a.

If you have an expertise or interest in a particular subject you would like to share with us, or would like more details of our visits, monthly Guest Speakers and monthly Groups, please email gilliamph@aol.com

Web: [High Wycombe and District \(u3asiteuk\)](http://High Wycombe and District (u3asiteuk))

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Paul Gillam

Naphill & Walter's Ash Residents' Association

By the time you read this our popular annual quiz will be over – should have booked earlier! Once again we sold all the tickets and have received generous support for raffle prizes from village businesses. Our main activity continues to be keeping an eye on planning matters to ensure the essential characteristics of the villages are not spoilt. Sometimes this necessitates contacting planning enforcement when we believe that planning rules have been breached. One such currently is the incorporation of part of a field into a garden. Our

speed watch team has been in operation recently. In an hour a dozen cars were found to be speeding, one at 40mph. Embarrassingly, in the past, it has often been residents who have been guilty of exceeding the limit. On a sad note I regret to report the death of John Gainer who, for a while, was on our committee.

Best wishes
David Frost
Vice Chairman






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COGNITIVE HYPNOTHERAPY



Do you feel that you are not living your best life, no matter how hard you try?
I practice hypnotherapy, reiki, and therapeutic coaching in Naphill as well as online.


*Hypnotherapy can help with such a wide range of issues.
Our unconscious mind is often in charge of how we think.
We don't know why we repeat the same negative patterns.
Making the unconscious conscious can bring about powerful
changes in the way we perceive ourselves and others.*

"LIFE-CHANGING!"

What does hypnotherapy help with?
Most clients come to me for help with the following:

- Stress and anxiety
- Low mood
- Lack of confidence
- Big life changes (pregnancy, relationship breakdown and grief)
- Young people struggling with exams, school or relationships
- OCD and neuro-diversity
- Health and pain issues

When changes take place at this deeper level, the challenges of daily life can be alleviated, leading to a healthier outlook, positive habits, and increased confidence.



Alison Scott
About me: I have a Diploma and Master Practitioner qualification in QCH Therapy combining CBT, Gestalt Therapy, Positive Psychology, Evolutionary Psychology, Parts Therapy, NLP and EFT. I gained my Master Reiki qualification Second Degree in 2018.

Contact me for a free initial consultation:
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COGNITIVE HYPNOTHERAPY

World Kindness Day

13 November 2024

Alison Scott

World Kindness Day is celebrated on 13th November 2024, organised by the World Kindness Movement with the goal to inspire people to spread kindness to one another to create a better world.

The day acts as a reminder to appreciate the simple, transformative power of kindness in our everyday lives. Acts of kindness, no matter how small, create a ripple effect of positivity in communities, organisations and across nations.

Why is Kindness Important?

Being kind has such a positive impact on our well-being, both mentally and physically. Research in psychology and neuroscience shows that kindness is not just powerful for the recipients but also for those who practice it.

Kindness works wonder to break down social barriers. It's one of the most wonderful ways we can show someone how much we care about them. Studies show that performing acts of kindness is a powerful tool against the symptoms of depression and anxiety and can promote overall well-being.



What's the chemical reaction of kindness?

Acts of kindness:

- release endorphins - those feel-good chemicals in the brain, which work to elevate our mood and reduce physical pain.
- reduce stress by lowering levels of cortisol, the body's stress hormone, so being compassionate and helping others creates a sense of calm and reduces anxiety.

- release oxytocin, the hormone responsible for love and bonding, dilates the blood vessels, improving heart health and lowering blood pressure.

The Need to Belong

- Helping others can provide a powerful sense of purpose and belonging which is a powerful boost for our self-esteem.
- It shifts the focus away from our personal difficulties.
- Kindness strengthens social bonds, creating more meaningful relationships, building trust and cooperation.
- Regular acts of kindness in a community or workplace creates an environment where people feel connected and valued.

Kindness in Hypnotherapy

What can be even more powerful is that kindness to others often encourages us to be kinder to ourselves. Hypnotherapy techniques often focus on promoting self-compassion, which can be crucial for people struggling with a negative inner dialogue, low self-esteem, or past trauma. This internal shift is often life changing. When we let ourselves off, we find ourselves letting others off too, lightening the heavy load of resentments, anger and disappointment which can keep us stuck in old, unhelpful narratives.

Alison Scott, Naphill's local hypnotherapist added, "Hypnotherapy helps promote feelings of empathy and compassion for others and for ourselves, fostering forgiveness, understanding and reducing judgement. If we view everyone as 'fellow strugglers', we become more tolerant, happier, and we stop taking things so personally."

Hurt People Hurt People

Often people resist kindness due to underlying fears, distrust, or past hurts. They can live in 'protection mode', keeping others at a distance to keep themselves safe. The effects of this can be very isolating. Hypnotherapy can help resolve these unconscious barriers, allowing a person to more freely express kindness and love for others.

So, kindness can create an incredible positive feedback loop: the more kindness you practice, the better you feel, and the more you want to continue being kind. And everyone benefits! What could you do today to spread the love?

Alison Scott

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As the 'summer' disappears as if it never even came, the rain continues to batter and beat our souls into submission, and the dark nights and mornings creep upon us like a silent predator, devouring the warmth and light, many of us will turn to the only antidote – a bottle of red. Therefore, I thought I'd pen some ramblings about a white grape...!

There was a time when the white shelves of any supermarket wine section were pretty much filled with a few Marlborough Sauvignon Blancs, some retro styled chunky Chardonnays and 84 different Pinot Grigios. However, nowadays there is a wider and more eclectic range of options that are easily accessible and so it is a great time to branch out and try something slightly less mainstream.

Do you enjoy the light, tangy and fresh nature of a good old Pinot Grigio? Is the Pope a Catholic? Does a bear do its business in the woods? In many ways it is one of the perfect socialising wines as it tastes nice and refreshing but doesn't need too much thought and introspection whilst supping it. But let's face it – putting a bottle in the fridge for later hardly creates a deep stirring of excitement and anticipation. Therefore, I'd urge you to pick up a bottle of Grüner Veltliner.

Grüner Veltliner sounds wonderfully, almost ridiculously, Germanic. I can't decide whether it's more like a grape variety or a harsh-syllabled pet name for an Austrian's darling lover. However, it is definitely a grape and one that is synonymous with the world of Austrian wine. As the old saying goes – 'Love and Marriage... goes together like a Grüner Veltliner and an Austrian Oenophile.'

What to expect? Acidity and plenty of it. Flavours of lime, grapefruit, apples, a little nuttiness, white pepper and spice. It tends to be lithe, athletic and dryly focused. However, the spicy undertones make it an intriguing and alluring sip, offering something a little different.

What's that you say? That sounds interesting and all that, but you struggle to understand what a wine is really like unless someone describes it in the form of a long, meandering and quite bizarre metaphor? No problem...

I'm pretty sure if Grüner Veltliner were made human, you'd see them on the slopes of Zell am Ziller. You'd be skiing along sloppily, happily and without full attention, when out of nowhere this beautiful Austrian flies from behind you and swerves out of your way as you hog the slope, unaware that she was flying effortlessly down at Olympic pace until you almost

caused a whole heap of mess and offer further proof to reputation of Brits abroad and our inability to not be pillocks wherever we go.



The Grüner would 100% stop and slide over, shouting all sorts of angry German words at your face, before realising you're a British moron and quickly transitioning to perfect English to admonish you like the foolish, errant school boy you now feel as tall as.

Without pausing for breath, she swooshes away down the mountain quicker than you can say 'Ich mochte ein weiner schnitzel, bitte.' You pause, dumbfounded and shaken by the whole experience. Your head feels cross that she reacted so heavily, and yet you sort of think you're now in love and want to be shouted at every day by this aggressively entrancing grape.

Obviously, as you start knocking back the Jaeger in Mayrhofen that evening and regale your friends with the tale of this mad Austrian, you spot her across the room dancing drunkenly on the table and showing a spicy, wild side that makes you even more sure she is the love of your life.


There's no doubt she'll graciously accept your apology and your offer of a glass of overly fizzy lager. However, having downed it one, she then laughs in your face when you declare your undying love for her, calls you a 'Dumkopf' and goes home with a rugged and handsome snowboarder.

It would never have worked out, but forever more you'll always long for a glass of Grüner Veltliner...



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