

Naphill & Walter's Ash Gazette



**August/September
2024**

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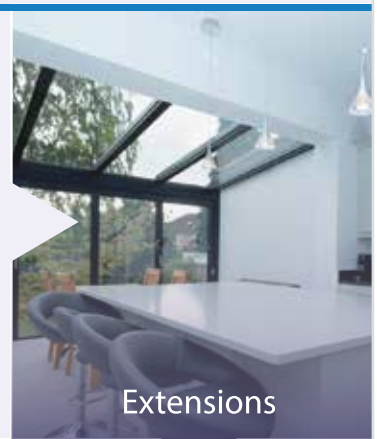


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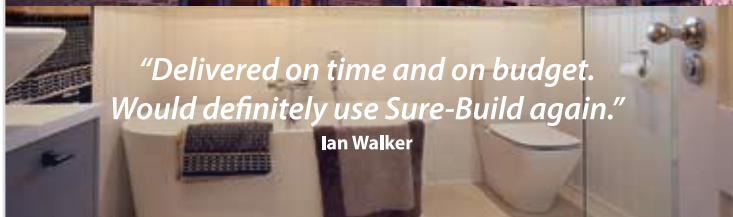


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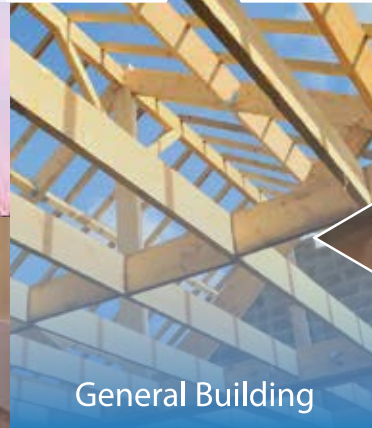
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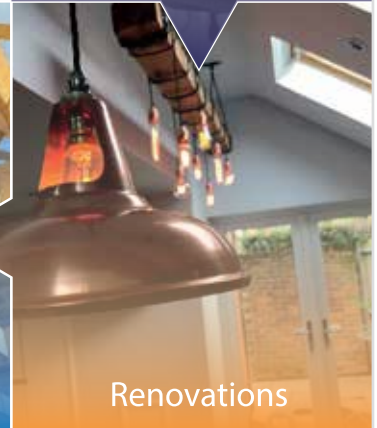


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Our Local Clubs and Organisation Contacts

Beavers		01494 447121	Groupleader@naphillscouts.org.uk
Brownies (Naphill)	Ruth Daly	01494 565571	ruth.daly3@btinternet.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	davidfrost_4ccd@yahoo.co.uk
Naphill Neighbours	Janet Judge		Groupleader@naphillscouts.org.
Scouts (Naphill)		01494 565406	uk jttench@gmail.com
Tennis Club	Jenny Tench		naphillfc@btinternet.com
Naphill Football Club	Chris Keats	07880 519323.	
Hughenden Street Association	Susan Bickerstaffe		

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Bookings - Tanya Stevens

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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
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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

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Photograph courtesy *Paul Goby*

Copy Date for October Gazette 15 September 2024

Welcome to the August/September 2024 edition of the Gazette. This month we have a different style of front cover. A big thank you to Jonathan, Ms Gwyn, the headteacher at our great Naphill and Walter's Ash School, and the children for the photograph. Some schools have to rely on formal statements and personal recommendations but here in our villages, we have regular articles from the school, often written by the children, we get photos for the Gazette, we see first-hand that we have a happy, successful school that is great a community asset.

July, is of course, the end of the the academic year, so for many young people and some staff this is a "moving on time". I wish you all happiness and success. This month's contributions from our school are on Pages 29-31 and include a poem from the media group, published as sent, and the yr.6 leaver's activities, thank you children and staff, and enjoy your Summer break.

The Naphill Brownies enjoyed their end of term Teddy Bear Picnic in Hughenden park. This was an opportunity to thank Ruth, Brown Owl, and Tigger, Jill, for their work, please see page 23. Whilst there will be changes for our Brownies, they will continue as a pack and although Ruth is retiring as Brown Owl she assures us all that she will continue to be involved with the group. Thanks to Himself for the photographs.

Jonathan managed to attend the Classics on the Crick cheque presentation to the Thames Valley Air Ambulance, and to send me the photographs before flying out to photograph a wedding in Sweden. Congratulations to the Classics team on their successful Summer event which has resulted in another substantial donation to Thames Valley Air Ambulance.

Time surely flies, I really cannot believe that I have been the proud editor of the Naphill & Walter's Gazette for nearly 11 years! I very much enjoy being the editor but I am looking forward to having August off and hopefully we really will get some sunshine! As always, my thanks to all our contributors, photographers, advertisers and all of you who subscribe and read the Gazette! Another very busy edition about to be proofed and sent to print. This is a combined issue, August and September, so I wish you all a very happy August and September, and I look forward to being back in this chair for the October edition, copy date 15 September.

Best wishes,

Sonia



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Naphill Village Hall & Playing Fields Council Chairman's Report

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There were 15 trustees present at the village hall meeting on the 1st July.

We agreed to renew the Hallmaster booking system for another year. There are still some problems with some of the hall bookings. These appear mainly to do with the weekend hirings. The hall has been left in a mess and extra cleaning has to be done before the next hirer comes to the hall. We have discussed ways and means of regulating the situation but basically it comes down to having someone at the hall when the hire period expires, which is sometimes after 10.00 pm. All the committee are volunteers so it cannot be guaranteed that someone will be on hand to supervise the end of the hire period. The committee are trying to come to a solution but it is difficult to find a way to enforce any sanctions. The other alternative is to put up the hire rates for the weekend users to cover the cost of extra cleaning as sometimes the cleaning costs end up making the money we earn from the hire not worth the effort!

The playground was also discussed. The committee has three quotes for the equipment and we agreed to go ahead with one of these quotes. Unfortunately, the lead time for the play unit from the manufacturer is several weeks so the playground will not be in full swing until early autumn. Work to clear the condemned equipment will happen soon. Welcome news is Hughenden Parish Council have approved the grant for the playground. This is 20% of the final cost, so we will use some of our reserves to pay for the balance.

The Scout and Guides have asked the village hall to pay for double glazing and new doors for their meeting place. The cost will be £5220 and we are looking to applying for some grants to help us finance this improvement.

Fireworks event is on 2nd. November, the tickets cost will be the same as last year if purchased before the event, with price increasing nearer to the event. On Sunday 1st. December the village hall Christmas Fayre will be held at 1 o'clock with many stalls for Christmas present ideas.

The committee still urgently need a secretary for the village hall, at the moment we do not have one. The role would be to answer any emails with reference to the hall, compile the next meetings agenda, (there is a template for this) and save any relevant documents to dropbox. If you think you could help please email me at chairman@naphillvillagehall.org.uk

There is also a vacancy on the committee for somebody to oversee the maintenance of the village hall. This entails keeping the hall in good repair and liaising with various tradespeople to do the required work, probably an hour or so a week.

Clive Lawrence,

Chairman, Naphill Village Hall Council

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Village Hall Diary Dates 2024





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Pyramid Orchid



Common Spotted Orchid



Bee Orchid

Friends of Naphill Common

Having finally got some sunshine, the plants have shot up (including weeds, of course)! This includes the wild orchids that bloom around the Chilterns at this time of year. Bradenham (where the farmer, Andrew Stubbings, has left many areas as wildflower meadows) has thousands of them – mainly Pyramidal Orchids, but there are also Bee orchids and Common Spotted orchids to be found. (see photos above)

Activities

By the time you read this, the first of our special activities for the year should have taken place, with local naturalist and conservationist, John Moorby, leading a guided walk around Little Burnham Meadow and Spinney (owned by the Parish Council) in Hughenden Valley.

On Sunday 11th August at 3pm (starting from Naphill Village Hall), John Tyler will again lead a minibeast safari on Naphill Common. Suitable for ages 6 and above, these events have proved very popular in the past.

Finally, on **Friday 27th September at 7pm** (again starting from our Village Hall), Julie Hopton will lead another Bat Walk around the Common, bat detectors will (as usual) be supplied!

FoNC Working Parties

We're delighted that a dozen volunteers from the RAF joined one of our working parties on the Common, helping to control the invasive holly and clear fallen timber. 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




Minibeast Safari

The local, expert naturalist, John Tyler will lead a minibeast safari on Naphill Common

Sunday 11th August, starting at 3pm from the Village Hall



Friends of Naphill Common Bat Walk

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Small acts of kindness can mean a lot!

I recently experienced a delightful surprise that highlighted the many unique and creative ways we can build a sense of community, showing how simple gestures can bring people closer together and create a stronger, more connected environment.

It happened on a sunny Sunday morning when I decided to take a brief respite from my routine walk through Hughenden Park. As I settled on "my" usual bench, my eyes were drawn to a small, brightly colored object which turned out to be a beautifully painted pebble.

What made this discovery even more special was realising that the pebble had come from a village where this Gazette is based. This small, yet significant gesture reminded me of the deeply interconnected nature of our communities. Despite the geographical distance, the painted pebble served as a tangible symbol of a broader neighbourhood, one that transcends physical boundaries and thrives on shared humanity.

The act of painting and leaving pebbles in public spaces is a subtle yet powerful way to connect with others. The idea is to spread joy and encouragement to anyone who finds them. The person who painted and placed this pebble likely had no idea who would find it, yet their

small act of kindness reached me, a stranger, and profoundly impacted my day.

A painted pebble, left on a bench, is a testament to the fact that we can create connections in the most unexpected ways. It's a form of communication that transcends words and brings us closer, even when we might not know each other personally.

This experience highlighted a broader definition of what it means to be part of a neighbourhood. Whether it's through painting a pebble, offering a smile, or lending a helping hand, these small acts make a significant difference. Our neighbourhood thrives not just because of the structures and streets, but because of the people who fill it with love and care.

So next time you're out and about, keep an eye out for these little masterpieces, you never know when a painted pebble might cross your path and remind you of the strength and solidarity we share, turning an ordinary day into something extraordinary! As the Naphill Brownies did for me!

Email: office@wdnhwatch.plus.com

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RAF High Wycombe Thrift Shop



Bag a bargain at the Thrift Shop!

If you have not been before, then the Thrift Shop on RAF High Wycombe's 3 Site is a little goldmine! Books, clothes, bric-a-brac, jewellery and children's toys fill the 4-roomed shop and welcomes both civilian and military personnel. Many of the items are brand new, still in the original wrapping and would make wonderful gifts for all occasions.

"We sell all sorts of things in equal quantity. There is no real best seller, although we tend to sell fewer DVDs these days. Donations have even included a boomerang," said Jean, one of the shop's long serving volunteers. "On one of our Tuesday late night openings we had over two hundred people turn up!"

Donations that are in good, saleable condition (preferably laundered if clothing) are always gratefully accepted. Electrical items are also accepted if they are brand new and boxed.

To understand the importance of the shop's work, last year it made a donation of £5000 to the military Charity Hounds for Heroes which provides specially trained assistance dogs to those serving (or have served) in the military. Your patronage really does matter.

The Thrift Shop, which is located opposite Templewood, is open every Wednesday between 0900-1300 during term time and once a month on a Tuesday evening between 1830-2000hrs. There is no parking on site and the shop is strictly cash only.

To catch up on events and to check opening times, log onto their Facebook page at RAF High Wycombe Thrift Shop.

Laurence Parker



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Cheque handover from the Classics on the Crick Team to Ruth Dunkin, Head of Community & Events, Thames Valley Air Ambulance.

We are delighted to announce that this year's Classics on the Crick, Charity Car Show, raised a total of £20,234. As usual all profits go directly to the Thames Valley Air Ambulance and brings our fundraising total to £113,608 since we started in 2014.

In 2024, the Air Ambulance celebrated 25 years of operation, achieving nearly 35,000 lifesaving callouts over that time. Minutes matter with major trauma incidents. Their Airbus H135 helicopter can reach speeds of 160 mph, and based at RAF Benson, it can get to anywhere in Berkshire, Buckinghamshire or Oxfordshire in just 15 minutes. It needs just the size of two tennis courts to land.

Once again, we would like to thank everybody who helped us with this year's show including Naphill Village Hall, The Horse Trust, Chiltern Vale Scout Group and Sytner High Wycombe BMW/MINI.

Finally, it would not be possible without our fantastic band of hard-working volunteers. To thank them for their efforts, after the cheque presentation, many of them joined us for a well-deserved drink and bite to eat at The Wheel.

We hope to see you all again next year, so put Sunday 8th of June 2025 in your diary now!

The Classics on the Crick Team.



Hunter Homes

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WYCOMBE PHOTOGRAPHIC SOCIETY



Attack & Defend by Teresa Hehir



Family

A Warm Invitation to Join Wycombe Photographic Society

Are you interested, fascinated, addicted or just plain curious about photography? Don't worry, help is at hand and you can come and meet like minded people at the Wycombe Photographic Society on Wednesdays at the Hughenden Village Hall at 8.00pm. Unlike most camera clubs we don't do competitions and have an open and friendly approach to help people who want to learn and see other's work so we can improve or try new things.

Remember " Nothing happens when you sit at home. I always make it a point to carry a camera with me at all times...I just shoot at what interests me at that moment." – Elliott Erwitt. That camera can be a phone, film camera, or a digital camera. We use all of these at the club. If you are unsure and want to talk to someone before you come please do feel free to give me a call and I can provide you with more information (Jonathan Hilder 07787505786)

We would love to see any new members who would like to pop down and join our first meeting of the year on the 11th of September at 8.00pm at Hughenden Village Hall.

We look forward to welcoming you!

Jonathan P Hilder

07787 505786

Photographs courtesy Photographic Society Members



Upcoming Meetings

Wycombe Photographic Society meets in the large hall at Hughenden Valley Village Hall, on the first 4 Wednesdays each month at 8pm. We have a new programme of events, wider range of Guest speakers and lots more.

- 11th September Your Summer & The Year Ahead
- 18th September Themed Assignment – Landscape & Urbanscapes
- 25th September Talk by Linda Bembridge FRPS
- 2nd October Your Photographic Projects for the Year Ahead

Peter Davis

Membership Secretary

Wycombe Photographic Society

www.wycombephotosociety.org.uk



Photograph courtesy Peter Davis



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Photograph courtesy Paul Goby

Naphill Brownies - *The end of an era!*

After many years as leaders, Tigger (Jill) and I, have finally stepped down as leaders of 1st Naphill Brownies. We are very sad that no-one has stepped in to keep things going. However, this does not mean that the brownies will miss out.

I am delighted to say that the leader of Walter's Ash Brownies has agreed to run the 2 packs side-by-side from September. The practicalities of combining the 2 packs, mean that the brownies will meet in Walters Ash for now. Nonetheless, we fully expect to maintain our involvement in the Naphill and Walters Ash community

The final few weeks of term have passed in a whirlwind! We have tried to finish off any nearly-completed badges, resulting in the presentation of a fabulous 55 badges in recent weeks. This included 8 coveted Bronze and Silver Awards. A great effort all round.

If you came down to the village Hall on polling day, you may have spotted the Brownies having a whale of a time on the giant inflatables. We used some of our Jumble Sale earnings, to pay for the 'It's a Knockout' team to run a session for us. All topped off with a celebratory ice cream to end the evening. (see bottom left)

The last session of term fell on 'Teddy Bears' Picnic Day'. (see photo above) What better way to see out the term than with a walk down to Hughenden Church for a Teddy Bears' picnic. The residents of Downley Road made the evening truly special for us by putting out teddies and soft toys of all shapes and sizes for the Brownies to spot. Clearly, they all were trying to get out to join us. There were bears in windows, in cars, in trees, having picnics in the garden.....everywhere we looked. A heartfelt thank you to all who made this so special. It was a really great send off on our last session

I have worked with some great brownie leaders and young leaders over the years, but none more so than my brownie buddy for the past 15 years, Jill Edwards. Jill, Thanks for everything.

Finally, I would like to say thank you to all the wonderful girls over the years, who have made being a brownie leader such fun.



Photograph courtesy Paul Goby



Brown Owl (Ruth Daly)

ruth.daly3@btinternet.com





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Naphill & Hughenden Scout Group

<https://www.naphillscouts.org.uk/>



The summer term for the Naphill & Hughenden Scout Group came to a busy and exciting finish, with its annual Summer Camp, soon followed by their end of year BBQ on the Crick (with their AGM squeezed in for good measure!)

Camp this year was at Pacaar Scout grounds in Chalfont St Peter. All Sections were involved and many activities enjoyed by the Young People. Although the current Scout motto is 'Skills for Life', we definitely give our Young People 'experience for life' that they are sure to remember for years to come!

We rounded off the year with a charity walk on the Crick, at which approximately 40 crates of food were collected for the One Can Trust. This was followed by our **Summer** BBQ and AGM. As always we expressed our thanks to the many volunteers, both Leaders and those in the supporting committees who make the Group run and thrive, without them none of our activities would be possible. The AGM also saw a changing of the Group's Lead Volunteer role, with Hamish Pearson handing over to John Huddleston...so, if you want to get involved John is the man to contact at groupleader@naphillscouts.org.uk.



Make One Change

There has been some amusement over the recent decree by a French Mayor ordering the rain to stop. Daniel Marriere, the mayor of Coulonces in Normandy announced his exasperation with an order for the sun to come out to bring an end to an unusual bout of wet weather engulfing his village. He created a local bylaw: 'It is hereby ordered that for ...the months of August, September and why not October, rain should stop and be replaced by bright sun and a light breeze.' He went even further and urged local clergy to 'contribute through top-priority communication with heaven...'

Our neighbours across the English Channel do have a history in passing weird and wonderful bylaws and there is a Government department tasked with deleting obsolete legislation from the country's legal codes! Hopefully, the Municipal Decree passed in 1954 making it illegal to fly or land UFOs over Chateauneuf-du-Pape is on that list. Until the Covid Pandemic it was illegal to eat your sandwich at your desk! A temporary lifting of this ban is in

place however it is only temporary. How would we Brits cope with that? The funniest decree that is really folk-lore is about Napoleon Bonaparte banning pig owners from naming their animals after him. Ahhh the French!!

Joking aside, the idea of making one change that would have a significant impact on not only the environment but also people's well-being is interesting. What one change might we make that could have a significant and positive impact on others? It could be getting involved with a community group like Hughenden Street Association or a more formal organisation such as the Parish Council. Both have the potential to make a real and positive impact on Hughenden residents. Many hands make light work, as the saying goes.

Hilda Stearn

Communications Co-ordinator

Hughenden Street Association

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Naphill Tennis Club

Alert! Recently children were seen climbing on to the top of the high hedge which runs along the side of the tennis courts. Apart from obvious damage to the hedge, there is the greater danger of children breaking a leg or hitting their heads should they fall! Please parents, may I request - for your own peace of mind - that you ask your children to keep off the hedge.

On a brighter note, Wimbledon is in full swing as I write and we will all know who are the winners before you read this. Can Novak Djokovich beat Carlos Alcaraz for the Men's Singles title? Our own Wimbledon event with prosecco and strawberries in late June was a lovely fun evening of tennis and everyone was, in our eyes, a Wimbledon champ!

Jenny Tench

Junior Summer Camp Dates

Junior tennis camps will be held at Naphill and Princes Risborough with Mel Burn Tennis during August for 10 – 16 years olds as follows:

Naphill - Tuesday, Aug. 27th, Wednesday Aug, 28th
Thursday Aug.29th, All sessions 2 -4pm

Princes Risborough - 5th - 16th August

For further details or to book your place, please contact Mel Burn on **07949 128195** or email melebbles@hotmail.com.

For further information on Naphill Tennis Club, please visit our website: www.clubspark.lta.org.uk/NaphillLTC or email naphilltennismembership@gmail.com.



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Naphill Village Hall

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Teams of up to 6

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Naphill & Walter's Ash Residents' Association

The committee has been reallocating work following the retirement of Gloria Leflaive. We've covered the main tasks but someone who understands websites and how to create/update them would be a welcome addition to our team. In the absence of a chairman I have agreed to continue as vice chairman for the time being.

Our next major event is the perennially popular quiz to be held in the village hall at 19:30 (doors open 19:00) on 18th October, so please put that date in your diary and think about forming a team. Our caterer of previous years has retired but I'm pleased to say we have found a new one so quiz tickets will, as usual, include an enjoyable meal.



David Frost



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PARENT 2023



'We can see that the Year R teachers and support staff take their time to get to know every single child and work with each individual personality.'

PARENT 2023



'Thank you so much for the nurture and great start to school that you have given my child.'

PARENT 2023

Come and visit us:

October Open Morning - Thursday 17th October - 9.15am

November Open Afternoon - Tuesday 12th November - 1.30pm





As we approach the end of Year 6, we would like to share some of our memories in the form of a poem ...



Leaving Naphill & Walters Ash

There's much more to School
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the dreaded SATs
and PSHE

There's running, there's laughing,
there's yelling with glee,
Lego and Play Doh,
learning who you want to be.

Hanging out on the field,
building cool dens,
trading pretty stones
with our brilliant friends

All the adults are more
than the subjects they teach;
they're patient and kind
and encourage us to reach

For the stars, so we know
we can land on the Moon
and if we ever face problems
there's a special, calm room

In which our own Mrs Chick
has made us a nest
of snuggly cushions
(our staff are the best!)

Reassurance, calm words
bring a smile to your face,
then happy once more,
back out we race!

As we finish our journey,
we're so sad to leave
but we know we'll always
wear Naphill on our sleeve.

As we sign off and hand the Media Team reins over to the next crew, we will finish by saying thank you for reading our articles. We hope you have enjoyed reading them as much as we've enjoyed writing them.

Nathan, Erin & Josie



Naphill and Walter's Ash School Class of 2024 Leavers' Celebrations



By the time you read this, school will be out for the summer and our Year 6 Class of 2024 will have completed their primary school years at our lovely village school. The children had the most amazing send off - full of laughter, singing, dancing, ice cream, candyfloss, smiles in abundance and the most incredible pool party (with amazing weather)!

Thank you to all who supported the children, with special thanks to the local businesses; your contributions made a huge difference and are massively appreciated.

Thank you to:

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It's safe to say the children are taking away many fantastic and forever lasting special memories of their time at Naphill and Walters Ash School. We wish them all the very best in their new adventures at secondary school and are sure their friendships will continue with play dates at the Cricks and other areas of our beautiful villages.

Good luck Class of 2024!





Year 6 Leaver's Play - *All the World's a Stage!*

At the end of term, the school hall was transformed into The Globe Theatre as the talented Year 6 children became Elizabethan actors, taking us back in time to the days when there were 'No Girls Allowed' on the stage!

The audience were treated to a song and dance spectacular as William Shakespeare showed us how he came up with some of his most famous quotes; a super-sized giant pencil giving us a clue as to the origins of '2B, or not 2B, that is the question'!

The cast had the audience laughing aloud and tapping their feet to some rousing songs, and the children certainly managed to convince the audience that 'all the world's a stage'!

Well done to all the Y6 children for such an amazing Show in the Globe!! We'll be singing the songs for a long time to come!





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A Chat with Jonathan

"Do you like coffee or flapjack?"

Well, there is a new place that you can get your fix, not only that it really caters for children with more highchairs than you can shake a stick at, a colouring centre big toilets with changing facilities and child high handwash points. Where is this?

Go to Widmer Feeds and turn left at the shop and the café is in the barn in its own well insulated building. Painted in a lovely green very similar to the new Rolls Royce colour way its bright and airy and I can vouch for the coffee, which is good, but I will have to go back for another flapjack!! (I am so easily bought).

The café is run by Alice and a lot of hard work and local labour has gone into this creation. There are 48 covers and plenty of room for children to run around, which is helped by their table staff.

The cafe is currently opening 10 till 2.30 Monday to Friday and 10 to 3.30 on Saturdays.

Hot and cold food and hot drinks with your choice of milks. A cool cabinet with child friendly drinks.

I am looking forward to taking the grandchildren to the farm and cafe during the holidays and I might just sneak back up there to get some more of that Flapjack! See you there. My thanks to Alice for her time today.

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Jonathan Hilder



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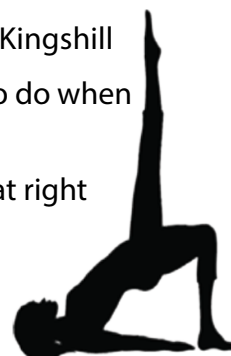
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Growing Your Own

Climate change
food prices, and imports



During the past three years food prices have increased by about 30% in the UK. Grow your own.

But the situation for our future looks far worse. According to the UN Environment Programme the planet is on track for a temperature rise of up to 2.9C above pre-industrial levels, rather than the 1.5C target agreed at the Paris climate talks. High temperatures affect crop yields. By the end of this century maize crops are expected globally to be down 7 to 16%, rice 2 to 9%, soyabeans 3 to 10% and wheat 6 to 20%. Yet these are the staple crops for the planet. The UN has said that we need to double food production by 2050 to cope with increased world population and a change in diet towards meat. That does not square with a decline in food production caused by climate change. Disaster beckons.

How will this affect the UK? One thing is certain - world food prices will increase markedly caused by the market forces of supply and demand. Prices will increase markedly in the UK. After the Second World War families spent about half their incomes on food. That has now dropped to about 9% owing to our rise in affluence resulting from increased productivity in the economy. In some parts of the developing world people already spend about half their incomes on food. Perhaps that will happen again in the UK.

And what about the security of our food supplies? We import about half our food at present, so our very

existence depends upon "the kindness of strangers". With significant parts of the world not able to have the bare minimum of food, one can see wars breaking out, and migration being the only solution for many people. Yet in the UK, with an increase in population of above 700,000 per annum currently because of net migration, our Climate Change Committee is planning to take about 20% of farmland out of production for forests and peatlands by 2050. Cannot people do the sums? We need a department of government examining where our food comes from and the threats to those sources of supply - and the threats to our ability to keep shipping lanes open.

Back to growing your own. In Naphill and Walter's Ash there are those who would like a little more land to cultivate, and there are those who are finding it difficult to maintain their gardens. Put the two together! If you need more land, take the initiative, contact a neighbour and do a deal!

So far this year we have had fairly incessant rain. That has made it very difficult for bees to collect pollen and beekeepers have had to feed their bees with sugar syrup just to keep them alive. In the UK honey crops are 20% of what they were at this time last year. Will crops be down as a result of the lack of pollination by bees?

Good gardening!

Mike Mason





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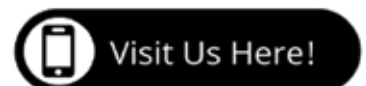
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Not from the Vicarage - *Of mice, men and cats*

When out 'on duty', we are the only people who actually live on North Mole in Gibraltar, but there are other beings with which we share our space. I refer to the small colony of feral cats that can be seen every evening at around 10.30pm, hanging around the security gate waiting for their dinner. On cue, a small white car draws up and a lady brings out trays of cat food for them to eat and replenishes their drinking bowls with fresh water. She patiently waits for them to finish eating, silently checking them over for any signs of injury or disease. Dinner over, the trays are collected back into the car, the lady leaves and the cats disappear back to their hiding places.

Though feral, the cats are not uncared for. They are fed and kept an eye on, yet remain suspicious of people; if you try to approach them, they run away. Even the offer of some rare titbit that has come from the leftovers of the latest restaurant meal I've eaten is greeted with suspicion and will only be accepted if I stand about 10 feet away.

I thought this all very quaint and kindly, but discovered that caring for these creatures is not just an act of altruism. A friend told me that every district of Gibraltar has its own little colony of feral cats and that they are 'looked after' in a sense by a number of caring individuals, their presence being welcomed as they keep away the rodents. 'You won't find a bait box in Gibraltar' my friend told me 'the cats deal with the rats'. Yeah! Right! There must be bait boxes. So I started actively looking in places where bait boxes might be laid. Places like the

restaurants in Ocean Village – none. Casemates Square – none there either. The Market – definitely no boxes. Europa Point – no signs of any. Camp Bay – not one. I was sure I had spotted one in Morrisons car park, but when I checked – zilch. Even McDonald's, that happy hunting ground for rodents, gulls and all carrion feeders – nothing.

It really does appear that my friend is right. The cats are quiet, discreet and wary; you are not aware of places being overrun by stray cats, yet they are clearly doing a great job. This isn't to say that there are absolutely no bait boxes anywhere on Gibraltar, but it does seem that this natural form of pest control is working well.

In the book of Genesis, when God made the world, humans were intended to care for the world in partnership with the other creatures that had been created, working together in harmony and balance. Sadly, we have not always done that, often exploiting animals and birds for our own ends. Our modern world is finally beginning to realise that the earth does not just belong to us and that when we make space for nature, nature will come and reward us in a wonderful variety of ways.

As we face the challenges that we have made for ourselves on our God-given planet, may we rediscover the way to work in harmony with the created.

Every blessing,

Rev Jenny Ellis

Princes Risborough Bowls Club

As usual, the bowls season just seems to be galloping by. Our green is bowling very well and internal Club competitions are in full swing. We have won 8 of the 12 club friendlies played so far, with another 12 to play before the season ends in September. In the Bucks County Cup, we finished 4th in our division with 32 points from a possible 70. Our congratulations to Waddesdon who topped the table with 60 points and runners up Long Crendon. They both move on to the County quarter finals.

For a full fixture list, match reports and more information about our club, please visit our website:

princesrisboroughbowlsclub.co.uk



We are still keen to recruit new members and sponsors. For more information please contact me, details below.

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THE ROTARY CLUB OF



PRINCES RISBOROUGH



July the 1st is the beginning of the Rotary year, so we have a new President, his 2nd time after a 6 year break. The past 12 months have been very busy. Locally we supported local schools with sensory gardens, books and play equipment etc; the Bucks Young Carers; 1300+ children at our annual Art Competition; 5 Farmers' Markets and much more. Further afield, we provided Ukraine with refurbished ambulances and generators and supported a large number of refugees locally. We also sent shelters to Turkey following the earthquake and have been part of the successful Rotary International campaign to eradicate Polio worldwide.

Over the past few years we have managed to raise an average of over £33,000/year, every penny of which is donated primarily to local charities and organisations. There are a number of fundraising plans for this year, our first on July 7th being our "Risborough Rotary Ramble" in aid of Scannappeal (providing state of the art medical equipment for Bucks hospitals), which raised around

£2000. Another major event is the Kop Hill Climb in September in which we are heavily involved (This has raised over £1 million over the past 10 years). To raise such amounts requires considerable effort by our members - luckily we have welcomed a number of new ones over the past months - but we would be delighted to welcome more, we're looking for both men and women to help us make a difference. Despite the above projects, the core Club activities are socially based, with our regular Monday evening meetings at the Whiteleaf Golf Club. We remain a fun, friendly Club, and if you would like to join and help us contribute locally and internationally, visit our website and why not come to one of our meetings to see if it might interest you? Also, if you know of causes that would benefit from our support, or you would like to donate to our Charity Account, please use the contact details below.

rcpr.org.uk or call David White on 07787 750889, or email: david@dhwhite.plus.com



Speen Helping Hospices

Fundraising since 2001 for local hospices in Chiltern Villages

Helen & Douglas House for Children - Rennie Grove and Peace Hospice Care - South Bucks Hospice at Butterfly House - Florence Nightingale Hospice Charity

Four events completed so far this year - a **Quiz Night**, a **Four Ball Golf Voucher** raffle, the annual **Spring Lunch** and the **Jazz in the Park**, which this year moved to Speen.

As always SHH would really welcome your engagement, that could be ideas for future fundraising events, helping us expand our coverage in the neighbouring Chiltern Villages, a good contact that might help us at an event, donating a prize for a raffle or if you would like to get involved with SHH contact me grainnesuter@googlemail.com or 07778803260.

If anyone is thinking of taking part in a local fun run, bike race or other sponsorship event to help raise more for the local hospices via SHH please contact us.

Comedy Night

Comedy Night

Comedy Night 14th September in Lacey Green Village Hall. A pay bar and free parking. Make a date and bring your friends. Details of the line up will be on the website shortly.

Bridge and Afternoon Tea 9th October in North Dean Village Hall. If you would like to put a table together contact grainnesuter@googlemail.com

Christmas Market 16th November Speen Chapel. If you would like to take a stall please contact me now on 07778803260 for further information.

For further information about all our events check out our website www.shh-shop.org



Church News

Mid July and it's wet and a bit chilly!

However, the inclement weather did not stop a large number gathering together for the annual barbecue and swim at the Thompsons. There were fewer in the pool than in previous years, I think I only spotted one hardy soul, but the camaraderie was as jolly, and the food was as magnificent as usual.

Visitors to the Mothers' Union ploughman's lunch, another very popular annual event, were similarly undeterred by the coolness of the day. Approximately 60 people tucked into traditional ploughman's fare followed by a spectacular array of cakes, raising over £500 for MU charities.

The Churchyard had a clear up, tidying away some of the growth occasioned by the rain, and the opportunity was taken to start work on the quiet garden being created at the back of the church beside the west door. This is to make a dedicated area for quiet contemplation and will provide a home for the ancient threshold stone removed to make the new step free access.

We are pleased to announce that the Church has just been awarded a Silver Eco award (we gained a Bronze award some time ago) as a results of some of the recent initiatives. The Church of England gives such awards on the basis of the demonstration of environmental engagement in five areas:



1. Worship and teaching
2. Buildings
3. Land
4. Community and global engagement
5. Lifestyle

Helen is back from her three-month sabbatical, (see her article) and we are pleased to welcome her back and to 'hear all about it'.

On the 14th July, we welcomed Baroness Cox, the founder of HART (Humanitarian Aid Relief Trust) to talk about its work. HART is an international development charity which partners with local organisations to provide food, water, shelter and medical care in some of the world's forgotten and conflict-ridden areas,

August is a time when some of the church activities take a rest after a busy June and July. Tiny Tots, for example, meets again in September after the schools go back. In July we said farewell to our young people

starting school, and presented them with a book each. Mothers' Union however will be holding a coffee morning in Church House on 6th August 10am-12 am. All are welcome.

Whatever you are doing this summer, we wish you a happy time, and to those starting new adventures after the summer: good luck!

Jane Tyrer



Not from the Vicarage

I have returned to 'duties' following my 3-month Sabbatical. In the April edition of Outlook I described how I was looking forward to:

- Catching up with friends and family in York, Edinburgh and Lossiemouth; walking in Snowdonia and along the Welsh coastal path.
- A 15 day (silent!) retreat in North Wales.
- Writing up my thoughts on the church's position as it moves towards celebrating committed, loving same-sex relationships.

What an amazing 3 months it has been, for which I am incredibly grateful, with so many highlights:

- It was lovely to catch up in person with friends who usually get a Christmas card with the message 'hope we can meet up soon'. And sobering to meet up in Edinburgh with college friends from 39 years ago! (am I really THAT old?).

- The retreat in North Wales exceeded my expectations, I have a far deeper appreciation for the gift of silence (details in separate article). I look forward to completing the second 15 days next year.
- It was good to have the 'head space' to ponder, reflect and write.

I return from this time of Sabbatical with refreshed certainty that the Christian message of Good News that Jesus delivered 2000 or so years ago is as important and relevant today as it was to 1st Century Palestine. The message is simple: God the creator of the world in all its diversity loves everything that is made, especially humankind. God's intention for us is to love God, love our beautiful world and love one another. And wouldn't the world be a better place if we could simply do that?

We at St. Michael's are a collection of ordinary people doing our best to love: At our three Sunday Services, Tuesday midweek communion and monthly Tiny Tots, we come together to listen to God's word through the Bible, to sing praises and to talk to God in Prayer. These services are open to anyone and a warm welcome awaits. If you prefer, the church is open during day light hours for quiet reflection, with comfy chairs in the North Chapel for you to enjoy.

Our eco -team continues to encourage and challenge us to appreciate and care for our beautiful surroundings and wider planet. We are developing an area of 'quiet garden' to the back of the church building together with lots of places to sit in the church yard to help you appreciate the beauty of God's creation. The eco-team is open to newcomers joining.

Our friendship group, home groups, pastoral visiting group, Mother Union and Toddler group all aim to look out for one another; to come along side one another in difficult times; to encourage one other and to laugh together.

'I have loved you with an everlasting love' Jeremiah 31:3'

We would be delighted for you to join us in our quest to be a loving community.

Details of timings for services and groups are on our website together with contact names and numbers if you have any questions.

We hope to see you soon.

Rev Helen Peters



Hughenden Parish Council

"Burnham Meadow and Spinney"

Recently Hughenden Parish Council and Chiltern Rangers co-operated on a project that is part of a wider exercise to improve our open spaces for the benefit of residents and to utilise land effectively. The presence of ragwort in hay makes it unsuitable for livestock, so it has to be eliminated by pulling it up before it can seed. This exercise was carried out on Burnham Meadow while clearance work was also carried out on the adjacent Spinney. It is hoped that over the next couple of years the Parish's open spaces will become more productive and accessible for residents to enjoy."

Philip Truppin
Locum Clerk



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Ladies Football

Scan above for more information!

Our post war celebrations in the crescent where I lived in Northolt included a street party at which we had a bonfire, topped by a 'guy' in the shape of Adolph Hitler. I was 5 years old and just enjoyed the jelly and cake our mothers had managed to get together. This month's talk by Richard Anderson provided an interesting background to Hitler's domestic life. It was entitled 'Hitler and his mistress'



6th June 1945 - Victory in Europe street party, Briar Crescent, Northolt, Middlesex

Hitler had three sisters and numerous mistresses, including Eva Braun whom he eventually married as he lost the war. He was a vegetarian, living on a diet of huge amounts of vegetables which played havoc with his digestive system. He loved dogs and the countryside, hence his mountain retreat 'Berchtesgaden' where he and Eva built a house. Eva organised the build and the decor. The house was high up the mountain and Hitler and Eva could be private there. There were underground passageways from the administrative area up to the house. Eva was Hitler's companion for much of the war despite the fact that he had numerous mistresses.

Several of Hitler's women committed suicide, including Celi Raubal: she is reported to have blown her brains out but there is strong evidence that Hitler shot her.

In contrast, Hitler loved chatting to children; he did not have any of his own. Eva Braun could not have children for anatomical reasons. He also liked to have the company of secretaries, with whom he took tea in the evenings.



Berghof - Hitler's Mountain Retreat

Our speaker showed images of the house that were taken after the war. These glimpses of domesticity showed another aspect of Hitler. Hitler and Eva died together in the bunker in Berlin.

Neighbours will have afternoon tea in August. Always a popular event. The next meeting will be on September 9th when the director of the Amersham Museum will give a talk on 'Sickness and health'.

Peggy Ewart - 565969

A Message from Padre Andi - *Loading Summer – ERROR 404 Summer not found...*

At the time of writing, it seems like summer has yet to be found. It's almost as if it's begun to load, then either a cold snap arrives, or westerly wind brings rain from the Atlantic then ERROR 404... Summer not found.

In my mind, summer should be about long sunny days, walks with the dogs to village pubs and meeting with friends for BBQs, like that of previous years. Yet, for what ever reason it's just not got going. My expectations are that summer should be glorious, and that's not happened... so far.

We all have expectations in our lives about how things should go, whether that be a promotion at work, a holiday or something as simple as how our fish and chips should taste. When our expectations are not met, we can feel disillusionment and disconnection with those situations and the people involved. However, there is also something about perseverance within this. Jesus told a parable about a 'sower', who when he cast

his seed to the ground, some were eaten by the bird, others found shallow soil and soon burned up in the sun, some got stuck in thorns and were choked, yet others found good soil and have such a great crop. The same person could have 4 different perspectives within this, and sometimes we have to change our viewpoint on a situation, to change it from disillusionment to perseverance and hope.

When that ERROR 404 pops up on screen, what do we do? We reset the computer or search for another way to get to where we want, and perhaps that is what we must do when our expectations are not met, move from disconnection and reconnection.

I hope you have a great summer.

Revd Andi Chapman

Stn Chaplain, RAF High Wycombe.





Wild About Naphill

"We might even see "wild" cattle, horses and pigs"

First the depressing bit. Everyone must be aware of the appalling decline in the quality of our natural environment. Official studies show that almost all wild species of both flora and fauna have declined in number and variety over the last few decades. Some declines have been dramatic: we have lost 97% of our wildflower meadows and, along with them, pollinating insects such as butterflies (down 76%) and moths (88%) together with many beetle and bee species. Our mammals, reptiles and amphibians have all suffered and both farmland and woodland birds have plummeted dramatically. According to the Common Bird Census between 1970 and 1999 tree sparrows declined by 95%, corn buntings by 88%; spotted flycatchers 77%; starlings 71%; turtle dove 71%; song thrush 56%; bullfinch 53 %; skylark 52% and the cuckoo by 33% - just a few examples. But many do not need official surveys to tell them of the tragic changes. When did you last hear a skylark or a song thrush singing near our village, let alone a nightingale? Familiar species such as yellowhammers, chiffchaffs and even the humble greenfinch have become an unusual sight. When did you last see a hedgehog, wild violets, or a grey partridge?

The causes of this catastrophe are generally well known. Chief among them are the excessive use of insecticides and "weed" killers, which kill and poison the foundation of all life that rests upon them. Then habitat loss: whether the grubbing out of hedges, the felling of woodland or the growing of houses. Other factors such as climate change, new agricultural practices such as the autumn sowing of corn crops, increased disturbance by people and their pets etc., are of increasing significance.

What can be done about it? Despair at the failure of small-scale measures has fostered an interest in "rewilding": the process of returning an area, as near as possible to its original ecology. This involves creating the earlier vegetation and re-introducing lost species of animal, from mice and shrews to large herbivores and their predators. In America and on the continent of Europe this can involve huge areas of land, wild cattle, horses, pigs and deer, together with bears, lynx and even wolves. In these islands our projects have to be more modest and amount to "wilding" rather than rewilding: that is trying to return to a natural system as wild as is compatible with the pressures of our human population. There are several projects underway, including on the Knepp Castle Estate in West Sussex. (See 'Wilding' by Isabella Tree.) What can we do around Naphill? Wilding enthusiasts claim that three Cs are essential: cores, corridors and carnivores. There needs to be a core area which is large and as rich in species as possible. This must be connected by corridors of relatively clear land to allow animals and plants to migrate and spread to other suitable habitats nearby, thus ensuring gene flow. The carnivores are needed to control the numbers of large herbivores and stop them reducing the vegetation to monotonous grassland.

For Naphill the obvious core area would be the Common – already a Site of Special Scientific Interest (SSSI) and a Special Area of Conservation (SAC), but it has its drawbacks. It is not a very varied habitat, being almost entirely woodland. More significant is its popularity. Of course, it is a real asset and visitors are to be welcomed, but they have a severe impact on the wildlife. This is especially so with dog walkers which ensure that the Common could never support

a variety of deer, cattle or horses, let alone wild boar, whilst we are host to so many dogs. This also applies to the ponds: if dogs that have been dusted for fleas go in the ponds, they do serious damage to the daphnia and other minute organisms at the base of the food chain for such things as newts, frogs and fish. Another problem with the Common is that there is a constant danger that it will lose its corridors connecting it to the surrounding countryside, as has happened with the development in Clappins Lane. If the Council and developers pick on Great and Little Mosely Farms or the meadows behind the Wheel pub, the village will constitute an impenetrable barrier to the movement of species.

So what practically can be done? On the Common we could conserve the ancient pollards and encourage the spread of undergrowth: the brambles, juniper and

gorse so necessary for birds to nest and mammals to shelter. We could see the line of woodland and meadows on the other side of the village, from Courns Wood, Stocking lane Woods, across to Chalkpit Wood and Combe Lane as a second core area and encourage a richer, more varied pattern of environments, from chalk meadows to scrub and woodland. We might even see "wild" cattle, horses and pigs. Above all we must defend the few remaining connecting corridors against spreading suburbia.

Perhaps these are just dreams, but why not set some targets? Imagine: it is possible within a decade that we could stand on the Common in the evening and hear a nightingale sing.

Trevor Hussey.



Lesser Spotted Woodpecker



Fallow Deer

Gordon the Bird Man - Woodpeckers and Deer

As with the Long Eared Owl the Lesser Spotted Woodpecker was, in Victorian times, the most widespread and common member of its family in the British isles. Also like the Long Eared Owl it has not adapted well with urbanisation. The species also suffered with loss of traditional orchards in the 1940 and 50s. It is now, by far, the rarest of our three woodpeckers. We used to have four but the Wryneck, always a scarce summer visitor, has been considered extinct since 1988 as a British breeding bird.

Owing to it's small size, at 5.5" about the size of Sparrows, Robins or Great Tits, the Lesser Spotted Woodpecker has always been difficult to survey. Added to this it is a bird that is very rarely seen in gardens. Recently, an experiment was carried out in four areas known to have Lesser Spotted Woodpecker territories with three feeders placed in each location and monitored with trailcams over three months. Throughout this period there was not one visit recorded by a Lesser Spotted Woodpecker. Organisations sometimes receive reports of Lesser Spotted Woodpeckers at garden

feeders which virtually always turn out to be Greater Spotted Woodpeckers. The confusion arises in June and July when juvenile Greater Spotted Woodpeckers appear in gardens. The youngsters sport a red crown for a few months after fledging and this can be confused with the red crown of a male Lesser Spotted Woodpecker but at nearly twice it's size should be readily recognised.

From a bird occasionally heard but never seen locally to an animal I have never seen here until the third of July. Walking home with the dogs along the path leading from/to the Piggery under the telegraph wires we were confronted by two Fallow Deer hinds which sedately wandered off into the woods. If anyone has seen them or has a theory where they might have come from, please call me on 07764 297279

Gordon





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The Wheel News

Mark and I would like to take this opportunity to thank Chloe for all her help and enthusiasm over the last 17 years. Sadly, Chloe has made the difficult decision to resign and concentrate on her health. As I am sure most are aware she suffers with arthritis and the years are starting to take their toll. There are so many memories over the years, all the fancy dress, the parties, many birthdays and so much more. Thanks again Chloe Mo, we will see you on the other side of the bar no doubt.

As we haven't got lots to tell you I thought I'd take this opportunity to big up Naphill and Walter's Ash and all of our amazing businesses big or small. We are so lucky to have so many independent businesses with a huge amount of diversity. The gazette is a great advisory and supporter for these with most of us advertising in it. No matter what the size - a car garage, coffee shop, pubs, optician, builders, trades, tyres, crafts, health, beauty, and so many more. **WE**, as a community, need to support our local companies to ensure that they survive these difficult and uncertain times. **WE** have great people here who work exceptionally hard, whilst not forgetting those who help within the community by volunteering! **Thanks to you all!**

The August/September Gazette is always a difficult one to write for as we are waiting for updates on the GCSE and A level results of some of our staff, so we will have to let you know how everyone has done in October. The Euros have been (interesting) and somehow England are in the Semi-final tonight, (no idea if they got through to the final at the time of writing this). Thanks to everyone who joined us for the games. We will also let you know what's planned here, after everyone is back from the holidays and we still have our fingers crossed that we may get a summer at some point.

We would like to welcome Kaytee Hodkinson to our Wheel family I'm sure you'll all meet her soon. Once again thank you to everyone for your support.

Claire and Mark and Team Wheel



*Best wishes to
Chloe, for better
health and lots of
happiness!*

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Hughenden Players

Rain free Hound of the Baskervilles! We seemed to have found a small break in all the Summer rain to allow for another successful "Picnic and Play"

There was a good attendance at both productions enjoying their picnics even though a few sweaters and anoraks were visible.

Our strong cast put their all in the retelling of the famous tale of a wayward dog loose on Dartmoor, with of course Holmes a Watson saving Sir Henry Baskerville from his fate and solving the crime. Elementary!

We must make note of Jenny Tench and Sam Byerley making their debut for Valley Players. Doing a show

outside presents different challenges and they coped admirably.

Our photos just give a flavour showing Holly Arnold as Watson and Mandi Goddard as Holmes. Also Alex Kohlling as the "baddie", Stapleton with Ross Greysen as Sir Henry Baskervilles. (see above)

"The best laid plans of mice and men often go astray!" Our Panto plans have changed AGAIN! We will be commencing rehearsals soon and we look forward to sharing all the details in the October Gazette.

Andrew Pitman
(Chairman Valley Players)



Our News

After a brief spell of hot weather the summer so far has been disappointing and we are back to serving soup! Many thanks as ever to our loyal customers who continue to visit us whatever the weather. We are similarly delighted to welcome new customers.

Tracey, Rachel and Jackie who have joined us are proving indispensable and running things beautifully giving Ruth and me much appreciated days off. Our Saturday girls Ciara and Evie are also doing some extra hours now their exams are finished. We are very grateful to have such a lovely team.

On Friday September 27th we will be hosting our annual Macmillan Coffee Morning. We will donate 50p from every hot drink sold that day to this very deserving charity. Please do come and support us.

A reminder of our opening hours

Monday to Friday 10am to 4pm (Kitchen closes at 2.30pm)

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Wishing you all an enjoyable summer.

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Email: admin@workaid.org

Address:

The Old Boot Factory

71 Townsend Road, Chesham, HP5 2AA

About 10 years ago after bumping into a chap I used to work with, who suggested I came over to look at Workaid to see what they were doing I signed up as a volunteer for one afternoon a week.

The aim of Workaid is to provide tools and equipment for vocational projects in Africa. To teach young people skills and to empower them to make a sustainable living or set up their own small businesses. Projects may include woodworking, tailoring & sewing, plumbing, engineering and vehicle maintenance.

The tools are all donated to Workaid by the public who have a shed or workshop to clear out, moving house or following a bereavement. Everything from woodworking tools, hand tools through to sewing machines, knitting machines and haberdashery. Equipment is then cleaned and serviced, packed in relevant kits, loaded into containers and exported to Africa where local agents supervise the allocation.



Installing Machinery in Uganda

Any surplus or non-suitable equipment is sold either through our "Charity shop with a difference" or on eBay to raise funds to pay for the containers and workshop running costs. I volunteer in the "heavy" machine workshop where we service and repair larger machines such as woodworking and engineering machines, compressors, air tools etc. I also do maintenance and safety on the charity's own workshop machinery.

I work with an amazing bunch of people who have worked in different industries and have retired but have so much experience and skills to offer. We also have a Duke of Edinburgh award volunteer. Not only do I feel a huge satisfaction doing a great job training people in Africa but I've made some really good friends there.

Volunteers are welcome from across the community, retired people from every discipline who have something to offer, skilled or unskilled, people with learning difficulties or recovering from illness or injuries. There are two shifts a day and the charity even provide free tea & biscuits!

Workaid are always looking for more donations of tools, sewing machines etc. So if you are looking to do some worthwhile volunteering or have a tools donation please contact the office. (**contact details above**)

John Burnett



"The heavy machinery repair crew" - above

John Burnett - right



Workaid:

Workaid is a charity based in Chesham, founded in 1986, empowering young people in Africa (and the UK) to help themselves by developing the skills and knowledge needed to find gainful employment or start their own business. We do this by refurbishing donated tools to a high standard and shipping them to training centres and self-help organisations in Africa. Our Chesham workshop operates with a community of dedicated volunteers who bring a wealth of skills and abilities to refurbishing donated tools and equipment.

MAN & VAN – House/office removals, house/ garden clearances, item collection/delivery & waste removal. Available at short notice and happy to travel long distances. Local, reliable and efficient. Call Chris on 07540088573

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Devon Holiday



Our News

"Thoroughly enjoyed it" "It's been fun" "Where are we going next year?"

These were just some of the comments I overheard on this year's five-day u3a holiday to Devon. I am sure that our members echo the same feeling when they attend one or more of the thirty plus Groups or our monthly General Meetings. I hope our pictures reflect the good times shared when we visited seven National Trust properties, all of which were bathed in sunshine. The holidays are popular with singles as well as couples and many members have already put their name down for our 2025 holiday. The destination remains confidential until we have confirmed the hotel and itinerary later this year.

In late June we held our second 'Picnic' in the grounds of The Wycombe Museum. Our visit was made even more enjoyable with the singing and guitar accompaniment offered by Kensal, two members of our u3a. We were fortunate in that the Museum also arranged for us to see some of their displays, all of which were explained by one of our members who volunteers at the Museum, please see the photos below.

By the time you read this edition of the Gazette, a group of us will have walked around Wycombe on a guided tour kindly led by The High Wycombe Society. This will have been a great opportunity for us to become better acquainted with our rich local history. Our interesting u3a meetings, groups and visits often encourage us to find out more about our area and guide us towards the many opportunities there are to go out and about and further explore our local area and beautiful countryside.

One of my personal objectives in 2024 is to lessen any feelings of loneliness and to share case studies of the work we do in our u3a with the UN's Decade of Healthy Ageing. I hope you like the insights I try to give into the topics we cover in our Groups. We are always open to new ideas, new Groups and, of course, new members. Do contact us for further information.

Paul Gillam

Email: gilliamph@aol.com

Web: [High Wycombe and District \(u3asite.uk\)](https://www.u3asite.uk)

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Summer Picnic





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Cognitive Hypnotherapy - Fear of Flying



So many people suffer with common phobias, such as Arachnophobia (fear of spiders), and Trypanophobia (fear of injections). There are also many less well-known ones, including the recent addition - Nomophobia (fear of being without your mobile phone). Living with these fears is very restricting and can play havoc with our overall confidence levels.

Fear of Flying?

This time of year, I see many clients for Aerophobia (fear of flying). But there can also be immense anxiety over travel in general, getting ill abroad and just being away from home can feel deeply uncomfortable. All these can be successfully treated with hypnotherapy.

Hypnotherapy can help! - Finding out why the phobia has developed is key. There is always a reason. The unconscious is only trying to keep us safe but sometimes gets it wrong. By re-framing past experiences, our minds can unlearn lessons and develop new ways of thinking. When in a relaxed or trance-like state, the mind is also more open to suggestion.

I write and record 'word weaves' which focus the mind on more positive messages – literally working to 'change your mind'. These are devised with each individual in mind and are theirs to keep for life-long support. I also teach self-hypnosis techniques which empower my clients to induce a deeply relaxed state whenever they feel anxious.

A few tips for those with a fear of flying

- * Firstly, let yourself off! You are in a metal container flying through the sky. Some degree of anxiety is 'normal'.
- * Know the facts - air travel is one of the safest modes of transportation.
- * Create distraction – music, podcasts and puzzles will all help.
- * Relaxation techniques - breathwork calms the nervous system and even a big, audible sigh out will alleviate some anxiety immediately.
- * Choose the right seat: Sitting near the front and by a window reduces the effect of turbulence and provides a visual anchor.
- * Tell the flight attendants: They are used to offering support.
- * Stay hydrated and avoid caffeine: drinking plenty of water can help reduce physical symptoms of anxiety.

Alison Scott

Testimonial from a happy client who has been away on three foreign trips since we started the therapy:

"I was honestly very sceptical about hypnotherapy. I have previously done CBT and talking therapy and the benefits felt limited. I started with the aim of improving my fear of being away from home that had stopped me from flying for over 7 years. After just 6 sessions I was able to go on a work ski trip without any of my direct support network which was a huge achievement for me, and even better than that I actually enjoyed it! I thought that this would be the only benefit of hypnotherapy, but I didn't realise the impact it would have on my day-to-day life. Being able to look at my experiences and mindsets differently has lifted an enormous amount of guilt that I didn't realise I was carrying on a day-to-day basis.

I feel more confident, relaxed and proud of myself and I genuinely believe that being able to prioritise myself has made me a better mum to my 2 young boys too. I regularly tell people about my experience with hypnotherapy and strongly encourage anyone who thinks it may help them to give it a try as it has been a life changer for me that I didn't realise I needed so much. I cannot thank Ali enough for her support and guidance through my journey."

Anon - July 2024

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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Shear Madness



I'm writing this on St Swithen's Day and guess what.... It's raining! It's a shame about the football but we do have the Olympics to look forward to.

I hope you can enjoy what is left of the summer whatever that may bring. Sending you all love for new schools, and university. Please be kind to others especially the ones who hold back and find it hard to join in, they just need patience and trust. Top tip nobody likes the "mean" person at school.

I'll be off on my holidays towards the end of September but I will still have my phone and book so feel free to text me.

Happy summer !

Love as always

Mandy x



Lindengate Mental Health Charity

Aylesbury Road,
(next to Dobbies Garden Centre)

Aylesbury Road,
Wendover HP22 6BD.



<https://www.lindengate.org.ukgardens>



Welcome to Lindengate Summer News

We are a Mental Health Charity specialising in social therapeutic horticulture based in Wendover.

Our 6 acre garden in Wendover offers a safe and inclusive space to connect, meet new people and learn new skills through our wellbeing courses and programmes (<https://www.lindengate.org.uk/wellbeing-programmes>). We also offer support to people with memory loss and dementia and their carers through our Memory Pathways sessions (<https://www.lindengate.org.uk/memory-loss>) on a Friday morning.

The gardens are maintained by a large community of over 130 garden volunteers aged from 13 to over 90 but we always welcome more pairs of hands! Find out more. (<https://www.lindengate.org.uk/volunteer>)

Our gardens are open to visitors all year, excluding Bank Holidays. Our Summer opening times are as follows:

* Wednesdays-Fridays 11am-4pm

* Saturdays 1-4pm

Entry to the gardens is free but donations are welcomed.

For details of special Open Garden Sessions and events please visit:
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A person with short blonde hair is seen from the back, looking at a computer monitor. The monitor displays a blurred image of a building. The scene is dimly lit, with the primary light source being the monitor itself. The person is wearing a pinkish-red top.

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