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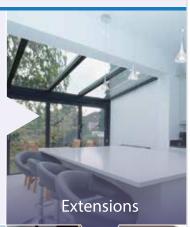




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Naphill & Walter's AshGazette Merry Christmas and a Happy New Year! December 2024/January2025

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Our Local Clubs and Organisation Contacts

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



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Naphill Village Hall



Chairman - Clive Lawrence

Email: chairman@naphillvillagehall.org.uk **Bookings** -Tanya Stevens

Email: hallbookings@naphillvillagehall.org.uk

Tel: 07851 169275

www.naphillvillagehall.org.uk

Local Council Contact Information

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

Helpful Contact Numbers

Hughenden Surgery	See website www,ourpractice.co.uk	01494 562189
Out of surgery hours		111
Breast Unit Wycombe Hospital	Breast lumps self refer	01494 526161
Stroke Support Service	Stroke sufferers, carers & family support	0300 3300 761
Shaw Clinic - Genitourinary Medicine	Genitourinary Medicine	01494 425430
Hearing Clinic Wycombe Hospital	Self refer	01494 526161
Healthy Minds	Anxiety, depression, stress, postnatal wellbeing	01865 901 6000
Bereavement Listening & Support	Bereavement councelling	1296 332600
Wycombe Women's Aid/Also Men	Councelling re domestic violence	01494 461367
		Male 0808 8010 327
Carers Bucks	Help for carers	0300 7772 722
Alzheimer's Society	Dementia information & support	01296 331722





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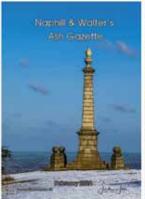
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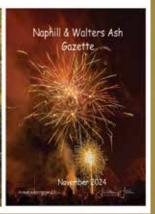
2024 has been a good Gazette year! Here's to a great 2025!











Copy Date for FEBRUARY 2025 Gazette 12 January 2025

Firstly, I must thank EVERYBODY who has made this another good Gazette year! I couldn't do my job without the backing of my fantastic team, our contributors, our advertisers, our printers and you, our subscribers, thank you all!

The Naphill Firework Display! Absolutely fantastic as always! Congratulations to the fireworks committee on another great display, the work and training which goes into this event is amazing and the funds raised are vital for our village hall! Thank you to my deputy editor and fantastic professional photographer, Jonathan Hilder, for the firework photographs, which I am so pleased to be able to share with you in this special Christmas/New Year edition of the Gazette.

By the time this edition of the Gazette is delivered, our village hall tree will hopefully, once again be festooned with its Christmas lights. My thanks to Mike Mason and the "light up team" and to Antac Support Services, who have generously sponsored the tree lights by supplying the vital cherry-picker. As Cathryn explains on page 12, there are costs involved in running these lights and our donations are needed to meet these.

The Christmas Fayre at the village hall is on SUNDAY, 1st December. It promises to be a great opportunity to do some Christmas shopping, see page 13.

Another traditional village event is the Carol Service at the village hall, 22 December, another opportunity to meet, greet and look forward to Christmas!

I can hardly believe how much has been crammed into this Christmas/New Year edition of the Gazette and just how many pages it has taken to fit everything in. My Special thanks to the distribution team who regardless of the Winter cold, will get the copies out to you.

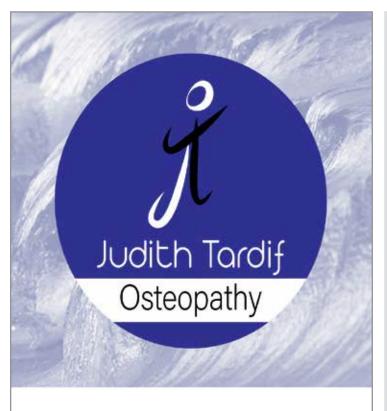
Jonathan and I chose the cover as a reminder to please support our local business who do so much to support us at Christmas and throughout the year.

Finally! The Gazette team join me in sending our very best wishes to you all for a happy Christmas, a good New Year and all the very best for 2025. I look forward to sharing the February edition with you in the New Year.

Season's greetings,

Sonía

Editorial Disclaimer: Although the editor has made every effort to ensure that the information in this magazine was correct at press time, the editor does not assume and hereby disclaims any liability to any party for any loss, damage, or disruption caused by errors or omissions, regardless of the cause. The content of any article is the responsibility of the contributor, if the text is edited/substantially altered, the editor will inform the contributor before publication. Any opinions expressed in articles herein do not express the personal opinion of the editor. Comments or queries on individual articles will be forwarded to the author/contributor to substantiate. The editor retains the right to refuse any contribution. No group or individual can demand that their contribution will be published or dictate how or where their contribution is placed or displayed. The editor will close comments on any subject if this is agreed by the Gazette committee member.



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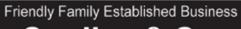
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Naphill Village Hall and Playing Fields Trustee Committee

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Chairman's Report

A trustee committee meeting was held on 4 November. It was reported that a meeting had taken place of the lettings committee. The outcome of the meeting was that the long-term hirers fees were reviewed and all would be kept at the same rate in 2025 as they were this year. This was also the case for the casual lettings. The lettings contract had a new clause added to it. This was, "Filming and recording of events in the village hall". Hirers must gain prior written permission from the village hall Trustee Committee before any event at the premises is recorded for commercial purposes. This includes livestreaming events held at the premises.

One of the team running next year's Fete, Jason Fletcher, gave us an update on progress of the events they propose to run. They are hoping to run the Fete in a different format from the last event, more will be revealed early next year.

The Christmas Fayre will be held in the hall on Sunday 1st. December from 1.00 pm many stalls will selling

gifts for Christmas and there will also be mulled wine and mince pies on sale.

Next year Classics on the Crick will be on the 8 June.

The lights on the Christmas Tree will be on when you read this and we and all who travel through Naphill can enjoy a great annual tradition in the village.

Finally, I would like to thank all the people that made the fireworks a fantastic evening. There were around 70 helpers on the day and everyone enjoyed themselves. The station commander had a great time starting the bonfire and I thank her and the RAF for all the help that they gave us before and on the day of the event.

Clive Lawrence.

Village Hall Chairman.



Is there anyone who can help us at the village hall please? We urgently need TWO new volunteer helpers!

We urgently need a secretary

Duties include:-

Organise the agenda and minutes of the monthly meetings. The agenda should be sent out to the committee members about a week before the next meeting. Lisa takes the minutes and they need to be checked and put on file.

Reading any e-mails sent to the village hall and passing the details to the relevant person, at present there are about 3 to 4 e-mails a month so an hour or so a week will probably suffice.

We urgently need a maintenance supervisor.

Duties include:-

Overseeing the maintenance of the hall. Regular visits to the hall to check on the condition of the hall, identify any problems and arrange rectifications to keep the hall in good order.

If you you could help the community by taking on one of these positions, then please get in touch. You can e mail me at:

chairman@naphillvillagehall.org.uk

Clive Lawrence. - Village Hall Chairman.



By the time you read this, the Christmas tree outside the Village Hall should be lit up, brightening the dark winter evenings and bringing the usual festive cheer to the whole village at the end of what has been another trying year. They will stay lit until January 5th, Twelfth Night as this marks the end of the Festive Season

We all feel the stresses of the day fade away when we see the tree looking so wonderful on our way homesome even change their route just to admire the tree!

Our Christmas tree has brought joy to the community for generations. The lights are put up and taken down each year by a team of intrepid volunteers, led by Mike Mason, who have managed, once again, to ensure that the lights were put up in a safe and secure way.

Insurance and running costs for the lights are usually around £600 per year, but of course this year this will certainly increase! Any repairs required can add significantly to these costs.

If you would like to make a donation to show your appreciation and to keep our tree alight, you can do so in several ways::

- Scan the QR code below
- By going direct to our Total Giving Appeal Page: <u>www.totalgiving.co.uk/appeal/naphilltreelights2024</u>
- By visiting the Naphill Village Hall website (naphillvillagehall.org.uk) and following the link



If every household in the village gave just £1 our costs would be covered, so please give what you can. Any donation, big or small, will be very welcome.

Enjoy the lights and have a very Happy Christmas!

Cathryn Carter



Naphill Christmas Gift Fayre

Sunday 1st December - Naphill Village Hall 12 noon - 4pm

Our stallholders are very excited to be bringing you a wide range of beautiful and unique gifts
 Candles, Crystals, Skincare & Make-Up Gifts, Jewellery, Hand Painted Glassware and Glass Tree Ornaments, Books from local author Morgen Bailey, Countdown Boards, Christmas Decorations, Hand Turned Wooden Gifts, Silk Scarves, Handmade cards, Soaps, Apple Juice & Jams, Wildlife Paintings & Pet Portraits as well as Dog Treats & products and so much more.....

Do join us at The Village Hall for the chance to shop local, meet friends and tick off your Christmas list. Why not enjoy a glass of mulled wine or festive fizz and a homemade mince pie whilst doing your shopping? There is also the chance to win a Christmas Hamper in our Grand Draw!

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

For more details of the stalls that will be there check us out on Facebook https://www.facebook.com/groups/NaphillChristmasGiftFayre

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

Cathryn Carter & Moira Harris

Plus your chance to win a Festive Hamper in our raffle!



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Protect Your Festive Shopping from Scammers with These Tips!

The festive season is undoubtedly a time of joy and celebration, marked by the exchange of gifts and the spirit of giving. However, it's essential to be aware of the lurking pitfalls when it comes to online shopping during this time of year. As the demand for online purchases grows, so does the risk of falling victim to scams.

Cybercriminals become increasingly active by employing a variety of tactics, including fake websites, fraudulent emails or social media, enticing offers that appear too good to be true; they often pose as sellers of high-value items such as cars, tech products and event tickets.

Fake emails or texts you receive about amazing offers may contain links to fake websites, designed to steal your money and personal details. Not all links are bad, but if you are unsure don't use the link, go separately to the website.

If you're making a purchase from a company or person you don't know and trust, carry out some research first and, if you decide to go ahead with the purchase, use a credit card if you have one, as most major credit card providers insure online purchases. Some other payment methods do provide good consumer protection, but they aren't obliged to provide the same protection as a credit card provider. Check their Terms and Conditions for exact details.

Regularly update your devices with the latest software and app versions. These often include crucial security enhancements guarding against fraud and identity theft. Even better, just turn on automatic updates so your device will update itself in future.

To give any online account additional protection, where possible, you should turn on two-factor authentication for the service you're using to double check that you really are the person you claim to be, when logging in.

Remember, falling victim to fraud is never your fault. Scammers are skilled at manipulation, and anyone can become a target. Staying informed and taking proactive steps can keep both your financial and emotional wellbeing safe.

Shopping in person has also its own unique challenges; especially during the festive period, when crowded stores and bustling streets become the norm, it's crucial to be extra cautious and keep a close eye on your belongings, like bag, keys, purse, cash and cards.

It's advisable to keep them securely in your wallet or purse until the moment you're at the till and ready to make a payment. Leaving cash or card on the checkout conveyor belt, for instance, is a risky move, as it can easily become an easy target for theft or misplacement.

Always double-check that your cards are back in your wallet or secured in a safe place after each transaction to avoid any potential mishaps.

If you need to withdraw cash, use ATMs located in well-lit and secure areas, preferably inside a bank or a store.

The New Year is a time to set new goals and positive lifestyle changes; what about starting 2024 by joining our Neighbourhood Watch community?

We send you all our Seasons Greetings and best wishes for a happy, safe, and healthy Christmas & New Year, from the Committee of Wycombe District Neighbourhood Watch Association.

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A Message from Greg Smith MP

As the year draws to a close, it has been an exceptionally busy time in Westminster and across Mid Buckinghamshire. My local schedule is packed with community events, offering valuable opportunities to meet and engage with as many constituents as possible.

One of my top priorities has been addressing the Government's recently announced Budget of Broken Promises, which includes a deeply concerning policy affecting our British farming community. The disastrous changes to Agricultural Property Relief represents a callous and unwarranted blow to family farms, leaving many across our constituency facing immense uncertainty and hardship.

In response, I joined my Conservative colleagues in delivering a letter to No. 10 Downing Street, urging an immediate reversal of this damaging policy to safeguard the future of family-run farms throughout the UK.

I also had the pleasure of welcoming the Conservative Party Leader, Kemi Badenoch, and Shadow Secretary of State for Defra, Victoria Atkins, to Upper Peppershill Farm in Long Crendon. This was a vital visit where we spoke to local farmers about the harmful new measures in the recent Budget. Conservatives are committed to reversing this damaging tax on family farms and saving them from collapse, despite the Labour Government's attempts to do the opposite.

I was proud to participate in the National Farmers' Union rally in Westminster, where we raised awareness about the serious consequences of these tax changes, which not only threaten farmers' livelihoods but also undermine our national security by making farms financially unsustainable.

After a productive year of help and advice surgeries—including my most recent December session in Grendon Underwood—I look forward to continuing this work in 2025 and meeting more of you in the process. As always, I am here to support you, so please don't hesitate to reach out: greg.smith.mp@parliament.uk

Wishing you a wonderful Christmas spent with loved ones and a joyous New Year. Here's to an even more active and successful year ahead in Parliament and throughout Mid Bucks."

Greg Smith MP

Naphill & Walter's Ash Gazette Advertising News for 2025

The Gazette Committee met last month to discuss next year's rates. We unanimously agreed that due to the increasing financial pressures faced by our local businesses and readers that there would be no increase in either advertising rates or subscriptions. Advertising rates for 2025 are therefore:

Full page colour	POA
Half page colour	£360
Quarter page colour	£190
One eighth page colour	£100
Small ads (text only)	£40

We will also honour the same rates as this year for existing black and while adverts but are no longer able to accept new adverts in black and while as the gazette is a full colour production and we need to cover as many costs as possible.

Invoices will be sent out very early in the new year.

Subscriptions will remain at £5 for the year.

Our financial year ends on 31st January and a full Treasurer's report will be included in the March or April editions.



Hílary Spain - Treasurer

treasurer@naphillandwaltersash.org.uk

If you would like a Gazette advertising space please contact our editor, Sonia Goby.



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Bradenham Parish Council Report

At its November meeting the parish council discussed the blocked gullies in Bradenham and those at the top of Bradenham Woods Lane in Walter's Ash near the junction with New Road. The clerk has requested Buckinghamshire Council to improve the frequency of maintenance of the gullies which always fill up with silt and cause flooding. Fix my street has been used to report blocked gullies and it has also been discussed with the Highways Department. Buckinghamshire Councillor Robert Carington will take the matter up with the local area technician.

Buckinghamshire Council are holding Pension Credit Surgeries across the county to help pensioners that may be struggling with their application for pension credit. These will run until Friday 20 December. Please look at the Support for Pension Credit applications page on the BCC website at www.buckinghamshire.gov.uk.

Buckinghamshire Council also have a new website, "Buckinghamshire Be Flood Ready", providing information on how residents can make their homes more flood resilient, prepare a flood plan, find out what to do after a flood, get advice on insurance and who to contact.

2024 Risk Assessments were carried out on our assets. Maintenance work was identified for which we will need to budget 2025/26.

We have asked if the verge on the A4010 can be cut back as it is now very overgrown.

The parish council expressed its concern about the empty properties in Bradenham and has decided to write to their MP about them. The village is losing its community due to the empty properties.

Hedges were discussed. It is the landowner's responsibility to ensure overgrown hedges that are next to roads, footways, footpaths, cycle paths, are not causing danger or a nuisance (Highways Act 1980 s154). The parish council has the responsibility to ensure landowners maintain their hedges in the 30mph zone of the parish. Buckinghamshire Council has the responsibility to do this outside the 30mph zone. Eventually we must ask the Enforcement Officer at Buckinghamshire Council to get involved as we don't have the legal resources. Please ensure your hedges are not causing a nuisance or danger. Thank you.

The parish council wishes you all a jolly Christmas and a very Happy New Year.

Our next meeting will be Monday 13 January 2025 at Bradenham Cricket club @ 7pm.

Deirdre Hansen



clerk to the Council. clerkbradenhampc@gmail.co

www.e-voice.org.uk/bradenham-parish-council





A Christmas Message from Buckinghamshire Councillor, David Carroll

Dear Residents

The Remembrance Service is very important so can I thank everyone who organised the service in Naphill.

The Government's changes on planning and big increases in Housing numbers for Bucks is still ongoing which many residents have contacted me about.

I have always tried to protect our wonderful countryside, so can totally understand resident's concerns completely.

We are all very appreciative of our Residents

Association who have worked very hard for our community over many years. The Village Hall committee continues to run an excellent facility for our residents and indeed everyone involved in the Gazette which is brilliant.

Regards

David





01494 716967



David.Carroll@buckinghamshire.gov.uk.





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Farmyard Manure

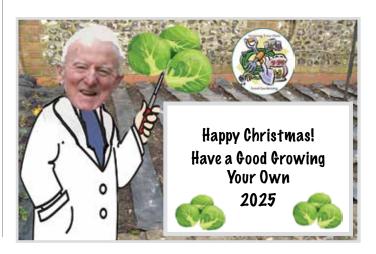
In the March Gazette I described a new method of growing vegetables following my discovery that when the weather is dry, water rises from the depths of the soil only to be lost at the surface where it evaporates. My new method involves the use of black plastic strips 6 inches wide and with six inches of soil between adjacent strips of plastic. The idea is to create moist soil, trapping the moisture even in the driest, hottest summer, to enable plants to thrive in almost desert-like conditions. Well, although nearly half of all countries experienced a severe hot drought lasting over a month in 2024, it was not like that in Naphill and Walter's Ash! We had almost continuous rain, so I was not able to test-out my new method. All was not lost however. Covering half of the soil meant that the task of weeding was halved, and it was much easier to weed the other half, with the strips of black plastic making it easier to get about by walking on them. It was much easier to tend my vegetable plot, even though the main purpose, to provide moist soil in drought conditions, was not tried out in 2024.

As readers will know, I have been a passionate advocate of putting copious quantities of farmyard (ie cow) manure on the soil to enrich the soil with trace elements, and to increase the amount of humus in the soil to enable micro-organisms to thrive and transport vital trace elements to the roots of vegetables, fruit bushes and trees. But what does farmyard manure contain? I was once privileged to be given a tour of a local farm and this is what I found out. The farmer gives his cattle a rich and varied diet. In the winter months, when the cattle are indoors, he feeds them on the following mixture: silage made from his own maize; silage made from his own hay; imported soya beans; imported soya

bean husks; oilseed rape meal; palm oil; wheat; urea; limestone flour; yeast and byproducts from the food processing industry such as sugar beet shreds, biscuits and orange peel. The proportions of each are finely calculated to give the cattle just what they need in their diet for their health and milk production. In the summer months the cattle graze on fresh grass but are also fed the above ingredients when they come in for milking. It seems unlikely that my farmer's cattle will be suffering from poor nutrition with such a carefully-controlled diet. Just as important, the manure I used to spread on my allotment probably contained a wide range of nutrients. I had my soil analysed by a laboratory. The allotment soil was rich in trace elements and showed no deficiencies and no toxicity to plants. The manure I applied was two-to-three years old and any straw from the animals' bedding was well-rotted. I am very grateful to my local friendly farmer.

Good gardening!

Mike Mason







News from Stocken Farm

True to form the weather has been challenging us again. The extremely wet spell from mid-September to mid-October came right at maize harvest and planting of winter cereals. It looked like a re run of last year. However the anti-cyclone that we have had since then has allowed most field work to have been completed.

The wheat we harvested in the summer is now being sold. We have run in to a problem because it contains Ergot and the mill will not buy wheat with Ergot. Ergot is a fungus and, this year, it is widespread in the area; I think weather conditions have favoured its life cycle. It is like a very large black grain. The good news is, it can be cleaned out by a machine called a colour sorter that takes the black ergot out of the beige wheat. The bad news is, it is slow and expensive but it will be what we have to do.

In mid-November we had to complete our TB test. I am pleased to say we had no issues so our herd remains officially TB free. This is good news, especially as quite a few farms locally have got TB issues, for now I believe there is none in the parish.

The big concern and talking point in the farming community is the Budget. There are serious consequences for agriculture (as there will be for any other small family run business). The biggest concern is the change to Agricultural Property Relief (APR). This was established to prevent farming families from having to sell their primary source of income to pay IHT, as it passes between generations. Without APR, smaller farms could become untenable and the family business come to an end, the allowances are not enough. The percentage of 'real working farms' at risk would be very high (the Treasury appear to have included smallholdings and country houses with pony paddocks in their calculations, not just actual working farms). APR was protecting working farms producing food for the population, and they do contribute greatly to food production. Most farms are made up of small family businesses with multiple generations working together producing food and caring for the countryside. The new IHT implications that are being introduced are disproportionate to farm incomes, a farm doesn't generate enough income to pay the tax bill, even spread over ten years. This means land would have to be sold, probably to non-farmers, potentially reducing food production and making the businesses less viable going forward. Food security is a subject that few people in this country worry about, as a nation we are already far from self-sufficient, let's hope in the future it is something people still don't worry about, because its not guaranteed.

Of course, you never know when the time will come, so all businesses will be vulnerable in the short term, with people's homes and livelihoods at risk. Older generations are very upset after years of work the rules are changed and there is little they can do in the short term. These rules are set to change in April 2026, for some the only answer will be to not be still here at that point, we have already heard of this happening. With mental health issues in the farming community already running high this is just going to make things a whole lot worse.

The National Farmers Union is organising a mass lobby of MP's which will involve farmers meeting MPs in Westminster on the 19th November, to make sure they are aware of the implications. There is also a Rally being planned on

19th where farmers are taking British food donations to a London food bank, to take their message to the Government. They will be addressed by key industry speakers.

On top of IHT there is employers N.I increases, a fertiliser tax, Double cab pick-up tax, a commonly used agricultural vehicle since Landover defender went upmarket.

I listened to Keir Starmer make a speech at the NFU conference last February prior to the election, the talk was of new partnerships, opportunities, the importance of national food security and at one point he said "losing a farm is not like any other business, it can't come back. You deserve better than that". We thought he meant he was going to support farming, I don't think the delegates really understood what he meant and I now realise, neither did he!

We recently had the Chiltern Hills Agricultural Association dinner and annual Competition Awards. We had a good night and picked up the Best Run Small Farm Cup which we had last in 2019 and Best Dairy Youngstock which we last won in 2014. Back in September, Charlotte was asked to be on a panel at the 'Women in Dairy Conference' quite an accolade for her, especially as she was probably half the age of all the other panellists!

We recently inspected our winter bird food crops in awkward field corners (see pictures). They have done well and should provide abundant small seeds throughout winter. Also, walking our new herbal ley I spotted a four leaf clover. Hopefully it brings some luck! I wish you all good luck and A Happy Christmas and New Year.

Richard West

stockenfm@gmail.com

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WycombePhotographic Society



December means Christmas and the chance to take lots of photos of Christmas festivities including festive lights and of course our village Tree Lights. A chance to try out the new camera or tripod you received for Christmas. I know that the Gazette Editor will be more than pleased if you submit your photos of the Village Tree in all its glory.

Wycombe Photographic Society meets in the large hall at Hughenden Valley Village Hall, on the first 4 Wednesday of each month at 8pm. Potential new members welcome, come and see what we do.

4th Dec Studio demonstration

11thDec Themed Assignment – 'After Dark'18th Dec Christmas Social – Wine and Nibbles

8th Jan Members Talk by Jan Harris

15th Jan Themed Assignment – 'Mobile Phone Images'

22nd Jan Digital Workshop – Photoshop & Lightroom techniques

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

Peter Davis

Membership Secretary

Wycombe Photographic Society

















The Day of the Dead comes to Naphill!

In November ten members of your local photographic society, the Wycombe Photographic Society, set off to London to visit London's Columbia Road. Why I hear you ask?

In early November Columbia Road is turned into the biggest riot of colour and dressed-up shop keepers in order to celebrate the Day of the Dead. This is such a fun day, and everyone is very friendly and happy to have their picture taken.

Club members enjoyed the battles of the cameras to get some great pictures, and I think there were in some part more camera men than costumed performers!

If you would like to know more about the club who meet on a Wednesday in the Hughenden Valley Village Hall at 8.00, please give me a call.

Jonathan Hilder, 07787 505786.











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Not from the Vicarage - Merry What?mas

The year continues towards its end and as I write, we are now in the quiet, reflective period known in the church as 'Kingdom Season'. It's a pre-Advent time and sees a variety of reflective acts of worship that centre around remembering, leading into Advent and the joy of Christmas. Try telling that to the advertisers!

Everywhere is awash with ads telling us to 'Book now for Christmas', 'Order now for Christmas delivery' (Subject to availability. Terms and conditions apply), 'Buy now – when it's gone, it's gone!'. This year's must have Christmas decorations and accessories have hit the shops. They range from cute and whimsical to downright bizarre. New dinner sets, table linen, towels, bed linen, cushion covers, candles – you name it, it's out there in the latest Christmas themed logos and colours. I noticed a particularly weird set of logos in a local supermarket – kitchen accessories sporting skeletons and skulls in Christmassy red and green, all wearing Santa hats. I don't think the designers quite understand what Christmas is about.

A couple of years ago, I saw children's Christmas cards bearing the picture of a little cartoon alien, wearing a Santa hat whilst happily surfing, and the wording 'Merry Stitchmas'. The image comes from a very popular animated film called 'Lilo and Stitch', Stitch being the name of the alien. Honestly, I thought, can anything be further away from Christmas - replacing the name and image of Christ with surfing aliens!

But then I saw the film.

It tells the story of Stitch, a creature genetically engineered to be a weapon of chaos and destruction which escapes to Earth. Initially causing chaos and destruction wherever he goes, Stitch is 'adopted' by a little girl called Lilo, who thinks he is a strange dog and who loves him unconditionally. The movie goes on to tell how Stitch learns to use his destructive powers for good and how he learns to love. At its heart, it is a story about the transforming power of love. It is, in part, a modern re-imagining of the verses in Isaiah 2:4 'They will beat their swords into ploughshares and their spears into pruning hooks' so often quoted at this time of year. Although the card apparently did not have any direct relevance to the story we retell at Christmas, unpacked, its message was probably one of the most profound I had seen.

Amidst all the tinsel and glitter, the bad taste Christmas sweaters, the tasteful Christmas sweaters, the current must haves, the pressure to be perfect, the latest whatevers, there is a simple, profound message which remains unchanged by the trappings of Christmas. At its heart, the Christmas story is about love – the love of God for humanity, and the lengths God went to in order to show us how much he really loves us.

As we approach Christmas this year, be sure to take time to look beyond the baubles, glitz, treats and gifts to the greatest gift of all – the gift of God's love sent to us through his Son, Jesus.

May you enjoy a truly blessed Christmas.

Rev Jenny





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This month's meeting of Naphill Neighbours took place on the 11th November at Naphill Village Hall. It was attended by 32 members and 3 visitors. The meeting format differed from the usual, as the speaker, Catherine Tebb, demonstrated to us how to make a Christmas gift box.

Catherine Tebb lives locally and before retirement worked at Pipers School as Head of Textiles. Her talent for textiles and crafts are so skilled and Naphill Neighbours are very lucky that she was able to join us. Catherine explained that the ideas for the boxes came from her book of Japanese boxes and she showed us some examples of boxes she had made in the past. Each box was constructed using ribbons threaded through holes on the sides of the boxes.

The November meeting was also our AGM. A number of members of the committee were standing down, notably the President Janet Judge, the Treasurer Joy Stroud and the Day Trips Organiser Yvonne Cook. Thanks was expressed to those leaving the committee and a gift of an orchid and thank you card was made to each of those present in the acknowledgement of service given to the group by Janet, Joy and Yvonne.

It was reported at the meeting that in future day trips would not be organised by Naphill Neighbours directly, due to difficulties in having a sufficient number of people interested to fill the coach. However it is intended that in future, we will collaborate with an organisation in West Wycombe, who themselves organise day trips, such that coaches can be shared, with a collection point at Naphill Village Hall. The first of such events is a trip to the Winchester Christmas Market on the 5th December.

Next month's meeting will be our Christmas lunch being held at Princes Risborough Golf Club.

The programme of speakers has already been arranged for 2025, including Tom Way and Bill Hamilton. We warmly welcome new members. If you would like to come along to see what Naphill Neighbours is like before joining us, we welcome guests to our meetings.

Jan Honey

naphillneighbours@gmail.com

Wishing Everybody a Merry Christmas and a Happy New Year



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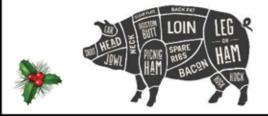


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Shear Madness at Christmas

IT'S CHRISTMAS !!!

Wishing you all a very happy Christmas! As always, be mindful of those who are alone and just pop round or ask them in for a cuppa and a mince pie, it can be a very isolating time of year for some as we are all too busy to take time out but enjoy, even the annoying little ones, they soon grow out of it and you'll miss it. Remember it's not the presents it's your presence they need. Remember the good times, I miss my childhood Christmas's with all my grandparents and cousins, such happy times.

New Year, here we go again, appointment's are king but I think you've all got that by now it's been 4 years! Price increase in February as usual but it won't be much I just need to do the maths.

Happy Christmas/New Year, thank you all my loving hairy family I couldn't do this without you all.

Love as always

Mandy x



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Princes Risborough Bowls Club

Our AGM was held last month and we welcomed 3 new members onto our General Purposes Committee for 2025.

The green has been hollow tined and "put to bed" for the next 4 months, although leaves and early morning dew have to be removed from the surface at this time of year to prevent disease such as fusarium, so our greenkeeper and his helpers are still kept busy. Our closed season social events in December are Bingo on Saturday 7th and a Christmas Lunch Party on the 15th. Full details can be found on our website:

princesrisboroughbowlsclub.co.uk

The October and November bingo sessions were both very well attended. The clubhouse and bar is open on Tuesday afternoons and Friday evenings throughout the closed season. If you are a prospective member, then do come along and introduce yourself to friends that you've yet to meet.

If you enjoy friendship and fresh air, then give Lawn Bowls a try next year. All the necessary equipment and free coaching will be provided. A generous trial membership offer will be available and Social membership is also available. If you are interested and require more information, please contact me and I will personally be in touch with you next April, before our green reopens, to arrange a taster session. Visit our website for more information on our club,

It would be great to hear from you. If you have a business and would like to join our sponsors and have a permanent presence on our website, then please contact me:

Del Behenna (Recruitment & Sponsorship) on 01844343230

A warm welcome is assured, we would love to hear from you. Seasons greetings from all at Princes Risborough Bowls Club







Naphill Fireworks 2024

A very wise friend of mine always used to say, "aren't we lucky". This always resonates with me when I step on to the Crick and see the days of awesome hard work coming together to provide thousands of people with a fantastic night out. This is the Naphill Fireworks. Just watching the kids dancing to the music provided by Kirsty Fuller was such joy. Another brilliant bonfire followed by exceptional fireworks.

And to quote:

"A massive thank you to our army of volunteers, we couldn't run this event without you. To our incredible firing team (that was surely your best ever, and that's saying something!), our fantastic local sponsors, businesses that sold our tickets, the RAF, live music audio team, BBQ and bar teams, gate staff, marshals, medics, mulled wine team, fire builders, ticket scanners, stage crew, photographers, site prep team, lighting crew, website and graphics teams, sponsorship manager, food prep crew, stewards, flashing sword stand, treasurer, cleaners, cleanup team, and of course, our fantastic fireworks committee, and everyone else who contributed this weekend."

This event raises much needed money for the village hall and is supported by so many willing volunteers, but we always have room for more. Come on get in touch and be part of this wonderful organisation next year.

Jonathan











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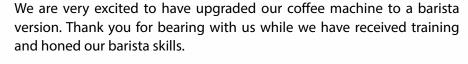


Opening Hours

Monday - Friday 10am to 4pm Saturday 10am to 2pm

Closed from 4pm 23 December until 10am 6 January 2024







As we are approaching Christmas we will be offering our popular gingerbread latte or cappuccino again this year, a beautifully smooth coffee infused with gingerbread syrup, topped with whipped cream, sprinkled with ginger and finished with a mini gingerbread man. We will also be offering a hazelnut version, topped with chocolate and a crunchy hazlenut roll. Enjoy with a homemade mince pie, slice of Christmas cake or gingerbread. We will also be offering our much requested festive panini, filled with sausages, bacon, stuffing and cranberry sauce.



We will close for the Christmas break at **4pm on Monday 23rd December** and reopen on Monday 6th January at **10am**. This will give us time to enjoy the festive break and do some essential maintenance to the coffee shop.

Wishing you all a very happy Christmas and New Year from the whole team at Bon Ami.

Dorothy & Ruth

Valley Players

Winter is a time for hibernation , open fires and Hot Chocolate!

Or is it? Not if you are a member of Valley Players.

As this is being written we are still rehearsing for "Alice in Cuckoo Land". We shall be able to give a real report on the local theatrical event of the Christmas season in the February issue but as most of you will have seen it live you will know all about it. Oh yes you will!

After that comes the hibernation? Certainly not.

In January we shall be starting rehearsals for "Play Time". This is a cover all title for the Spring production of two One Act plays. The plays will deal with contemporary issues and will hopefully make

you think as well as being entertained. Our last production like this had the audience discussing the content of the plays for weeks after.

We invite the audience to bring an "indoor picnic" to make the evening fun. We shall be announcing titles in February but save the dates April 3/4/5 2025. Tickets will be be available through our website in March.

Seasons Greetings from us all.

Andrew Pitman (Chairman) contact@valleyplayershughenden.co.

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Friends of Naphill Common Report

Activities

Although the weather was far from ideal for our bat walk, we still managed to spot quite a few bats! We really appreciated the expert guidance from local bat expert Julie Hopton, and the loan of her bat detectors.

The fungus walk proved very successful. In previous years there has been a walk with members of the Bucks Fungus Group, but they were concerned that numbers were growing too large for finds to be properly recorded, so have restricted this to BFG members only. Fortunately, Sarah Ebdon of the BFG agreed to lead a separate walk for FoNC members, and although the weather this year has not been favourable for fungi in general, she identified 40 different species, four of them new to the Common, as well as two different slime moulds. (photos above left to right: Leucoagaricus ionidicolor and Orange peel)

Walks

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

Save the date!

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

FoNC Working Parties

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

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

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

Chris Miller

Chairman

















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- We're even selling <u>Christmas Trees</u> this year with local delivery available

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Light Up Hughenden2024

As 2024 draws to a close it is timely to thank all our amazing volunteers, not just those supporting Hughenden Street Association but also those who work tirelessly across the Parish. The Association continues to work with partners to deliver our Vision:

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

Susan Bickerstaffe is your HSA Ward Leader and has again been actively involved in the Naphill & Walters Ash community organising the monthly Pub Lunch and Afternoon Social. She is also a member of the Residents Association and acts as an important link between it and Hughenden Street Association. Do contact her if you would like to take part in the lunch and/or social event. She would be delighted to hear from you. Call 07880 519323 or smbickerstaffe54@gmail.com

The Christmas Pub Lunch is taking place on 18th December with the New Year lunch on 15th January 2025.

Don't forget the Afternoon Social held at the Bon Ami Café in Naphill – next gathering is 25th January 2025. The lead up to Christmas seems to begin earlier each year and our thoughts turn to those less fortunate than ourselves. Not just in financial terms (important though this is) but also from a personal perspective. Being alone is not the same as being lonely. As we have said before sometimes having some time alone is enriching. Having the opportunity to step out from the daily rush can be therapeutic. It gives us time to listen to the silence and to relax. Unfortunately for some people the festive season is a difficult time because they are lonely. Perhaps family lives too far away or they don't have friends living locally. Hughenden Street Association is committed to supporting anyone who feels lonely without intruding. It is often difficult to reach out however you are assured a warm welcome. Why not make 2025 the year to join us?

During the Covid pandemic we encouraged residents to Light Up Hughenden. This would be a great way to end 2024 as it brought a lot of joy and happiness during a difficult time. Why not light up your garden to celebrate the role of local volunteers? Our lives are enriched by their commitment, and this would be an ideal way to acknowledge their efforts.

Wishing you peace and joy.

Hílda Stearn CF CIPD

Communications Co-ordinator Hughenden Street Association E: hughendensa@gmail.com P: 07808 229476





From the Horne Family former Naphill residents

Phyllis Sonia Horne nee Crouch, passed away peacefully on 23rd October in Hereford County Hospital, aged 85yrs.

Phyl and husband Bernard (Budge) moved to Naphill in 1969 with their three children Judith, Susan and David.

Whilst in the village Phyl spent time as an assistant guider with Naphill guides and also worked as a dinner lady at Lacey Green School.

Phyl and Bernard remained in the village until 2001.

A loving wife, Mum, Nan and Great Nanny, sadly missed by the whole family







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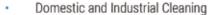
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For many, Christmas is the most wonderful time of the year. But the sights, sounds and smells of the celebrations can be a sensory overload to your dog. With additional visitors, unexpected guests and overexcited friends and family, there is a lot for your pooch (and you!) to cope with.

When planning for family and friends to visit over the festive season, it's important to stick to your daily routine of mealtimes and exercise, as much as possible. This will help keep your dog calm and relaxed. This also applies if you are visiting friends and relatives. Why not give them a distraction when people arrive, which could be a favourite toy, chew or long-lasting treat, such as a lick mat, kong or treat ball. Make sure your dog has a quiet room or area to go for some time out, with familiar bedding, toys and water.

If children are coming who aren't used to being around dogs (or your dog isn't used to children), have a chat with the family beforehand to make sure the children understand how to behave around dogs.

There are some festive foods and Winter plants that our dogs need to avoid, such as chocolate, turkey and chicken bones, grapes, onion gravy, mince pies and Christmas pudding, as well as poinsettas, mistletoe, holly & ivy. If you are not sure, take a look at The Dogs Trust website for advice.

You can make and freeze treat toys in advance and if you don't have kongs, or lick mats, you can use silicone ice cube trays or lids from tuppaware containers (only if you know they are not going to chew the lid as well!) Wrap and freeze and they will be ready when you need them. Depending on your pooches dietary requirements, there are many food items that can be used.

Ruby&Me would like to wish you all a very Merry Christmas and thank you to all my four legged clients and their owners for their continued support.

Charlie Hughes





Wishing you all a very Merry Christmas & a Happy New Year

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THE ROTARY CLUB OF PRINCES RISBOROUGH

As always at this time of year the Club is very active. Our Christmas efforts include supporting the Bucks Young Carers Party, the Princes Risborough Youth Club, the Princes Centre, a free lunch for over 75s living alone in the town, a toy boxes initiative for children in domestic abuse refuges across the UK, meals for 300 children in a school in Africa, goodies for those in a local family refuge, the "Tree of Light" (providing the opportunity to honour, remember or celebrate the life of someone special who has passed away) and the Town's Christmas lights switch-on. For us to do this we need to fundraise and one way that we do this, as we approach Christmas, is to hold street collections in the Town.

We are able to achieve all this through the efforts of our Club members who raise over £30,000 each year and get actively involved in bringing our projects to fruition. We have been very fortunate to be able to continue increasing our numbers, we now have 65 members. We meet on Monday evenings at the Whiteleaf Golf Club for a meal and various forms

of entertainment. We are a lively, fun-loving group focussed on giving back to the community whilst having a good time. Apart from our regular meetings we have a number of additional activity groups including cycling, walking, curry outings, a breakfast gathering, ten pin bowling, snooker, quiz and film nights and regular "away day visits". If you would like to think about join us and help us contribute locally and internationally, visit our website and consider coming 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. A happy Christmas and a prosperous New Year to you all.

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



Naphill Tennis Club





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The Charity Music Night with 'Red & Grey' on 9th November was a great success. Our multi-talented chairman put aside his racquet and spent the evening playing hard on the drums to raise money for Cancer Research and the Tennis Club. Thanks to everyone who helped.

All those who came to the event seemed to enjoy themselves and generously bought lots of raffle tickets. There was a large selection of prizes and many thanks go to all those who donated them and to our local shopkeepers: The Co-op, Naphill Stores and Manor Garage for their generous contributions

Jenny Tench





RAF High Wycombe









Remembrance Parade & Service in High Wycombe

RAF High Wycombe personnel formed part of a tri-service parade through the town centre, led by esteemed veterans and cadet-drummer.

Itwas an immensely humbling experience to be present at the Remembrance Service at High Wycombe's All Saints Church. Over 150 cadets along with members of local scout groups surrounded the memorial to hear Station Chaplain, Padre Andi Chapman and Revd Fr Anthony Searle address an audience including military personnel and members of the public. The Station Commander, Wing Commander Dennis was one of a number of guest speakers who regaled a full church with poems of the fallen in battle.

A number of civic dignitaries including the Mayor of High Wycombe, local councillors and the incumbent MP for the area stood in dignified silence as the Last Post was played by a lone bugler, followed by wreath laying.



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











Naphill Remembrance Sunday Service 10th November 2024



The annual Remembrance Sunday Service took place on 10th November 2024 at Naphill Village Hall.

The hall was filled with people of all ages, with a particularly strong presence of children seated at the front in their respective uniforms. They behaved impeccably, a credit to their clubs and families.

Station Commander RAF High Wycombe, Wing Commander Jenny Dennis, attended along with numerous current and former service personnel. The service was led by RAF Padre Squadron Leader Andi Chapman, who once again delivered a heartfelt service. I would like to take this opportunity to wish him all the best for his next deployment in February 2025 and to thank him for his contributions to our community during his time here.

At the close of the service, the congregation gathered around the Commemorative Stone, where numerous wreaths were laid in memory of the fallen.

Thank you to everyone who gave their time to make this event possible. I'm pleased to report that £264 was raised through a collection for the national Poppy Appeal.

Wishing you all a Merry Christmas and a very Happy New Year.

Pete Dalby











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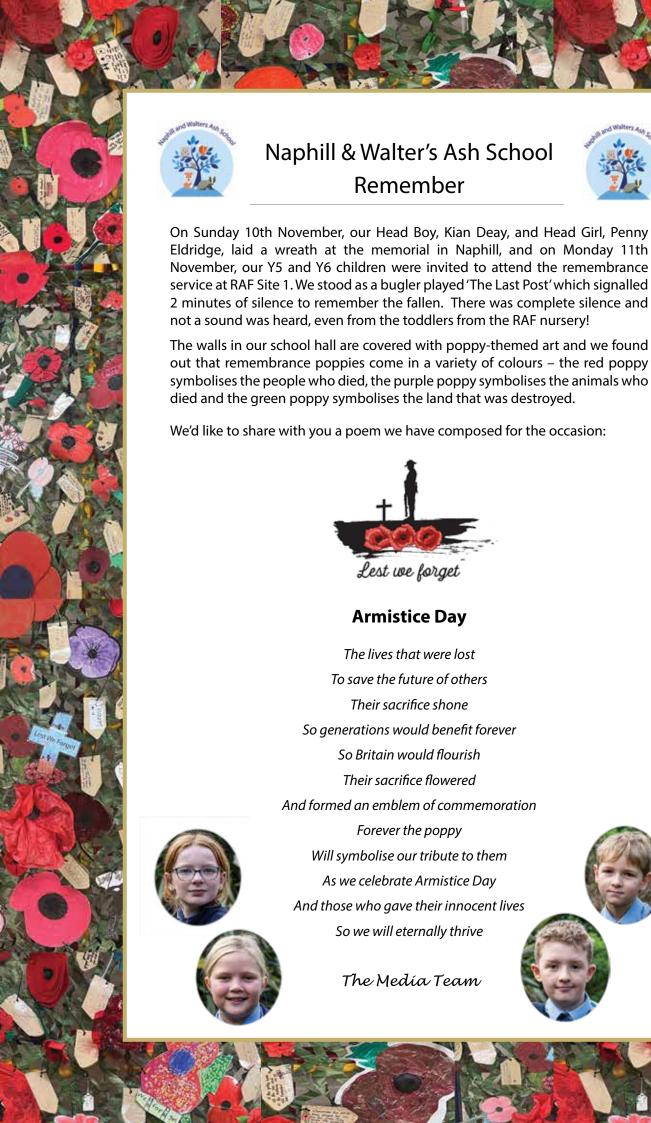
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Naphill & Waler's Ash Brownies

As well as getting involved with charity fundraising (Macmillan Coffee evening, Jumble Sale, Remembrance poppy appeal and Children in Need) this term, the girls have looked at how they too can have a voice if there is an issue that concerns them such as plastic pollution, or global warming. The brownies have an impressive understanding about the issues the world faces.

Autumn is upon us, and with it comes harvest gathering. The brownies marked this with an evening of apple related activities – stuffed apples to bake, apple 'bobbing' (apples hanging from a string) and making delicate paper apples

Remembrance Day is always an important event in our year. As well as making a lovely poppy display, the brownies designed and made model monuments of their own for remembrance. As ever, we were proud to attend the Village Remembrance event and lay a wreath for those who fought and suffered for us.



The girls spent a very imaginative evening re-creating some traditional fairy tales (Little Red Riding Hood, The 3 Little Pigs, etc) using home-made sock puppets. The brownies gave each story a little twist, such as a lonely wolf looking for friendship. The girls showed impressive confidence acting out their ideas in front of an audience

Looking ahead, we are already excited to be making preparations for our Hughenden District Christmas craft evening. The Rainbows, Brownies and Guides come together for an evening of all sorts of crafts. Always great fun!

If you think your daughter may be interested in brownies, please visit: https://www.girlguiding.org.uk/information-for-parents/register-a-child/ to register your interest

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

Ruth Dalv









Naphill & Hughenden Scout Group

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







Naphill Scout Group is the local Scout group covering Naphill, Walters Ash, and Hughenden. Over the last month our 96 Young People (aged 6 to 13 years) have been taking part in a large number of activities in and around Naphill and Speen. These include hikes, bug hunts, outdoor games, American theme nights, Knots and Lashings. Fire Lighting and Outdoor cooking.

We have enjoyed the nights becoming earlier with spooky Halloween games and pumpkin carving.

On the 10th of November we remembered with members of the local area, the people who have died in wars around the world. It was great to see that we had nearly half the group on parade.

We look forward to Christmas with a group carol service in Hughenden Church. If you can spare some time to support the group or have a young person who would like to join then please get in touch.

Be Prepared!

John Huddleston

Group Lead Volunteer john.huddleston@Naphillscouts.org.uk



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Sunday 8th December

3.00pm Christingle Service

Sunday 22nd December

6.00pm Service of Nine Lessons and Carols

Christmas Eve:

9.30am Holy Communion (Book of Common Prayer)

3.00pm Crib Service

11.15pm Midnight Mass of the Nativity

Christmas Day:

10.00am Parish Communion with Carols

Sunday 29th December

10.00am Parish Communion with Carols

- Saint John the Evangelist translated from 27th December

Sunday 5th January 2025

8.00am - Holy Communion - Book of Common Prayer

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Gordon the Birdman

I have been recording the life cycle of the various species of trees in the woods around us since 1998, sending the results of my observations to the Woodland Trust as part of their phenology research. In that time I have found that budburst in our Beech trees is occurring on average two weeks earlier and full leaf drop seventeen days later.

Many plant and animal species have life cycles that are influenced by various climatic factors – for example temperature or day length. These can shape or determine seasonal or cyclical events in the lives of plants and animals. The study of this is called Phenology. Research provides evidence that climate change is advancing the timing of life cycle events across a wide range of species, from leaf emergence in trees, through to egg laying in many garden birds. It also shows that

most of our summer migrants now arrive about three weeks earlier than they did in the 1960's and 70's, also delaying their departure in autumn – extending the time they spend here.

Research also shows that some Taxa are responding to climatic change more rapidly than others. The peak abundance of leaf eating caterpillars in spring has advanced more rapidly than the average egg laying dates of the Tits and Flycatchers that feed on them. There is a concern that these changes might lead to a mismatch, where the peak in caterpillar availability no longer overlaps with the peak demand for caterpillars in those birds that need them to feed their chicks

Gordon



Windswept Christmas Lights

"Once again, Windswept will be hosting its annual Christmas Lights. As ever, we are raising funds for BURPS; they supported our family when our eldest granddaughter was born prematurely. The treatment from the Stoke Mandeville medical staff was crucial in ensuring she made it through the 3 months she was cared for in the baby care unit.

We are located at the top of Coombe Lane, almost adjacent to Hunts Hill Lane. Please feel free to visit the display but please take care if parking. We welcome visitors to walk down the drive for a better view and if you have children you are more than welcome to take pictures. We are hoping to have the lights up by 12th December, volunteers and weather permitting.

If you would like to donate to BURPS we have set up a JustGiving page here:

https://www.justgiving.com/pagewindsweptforburps?newPage=true

Jan & Trevor May



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Merry Christmas and a Happy New Year!

Congratulations to the Naphill Fireworks Committee and everyone else who helped for yet another amazing display, and wow it was fantastic. The turnout was impressive, we also had a very busy evening here in the pub and raised £394, plus one old £5 note and €3 from our donation buckets. Thank you to all the staff who worked extremely hard during the evening. And again a massive thank you to all involved in organising and volunteering for the fireworks committee.

Christmas is now here, and we are doing things a little bit different again! The same as last year we are doing a Christmas Specials board throughout December (and the end of November). We will still be taking bookings and making the tables special, a full Turkey Roast with all the trimmings will only be available on Sundays. Please contact us for further details on what will be on our specials board. We have a lot of bookings in already so please book to guarantee your table.

Don't forget Christmas Jumper Day Thursday 12th lets see you all out in your amazing jumpers.

New Year's Eve will be a brilliant evening with lots of party music, this year's theme is Nirvana (work it out yourselves) So, get thinking and come along and let your hair down.

Everyone at The Wheel wishes you all a very Merry Christmas and a Happy New Year. We hope you have a wonderful festive season and I'm sure we'll see lots of you during the festive period.

Thank you for all the support in 2024 and here's to 2025.

Merry Christmas and Happy New Year from all the team at The Wheel.





Festive Opening Hours

- * Mon 23rd 12pm 11pm (Food 12pm -2.30pm and 6pm - 8.30pm)
- * Xmas Eve 12pm -11pm (Food 12pm 8.00pm)
- * Christmas Day 12pm 2.30pm (Drinks Only)
- * Boxing Day CLOSED
- * Fri 27th Sun 29th Normal Hours
- * Mon 30th 12pm 11pm (Food 12pm -2.30pm and 6pm - 8.30pm)
- * New Year's Eve 12pm 1.30am (Food 12pm 8pm)
- * New Year's Day CLOSED

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



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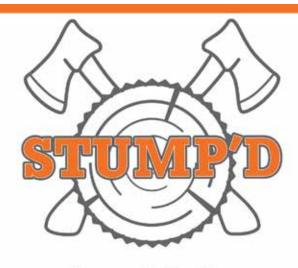
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Local Tales: Meeting at Night



I sometimes wonder what every-day item I would choose to best represent the age that we live in. Perhaps a modern toothbrush – a commonplace brush that will need to be replaced in a few weeks but with an elaborate handle design that involves patterns of various colours of inlaid plastic that adds

nothing to its function. Or perhaps the modern trainer – the footwear that promises a spring in your step and an athletic brilliance, with must-have symbols displayed to advertise just how much you are willing to pay for the latest model. Meanwhile, of course, both being made far away by people who probably cannot afford either.

If trainers could think (and perhaps they will one day), would they be embarrassed to remember their descent from the humble plimsoll? I ask this because I seem to remember just how universal plimsolls were. Young and old, sport and leisure, they were an inexpensive footwear. I certainly spent most of my boyhood so shod.

I particularly recall one experience I had when about fifteen, walking home after dark, from Wycombe to my home in Stocking Lane. It was autumn time and very dark. The moon would occasionally find a gap in the clouds, but the steep and narrow lane was over shaded by woodland so that it was as much as I could do to see

the road in front of me. As I quietly padded along in my plimsolls, for a second or two, the moon appeared and I looked up and glimpsed the small section of the lane that was visible against the sky nearly a quarter of a mile up the hill. As I glanced, the figure of a man, a rather large man, appeared striding down the lane only to disappear with the moon a second later. I thought that I would meet the man at some point, but meanwhile, I must plot my way in the dark.

Almost forgetting the man, I suddenly strode into him, my head thumping into his chest. I gasped but he leapt back shouting with surprise and alarm. I attempted to apologise but he was staggering with shock and bewilderment. I held his arm and could feel him shaking and trembling and seeming about to fall. I knew that we were close to a bank at the side of the road and with my arm around him, encouraged him to sit down. We sat for some minutes while he gathered his composure and I continued to apologise. I was increasingly aware of how incongruous we were, sat, me, comforting a man who seemed quite a giant and could have disposed of me with one blow. I got up and waited more minutes before he slowly rose, and mumbling, went off down the lane.

I padded on home.

Philip Hussey.





Naphill & Walter's Ash Residents' Association

The highlight of last month was our annual quiz. The village hall was full to the brim with over 90 people enjoying a fun evening and a good meal. It's our main fundraising event and the proceeds of the raffle go to charity. Once again village businesses were generous in their donation of raffle prizes. Please give them your support and shop locally where possible.

Our next event is our annual Christmas party in the village hall at 19:30 on 9th December. It's our opportunity to say thank you to villagers who have helped out during the year.

We have recently been asked what residents can do if their road and/or pavement is full of potholes.

The answer lies in *FixMyStreet https://fixmystreet.buckinghamshire.gov.uk*/ Roughly two thirds of problems seem get fixed within a month or so. Likewise if public footpaths become overgrown or blocked you can report it here https://www.buckinghamshire.gov.uk/environment/countryside-and-public-rights-of-way/report-an-issue-with-a-public-footpath-bridleway-or-byway/ Maintenance of the paths is the responsibility of the landowner but the Council is responsible for chasing them up if it's not done.

Best wishes

David Frost

Vice Chairman



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Access more information using the QR code, Facebook or this link to our website.

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Our News

On behalf of The High Wycombe and District u3 we wish you a happy Christmas and peaceful New Year. On 11 December we will be enjoying our Christmas Coffee Morning, at Naphill Village Hall. This is a members' only event, where we will be entertained by our Handbell ringing group and our Ukelele players, as always, new members are always welcome!



To help set the Christmas Scene, members of our Science Group were left spellbound by an in-depth talk by Simon Cains one of our members, on the art of building telescopes. We had no idea how many diverse types there were, each using different wave lengths to probe the universe. We were treated by Simon to a demonstration of the skills (and maths) involved in building his own telescope. His dad started him off with a drainpipe and members of his telescope-making night-school class gave him other parts. However, we failed to lock onto Father Christmas as Simon's telescope was unable to penetrate the cloud cover.



Not to be outdone, our Antiques and Collectables Group enjoyed a fascinating talk on 'Christmases Past in Wycombe' from Tony Mealing from the High Wycombe Society. We were left with images of retail shops and customs many of us will have been pleased to forget!

The last two General Meetings have attracted record numbers of members and visitors and set us up well for the wide range of talks and visits planned for 2025. And no wonder as our expert in tax law gave her talk in the weeks following the budget on how best to protect our family's nest egg including advice on inheritance and lasting powers of attorney.

With over 40 different groups it is impossible to publish all our news and events in the Gazette, we have a full program arranged for 2025, do visit our website and Facebook page or get in touch with me for more details, we would love you to join us!

Several of our activities are geared towards involving our community, by taking part in events such as the Christmas Lights celebrations in Wycombe. If you have an expertise or interest in a particular subject you would like to share with us, or would like more details of our visits, monthly Guest Speakers and monthly Groups, please email gilliamph@aol.com

Paul Gillam

Web: highwycombe.u3asite.uk FB: facebook.com/hwdu3a20

Happy Christmas and a Good New Year!
Come and Join Us
in 2025!







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.



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: 07989 535527

ali@alisonscotthypnotherapy.co.uk www.alisonscottcognitivehypnotherapy.co.uk



COGNITIVE HYPNOTHERAPY

Thoughtful Gifts for Mental Well-Being

Aligon Scott

Christmas can be a tough time. The pressure to have fun, entertain family, the financial burden of gifts and the short days and dank weather can really dampen anyone's festive spirit. For those who struggle with stress, low mood or anxiety, gifts that show empathy and encouragement will have long-lasting benefits which extend well beyond Christmas. Or consider buying them for yourself!

Therapeutic Journals

A guided journal provides prompts that encourage gratitude, reflection, and goal-setting – all helpful in challenging times. A blank journal for thoughts, reflections and plans makes a lovely gift. Journaling our thoughts and emotions is an excellent way to help make sense of difficult situations and obtain greater peace of mind.

Mindfulness and Meditation Tools

A subscription to a meditation app (eg Calm, Headspace, Insight Timer) will provide guided meditations, sleep stories, and relaxation exercises, anytime someone needs a mental break or help getting to sleep.

Weighted Blanket

Weighted blankets work by applying deep pressure stimulation to the body, which activates the parasympathetic nervous system. This helps lower heart rate and reduces feelings of stress and anxiety.

Lighting

How about a Himalayan salt lamp or essential oil diffuser with a light - these emit a soft glow, which creates a calming environment. Scents such as lavender or eucalyptus will further enhance the sense of peace. A sunrise alarm clock will simulate natural sunlight, which can be helpful for individuals struggling with seasonal depression or those who need a gentle wake-up.

I highly recommend a SAD therapy light if you suffer in the winter months. Light therapy helps regulate the circadian rhythm, which is the body's biological clock. They mimic sunlight, encouraging the brain to produce more serotonin (the good mood hormone). Red light therapy can really help with skin rejuvenation as it stimulates cells, repairing skin, and reduces inflammation - great for treating conditions like psoriasis, eczema, acne and vitiligo.

Mental Health Book Bundle

Books on mental health and well-being make great gifts. 'The Happiness Trap' by Russ Harris, 'The Gifts of Imperfection' by Brené Brown, 'Maybe You Should Talk to Someone' by Lori Gottlieb, and 'The School of Life' by Alain de Botton, are all excellent choices.

Nature-Inspired Gifts

Indoor plants boost mood and improve air quality. Low-maintenance plants can also provide a gentle, rewarding responsibility. Or how about a national park or botanical garden pass? Access to nature provides a calming, healing environment, and is hugely beneficial for mental health.

Sensory Gifts

High quality essential oils such as lavender, peppermint, and eucalyptus have wonderful calming properties. Noise-cancelling headphones can be a game-changer for anyone sensitive to noise or needing help focusing or relaxing.

Experience-Based Gifts

Yoga, breathwork or meditation passes can be particularly helpful, encouraging mindfulness, physical movement, and stress relief. A cooking or art workshop can be grounding and fun activities that encourage a sense of accomplishment and provide an opportunity to learn new skills, meet new people and get creative. Activities that engage our minds give us much-needed respite from overthinking and anxiety.

Hypnotherapy or reiki voucher with Alison Scott Hypnotherapy

I am on your doorstep in Naphill and can offer gift vouchers for a relaxing 45-minute reiki session or you can consider buying a special discounted package of hypnotherapy sessions. I am offering Gazette readers a one-off Christmas package of 4 hourly sessions for £350 if booked before Christmas. Sessions can be used within 3 months.

Have a relaxing Christmas.

Alison Scott

07989 535527

ali@alisonscotthypnotherapy.co.uk









Christmas Crackers & Classics

30th Nov - 7.30 pm

A fusion of song, stories, and festive treats with the Hughenden Community Singers. No tickets required

Christingle Service

15th Dec - 11.00 am

A service that tells of the importance of Jesus Christ through the symbolism of a Christingle

Carols at Naphill Village Hall

A service at Naphill Village Hall for the community to come together, to celebrate, and to sing 22nd Dec - 3.00 pm

Nine lessons & Carols

Experience the Christmas story, told through nine bible readings and traditional congregational carols as well as choir anthems. 22nd Dec - 6.00 pm

Christmas Eve

2.00 pm - Crib Service

A special service for younger children Learn more about the birth of Jesus in an interactive and welcoming service

3.30 pm - Family (arol Service 5.00 pm

A service for all ages with carols and bible readings by candlelight. Pick the time that

11.15 pm – Midnight Communion

Welcome Christmas Day in church, as we celebrate the birth of Jesus Christ together, with choir-led singing

Christmas Day

9.00 am - Choral Communion

A traditional choir-led service with choral anthems

11.00 am - Family Communion

A lively family service with a worship band leading contemporary music and traditional carols.









From the Vicarage

Have you heard the Good News? Christmas will soon be upon us! Does that thought make you smile, or perhaps to audibly groan?

Christmas is one of my favourite times of year. The lights, decorations, lots of parties and merriment and of course eating mince pies and singing Christmas carols.

We should always pace ourselves at Christmas. In glancing at my Facebook feed as I type these words in mid-November, some of my friends are already putting up their Christmas decorations, planning their baking schedules, organised family members are asking what I would like for Christmas, and the shelves of our shops are full of gift ideas.

When I was a child, I would write my Christmas list for Santa, post it, and be full of nervous excitement early [but not too early] on Christmas morn, as I unpacked my Christmas stocking and after a long wait for the rest of my family, the presents under our Christmas tree.

With age I have grown to appreciate that Christmas is more about the good intentions of those with whom we exchange greetings, cards and presents.

It is always such a joy to welcome so many different people through the doors of our Church at this festive season. I love exchanging compliments with others about their Christmas jumpers, seeing the wonder in the face of a young child as they light their Christingle, the excitement as young children are in a hurry to get home after our nativity service – because the sooner they go to sleep, the sooner it will be Christmas.

I love Christmas for all of these reasons. But most of all, I love Christmas because it is the season when we

celebrate the birth of the Saviour of the World. Jesus, born in a stable, to loving young parents, he would grow up to start a worldwide movement followed by more than two billion people 2,000 years later.

Why not join us at Hughenden Church this Christmas to find out more?

Happy Christmas

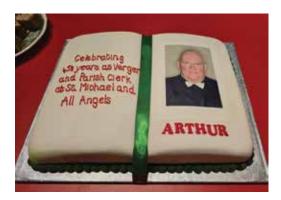
Rev Keith

Church News

Remembrance Sunday was the date for two very poignant events at the Church.

First was the Act of Remembrance at which the names of the Fallen from our parish were read out to a full congregation, including the local scouts who laid wreaths of poppies they had made themselves.

Families who were remembering losses from long ago, stood next to service families all too aware of the reality and prospect of loss in today's uncertain world.



In the evening there was a celebration of the 45 years of service given by Arthur Johnson, our recently retired (after a severe fall), parish clerk and verger. The full Church experienced the service of Evensong, where all music was chosen by Arthur, who afterwards pronounced it 'perfect'. A party in Church followed, with a presentation of gifts and cutting of a magnificent cake.

In December, of course, we enter Advent: the preparation for Christmas. The services at St Michael's, as always, provide for all ages (see opposite page) and we look forward to welcoming you to one or more.

Jane Tyrer



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 - Laminate flooring

66 Paul did a lovely job rebuilding our courtyard, very pleased with it and other work he has undertaken for us. Lovely hardworking man and can recommend his work - Facebook review



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