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Naphill & Walter's Ash Gazette May 2021



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Bridge Club	Margaret Stagg	01494 530736	
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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
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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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Hughenden Parish Councillors	Chris Waterton	07968 268067	chris.waterton@hughendenpc.org.uk
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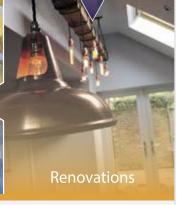
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Copy Date for June Gazette 15 May 2021

Welcome to the May edition of the Naphill & Walter's Ash Gazette. Spring has sprung! The trees are bursting into leaf and the very first bluebells are just starting to appear. With the announcement of the Duke of Edinburgh's death, I have included an article by Rev Jenny Ellis to mark this sad occasion.

Our COVID19 team has disbanded and I am sure you will all join me in thanking them for the sterling work they did for us. Possibly one of the good things which came out of lockdown was that we united to help and support one another, some would perhaps say, as people did during the World Wars but life has changed how we do things and how we communicate moves on apace!

As I sit here in front of my huge computer screen I smile when I remember the earlier versions we have owned and used over the last 35 years that we have lived here in Naphill and my avowed intention to see my career out without any such nonsense. This quickly became impossible, so no looking back!

I was initially very suspicious of the internet, that was a HUGE NO, definitely not in my home but again, it quickly became difficult not to join. Now the internet is one of the greatest sources of information available to a wide audience and the information displayed is immediately available and can be kept updated. Anything which goes into the Gazette will be approximately a fortnight to 6 weeks old by the time it reaches you, hence why dated material goes on our website and the Gazette is published as a magazine not as a newssheet. The

majority of our local groups have their own websites and Facebook pages where they publish their important news and date reliant material.

Several of my contributors and friends are over 80 years old and use technology very efficiently. I do understand that there are a few people who do not use the internet and this limits their access to the so many things. Perhaps a list of these people and a constructive dialogue as to how we can best help them and disadvantaged people in general might be constructive. Do we have road reps/a network of good neighbours? From time to time we get a phone call from residents who need a helping hand and it is a great privilege to help where we can.

This month's cover! Oh thank you Mike Beckley! Mike is a great local photographer and he is often my window to the world far beyond Naphill, sharing his photographs from his worldwide travels. This week, it was wild flowers and the heron perched high on a tree in Naphill, too good to miss!

My thanks to all the contributors. I thank Claire Patton, the chairman of NAWARA, who has kindly written a report this month. I look forward to continuing to work with her, as I do with all our village chairmen and groups, to build a better understanding between us all. I thank them all for their ongoing support.

Copy date for the June edition of the Gazette will be 15 May when I hope we will have some exciting news about the village NapFest weekend.

Stay safe and best wishes,

Sonia

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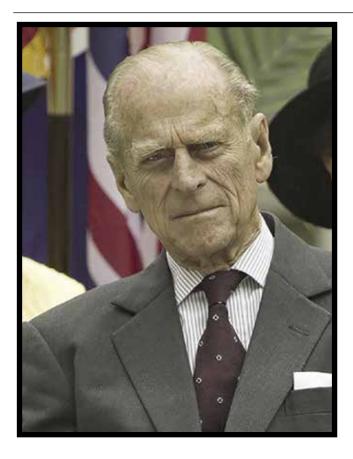
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A Life Well Lived – HRH Prince Philip, Duke of Edinburgh



'You don't know what you've got 'til it's gone......' words penned and sung by Joni Mitchell.

Like so many, I have lived my entire life in the reign of Queen Elizabeth II, so I have never known a time when Her Majesty and the late Prince Philip, have not been present. The Royal family have been a constant backdrop to key events in my life, especially during my 'former existence' as a military wife. From Friday 9th April, a huge piece of that backdrop has gone.

We all knew the Prince had been sick and that he was increasingly frail as he approached his 100th birthday, but few of us imagined that the death of Prince Philip would come with so little warning as it did on that sunny Friday morning. It will now remain for us one of those events like the assassination of President Kennedy and the Twin Towers – where were you when...........? My husband and I were on leave, walking in the sunshine when the town clerk phoned. He took the call, knowing it had to be something serious, and that was how we heard the sad news. Someone we had always regarded as a constant was gone.

The resultant press coverage was an eye opener to say the least. The myriad obituaries and

tributes highlighted the true magnitude of this unassuming, sometimes quirky, gentleman. Seemingly always in the Queen's shadow, it was easy to forget how much he did and what he achieved. Stemming from my love of horses, I long had a great admiration of him as a carriage driver of international repute. His various roles in all things equestrian would have been a full time job in their own right, yet he was deeply involved in environmental issues, pioneering projects and the logistics of Royal life. The scope of his interests and achievements have now begun to fully emerge - just one or two would have been enough for most people, but new insights into Prince Philip seem to be emerging almost every day. Such was his range of knowledge and informed interest in every aspect of our planet's being that he easily earns the title of polymath.

The hole that Prince Philip's death has left in our national psyche will never be filled, nor should we ever seek to do so, but we can step up and be a part of his legacy. His legacy will continue for decades, generations even. Will any of us forget the testimony of Jon Watts, who entered on the Duke of Edinburgh's award scheme whilst serving time in jail, subsequently turning his life around and becoming a successful chef? What might have been the outcome for Jon had he not embarked on the scheme? One small piece in a much larger jigsaw.

The legacy that Prince Philip leaves is surely that of a life well lived. Press coverage often focussed on the quirkier aspects of his nature or the occasional faux pas, so that his championing of avant garde causes or the occasional bad day were seen as major embarassments. Now that he has gone and with the benefit of hindsight we are beginning to realise just how much he did and what our nation had in him as our Prince. Some cultures have the belief that no one ever dies until the good they have done in their lives has vanished from the earth –this surely must be a part of his legacy and one we can be a part of.

RIP Your Royal Highness

Rev Jenny Ellis

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Naphill Village Hall & Playing Fields Council Chairman's Report

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The committee held a zoom meeting on the 29th March and 15 members took part. The meeting was for half an hour to accommodate the AGM that followed. The committee discussed the reopening of the hall and agreed that it could reopen on the 22 April. It appears that the hall will only be used by a couple of hirers at first but as the rules are relaxed more activities will take place. The hall has been booked as a polling station for the elections in May. It was reported by the junior football club that the goalposts they use, and are chained together when not in use, the chain had been cut with bolt croppers. The junior team fundraised to buy these goalposts and are their property and should only be used with their permission. We now have 3 quotes for the Ash tree trimming so that work will go ahead shortly. The entrance doors from the car park were discussed and quotes will be sought for their replacement. The meeting finished at 8.00pm.

The AGM was held after the committee meeting, 15 members of the committee attended with no members of the public attending. My chairman's report was read out as follows. "This year has been one that was totally different from any other previous year. With the Coronavirus pandemic the village hall had to close for many months. With the village hall being closed there was very little income from the lettings and leases. The village hall has received grants of £10,000 and £1,300 from the government via Bucks Council. Fortunately the village hall has received generous donations from members of the public and local businesses. Cathryn Carter and her teams have done a great job of fundraising with two events, the cheese and wine evening and the Christmas fayre raising between them over two thousand pounds. Donations for the Christmas tree lights are at a all time high but unfortunately Napfest and the fireworks were not allowed to take place, so our main fundraising events raised nothing.

The village hall have had to spend money on the normal day to day running of the hall. These include the insurances, electric, gas and water and the field maintenance, grass and hedge cutting. So even

when the hall is closed it still costs money. A few other costs were incurred and these included a new thermostat, and the sanitising stations. The heating system appears to be in need of replacement in the not too distant future.

The boiler along with the ash tree that needs attention will be expensive and reduce the funds available to the committee for future improvements.

During the last year the Woman's Institute has closed. It is very sad to see one of the founder member organisations close, mainly as there are less members that can make it function. This along with the Horticultural Society from a couple of years ago means that fewer people are being involved in the running of the village hall. The village hall needs new younger people to become involved.

The AGM was told of the financial position by the treasurer and surprisingly we have about the same amount in funds as we had when the pandemic started.

The election of officers was held and Paul Riglar was elected as treasurer, Judy Whitehouse was elected as secretary and Tanya Stevens was elected as lettings secretary. The members who were reelected are Sarah Bacon, Daisy Leek, June Lynch, Andrew Wasilewski, Clive Lawrence and Cathryn Carter. There were three co-opted members, they were Judy Whitehouse, Tanya Stevens and Dave Evans. The village organisations appoint their own representatives and there are 14 organisations on the committee.

The proposed change to the committee was discussed but was put on hold due to the pandemic. It will be further discussed at the committee meetings in the year and it will need to be agreed by the end of 2021.

The next AGM will be held on 4th April 2022.

Keep safe and well,

Clive Lawrence
Village Hall Chairman

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ROB BUTLER MP



I would like to begin this month by paying tribute to the Duke of Edinburgh, whose death has been felt by the entire nation but most of all by Her Majesty, the Queen. Prince Philip's life was duty personified. He made several visits to our area, and thousands of local people in Buckinghamshire have benefited from his charitable causes; his award scheme has benefited young people from every background including at Aylesbury Young Offenders' Institution, where it has provided muchneeded direction for young offenders on their road to rehabilitation.

Recent weeks have seen the further easing of Covid restrictions, and I am confident that we can now look forward to a summer of recovery. Much has changed for the better since my last contribution to the Naphill and Walter's Ash Gazette: as we have moved on from the testing winter days, children have returned to school, shops have reopened, and we are once more able to meet friends and family outside our favourite village pubs and restaurants.

I would like to thank everyone who has played their part, by staying at home, minimising travel, and reducing social contact. Many of us have missed major life events, been separated from loved ones or struggled with the consequences of being confined at home. However, thanks to these sacrifices, we are stopping the spread of coronavirus and reducing local infection rates. All of this has helped protect our NHS and save lives.

Looking to the months ahead, I am working both locally and in Parliament to prepare to build back our economy as we return to normality. A strong infrastructure is vital to our future prosperity and I welcome recent measures to improve bus services in England, including more than £1 million for Buckinghamshire Council to expand ondemand minibus services in rural areas. I have also stepped up my campaign to secure funding for the Aylesbury spur of East-West Rail by lobbying ministers at both the Treasury and Department for Transport to give the green light to the railway that we do want locally.

I believe we can look forward to the remainder of 2021 with both hope and confidence. As we do, perhaps we can reflect on the Duke of Edinburgh's selflessness and extraordinary commitment to public service as, together, we continue to help our communities overcome coronavirus and build a brighter future.

Member of Parliament for Aylesbury

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Friends of Naphill Common

I'm sure we all feel great relief that government Covid restrictions are gradually being lifted. Let us hope that no reimposition or tightening of the regulations becomes necessary. If the current government timetable is adhered to, we will be able to recommence guided walks from Monday, 17th May, beginning on that date with a Long Walk led by Ron Collins and starting from the Village Hall at 9:25am prompt. Short Walks will recommence on Wednesday, 2nd June, again starting from the Village Hall, at 10:30am (the first walk will form part of the Chilterns Walking Festival – https://www.visitchilterns.co.uk/walkingfest.html).

During lockdown, our Common has proved particularly useful (and popular) for socially distanced exercise, whether walking, cycling or riding. If you'd like to support FoNC in our work of conserving and enhancing the natural, historic and cultural heritage of the Common (and for existing members who haven't yet paid their annual subscription), why not become a member – the cost remains at the low, low price of £5 per person (£2 for under-18s) – joining our working parties and other activities is entirely optional, but if you would like to do so, that would be even better!

Our account details (now with Metro Bank) are: Friends of Naphill Common Sort code 23-05-80

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Please don't forget to include your full name in the Reference, so we know who's paid and who hasn't.

Our unusually wet winter has meant that the Common became even more muddy than is normal at this time of year. Our working parties, whilest observing social distancing, have liaised with local tree surgeons who have supplied us with woodchip, that has been spread on many of the worst affected areas, to alleviate the problem. This has been very well received and we plan to continue this work where the condition of footpaths requires it. Our

thanks to Richard Holliday of The Tree People, Chris Harris of Roots Tree Surgeons and John Lauder for donating and delivering the woodchip.

We also plan to restart our working parties on the Common. Because this is dependent on both the weather and the timetable for relaxation of Covid regulations, it's best to check our web site for details:

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

Our annual newt survey has been carried out by our (officially certified) newt-wranglers, the Hussey twins. They found nine Great Crested Newts (our protected and endangered species) in Pickup's Pond (at the end of the paved section of Downley Road) and a good population of our other two species (Smooth and Palmate) in the other ponds.

Chris Miller Chairman



If you have enjoyed walking or riding on the Common, please consider supporting us by becoming a member.



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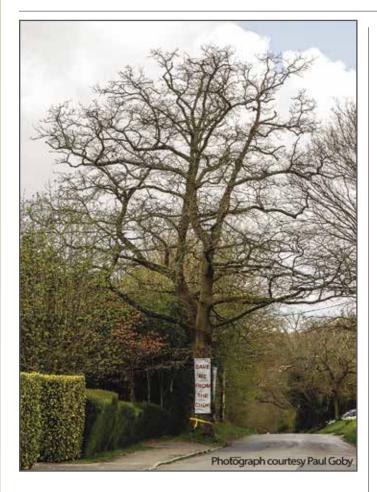


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Naphill & Walter's Ash Residents Association - Chairman's Report



Further to the poster published in last month's Gazette, the campaign to save the 100 year old oak on Clappins Lane has gathered apace. The petition now stands at 970 signatures and is rising whilst I look at it. Local residents have tied banners to our tree and continue to do their best to try to find an acceptable alternative to felling this magnificent specimen to make way for a few extra feet of pavement. The tree which now also sports a jaunty yellow ribbon, is starting to burst into leaf. It is sometimes easy to forget that this is a living entity and if left undeterred could live to over 800 years. I am informed this is the age of the oldest oaks on our common.

We have seen a massive increase in walkers over the past year, both locals and visitors to the beautiful Chiltern countryside. Whilst this has undoubtedly opened up the natural world to many who previously might not have taken the opportunity, regrettably in some cases this influx has had a negative impact too. Both a local farmer and the National Trust have reported the struggle that they are facing to stop erosion and destruction in and around our fragile area due to the increased footfall and lack of knowledge. New signage has gone up around the farm at Bradenham, so please take a pause to read these.

This new interest in the outdoors is certainly a healthy pursuit and will hopefully give an insight into the importance of protecting these beautiful spaces for the future, however education is vital to stop damage being inflicted, often quite unwittingly, to our footpaths, bridleways, fields and woodland. So please remind visiting friends to stick to footpaths if on foot, bridleways if on horseback and by-ways if on wheels. Do not wander onto farmland to avoid that muddy puddle, it could destroy the farmer's crops, keep dogs on a lead, particularly around livestock and please pick up after your dog too. Please use the dedicated recreation grounds and parks we are so lucky to have on our doorstep and do not use farmers fields as football pitches. Do not allow your children to forage, pick flowers and break branches off trees as a bit of fun. Lets hope that as the days get longer and hopefully the evenings a bit warmer, we can all enjoy the beautiful outdoors responsibly, which I am sure the majority of our community do already as a matter of course.

Claire Patten - Chairman















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Speedwatch We are all aware that speeding has become a serious problem during the pandemic. The good news is that Community Speedwatch is up and running again. We need and welcome new volunteers. Once you have taken part in the Thames Valley Police training course on-line (actually it's like a game), and answered a set of questions, you will need an hour's practical experience with a Speedwatch group on Main Road. After that you will be a qualified TVP Speedwatch operator and your name recorded on the Co-ordinator's official list.

I have a simple set of instructions to help you through the registration and training process which I can email you. You will need to log into communityspeedwatch.org and follow the instructions. Any problems - email glorialeflaive@msn.com or phone me on 563634. Any technical queries email James Perkins on J@JMTP.CO.UK.

Sewage Leak. The sewage which polluted the stream in Hughenden Park some weeks ago is under control, but there may be a problem again in prolonged heavy rain. We have asked the Hughenden Valley Drainage Improvement Group to warn us of any future problems.

19/08031/FUL Clappins Lane, Walter's Ash.

8 Appns received 16.02.21. related to Condition 3 (Archeology), Condition 7 (Estate Road Details), Condition 8 (Construction Management Plan), Condition 12 (Pre-Commencement: Construction and Environmental Management Plan), Condition 13 (Pre-Commencement: Ecological Mitigation), Condition 22(Renewables Scheme), Condition 4 (SUDS), Condition 14 (Pre-Occupation; Landscape and Ecology Management Plan).

Gloria Leflaive - Secretary 563634

All Domestic Planning News, as supplied by NAWARA, is now available at www.naphillandwaltersash.org.uk

Planning Applications

Planning, as above, which is important to the wider community, will continue to be published in the Gazette.



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Naphill Tennis Club

I am delighted to report that tennis is in full swing again albeit with social distancing and lots of hand sanitising! A programme of coaching is well under way to benefit everyone from beginner to the more experienced player and further events will be arranged if and when Covid-19 permits.

BEGINNERS ADULT COACHING	Mondays 9 – 10 am starting 29 March	Cost: £10 per person. Open to non-members.
IMPROVERS ADULT COACHING	Mondays 10 – 11 am starting 29 March	Cost: £10 per person. Open to non-members.
JUNIOR COACHING	School Summer Term starting Friday 23 April for 10 weeks excl 4 June	4.30 – 7.15 pm 3 groups of 45 mins/1 hour. <i>Places limited due to COVID</i> .
UNDER-7s CLUB	School Summer Term starting Saturday 24 April for 10 weeks excl 4 Jun	9 am - 9.45 am.

For further details on the above or to book your place, please contact our Head Coach,

Mel Burn, (email melebbles@hotmail.com or 07949 128195).

For details of membership, please contact our Membership Secretary (01494 563706 or email <u>naphilltennis-membership@gmail.com</u>).

Jenny Tench



The Princes Risborough Rotary Club

In the current climate there are many charitable organisations in our area in financial need. Over the past 12 months we have been able to donate more than £35,000, and we are still fundraising and looking for groups and organisations locally who need our help. We have been involved in a number of fundraising events over the past year. Our most recent activity being in support of the Princes Risborough Town Council's Farmers' Market on 17 April. Club members acted as traffic marshals, monitored the pedestrian entrance and advised on social distancing and Covid hygiene. We also ran a fundraising stall offering a prize hamper to the winner of a simple guessing game.

We also want to encourage individuals who might wish to join us. The Club has over 50 members who presently meet regularly on Zoom, but look forward to being able to meet in person again for an evening meal and some entertainment at the Whiteleaf Golf Club. Our most recent talk was by an ex local politician who, before relinquishing his seat in 2019, held a number of important posts including the Chancellor of the Duchy of Lancaster and Minister for the Cabinet Office. He spoke to us about

his role as the Chairman of the Buckinghamshire Historic Churches Trust (which provides financial support to historic buildings of all religious denominations). He also talked at length very entertainingly about his experiences as a Member of Parliament, which included being the de facto deputy to Teresa May.

The social side of the Club is very important and we are a lively and welcoming group. Our primary objective is to support the local community, so if you know of any organisations or individuals that need our support, or would like to know more about becoming a Rotarian, please contact us using the links below.

David White, in Naphill, on 07787 750889 or go to the website below and select "Contact":

rcpr.org.uk

If you would like to make a donation to the Club Charity Fund, you can do so by going to:

https://www.justgiving.com/campaign/ rotaryclubofprincesrisborough



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The Wheel

It is amazing to think that we are now up and running again after three months of being closed! Even with another set of rules for all of us to follow we are so happy to be serving you all again. Please keep an eye on our Facebook page or on the signs out the front as these will confirm our new opening hours.

So, let us try and make it simple for you all as to how it all works this time....

- Test and Trace is law for ALL individuals 16yrs and over. (Not one per group). Please download the NHS Covid 19 app before arriving.
- 2. Mask must still be worn when you come indoors for example: to use the toilets, or to pay.
- 3. Maximum group of 6 people per table or 2 family households.
- 4. We must operate table service only.
- 5. Outside covered areas must be at least 50% open.

Thankfully, it is that simple this time! When we can open inside all the rules will still be the same (hopefully)!

Now that the rules are covered let's move onto coming back and enjoying a drink, having some fun, chatting to our friends and hopefully feeling a little bit more normal. We have all been waiting for so long and here's hoping that the great British weather is a little kinder to us as well.

We have decided that the garden will operate on a first come first served basis, but you will be able to book tables inside when permitted. Myself, Mark and all the team will be about to help everyone with understanding how it all works again. Maxii and Molly will be socialising with you all especially if you have food! (They have really missed you all).

Thank you to everyone who has supported us over the last three months it has made a huge difference to us not just financially but mentally too. We would also like to wish all the local pubs, cafes, hairdressers, and other businesses the best of luck and we hope the village will remember to support local, we all need your help.

See you all soon.

Claire and Mark



A local Bucks Rocks find! Photographed and returned for others to find and enjoy See Bucks Rocks Facebook page for more information.

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Dementia Awareness Week, 17th - 23rd May 2021

Did you know that 1 in 3 people born today will develop dementia? Or that a growing number are 'young people' in their 20s and 30s?

Medical advances are enabling us to live longer – which is great. However, with a population of around 25% of residents aged over 65, Hughenden Parish (NAWA, Hughenden Valley, Great Kingshill and Widmer End) faces a typical challenge of how to help people and their families live well following a dementia diagnosis. Alzheimers' Society has highlighted the fact that Covid19 has led to a significant increase in dementia diagnoses, meaning that many people are living without the support and interventions which can improve their lives. The news has frequently identified the huge challenges for people living and working in care homes during the pandemic. In addition, family carers have been under huge pressure. Many have not had any respite support, and limited day care support despite an increase in the care demands of their loved ones. Alzheimer's Society has issued a 'call to action': local authorities such as Buckinghamshire Council will be largely responsible for designing and implementing recovery plans in the coming weeks and months. It is essential that these plans are built with people affected by dementia at their centre. The Society is asking everyone to write to their local councillors and Council to ensure that people affected by dementia are prioritised in Covid19 Recovery Plans. Although there are Council elections taking place in May you can still write to Buckinghamshire Council to express your views. Here are the email addresses:

Ridgeway East (including NAWA)

David Carroll: <u>David.Carroll@buckinghamshire.gov.uk</u> Steve Broadbent: <u>Steve.Broadbent@buckinghamshire.</u> gov.uk

Martin Tett - Leader of Buckinghamshire Council: matt. tett@buckinghamshire.gov.uk

The Council also has a Health and Well-being Board, and further details can be found by following this link: https://bit.ly/3wYYjHW

Locally there is a group - Wycombe District Dementia Action - working hard to demystify what 'living with dementia' means, to promote better understanding, and to make sure appropriate support is built into everyday activities. On Monday 17th May at 11am the Group will launch its first online information video on YouTube.

Please join in by following this link: https://bit.ly/2Q8JCBa Your feedback would be invaluable. The Group is also planning a series of other events in May- restrictions permitting – and you can find out more on the Facebook page: @WDDementiaAction. Members of the Group include Tesco Loudwater, local care homes, South Central Ambulance Service and Buckinghamshire Council.

Don't forget to 'like' the Facebook page and 'follow' on Twitter: @WDDA20. You can also become a WDDA Supporter by emailing wycdda@gmail.com



The Dementia Friendly Communities' programme is an initiative of Alzheimer's Society to help empower those living with dementia, their loved ones and carers.

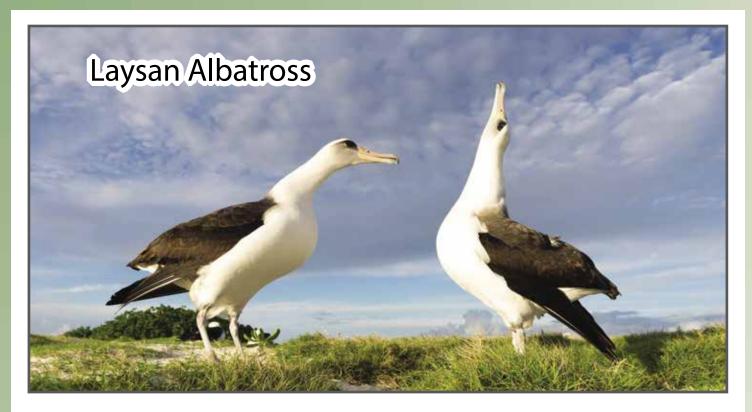
It is a community where people feel confident, respected and included so they can contribute and participate in their local community in ways that are meaningful to them, this could simply mean being confident enough to enjoy everyday life.

Wycombe District Dementia Action

If you are affected by dementia in any way, your input would be invaluable and we'd love to hear from you, we currently can provide signposts to invaluable information for you or your family to provide support, it may be that you just want to find out about us.

Hughenden Street Association is keen to support this important issue and will be including further information in its weekly newsletter in the coming weeks. Without a cure, dementia is a dreadful disease however people can live well with the right support. At the same time family carers and friends may need help to come to terms with the diagnosis. The Association has close links with Buckinghamshire Council and will be working closely with the Council to ensure that Hughenden residents affected by dementia get the support they need. If you are affected by dementia do get in touch. Your views matter! Email: <u>hughendensa@gmail.com</u> in confidence. Alternatively, email wycdda@gmail.com to share your story and access support with the group.

Hilda Stearn **Hughenden Street Association**



Gordon the Bird Man

The Oldest Known Bird

This year marks an historical anniversary and an extraordinary birthday.

In 1921, Bernard Tucker founded the Oxford Ornithological Society, making it the oldest "bird club" in the world. A year later he compiled and published the first annual report on the birds of Berkshire, Buckinghamshire and Oxfordshire.

Ringing birds not only gives us information on the routes birds take during migration but also their age. In 1982 my late wife and I were able to spend a few months in the Hawaiian Islands. On a wildlife cruise visiting the Laysan Islands our guide brought to our attention a Laysan Albatross (see photograph above) which had been in the first group of birds to have been ringed in the islands in 1956. Through analysis of feathers and bill it was found to be five years old at this time. In 2001 she was named "Wisdom" and at 50 years old she was already ten years older than these birds were thought to live. I still receive yearly reports from their Wildlife Service and incredibly, not only is this bird still alive but she has successfully reared her fortieth chick. Because of the length of time the egg takes to hatch, 66 to 68 days and the young birds to fledge, 150 to 155 days, they can only rear two young every three years.

At 70 years old it makes Wisdom the oldest known bird to be living in the wild.

Artificial Fertilisers and Pesticides

Artificial fertilisers and pesticides have been a part of intensive farming for many years.

Since the publication of Rachel Carson's book "Silent Spring" much research and many surveys have been done on the environmental effect these products have on farming. These products are also used on our gardens and allotments but little or no research has been done on the effects they have in these situations.



Researchers at Sussex University in conjunction with the B.T.O are looking for people to complete a survey. You will be asked about the frequency and which types of pesticides are used in your garden. Also, you will be asked if you have a pet and use flea / tick control products. If you do not use pesticides in your garden please still complete the survey.

To get involved please take part at bit.ly/birds-and-chemicals.

Gordon 562407

Naphill & Walter's Ash Gazette Facebook Page

This month we organised a virtual pet competition. We were delighted to receive so many enteries! We thank everybody who sent in photographs and everybody who voted! We have over 600 members in our group! If you would like to join the fun and support our advertisers, please vist our page.

Andria and Karen - Gazette Facebook coordinators















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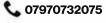


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Chiltern Hills Arboriculture

It's been a long 'lockdown' winter. There is only so much television you can watch before your eyes 'turn square'*, so it becomes necessary to find other interests before spring gardening can get fully underway.

I know a lot of us have taken on new hobbies and interests. I'm a practical sort of bloke, but I grew out of Airfix models at about 11 years old, and knitting has never really appealed to me.

Mrs B and I did a bit of wood crafting at Christmas. Regular readers may remember our construction of "Rustic Rudolph" the Beech log reindeer, featured in the December magazine last year. Fun as he was, there is not much call for Christmas decorations of the Nordic variety in March. So after taking a look at the stock of the machined timber in our shed, and the pile of wine bottles for recycling, I came up with a plan for a project.

I would be lying if I tried to convince you that this was an original idea. Mrs B and I are now of the age demographic where we regularly receive those unsolicited A5 sized, glossy, lifestyle, sales magazines that contain useful stuff that you either can't live without, or instantly identify as being "extremely useful or practically indespensible". Things like telescopic magnets for picking up your keys without having to bend down, when you have dropped them on the kitchen floor.... Dusters that will clean an entire venetian blind in one swipe..... Oh.... and foot spas.... (you get the picture).

Anyway, I saw a rather splendid bird feeder in one of the magazines and thought, I could build one of those. There was much rummaging through our assorted timber stock and a few trips out to B&Q. For reasons I will never fully understand, unless you own a hardware shop, you never have "exactly" the right size of screws.

I'm rather pleased with the outcome though, as is our resident garden squirrel. The poor birds barely get a look in, as "Sid" sits there, gorging himself on their seeds.

There is really only one downside to the project. The positives include the recycling of reclaimed timber, the benefit to the local wildlife, and the satisfaction of completing another DIY project.

The downside? I probably should set up a monthly direct debit to B&O for materials.

Mike Beckley

Chiltern Hills Arboriculture

*If this expression means nothing to you.. ask your Mum or Dad.



Shear Madness

I am writing this the week before I go back and I can honestly say it's quite daunting, more so this time for some reason. I've just tried my work trousers on, it took me 5 mins to get them on, oh heck! Thank you all for keeping me going through this dreary lockdown, you have been my tonic once again. I am looking forward to seeing you all in person, it will be so nice!

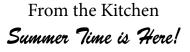
Well done to those that have kept going and doing what they can, The wheel and it's pit stop, Pony espresso, Bon Ami and many, many, more. I also include the gazette as they have managed to keep everything going with all the rules, online one minute hard copy the next, Facebook and messaging me personally to check I'm ok! Remember it is non profit and run by amazing volunteers so thank you Sonia and the team I would be lost without you all.

Just a reminder that we are bookings only and if I miss your call I will ring you back.

Love as always

Mandy





Here in the kitchen we have travelled the world with you over the last few months! We are delighted that our culinary creations from far and wide have been enjoyed by our customers alongside our more traditional creations and of course, our ever-popular Sunday roasts.

We pride ourselves on always using the very best and freshest ingredients which are sourced locally wherever possible! SUMMER will bring a plethora of different ingredients which we plan to make good use of! Our new barbecue dishes are here and I am now taking bookings for BBQ hire which is available along with catering for all of your special events such as birthdays, small gatherings and other special occasions. There will also be lots of new Summer dishes and desserts to enjoy. Please see the Facebook page, Rays Kitchen Naphill and join our subscribers list to receive regular updates and weekly menus via email.

Best wishes,

Ray & Nathalie



M: 07742 881045

rayskitchennaphill@gmail.com



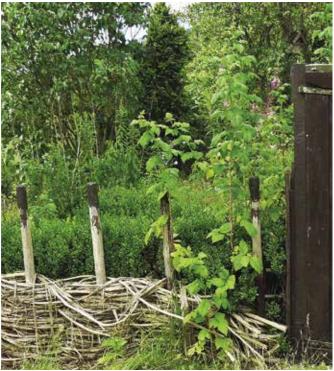


www.rayskitchen.co.uk

Karen's Flowers







Growing Your Own

Good news!! The pandemic has brought at least one benefit. There has been a rush for allotments. Hughenden Parish has 8 in-use allotment gardens, with about 280 plots. Suddenly, all are tenanted apart from a half of one 10-pole plot. That is quite a change, after an extended period when most allotment gardens had several vacancies. There was one earlier case of a headlong rush for allotments. I became a tenant of a Walter's Ash plot in 1973 when only half the plots were being worked so I had plenty to choose from. According to a neighbour, my plot had not been worked for at least 10 years, so I had a lot to do, clearing well-established couch grass and brambles. Then, in 1974, came THE GREAT INFLATION. In 3 years prices in the shops went up 70%. There was hysteria in the press about "the £5 cabbage". There was panic in the streets and in no time all the allotment plots were taken. At Walter's Ash I was told that there was a waiting list so long that it would take 8 years to clear at the normal rate of plot turnover. I had a 10-pole plot in those days and I can remember a lady coming up to me and, somewhat pointedly, saying that people with 10pole plots should give up half to help those on the waiting list. I pretended to be deaf..... One benefit of those three years of extraordinary inflation was, if one's wages kept pace with inflation, one's mortgage repayments declined by 41% in 3 years (in real terms). A bonanza!

If you have recently taken on a plot which has not been properly worked for some time, or you are creating a plot to grow fruit and vegetables in your garden, here is a tip. Purchase from a builder's merchant some heavy black PVC sheet, say 4 metres wide and of a length to fit your plot. Then cover over the weeds and leave for 9 months to a year. After that all weeds will be dead and all you will have to do is to rake off the dead foliage and plant young plants or sow seeds. There will be no need to dig or remove existing weeds. You can peel back the black plastic, say 3 feet at a time, to work that strip whilst the rest is under control.

Meanwhile, at the time of writing in mid-April, a cold winter has been followed by a cold spring – nothing like 2020 which was glorious. My apricot tree was a month late coming into blossom. A constant worry is frost damaging fruit blossom and I put fleece over where possible.

I could not end without paying a tribute to Jill Armshaw, who has just retired after seven years as Deputy Parish Clerk, responsible for the allotments as well as other matters. The allotments have improved enormously under Jill's reign, and we owe her a vote of thanks.

Good gardening,

Mike Mason

Wycombe Photographic Society

April and May were the months when we held our Annual Exhibition in conjunction with the Wycombe Arts Festival and was our biggest event of the year.

The exhibition gave our members the chance to show the residents of and visitors to High Wycombe their best projected images and prints. The Exhibition was held in the Eden Centre.

However, this year we will be running what has become our Annual Competition which will be held on-line using Zoom.

If anyone would like to see the "crème de la crème" of photos taken by our members you can watch on line if you wish.

The judging will be over two Thursday evenings 3rd June and the finals on the 10th June.

Please send me an email to membership@ wycombephotographicsociety.org.uk and I will make sure that you get an invite to the judging of the entries in the Annual Competition.

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

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

> David Greenwood Membership Secretary Wycombe Photographic Society

Hughenden Church News



At last we were able to open for services with a congregation over the Easter period

Holy Week was marked by online daily meditations and prayer trails in Church, with an interactive Good Friday walk from the Harrow, but at last on Easter Day we were able to be back in (or outside) Church.

A 9 o'clock service of Holy Communion took place with robed choir and organ, and a socially distanced, prebooked congregation enjoying being able to partake of communal worship, if not communal singing.

However, later in the day, a larger congregation (though still limited in numbers, and all pre-booked) was able to gather in the churchyard to join in a selection of worship songs played by the band. Readings, intercessions and an address from Keith rounded off the service. The sun unexpectedly shone, voices were raised in unison, and happy greetings rang out across the church yard, as friends reconnected after a long absence.

The Church is of course open in daylight hours for private prayer or visits, and walkers in the park often combine their exercise with a visit to our historic building. All are welcome, but please observe current Covid rules.

Details of all services, as rules relax, can always be found on our website, (www.hughendenparishchurch. org.uk) and services will continue to be live streamed, even as we can gather in Church.

Jane Tyrer

A Message from Hughenden Vicarage

Amongst the many things which I have missed in the last year, being able to show generous hospitality as a Church to our local community comes high on my list.

The quality of welcome that a club or society demonstrates to visitors and newcomers is really important, and Church is no exception.

In previous years, coffee and fellowship has always been at the heart of our worship, and so has sharing a meal together during Alpha, or delicious hot dogs and burgers, followed by a swim in the summer heat, or perhaps a meal together in a local Indian or Turkish restaurant.

The longer you spend getting to know someone, the more likely you are to make friends, and this has always proved a key ingredient in the success of Alpha – which is a great introduction to the Christian faith, and starts every night with a delicious meal together. We learn as much about each other over shepherd's pie and apple crumble, as we do when we come to talk about issues about God, Jesus and the Christian faith.

One of the many reasons why I love living in Hughenden Valley is the local community. People care. That was demonstrated time and again during lockdown, and that continues to this day.

Now that restrictions are being eased, we can meet others outside for a cup of coffee or a pint, and something tempting to eat, in one of our wonderful local cafes or pubs. Sales of BBQs and patio furniture have gone through the roof, and we have the opportunity as a society to reconnect with one another.

In Acts chapter 2, from verse 44 the Apostle Luke writes:

All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favour of all the people.

This idyllic time for the early Church, soon after the Day of Pentecost is an inspiring model for us all. It is fair to say that culturally life is very different today in 21st Century Bucks, but nevertheless, the generosity and dedication of those early Christians must have been infectious, as new people kept becoming Christians, drawn by the message they spoke, and the passion and conviction with which they lived out that faith.

What a wonderful society when no one is forgotten, or goes without. How extraordinary it must have been at the time to live in Jerusalem. But life was not without challenges along the way, as the early Christians were persecuted and many became martyrs for their faith.

What can you and I take from these words? Actions often speak louder than words. A generous heart brings down barriers and draws others in. A society where all are welcomed and no one is forgotten is one I want to be part of. That is also a deep desire for our Church.

We are currently looking at the vision for our Church for the future, and we want that process to be outward looking, welcoming to all, and, I hope and pray, may Hughenden Church always be a place where you receive a warm welcome.

God bless you

Rev Keith Johnson



From our Wye Correspondent

As I gaze out of the office window It has been a real pleasure seeing the world start to get back to a degree of normality. More people out walking and stopping to chat to others rather than the head down and massive swerve we have become used to. We do of course need to carry on being careful and observing Government Guidelines, but with the vaccination levels rising it does feel although there is light at the end of the tunnel.

We have remained open throughout the second and third lockdown as permitted. Personally this has never sat well with me but in business you must go with the flow or you will be left behind. It has been a good few months for sales but I am running short on properties to sell so if you, your neighbour or friend who live locally are thinking of moving, I would be more than happy to provide a valuation and chat thorough marketing strategies. We of course do not charge for this service and I am particularly keen to try to obtain more sales in Lacey Green/Loosely Row. I fear that those choosing to sell now will have missed the extended Stamp Duty Relief as many solicitors are advising that they cannot guarantee meeting the 30th June deadline.

My eldest daughter, whom you may recall fostered Teddy, has now registered with "Borrow My Dog" to assist some of the owners who are struggling with their lockdown pooches as they start returning to work. This weekend she is helping a local family with their cockapoo who fears people not within his family group. She is walking with them for a few weeks and once she has Buddy's trust she hopes to be able to walk him alone. This reminds me so much of Daisy, our cockapoo who would not go beyond the front garden unless at least one of us were with her. We used to own a mobile home in France and as soon as the suitcases appeared a day or so before home time she would make straight for the car and sit in it even on the hottest day to ensure that she was not left behind. No amount of treats or even cheese could persuade her to move out of the most awkward position she had found to conceal herself.

I look forward to seeing more of you passing the window and stopping for as chat as the weather gets better. Stay safe!

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There is no doubt that excitement is building throughout our membership over the possibility of returning to private Homes and Village Halls in the coming months, the venues for the monthly meetings of over 40 groups. However, Groups not dependent on being 'inside' have continued to flourish. Walking, Croquet and Bird Watching to name just three. And, of course, Zoom continues to support many Groups and act as the forum for our Monthly Speakers. In March we had a talk from The Royal National Lifeboat Institution and in April a fascinating talk on 'primeval soup' by David Jones, yes really! On May 26th we are exploring the part Naphill played in building the Khyber Pass railway. If you know Plumtree Cottage in Naphill, you will know this used to be the home of the Dr and Mrs Margaret Bayley. Victor Bayley -the engineer who built the Khyber Pass railway- was looked after by Margaret - following the death of Victor's own wife. Some may remember Margaret Bayley who helped set up the WI in Naphill. Others may recall their garden was used for many social occasions and the local school.

Whenever possible our talks on Zoom are shared between all the Groups giving members an opportunity to experience new topics that they might wish to explore further when 'normal' life returns. We certainly want to meet up again in person as soon as possible. Working with our Village Halls and Convenors who hold meetings in their homes, we are all paying particular attention to making our venues as Covid safe as possible and take this opportunity of thanking everybody for their help. We do appreciate some members may want to wait a little longer before venturing out into Halls and private houses, so we plan to continue to offer as many activities as possible on Zoom; in effect we are running for at least the time being a 'dual' organisation.

Our Monthly Quiz has proved highly successful, and the Discovering Art, Discovering Science and Photography Group have been very active with full programmes. Language conversation classes, Enjoying Shakespeare and Reading for Pleasure are further examples of where our Convenors (and members) have risen to the occasion. The New Film Club has explored the work and legacy of Agatha Christie with Agatha herself concluding (on recorded archive footage) that she preferred Miss Marple to Poirot. There is so much more on offer to help us all

through what we hope are the final stages of this pandemic. Whilst we all have enjoyed the added 'freedom' of going to the shops, having our hair cut and meeting friends and family, we know u3a have been a 'lifeline' to many local people who have had to isolate for many months. They have mastered 'Zoom' often with the help of their families. Just one click from an email from us is all it takes. We look forward to you 'giving us a try'. We may not be a slick as Netflix but we are just as passionate in what we do and want to share the fun and laughter we all have with lots more local people.

Finally, it is with great sadness that we remember David Church of Main Road, Naphill our Local History Convenor, who continued to support his local group right through to his sad passing in March.

Please contact our Membership Secretary for further details of our programmes on:

hwu3a.membership@gmail.co.uk



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Special thanks for army of Street Heroes who've supplied food banks, including seven-year-old Henry.

The One Can Trust food bank, in South Bucks, has paid special thanks to more than 300 Street Heroes, including a seven-year-old boy who has collected and delivered supplies to the food bank, with his mum, every single week for a year.

On 13 April last year, just a few weeks after the country went into lockdown, Henry, from Piddington, put a collection box outside his house, with home-made signs asking his neighbours to donate food to families in need:

"My village is amazing. Everyone keeps donating and my box is always full. Thank you to my neighbours for helping me to help One Can to support lots of families to get food."

Henry also made a video to encourage neighbours to get involved and his efforts were even recognised with a Blue Peter badge, as well as a Commissioner's Award. His mum, Katie says she's extremely proud:

"Henry is still as passionate today as when he started a year ago. He has shown such kindness and at 7 years old, he is dedicated to making a difference in society."

Henry got involved after hearing the very first Street Hero, mum of two Liz Blackman from Wooburn Green, on local radio. Liz's act of kindness went on to inspire an army of new supporters:

"I'm so proud that more than 300 people went on to become Street Heroes. As soon as we went into the first lockdown, I knew so many families would be finding this an extremely difficult time. I'd heard of One Can and decided to put a box outside my house for friends and neighbours to donate cans and food. I leaflet dropped locally and after one hour the box was full. I soon found myself dropping off car loads of food many times a week!"

The idea snowballed across the area the South Bucks food bank serves, including High Wycombe, Marlow, Beaconsfield and Princes Risborough, where need from vulnerable families and individuals has trebled since last March – standing at 637 last week alone. Over the course of the year, more than 300 people signed up to the initiative.

Graham Peart is Chair of the charity:

"When the pandemic hit, we saw a drop in donations

as people weren't going to supermarkets as much and, at the same time, there was a huge increase in demand for our food parcels which continues to rise. I honestly don't know what we would have done without the Street Heroes, whose efforts have worked so well alongside our other wonderful volunteers. I'd like to say the biggest thank you and please keep up your incredible work. We need you more than ever."

The Street Heroes have also played a major role in raising awareness of the levels of need in the area, with some of them, including Henry, even singing on a remote recording of You've Got a Friend in Me, with Top Notes choir back in summer. Keyaan Hammed, from Stokenchurch, was also one of those who sang on the track. After doing more than 30 drops to the warehouse, organising collections at his school, John Hampden in High Wycombe, and donating proceeds from his business, the 17-year-old is now the charity's youth ambassador:

"More and more people were in need due to loss of jobs, so I decided to become a Street Hero. I put a notice on my community page and the response I got was beyond words. I've carried on for almost a year. It's the least we can do."

The charity, which also counts Russell Brand and Wycombe Wanderers Manager Gareth Ainsworth as its ambassadors, was relieved when local people recently answered a call for more Street Heroes to keep up with increased demand. They've even got a four-legged friend on board, Robbie the Terrier from Penn, who delivers pamphlets to neighbours in his doggy jacket.

While the Street Heroes rally their neighbours, there's no doubt that their efforts are hugely appreciated by the families and individuals who received food parcels.

Anna, a mum of four, was referred to the One Can Trust by her children's school last April:

"I was a childminder and lost my business due to lockdown. My husband provides car services and saw his work evaporate overnight too. This support has given me one less thing to worry about and meant I could put food on the table. I'd like to say a huge thank you to all the Street Heroes and everyone who helps make the charity's work possible."

If you need support in providing food or would like to become a Street Hero or volunteer in another capacity, please visit <u>onecantrust.org.uk</u>

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Exercise & the Menopause – How can it help?

Menopause in the past was always seen as something that affected "old" women, however with advances in medical science people are living longer, and the reality is that many women will live more of their lives after menopause than before.

There are certain well known and unwelcome features of menopause, namely

loss of muscle strength, reduction in bone density and weight gain (especially around our middles), which particularly affect our day to day lives and which do not set us up well for a good quality of life into old age.

Luckily, there are natural positive actions which we can take every day to reverse, or slow down these effects. These actions will fall into the two main areas of exercise and diet.

Exercise

Taking part in resistance exercise, which simply means weighted exercise, where the weight could be body weight or external weights like dumb-bells, helps to build muscle and maintain and increase strength. Essentially, the body will adapt to enable us to achieve the tasks we throw at it. Resistance exercise is good for burning and reducing body fat, as well as improving muscle tone. If we are able to increase the proportion of muscle to body fat, this has the added benefit of increasing metabolism (meaning that the body will burn off more calories naturally). This in turn helps to reduce the calories which are unused and therefore stored as fat.

Resistance exercises can help improve bone density (or slow down any decline) in the following way. The body will naturally build new bone cells as old cells have been cleared away, however as we get older the process of building new bone tends to slow down whilst the process of clearing old cells does not slow in the same way. This leads to an imbalance in the removal and replacement of bone and a resulting decrease in bone density. Exercises which place load on the bones stimulate the body to increase production of bone cells and this can slow and reduce this imbalance.

Building muscle strength and tone requires a diet with the right level of good quality protein. Whilst body builders often take additional protein to achieve their muscle growth, this is not necessary for the level of muscle building us mere mortals require. What is important for us, is to ensure that we have enough protein and also that we consume it at the right time to maximise the body's use of it.

If you would like to know more about these points, or to understand how exercise and diet would help you specifically, please feel free to get in touch.

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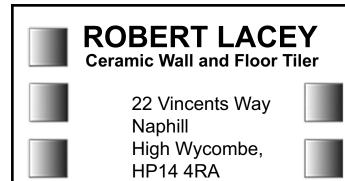
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Join our Virtual Challenge

Take part in our first virtual fundraising event to help raise money for Lindengate.

Set yourself a challenge based on the 5 Ways to Wellbeing - you'll be making a difference to your own wellbeing whilst supporting Lindengate.

It's Mental Health Awareness Week 10th – 16th May and this year's theme is nature, so if you can pick a challenge that gets you outdoors – even better!

WHEN: challenges can start anytime from 1st May and must be completed by July 31st 2021.

WHAT: you can do any activity in a location of your choice, in line with Government guidelines and social distancing rules.

How to Take Part

- 1. Set your challenge it can be anything. You could use the number 5 as your inspiration or focus on an idea that links to the 5 Ways to Wellbeing.
- Set up your VirginGiving page and share with your friends, family and colleagues to collect your sponsorship money. https://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage. action?charityId=1010099
- 3. Start your challenge.
- 4. You can do this on your own, with your family, or as a team (in line with Government guidelines and social distancing rules).

Five Ways to Wellbeing and Ideas

Be Active, Give, Connect, Take Notice, Keep Learning

BE ACTIVE

- Set yourself a challenge to run, walk, skate or cycle a certain distance
- Set yourself a dancing challenge, or similar

GIVE

- Gardening challenge
- Make a bug hotel

CONNECT

- · Host a virtual quiz or games night
- · Host a virtual coffee morning
- · Host a show or concert

TAKE NOTICE

- · Photograhy or drawing challenge
- · Auction off your drawings or photographs
- Head out on a mindful walk and set yourself a distance challenge

KEEP LEARNING

- Cookery challenge
- · Learn a language
- Read 5 books in 5 days
- · Host a virtual lesson or class

You could even set yourself 5 separate challenges!

We'd love to hear about your challenges – please share your photos and updates online using #Lindengate5 and tag us in your posts on Facebook, Instagram and Twitter – good luck!

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PROTECT YOUR CAR with our campaign

Due to Covid-19 and repeated lockdowns, people haven't been using their cars as much as they used to. However, car crime remains a pressing problem in the UK – alarmingly, one car is stolen every ten minutes. The latest figures from the Police National Computer indicate car crime decreased during Covid-19 restrictions but with the expectation of social restrictions soon easing we could see a surge in car crime.

We have launched a new campaign to encourage everyone to keep their car's safety top of mind. Shockingly 44% of cars are broken into through an unlocked door. 80% of car crime occurs during the evening or at night. We know that leaving vaulables on display attracts car thieves. We are asking car owners to remember to LEAVE YOUR CAR: LOCKED, LIT AND EMPTY.

John Hayward-Cripps, CEO of Neighbourhood Watch Network, says "Most car crimes happen because cars are left unlocked. There is a misconception that some cars are auto-locking and lock themselves if left unattended

after a period of time. This isn't always correct.

Another misconception is that your car is too old and no one will bother stealing it. This is also incorrect – both new and old cars are at risk. Having a car stolen or broken into is more than simply a hassle, it can impact on people's livelihoods.

LOCK YOUR CAR AND KEEP THIEVES OUT!

The good news is that there are simple steps everyone can take to help reduce the risk to their car. With only a 46% recovery rate3 we're reminding everyone to leave your car locked, lit and empty."

Leave your car:

- **1. Locked**: A simple mistake that can prove calamitous: 44% of cars are broken into via an unlocked door.
- **2. Lit:** 80% of car crime occurs during the evening or at night. Parking near streetlamps or in a busy area can deter thieves.
- **3. Empty** (or with no items on show): Owners often forget that personal belongings are at as much risk of being stolen as the car itself.

PROTECT YOUR CAR,

- 1. Lock your car when you leave it.
- 2. Park in a well lit area.
- 3. Hide any items which are on show.



For more information about this and how to further this campaign please see:

www.ourwatch.org. uk/protectyourcar.'

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A Message from Wycombe District Neighbourhood Watch Association

Card Defenders – protect your bank cards from being skimmed!

With the considerable increase in the volume and the variety of cons & scams, thieves are adapting their methods to come up with new ways to steal your personal data and information.

We recommend that everyone carrying bank contactless cards should have one or more Card Defenders. This also applies to Oyster cards and students' ID cards.

On most new credit or debit cards, you will have a wireless symbol which informs you that your card uses RFID technology. This allows you to simply tap your card on card-readers to make payments of up to £45. However, this limit is now being increased to £100, so increasing the security risk. Criminals can create RFID readers with minimal effort and steal your details. They may also download an app into their Smartphones to achieve the same results. They only need to brush past your purse, your pocket or your wallet with their device to do this. You might not even notice it happening.

You can prevent such things with the Card Defender. It is a sleeve holder that contains RFID blocking technology and it protects contactless cards from being read.

The Card Defenders are available from Wycombe District Neighbourhood Watch Association for just £1.00 each, or 5 for £4.00, or 10 for £7.00 plus postage.

In addition, we can now offer Card Defender Diamonds. They also provide RFID blocking technology, but as a single black card (8.5 x 5.4 cms). They will protect contactless cards that are in alignment with it and within a 10 cms radius from the skimming device. This then eliminates the need for multiple individual Card Defenders. Our price for this item is £3.00 each, plus postage. The total cost of postage for up to 10 x Card Defenders or up to 8 x Card Defender Diamonds is £0.66 for second class post or £0.85 for first class post. For greater quantities, please advise us and we will provide you with the postage cost.

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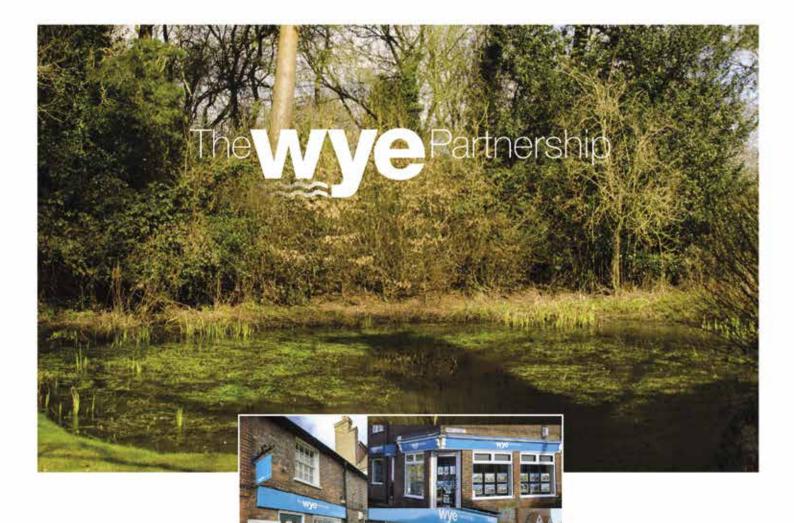
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