



# **Naphill & Walter's Ash Gazette**

**October 2024**

*Annual Subscription £5*

*Photograph by Paul Goby*





# HEARING CARE SERVICES NOW AVAILABLE



JACKSON & Co

247 Main Road, Walters Ash // 01494 564600

# YOUR AWARD WINNING CHILTERN'S ESTATE AGENT



**We've won 3 awards at the UK's  
biggest agency event making EweMove  
The Best National Estate Agent.**

This is a huge achievement for us, as the Estate Agent Masters assesses over 15,000 agents nationwide.



We were judged on our property marketing, customer service and results during a data analysis project and a mystery shopping exercise. EweMove proudly excelled in all areas.

Rachel & Julian Butcher  
Branch Directors



Book your **FREE** valuation appointment.  
Select a date and time online at:  
**EweMove.com/Chilterns**  
or call (24/7): **01494 917 051**

Scan  
Me  
↓



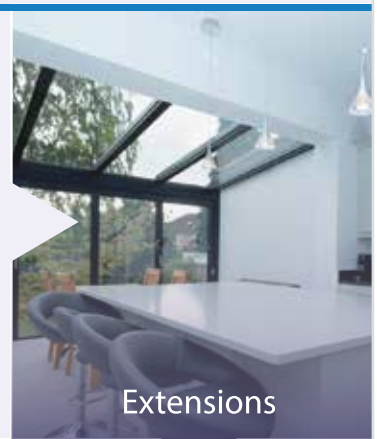
EweMove respects any existing sole agency agreement already in place with another agent.



Based in Naphill, with over 30 years of experience as construction specialists, we pride ourselves on being a traditional firm who prioritise excellent customer service, along with a craftsman's attention to detail.

Building is in our DNA. From renovations, to extensions, alterations and general building services, Sure-Build provide high-quality solutions at realistic prices.

Our team offer a range of building services from small alterations, kitchens and bathrooms to home extensions and garage conversions. No matter how big or small your project is, we can help.

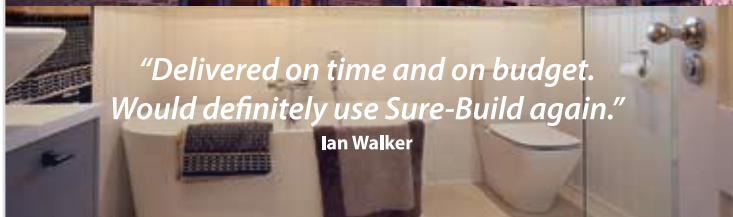


Extensions



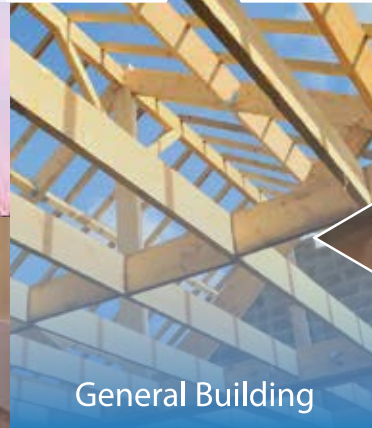
*"If you want a professional looking job and one that is well done, then I would recommend using Sure-Build every time!"*

Mr Burton

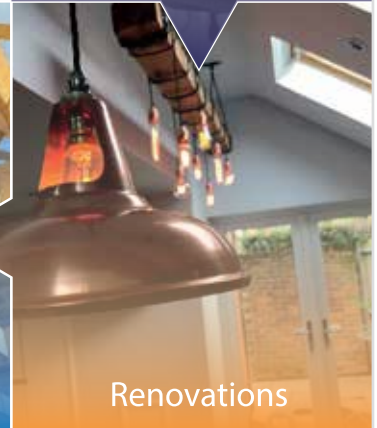


*"Delivered on time and on budget. Would definitely use Sure-Build again."*

Ian Walker



General Building



Renovations

M. 07929 207550 T. 01494 266332  
E. [pervez@sure-build.co.uk](mailto:pervez@sure-build.co.uk)  
W. [www.sure-build.co.uk](http://www.sure-build.co.uk)

**SURE-BUILD**  
Quality Without Compromise

# MOBILE TYRE FITTING WE COME TO YOU!

- Car, Van & High Performance Tyres
- Specialist Wheel Alignment Service
- Truck & Plant Tyre Specialist
- Trade/Accounts Welcome
- Wheel Balancing
- 4 x 4 Tyres

**Stockists Of All Leading  
Makes Of Tyres**



**T** *tyreteam*  
*mobile*

AAAAAA TYRETEAM MOBILE



**T: 01494 565920**





**EDITOR:** Sonia Goby - Tel: 569428 email: [editor@naphillandwaltersash.org.uk](mailto:editor@naphillandwaltersash.org.uk)

**ASSISTANT EDITOR:** Jonathan Hilder email: [assistant.editor@naphillandwaltersash.org.uk](mailto:assistant.editor@naphillandwaltersash.org.uk)

**ADVERTISING:** Sonia Goby - Tel: 569428 email: [editor@naphillandwaltersash.org.uk](mailto:editor@naphillandwaltersash.org.uk)

**TREASURER:** Hillary Spain; email: [treasurer@naphillandwaltersash.org.uk](mailto:treasurer@naphillandwaltersash.org.uk)

**DISTRIBUTION COORDINATORS:** Paul & Joanne Hewitt email: [distribution@naphillandwaltersash.org.uk](mailto:distribution@naphillandwaltersash.org.uk)

**WEBMASTER:** Peter Davis - email: [webmaster@naphillandwaltersash.org.uk](mailto:webmaster@naphillandwaltersash.org.uk)

**GAZETTE FACEBOOK COMMUNITY COORDINATOR** - Andria Benjamin

**GAZETTE FACEBOOK BUSINESS COORDINATOR** - Karen Kerr

**PRINTING:** Turville Printing Services -01494 520322

## Come and Join Us!

### *Our Local Clubs and Organisation Contacts*

Beavers		01494 447121	<a href="mailto:Groupleader@naphillscouts.org.uk">Groupleader@naphillscouts.org.uk</a>
Brownies (Naphill)	Ruth Daly	01494 565571	<a href="mailto:ruth.daly3@btinternet.com">ruth.daly3@btinternet.com</a>
Bridge Club	Margaret Stagg	01494 530736	
Cubs - Naphill			<a href="mailto:Groupleader@naphillscouts.org.uk">Groupleader@naphillscouts.org.uk</a>
Friends of Naphill Common	Chris Miller	01494 563707	<a href="mailto:chairman@naphillcommon.org.uk">chairman@naphillcommon.org.uk</a>
Men's Club	Andrew Wasilewski	01494 562770	<a href="mailto:naphillmensclub@yahoo.co.uk">naphillmensclub@yahoo.co.uk</a>
Residents Association	David Frost	01494 564466	<a href="mailto:davidfrost_4ccd@yahoo.co.uk">davidfrost_4ccd@yahoo.co.uk</a>
Naphill Neighbours	Janet Judge		<a href="mailto:Groupleader@naphillscouts.org">Groupleader@naphillscouts.org</a>
Scouts (Naphill)		01494 565406	<a href="mailto:uk.jttench@gmail.com">uk.jttench@gmail.com</a>
Tennis Club	Jenny Tench		<a href="mailto:naphillfc@btinternet.com">naphillfc@btinternet.com</a>
Naphill Football Club	Chris Keats	07880 519323.	
Hughenden Street Association	Susan Bickerstaffe		



## Massage And Facial Treatments at The Retro Retreat in Naphill

Swedish Massage  
Hot Stone Massage  
Very firm Massage  
Deep Tissue Massage  
Relaxing Massage  
Indian Head Massage  
Facials  
Dermalux Light Therapy  
Skin peels  
Eyebrow, Lip or underarm waxing  
Eyelash or eyebrow tinting  
Eyebrow Lamination

Message Andria Benjamin on Facebook: The Retro Retreat  
Webpage: [THERETRORETREAT.COM](http://THERETRORETREAT.COM) or text/call/Whatsapp on 07570985777

# PREMIUM Plumbing and Heating

*Specialists in Plumbing, Heating  
& Bathroom Installations*

Tel: **01494 256175**  
**01844 346946**

Michael: **07737 007809**  
Glynn: **07834 734491**

[info@premiumplumbingandheating.co.uk](mailto:info@premiumplumbingandheating.co.uk)

[www.premiumplumbingandheating.co.uk](http://www.premiumplumbingandheating.co.uk)





# Naphill Village Hall



**Chairman** - Clive Lawrence

Email: [chairman@naphillvillagehall.org.uk](mailto:chairman@naphillvillagehall.org.uk)

**Bookings** - Tanya Stevens

Email: [hallbookings@naphillvillagehall.org.uk](mailto:hallbookings@naphillvillagehall.org.uk)

Tel: 07851 169275

[www.naphillvillagehall.org.uk](http://www.naphillvillagehall.org.uk)

## Local Council Contact Information

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

## Helpful Contact Numbers

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



# Piers Photography



Jonathan Hilder is your local photographer  
based in Coombe Lane, Naphill

Weddings - Portraits

Events - Real Estate

*Even likes working with children  
and animals!*

*Give me a call to discuss your plans*

[www.piersphoto.com](http://www.piersphoto.com)

[jonathan@piersphoto.com](mailto:jonathan@piersphoto.com)

07787 505 786

*Jonathan Hilder*  
PIERS PHOTO

*Master Craftsman with the Guild of Photographers*



Camomile PT  
Personal Training  
and Nutrition

## About you

- You are looking to build or regain strength, fitness &/or lose weight, but need some help to keep you on track?
- You like the idea of training on your own or as a group (4-8 people) or a combination?
- You are happy to train online (or face to face in line with relevant guidelines)



*DO SOMETHING  
TODAY THAT  
YOUR FUTURE  
SELF WILL  
THANK YOU FOR.*

## I offer

- Programme of online classes offering full balanced body workouts.
- Personalised 121 tailored training programmes
- 1-2-1 or small group options
- Free initial consultation
- Locations & times to suit you
- Fully Qualified L3 Personal Trainer
- Lots of support and encouragement



Book a free initial  
consultation

Hilary Spain 07909 833588  
email: [info@camomileconsulting.com](mailto:info@camomileconsulting.com)  
Facebook: Camomile PT  
Instagram: CamomilePT



**chicken/egg**  
free-range  
creativity

**READY TO HATCH  
NEW IDEAS**

BRAND STRATEGY | LOGO DESIGN | BROCHURES | VIDEO  
WEB DESIGN | WEB DEVELOPMENT | CONTENT CREATION  
ANIMATION | MARKETING STRATEGY | CAMPAIGN CREATIVE  
SOCIAL MEDIA ASSETS | COPYWRITING | MEDIA SUPPORT

**LET'S GET CRACKING**



[KAREN@CHICKENEGG.CO.UK](mailto:karen@chickenegg.co.uk)



07970 732057

[CHICKENEGG.CO.UK](http://CHICKENEGG.CO.UK)







## All is Safely Gathered In



Copy Date for November Gazette 15 October 2024

Summer certainly seems to be vanishing rather more quickly than it arrived but I hope you all enjoyed it while it lasted and are looking forward to our seasonal village events. Tickets for the Firework display on the Crick will be on sale very soon, numbers are restricted, please see page 21 for news and updates.

I am back in the office at the start of my twelfth year as the very proud editor of the Naphill and Walter's Ash Gazette. The years have flown by, I love doing this voluntary job but old age and the physical disabilities from my accident 40 years ago, are taking their toll and none of us can go on for ever. Whilst I am in no rush to vacate this chair, I must look to the Gazette's future, so if you would like to consider becoming the next Gazette editor, do please get in touch.

**VOLUNTEERS!** Do you realise that everything which makes our villages what they are is run and organised by these increasingly elusive creatures? These people often do have "busy lives", they do need "me time", they have families and often full time jobs and businesses to run but they "spare a little time" to help. It is good news that a village fete is being planned for next year, that Classics on the Crick will happen and Fireworks are going ahead, but **NOTHING** happens, there would be no village hall, events, social groups, or the Gazette without volunteers! Please help!

Now as you all know I LOVE good news and there is none more so than the update on young Jacob Youens. Two years ago I published the devastating news that Jacob, then three years old, had been diagnosed with cancer. It has been a gruelling journey and a well fought fight for Jacob and the family. What a delight and privilege it is to publish the latest update, please see page 17.

Many of us have battled the vagaries of the broadband service, over the years it has improved as technology has advanced. Many areas have long had fibre broadband and this has been widely acclaimed as a big advance but it was not available in our villages. WELL! After lots of roadworks and disruptions, I today received the news from Gigaclear that fibre broadband is now available in our villages. Please see page 27.

So here is another packed edition of the Gazette about to go to press. Even with added pages I have failed to get everything in. I have held several articles over which I will do my best to include in the November edition.

Enjoy October, hopefully the storms and heavy rain are done with!

Best wishes

Sonia



*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.*





## Professional, reliable plumbing & heating services

- Boiler Installations
- Full System Installs
- Vaillant Specialist
- Kamco 90 Powerflush
- Gas Work & Certification Vented Unvented Specialist Servicing
- Qualified & Insured



**Call us: 07557802907 / 07534340244**



**info@poseidonheating.co.uk**



**www.poseidonheating.co.uk**

myBuilder.com

**Checkatrade.com**

Now offering finance  
in partnership with

**kandoo**

**Vaillant**  
ADVANCE INSTALLER

**INTERGAS**  
REGISTERED

**GAS**  
**safe**  
REGISTER

## Mark Franklin Garden Services

Here  
to make your  
garden  
beautiful!

- \* Grass Cutting,
- \* Hedge trimming, \* Weeding,
- \* Turf Laying, \* Fencing,
- \* General garden/lawn maintenance

For regular maintenance  
contracts and all your one  
off garden jobs,  
**CALL TODAY FOR A FREE QUOTE!**

**Call Mark on: 0744 635 3179**

## HCS Furniture Ltd

01494 718070  
mark@hcsfurniture.co.uk



Specialists in bespoke fitted and free  
standing furniture, made to your  
specification, at affordable prices.

Our Products include:

- Wardrobes
- Kitchens
- Studies
- Dressing Tables
- Loft Spaces
- Media Units
- Bar Units
- Tables
- 3D Design

HCS Furniture Ltd  
The Woodwork Specialist  
Unit 7a Binders Industrial Estate  
Cryers Hill, Bucks, HP15 6LJ  
www.hcsfurniture.co.uk

Call or email now for your free quote





## Naphill Village Hall & Playing Fields Council Chairman's Report

Registered Charity No: 300309

[www.naphillvillagehall.org.uk](http://www.naphillvillagehall.org.uk)



There were 10 trustees present at the village hall meeting on the 2nd September.

The painting of the hall and kitchen has been completed and there was general agreement it looked good. The electrics have been PAT tested, tiles put back on the ceiling and various leaks repaired over the summer.

In the playground the condemned wooden tower has been removed and two worn-out beams in the swings replaced. It has been necessary to remove all the bark chippings along with some large pieces of concrete from the playground. In its place 42 cubic litres of playground wood chip has been laid. The fencing has been refurbished and a galvanised gate installed for easier maintenance. A new recycled plastic tower should be installed shortly. All the waste timber has been securely stacked and will be disposed on the bonfire. The playground is already looking better.

Various fund-raising events are in the planning stage for this year and next but they are all dependant on volunteers. These events bring the community together

but they are also vital to the continued existence of the hall and playing fields, so if you can spare an hour here and there, please volunteer, you might even enjoy it! The Bonfire committee are always looking for volunteers and a working party has been put together to organise a fete weekend for 2025, date to be confirmed but it will not be the same weekend as Classics on The Crick.

We are currently looking for a secretary and a maintenance facilities officer. If you think you would like to get involved with the village hall council and could help with either of these roles please contact Clive.

email: [chairman@naphillvillagehall.org.uk](mailto:chairman@naphillvillagehall.org.uk)

[www.naphillvillagehall.org.uk](http://www.naphillvillagehall.org.uk)

***The next village hall council meeting is the 7th October at 8pm.***

Editorial Comment: *Thank you Bartha for kindly writing this report at very short notice! I hope you enjoyed your holiday Clive.*

*Sonia*

### Village Hall Diary Dates 2024



**Naphill Brownie Jumble Sale  
Saturday 5th October**



**Naphill Village Hall**

**Entry Fee 50p - Cash Only**

We will be collecting items for the sale around the village on the morning of the sale and we would also welcome any items you wish to bring to the village hall on the sale day.

**NO ELECTRICAL GOODS PLEASE**



**Naphill Village Hall**

**Service of Remembrance**

**10th November at 2.30pm**

**NAPHILL  
FIREWORKS  
SPECTACULAR  
2024**

**NAPHILL VILLAGE HALL  
THE CRICK, NAPHILL  
SATURDAY  
2nd NOVEMBER**



***Naphill Christmas Gift Fayre***

**Sunday 1st December**

**12 noon to 4pm**

**Naphill Village Hall**





Chiltern Hills  
Arboriculture

**All Aspects of Tree Surgery / Hedge Cutting**  
**Commercial Sites / Domestic Gardens Estate**  
**Maintenance / Tree Surveys**  
**Full Public Liability Insurance**

07555 831391 / danny@chilternarbor.co.uk

[www.chilternarbor.co.uk](http://www.chilternarbor.co.uk)



**Lawnmaster®**  
professional lawn care



Certificate Number 8502  
ENR 1001  
/50 14001



ASK FOR A  
**FREE**  
LAWN  
ANALYSIS

Beautiful  
lawns at  
affordable  
prices!

**Your lawn, our  
expertise... *perfect!***

The only National Lawn Treatment Company in  
the UK to employ qualified Greenkeepers

Call for a **FREE** no obligation quotation

**0800 326 5017** [www.lawnmaster.co.uk](http://www.lawnmaster.co.uk)   

Or just text 'lawn' and your postcode to 60777 and we will call you.

SEE RESULTS IN JUST  
**10 DAYS**



## Bradenham Parish Council

Bradenham parish council is very fortunate to have one of our Buckinghamshire Councillors present at each meeting. At its September meeting the parish council enquired how Buckinghamshire council was getting on with registering local footpaths, 'Restoring the Records' by 2031 as it is suspected that there might be a backlog. BC Cllr Shade Adoh is making enquiries. Luckily, the footpaths in our parish are on National Trust Land and the NT Countryside Manager was also present at the meeting. He will make enquiries at the Local Access Forum. Cllr Adoh mentioned that people who may need support in the upcoming winter should access [www.buckinghamshire.gov.uk](http://www.buckinghamshire.gov.uk) to find what support is available.

With the NT Countryside Manager, we discussed repairing the track up Bradenham Hill. There are no funds available for major track repairs that are needed, but the NT will look at some levelling off the bottom of the track and placing logs to protect the grass. There is a problem with nitrous oxide canisters left at the A4010 end of Rectory Lane. It is not easy to get rid of these canisters and they are a real nuisance. We have asked the police to patrol often.

The presence of an RAF representative is always much appreciated. Making the footpath through the woods from Parkwood to the Officers Mess site permanent was discussed. All parties agree this would be ideal, but funding is a problem as well as Natural England as there is a SSSI nearby. The RAF maintenance team will cut back the branch obscuring one of the pelican lights on New Road.

Overgrown hedges in the parish are obstructing safe passage on footways. Under the Highways Act 1980 S154 landowners are responsible to cut back their hedges that overhang the highway, footways, footpaths, cycle paths etc causing a danger or a nuisance. If they are not cut back eventually, we have to ask Buckinghamshire Council's Enforcement Team to take action. Please ensure people with pushchairs, wheelchairs etc can use footways safely.

The parish council is very grateful that one of Bradenham's residents is repairing the Bradenham notice board. This means we can save up for a new noticeboard sometime in the future. It was decided to renew our devolved services contract with Buckinghamshire Council for Beech Park for another two years. We get a minimum amount of money for cutting the grass there, next year £119.80 pa, but it all helps.

The Financial Regulations, which are a legal requirement for the parish council, were reviewed, overhauled, and adopted.

**Our next meeting will be Monday 11th November at 7pm at Bradenham Cricket club.**

*Deirdre Hansen,*

Clerk to the Council.

[clerkbradenhampc@gmail.com](mailto:clerkbradenhampc@gmail.com)

[www.e-voice.org.uk/bradenham-parish-council](http://www.e-voice.org.uk/bradenham-parish-council)



## Hughenden Community Support Trust

Charity Number 248607



We are a small local charity able to provide grants to persons of all age groups who are in need, hardship or distress. Applicants must reside within Hughenden Parish or be registered as a bonafide member of an established Hughenden organisation such as school, sports club, scouts or any such similar organisation. Residents can apply individually direct to HCST or the recognised organisation may apply on behalf of individuals for a grant. Proof of residential status would be required under the terms of the Objects of the charity. The trustees make awards

by making grants of money, providing or paying for goods, services or facilities or making grants to other persons or bodies who provide goods, services or facilities in respect of the applicant.

Application forms for grants can be obtained from the Hon. Secretary by email: [lyn.marchant@btinternet.com](mailto:lyn.marchant@btinternet.com) or to Hon. Secretary, HCST, Brambles, Grange Road, Widmer End, Buckinghamshire, HP15 6AD. All applications are confidential.





With over 20 years experience, Hunter Homes are a professional building company who can work with you from your initial ideas, through to completion. We offer all building services including, total refurb, kitchens, bathrooms, extensions and hard landscaping as well as full project management. A local, family business who offer a professional and high quality service.



Before



After

Contact details:

☎ 07708 800 237

@ Hunterhomes@live.co.uk

@hunterhomes bucks

## Yoga For Healthy Lower Backs

### A specialised 12-week Course

An evidence-based mind body approach to improving lower back function and reducing pain

"Great course and amazing teacher. After 7 years of neck, shoulder and back pain, I now have weeks of no pain and am improving all the time"  
Sarah



Courses starting in  
Sept in Lacey Green  
and on Zoom

For more information and to sign up, contact

hello@clairepageyoga.com  
<https://www.yogaforbacks.co.uk>

# VILLAGE ENVIRONMENTAL SERVICES DOMESTIC DRAIN SERVICES

Proprietor: Dennis Cook  
Est. 1979

# BLOCKED DRAINS?

FAMILY RUN BUSINESS SINCE 1979

BLOCKED DRAINS CLEARED

REASONABLE RATES

CCTV DRAIN SURVEYS

NO EXTRA CHARGE FOR EVENING, WEEKEND OR BANK HOLIDAY CALLOUTS

FULL PUBLIC LIABILITY INSURANCE

## CALL US DAY OR NIGHT

24/7  
CALLOUT  
SERVICE



07850 635 844 01296 624 221 (MESSAGES)







## Hughenden Parish Council - Chairman's Report

The latest meeting of HPC was held on 10th September. The good news is that we have recruited Jason Wise as our permanent Service Manager and Deputy Clerk, but our search for a permanent Clerk continues.

We have also recruited Richard Wilding as a councillor for the Naphill and Walters Ash Ward. There are still vacancies for councillors in all four wards.

Onn 6 August 2024 the Council finally agreed the funds and plans for the refurbishment of Templewood playground. Feedback from the community engagement warranted some amendments to the plan, which were agreed on 3 September. Work will commence after the pre-works meeting on 23 September.

The playground will sadly not be ready for October half-term as originally envisaged but we will keep you updated on progress. Thank you for your support and patience. Similarly, progress is being made on the Great Kingshill playground with request for tenders going out now to potential suppliers/installers.

Our consultant has prepared plans for our main open spaces, and two of these, Little Burnham Field and Spinney in Hughenden Valley and Vincent Meadow and Pond in Naphill were approved for Chiltern Rangers to carry out work this autumn.

Some of the trees and shrubs in the Garden of Rest in Cryers Hill have been allowed to overgrow, so a contract has been awarded to sensitively rectify the problem, clearing and tidying burial areas.

Regarding Council governance, we have approved the revised financial regulations that are now much nearer the national standard. Unfortunately, our Responsible Financial Officer has resigned and we are seeking a replacement.

The purchase of a second solar powered Mobile Vehicle Actuated Speed unit has been approved in our unending effort to reduce speeding in our villages.

We are always ready to receive requests for community grants from local groups or organisations.

*Stan Jones*

Chairman - Hughenden Parish Council

### Parish Council contact details:

**Call us on:** 01494 715296

**Email at:** [admin.assistant@hughenden-pc.gov.uk](mailto:admin.assistant@hughenden-pc.gov.uk)



### Gordon the Bird Man



In those far off days of yesteryear the age old ritual of ploughing would have been in full swing with the small tractors or horses being followed by clouds of white of various species of gulls. Less obvious flocks of Green Plovers and Rooks and even less obvious of species of Finches and Buntings, all searching for invertebrates and seeds being brought to the surface by the plough. Fast forward to the present day.

During the first week of September the fields below Lodge Hill and those above Valley Road towards Wycombe were being ploughed but something was missing. Of course! No birds. Nothing! Ziltch! Is this a manifestation of the catastrophic decline in birds over the last few decades (some surveys report over one hundred million), or the state of the soil, with so few invertebrates that birds know that they will just be wasting energy.

On a brighter note, summer finally arrived during the second week of July and with it came the butterflies, up until that time just six species had been recorded, since then a further eleven have made an appearance but in fewer numbers than in past years, with Small and Common Blue, Comma and Painted Lady in low single numbers and no record of Dark Green or Silver Washed Fritillary.

I do not think I have ever been shown so many pictures of the Elephant Hawk Moth caterpillar to identify. Their natural plant food are the various Willow Herb species but in gardens will readily feed on the larger leafed cultivars of Fuchsias.

*Gordon*





# UKRAINE TO CHILTERNS

STANDING TALL WITH UKRAINE - A VILLAGE RESPONSE

ukraine2chilterns.com



## From War Zones to Warm Welcomes: The Chilterns' Unwavering Support for Ukraine

For over two and a half years, our incredible community has demonstrated unmatched generosity toward the people of Ukraine. Your compassion and help has provided families and individuals in desperate need a safe haven, allowing them to escape the turmoil of a war-torn country.

The Ukraine to Chilterns Charity has been working to assist our guests in transitioning from their sponsors' homes to their own accommodations in the area. We've welcomed new arrivals, supported youngsters in furthering their education, and fostered small business opportunities.

### A Story of Resilience and Art: Val and Irisha's Journey

One inspiring story from our community is that of Val and Irisha. Val, a filmmaker, was working on a poignant short film about the impact of loss in war when conflict erupted in Ukraine. On July 11th, several of us attended a screening of his film, "Forced." The film was both excellent and harrowing, capturing the raw human emotions when a loved one is violently lost.

With donations made at the screening, a grant from Ukraine to Chilterns, and practical support from local film industry professionals, Val and Irisha are now aiming to take "Forced" to Short Film Festivals. This exciting project will spotlight the struggles of ordinary Ukrainians, bringing their stories to a global audience.

We eagerly anticipate hosting a community viewing of the film here in the Chilterns soon.



### A Taste of Ukraine in the Chilterns

Meanwhile, our wonderful guests have been sharing a taste of their culture with Princes Risborough. On July 13th, they delighted visitors at the Summer Fete with traditional Borscht, bread, and sweet treats. The day was a success, with many enjoying the delicious fare and engaging in warm conversations with our guests.



### Pilates with Pamela

#### Chair Pilates - Naphill?

Use chair as a prop or do all exercises seated..?

Mon 2-3 pm to start soon, tba

Please TEXT your email address and mob to  
Pamela if interested, stating

Naphill Chair Pilates... 07759 831706





## Jacob Rings the Bell! Heralding the end of Two Years Chemotherapy Treatment!

We couldn't be prouder of Jacob and Kaitlin, this last two years has been so challenging and heartbreaking for our family. But Jacob is so nearly there we are on the countdown for just oral chemo (and steroids for this week and his weekend antibiotics) until 5th October.

The nurses / consultants at Wycombe hospital are absolutely amazing they really have been there for us as a family and we can't thank them enough.

A massive thank you to my family for coming to celebrate with us on the day! We really have appreciated you all and everybody who has supported us and cheered us on through Jacob's fight against cancer.

*Lucy Youens*

Editorial Comment - *What a journey! What a an amazing young man and family! What a privilege to publish this! Wishing you lots of good health and happiness as you move on from this trauma.*

*Sonia*







**yes you can**  
with Slimming World

If you would like to get healthier  
call Kerry on 07887 567264

**Tuesdays**  
Vibe Church Formerly  
Pastures Church  
209 The Pastures  
Downley Road  
HP13 5RR  
5.30pm & 7.00pm

**Thursdays**  
Hughenden Valley Village Hall  
(Small Hall)  
Coombe Lane  
Hughenden Valley  
HP14 4NX  
5.15pm & 6.45pm

[slimmingworld.co.uk](http://slimmingworld.co.uk) *Everyone gets a warm welcome*




**FRASER-MORGAN  
SCHOOL OF DANCING**



\*\*\*\*\* Naphill Village Hall \*\*\*\*\*

**RAD BALLET** for ages 3+



For more information please contact:  
**01494 816539**  
**07974 121081**




**Decoration Specialists**  
**\*Professional \*Competent \*Experienced**

Established since 1973

**07785 225 675**  
**01494 257 482**  
[www.paint-ability.co.uk](http://www.paint-ability.co.uk)

**AIRS HOUSE**  
PRINCES RISBOROUGH

for  
**QUALITY CARPETS, TILES,  
VINYL & WOOD FLOORING**

**01844 342546**

Station Parade, Summerleys Road, Princes Risborough  
E-mail [sales@airshouse.co.uk](mailto:sales@airshouse.co.uk)

**BUCKS AERIALS**

TV & FM SATELLITE SYSTEMS  
DOMESTIC & COMMERCIAL

- TV & FM AERIALS & SATELLITES INSTALLED
- EXTRA TV POINTS
- HARD WIRED INTERNET POINTS
- SATELLITE LINK-UPS INCLUDING SKY
- ALL AERIALS ELECTRONICALLY ALIGNED
- SERVICE AND MAINTENANCE FULLY INSURED
- FREE SURVEY & QUOTATION
- ALL WORK GUARANTEED
- UNRIVALLED AFTER-SALES SERVICE

**Special Rates for OAP**

**Telephone: 01494 441319**  
**mob: 07932523741**

*Bucks Aerials is a full member of the R.D.I.  
A registered digital installer*



**PROPERTY  
ELECTRICAL  
SERVICES**

*Domestic and Commercial Installations*

**Local Electrical Contractor**

- *Rewires*
- *Extensions*
- *Heating systems*
- *Test and inspections*
- *Maintenance*

Part P installer to the  
new 17th edition  
electrical regulations



**Tel: 07786803701 or 01494 636311**  
Email: [info@propertyelectrical.co.uk](mailto:info@propertyelectrical.co.uk)



## A Message from our MP - Greg Smith

"The standout event of my summer was hosting the second annual Summer Bucks Landy Tour. The purpose of this tour is to give constituents a chance to meet with me in a casual environment to discuss local or national concerns, providing a more relaxed alternative to the usual scheduled advice surgeries.

Given the size of my rural constituency, which spans 336 square miles, I could think of no better vehicle to represent the countryside than a classic Land Rover – which I ran on fully synthetic fuel from P1 Fuels.

The back of the Land Rover, with its bench seating, served as a mobile office for the tour. During the six days, I made 22 stops and had the opportunity to engage with many constituents on a wide variety of topics, ranging from planning issues and potholes to SEND services and GP availability.

We also discussed school transportation and international matters. One recurring more recent issue is the Labour Government's decision to strip many pensioners of their Winter Fuel Payment, leaving some of the most vulnerable residents at risk this winter. I am fighting hard against this decision



and will do whatever I can to support pensioners across the constituency that have been left without the help they need during the cold months ahead. In addition to the Landy Tour, my summer was filled with meetings with Parish Councils, community organisations, businesses, and churches.

I also had the pleasure of attending several fantastic local events, including the Bucks County Show, Wendover Picnic in the Park, Dinton Beer Festival, and the 40th anniversary celebrations at Abbeyfield House in Great Missenden. Looking ahead, here are the dates and locations for my upcoming surgeries:

*September 20: Princes Risborough - October 18: Naphill - November 15: Stokenchurch - December 6: Grendon Underwood*

Additionally, more "Pint of View" pub drop-ins will be announced soon on my website and social media. If any constituent has an issue or needs assistance, please don't hesitate to reach out: [greg.smith.mp@parliament.uk](mailto:greg.smith.mp@parliament.uk) - I'm here to help!"

*Greg Smith MP*



## Join the Re-wear Revolution

Hughenden has a plethora of community-led environmental groups seeking to raise awareness and secure greater engagement in projects aimed at making it an even better place to live. Seeds, plants and books are swapped however there is one category that has perhaps been overlooked: clothing. There is nothing quite like putting on something new and receiving compliments on our latest 'look'. Unfortunately, the cost of achieving this can be high as budgets are under continuing pressure. Also, our carbon footprint may negate our efforts elsewhere.

### **We are Clotes Aid**

***Some 30% of our unwanted clothing currently goes into landfill.***

***£3 billion could be saved in the UK each year, if we changed the way we supplied, used and disposed of clothing.***

***£140million of used but wearable clothing goes into landfill each year***

So what can we do to address this? Why not join the Re-wear Revolution?

- Eden Communities offer advice on how to organise a social event where we can refresh our wardrobes effectively for free! Here's what you will need:
- A place to hold the event, such as a local café or community hall
- Lots of people with at least one item of good quality, clean clothing to swap or donate
- Clothes rails, hangers and some full-length mirrors – you may be able to borrow these from a nearby shop
- Some publicity – the more the merrier!

To find out more click on this LINK or scan the QR code  
Hughenden Street Association

*Hilda*

Hilda Stearn CF CIPD

Communications Coordinator







National Inspection Council  
Electrical Installation Contractors



Member No:041067



Our team of electrical, plumbing and gas engineers are qualified to carry out all type of domestic & commercial works including the following

**For Free Estimate Please Call:**  
**01494 700 389 / 07811 946 611**

#### ELECTRICAL

- Extra Socket + Lighting Points
- Full / Part Re-wiring
- Consumer Unit Upgrades
- Electrical Condition Report
- Garden / Security Lighting

#### PLUMBING

- Hot & Cold Pipework
- Repairs & Installations
- G3 Approved Cylinder Installers
- 1st and Second fix Kitchen
- Bathroom / WC installations

#### GAS

- Landlords CP12 safety certificates
- New Boiler & Central Heating Installation
- Boiler servicing & repairs
- Power Flushing / Magnacleanse
- Cooker / Hob / Fire Installation Servicing

## BEST PALS

### Professional Dog Grooming

*Established 20 years*



Yvonne Clough  
Ridgemoor  
Bryants Bottom Road  
Great Missenden  
HP16 0JT

Mobile: 07719 874 376

Email: [yvonneclough1966@gmail.com](mailto:yvonneclough1966@gmail.com)

### Mobile Foot Health Practitioner

*for all your Chiropody requirements*



**Fiona Gibbard**

M.C.F.H.P. M.A.F.H.P.



*"Bringing footcare to your door"*

**Prompt and courteous attention assured**

Tel: 01494 482444

Mob: 07946 821451



## Banford Flooring

*Your local domestic and  
contract floor layer*

**Kerry Banford**

**01494 562966 / 07443 451303**

email: [thebanfords@btinternet.com](mailto:thebanfords@btinternet.com)





## A Great Village Event! Not to be MISSED!

Firstly, thank you to our committee members for your continued hard work and to all the residents who answered our call for help earlier in the year. Without your passion and voluntary time, this event couldn't happen. With that being said, we are enormously proud to announce our 30th Annual Fireworks display (Voted as the Best in Bucks) will be back again on Saturday 2nd November 2024 from 4.30pm!

This year we have the amazingly talented Kirsty Fuller playing for you throughout the evening, make sure you bring your dancing shoes, (or festival wellies!) and let's party! Naphill Football Club will be providing their renowned delicious BBQ. For the kids, there are glow sticks and wands available to purchase, and for the big kids, there is alcohol to buy provided by the boys at the Men's Club tent!

Tickets will be available to purchase by the 19th October from [www.naphillfireworks.co.uk](http://www.naphillfireworks.co.uk) All local pubs and shops will stock tickets where you can buy them for cash only.

### Prices:

**Early Bird/Paper Tickets – Adults £10, Children (5-15) £5, Under 5's are free.**

**Please note, online ticket prices will increase 1 week prior to the event - Adults £12 Children (5-15) £6.**

**On the day tickets – Adults £14, Children (5-15) £7**

*As always, unfortunately there is NO PARKING at this year's event, however, you can help ease the traffic pressure. Any resident who has extra space for parking is welcome and invited to sell their space for the duration on [www.justpark.com](http://www.justpark.com) or similar. Rent your space for free, earn a little cash and help us take some cars off the road. All information about this can be found at the above website. For any other questions and queries, please contact us via [www.naphillfireworks.co.uk](http://www.naphillfireworks.co.uk).*

Just before we light up the village for the biggest event of the year, we'd like to thank our main sponsor Surebuild, local businesses, our volunteers, the RAF, the Gazette Team, The Wheel and The Black Lion. Without your support in this community this historic celebration of rebellion would long be in the archives! We look forward to seeing you all there!

*Fireworks Committee*



# MOBILE FISH AND CHIP VAN

**SERVING:**  
LACEY GREEN  
WALTERS ASH  
NAPHILL

EVERY SATURDAY  
3.30PM TILL 7.30PM

ONLINE TRACKER  
AVAILABLE

HOME DELIVERY  
AVAILABLE WHERE  
POSSIBLE

**27**

DIFFERENT STOPS  
FULL ROAD LIST ON  
FACEBOOK  
FACEBOOK.COM/  
MOBILECHIPPY

**07376395678**



**HAVING THE FAMILY OVER?**  
WHY NOT PRE-ORDER LARGE ORDERS TO  
AVOID WAITING



**RJM GAS  
SERVICES**

**RJM GAS SERVICES**

Local Plumbing  
and Heating  
Gas Engineer

Gas Safe Registered 579347

## SERVICES:

- \* Boiler Service, Breakdown and Repairs
- \* All Boiler and Heating Installation
- \* System Powerflush
- \* All Plumbing Repairs and Installation Big or Small
- \* Bathroom Installations

**Call Ralph**

**07792 651 399**

@ rjm-gasservices@hotmail.com



579347

# Shear Madness

Your Local Barber



**Mandy Dearden**

Appointments only

Tel: gents - 07843 100 574

girls - 01494 563006

Email: s.madnessyahoo.co.uk

Open: Mon-Fri 9.30am - 5pm

Saturday 8.30am-1pm

CLOSED Thursday

245 Main Road, Walter's Ash, HP14 4TH



I've written before about my experience of working as an apprentice draughtsman at the furniture makers Nichols and Janes in High Wycombe. I return to it, (perhaps too often), because it was so new to me and full of characters and odd happenings that still come to mind.

Each morning I would cycle down from Naphill, usually a little late, and hurry, flustered, through the downstairs office saying hello to Mrs Crump, past a smaller office then up the stairs to my drawing table and photographic studio where I could make myself look busy and worth my weekly starting salary of twenty-five shillings. As I made this entry, I would glance into the small office and acknowledge an elderly gentleman in shiny black boots who would say good morning without looking at me. To me he was Mr Boreham the company secretary (whatever that was), obviously significant, but what was most distinctive about him was that he sat on a high stool crouched over a small high desk, scratching away with a pen that he dipped into an inkwell. It seemed so Dickensian. He seldom seemed to speak to others, but he did, however, have one indulgence – he took snuff. I soon found this out because a very brown stained handkerchief would occasionally appear in the men's toilet after he had attempted to wash it. I assumed, rather than dare inflict the job on his wife.

Sometime in the early sixties the local authorities decided that the rundown factory and jumble of old houses at the end of St Mary's Street was on a site better used for a new police station and the overgrown timber yard for a technical college later to become a university. And so, we had to move the factory to Queens Road opposite The Rye. We started then, to dismantle our offices that had not changed much that century. We all began the dusty job of shifting furniture and sorting their contents to load onto our one pantechicon.

It was not a pleasant job and often heavy work. I struggled to move some high shelving and as I turned them, I noticed pinned to the end, hidden for years, a faded cigarette card. It was of a footballer and the caption read: Reg Boreham who, with one goal, saved Arsenal from relegation. He had never spoken of it, and I never would have guessed.



*Phillip Hussey.*



### **Naphill Village Hall Service of Remembrance 10th November at 2.30pm**



The Annual Remembrance Service will be held at the Village Hall, Naphill on Sunday, 10th November at 2.30pm. The Service will be taken by Padre Andi Chapman, the Station Chaplain at RAF High Wycombe.

I hope that this year that there will be a good attendance and you are all invited to come. A reminder to all who attend that there will be a collection for the Royal British Legion Poppy Appeal after the service, so please remember to bring along some cash.

Wreaths will be laid at the end of the service on the Remembrance Stone. I should remind all organisations that it is their responsibility to provide their own wreaths.

*Pete Dalby*



## Carpet & Upholstery Cleaning Specialists

**Why You Should Choose Us ..**

- Thorough Cleaning & Outstanding Service
- State of the Art Truckmounted Cleaning System
- Most Carpets Dry within 2 hours
- Fully Insured
- Free On-Site Quotations
- Carpet Stainguard with Dustmite & Allergy Control
- Spot, Stain and Odour Removal

**PRO CARE**  
Carpet & Upholstery  
Cleaning Services

**07798 742835**  
01494 489804  
[www.procarecarpetcleaning.co.uk](http://www.procarecarpetcleaning.co.uk)

SAFE FOR PETS

SAFE FOR BABIES

SAFE FOR WOOL

SAFE FOR ALLERGY SUFFERERS

## HOME TECHNOLOGY HELP

- Mobile phone, tablet, PC, laptop upgrades
- PC, laptop faulty or running slowly
- Printer setup, configuration, diagnostics
- Wi-Fi/Bluetooth network troubleshooting
- Smart TV setup, Sky system upgrade advice
- Small business system upgrades/refresh



Call Dave in Lacey Green on  
**07831 775142**  
**NO FIX – NO FEE**

## Mick Smith Carpets

Quality Floor Coverings

Carpet ♦ Vinyl ♦ Laminate ♦ Luxury Vinyl Tile

Quality brand name products from trusted names, supplied and expertly fitted, from your local carpet and flooring specialist.

Free estimates advice and home sample service.  
All with great customer service.  
To suit all requirements, taste and budgets.

For more info and references visit  
**[micksmithcarpets.com](http://micksmithcarpets.com)**  
**01494 528847**






Fitting only service also available  
*Serving homes in the area for 30 years*



Do you have pests causing damage  
or sleepless nights?

Rats, Glis Glis, Mice, Wasps,  
Moles, Fleas, Moths,  
Pigeons, Insects, etc.

Domestic, commercial,  
one off treatments  
and service contracts.

**07889 624647**  
**[Tomcolespestguard@gmail.com](mailto:Tomcolespestguard@gmail.com)**



# BUTCHERS

## - TIMPSONS -

We are a small catering butcher who visit the market daily to ensure we supply high quality, fresh produce and try to source locally where possible.

We also offer a range of fresh meat, eggs, cheese, bread and cakes.

***Our shop is open***  
***Tuesday – Saturday from 9am until 4pm***  
**Unit 6, Ministry Wharf, Saunderton HP14 3XA**

We also offer **FREE** local delivery!

[www.timpsonssmallholding.co.uk](http://www.timpsonssmallholding.co.uk)






# Friends of Naphill Common

We're now officially in autumn, and the trees are beginning to show the first signs of turning.

**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. The long walk on 19th August ended in the annual barbecue at the Camp residence, with catering by David and Nina Downes plus food and drink provided by the participants – a great time was had by all!



**Activities** - Our guided walk around Little Burnham Meadow and Spinney in Hughenden Valley on July 22nd, with local naturalist and conservationist, John Moorby, was a great success, and a credit to the hard work John and his team of volunteers (on behalf of the Parish Council, who own the land) has put in over many years.

Although our minibeast safari on Naphill Common, led, once again by John Tyler, was successful in locating numerous and fascinating minibeasts, turnout was disappointing with just two families in attendance. I must try to think of better ways of publicising it for future events.



## Save the date!

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 Beachdean 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



## A Letter from Buckinghamshire Councillor David Carroll

Can I firstly thank the residents who give their time supporting our community in so many ways.

The new government have announced sweeping changes to the planning system and a 42% increase in housing numbers for Bucks which could potentially affect our area and the protection of the Green Belt and Area of Outstanding Beauty.

We have always tried to protect our wonderful countryside and this will continue.

Hopefully the new numbers from the Government can be accommodated on brown field sites in Bucks and safeguard our environment for future generations.

Over several months I directed Bucks Council officers to have discussions with the National Trust at Hughenden Manor about resurfacing the road. I'm delighted to report this is now happening. I do realise that the Park is very important to our community.

As always can I thank residents for contacting me highlighting issues in our area and giving me much needed support over many years.

Regards

*David.*







Judith Tardif  
Osteopathy

Clinic: 2 Oakeshott Avenue  
Naphill, High Wycombe  
HP14 4QL Bucks

Appointments: 07796343789



## Massage with Pamela

**In need of a massage?**

**Sports, or Remedial** - for bad back, necks and shoulders.

Deep Tissue, NMT, PNF,

or just for **Pure relaxation**

Treatment Room in Naphill

Call Pamela to book your apt now, 07759 831706

Home visits possible

Pamela Wilson Massage Therapist + Pilates/Yoga Instructor

[www.chilternmassagematters.co.uk](http://www.chilternmassagematters.co.uk)

*Please do read the very complimentary testimonials*



# The Window Doctor

**CARE & REPAIR FOR ALL YOUR  
UPVC & ALUMINIUM WINDOW  
& DOOR PROBLEMS**

- Replacement of broken down sealed units  
- misting up inside glass
- Adjust front & back doors that do not shut
- New handles, hinges and door locks
- Replacement of patio door wheels
- New security handles with keys
- New door panels and cat flaps
- New Georgian style or leaded style sealed units
- All insurance work • Burglary damage • Servicing

**PLUS INSTALLATIONS OF NEW UPVC WINDOWS & DOORS**



Call us for a **FREE** Survey and Quotation,

**No call out charge**



Friendly Family Established Business

**Cowling & Co.**

**Tel: 01865 891776**

**Mob: 07860 435742**

[www.windowdoctor.co.uk](http://www.windowdoctor.co.uk)

email: [cowlingandcothewindowdoctor@gmail.com](mailto:cowlingandcothewindowdoctor@gmail.com)



## Naphill and Walter's Ash Broadband Relief as Villages Connected

Broadband relief for more than 2,200 rural residents and business owners in Naphill, Walter's Ash and Lacey Green is on the horizon with engineers set to complete work to extend a full fibre connection to the three communities by the end of next month (October).

Work to connect the villages began in September 2022 when engineers from telecoms company Gigaclear began extending its network from Great Missenden using fibre optic cables. Since then, they have been going street-to-street either digging new trenches or using existing infrastructure such as poles and ducting in order to reach each property.

The majority of homes and businesses are expected to have access by November.

Senior Project Manager Oli Ward said Gigaclear is working hard to ensure rural, often hard-to-reach communities such as Naphill and Walter's Ash can access the same fast and reliable full fibre broadband enjoyed by larger urban areas.

He said: "As well as extending our network along Main Road and New Road, we've provided a service to the neighbouring communities of Speen, Walter's Ash and Loosley Row. Taking our full fibre to communities that might otherwise only have access to slow and outdated part-fibre broadband fundamentally changes them for the better because it creates choice for the people in those communities about how they work and how they live their lives."

To find out if you are able to access Gigaclear's full fibre broadband, scan here.



**Editorial Comment:** Great News! After all the digging, FIBRE BROADBAND has finally reached Naphill & Walter's Ash!! Welcome Gigaclear!

Sonia



# PLANET WHEELS

- ALLOY WHEEL REFURBISHMENT
- WHEEL STRAIGHTENING
- CRACKED ALLOY REPAIRS
- SAND BLASTING
- POWDER COATING
- DIAMOND CUTTING



[www.planet-wheels.com](http://www.planet-wheels.com)

01494 564 444



## *Manor Garage*



MOT Testing



Diagnostics



Servicing



Air Conditioning



Repairs



Tyres - Exhausts - Batteries



Electric & Hybrid Vehicles



01494 564222



[dnaautos243@outlook.com](mailto:dnaautos243@outlook.com)





## A Fantastic Weekend at Kop Hill!

Thank you to the organisers.  
Everybody had a great time  
helping to raise funds for  
good causes!

*Neil*

**PLANET WHEELS**  
Limited  
01494 564444





## Naphill & Waler's Ash Brownies

In the absence of a new leader to run the Naphill Brownie pack, Naphill Brownies are now running alongside Walters Ash Brownies on a Tuesday evening. I am truly grateful to the leader-in-charge of Walters Ash Brownies for offering this solution.

Since most of the girls attend the local schools, they know each other already, so the transition has gone very smoothly. However there are now over 30 girls attending, with more waiting to join, it is an exciting prospect!

The Brownies will continue to get involved in village events such as the Jumble sale, Remembrance and the village fete, as well as combining all the leaders' best ideas for creating a really interesting and fun programme

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

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

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

*Ruth Daly*



## Not from the Vicarage - Words of blessing

We are very used to saying 'Bless you' when someone sneezes. There are a number of reasons why we may do this. Ancient beliefs indicate people thought that when you sneezed, your spirit left your body momentarily, so saying "bless you" could bring you back to life and keep evil spirits from entering. However, during the bubonic plague, Pope Gregory I suggested saying "God bless you" after a sneeze to protect the person from death. Some cultures also believed that spirits could be ejected or evil spirits transmitted during a sneeze, so saying "bless you" helped ward off such exchanges. All very interesting given what we now know about droplet transmission of diseases (aka evil spirits) and the Government's 'Catch it, bin it, kill it' campaigns.

The words automatically trip off the tongue when we hear or see someone sneeze, but what about other times we may say 'bless you'? I was recently ambling along enjoying the sun on my back and lost in thought as I walked to the supermarket. Suddenly my reverie was broken by the sound of a large crash. I looked up and a man had just emerged from the local corner shop carrying a bag filled with cans and bottles of beer.....only the bag wasn't filled anymore! The dodgy 'reusable' paper carrier bag from the shop had completely given way, spilling the contents all over the pavement. By some minor miracle, none of the bottles had smashed or cans burst. Eager to be helpful, I immediately went over and offered him one of the far more

robust bags I had for my supermarket shop. Profuse thanks and the words 'bless you' were uttered over and over again by the man and we went our separate ways.

God has funny ways of drawing your attention to things. At the supermarket self-checkout, a flustered woman turned to me and asked if I could help her weigh her bananas. She'd pressed the help button and no one had come to her aid. I was happy to assist and showed her how to search for, select and weigh the bananas. Profuse thanks and the words 'bless you' were uttered over and over again by the woman and we went our separate ways.

These two little events really made an impact on me. I walked home feeling elated. Two complete strangers had repaid my acts of kindness towards them by calling down God's blessing on me. 'Thank you' would have been enough, but instead, in uttering those two words almost without thinking, these people had asked God to bless me. It really made me think about the words I use, how I use them and the impact those words may have on whoever hears them.

In St Paul's letter to the Romans, he urges us to 'bless and do not curse', even when people are not very nice to us. This is a big ask, but just imagine the effect asking God's blessing could have on us and all those we meet.

Bless you all

*Rev Jenny Ellis*



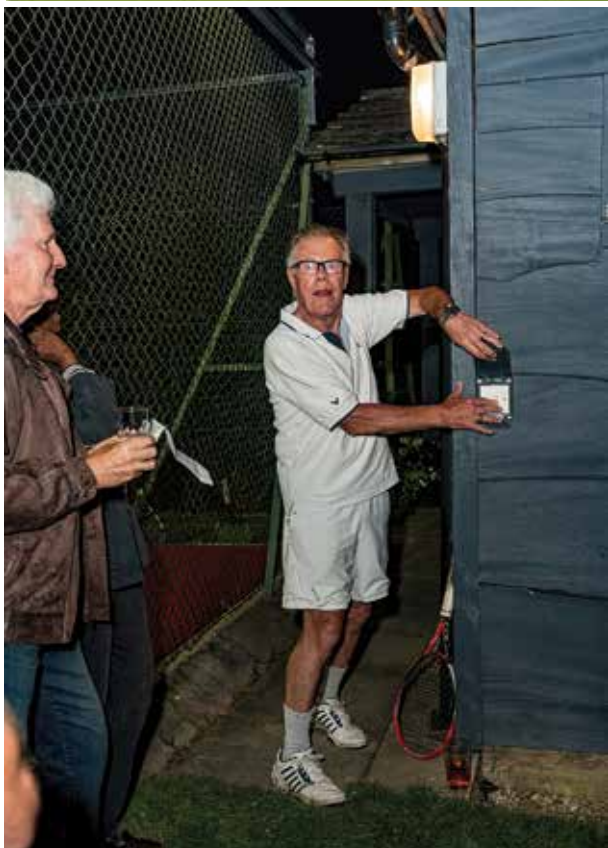
## Naphill Tennis Club

On Thursday 29th August, the Tennis Club celebrated the 'switch on' of its first-ever court lighting. All members were invited to witness the event and to raise a glass to the success of the Club's new venture. Much discussion and careful research had gone into the project but, once planning was approved, it was all go! The Club now has low-level LED lights which minimise light pollution so should not annoy our neighbours.

Now matches can be completed in a good light and those in work or full-time education will be able to play tennis in the evenings throughout the year. This is a great facility for the local community to enjoy so do come and join us. The Club offers beginner/improver courses and rusty racquet sessions to those returning to tennis or interested in trying a new sport. Come and join us!

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

*Jenny Tench*





## New Beauty Salon business now open in Naphill



You can contact me on **07889 471405** for more information or check out my Facebook or Instagram accounts.

[f beautybyames](#) [@beautybyames32](#)

I very much look forward to meeting you and treating you in my salon.

*Amy*

I am a qualified NVQ level 3 Beauty Therapist and am extremely excited to share that I have just opened up my own Beauty Salon in Naphill.

From the age of 10, I have always had a passion for beauty and always wanted to run my own business. My self-contained beauty salon is a relaxing and comfortable environment where my clients can unwind and be pampered. There is also plenty of parking available.

I offer a variety of treatments:

***Eyebrow and Eyelash tint, Eyelash lift, Brow lamination, Gel manicure (BIAB) / Gel manicure / Gel pedicure, Gel removal, Nail design, Nail File and tidy, Waxing (various).***



## WIDMER CAFE IS NOW OPEN!!!!

SERVING HOT DRINKS, CAKE, PANINIS & SANDWICHES  
PLUS KIDS OPTIONS OF COURSE!

EXTEND YOUR VISIT WITH A TRIP AROUND THE FARM PARK OR A VISIT TO THE PET  
SHOP ALL ON THE SAME SITE

OPEN FOR EVERYONE TO VISIT - PLENTY OF FREE ON-SITE PARKING  
FULLY ACCESSIBLE

**OPENING HOURS MON - FRI 10AM - 2.30PM SAT 10AM - 3.30PM**

Widmer Cafe is located at Widmer Feeds Country Store, Pink Road, Lacey Green, Bucks, HP27 0PG

## Naphill Neighbours

In August a significant number of neighbours enjoyed the annual afternoon tea in the village hall. As usual we were treated to a traditional tea, with china crockery and an abundance of sandwiches, cakes and tea. The occasion was much enjoyed and we are saddened that the provider is retiring and will not provide this service in 2025. We will have to search for another one.

Our first meeting in September was on Monday 9th when the director of the Amersham Museum, Bryony Hudson, gave us a most interesting talk entitled 'In sickness and health'. She knew her subject well and her illustrated talk was very well delivered, retaining our undivided attention. She began with photographs of the charming garden behind the museum which contains plants such as arnica for bruises, apothecary's rose for treating coughs and cold, evening primrose and sneezewort. The names of plants with 'wort' at the end indicates they have medicinal uses. The garden is attractive and informative, being well labelled.

A number of buildings in Amersham have a history of treating patients. In 1622, Gore Hill House was an isolation Hospital for plague victims. In 1617 a

workhouse was opened, administered by the Poor Law Commission from 1832.

In 1924 St. Mary's was an infirmary. With the coming of the railways in 1892, doctors were able to live in Amersham and travel to London to work, keeping their families safe in the clean air of Amersham. Haddon's Pharmacy dates from this time.

Shardeloes was a maternity hospital, and GE Healthcare was established in 2004 in Chalfont St. Giles.

Amersham Hospital has grown from these small beginnings to the large general hospital it is today.

The Museum has displays of the people and places involved in sickness and in health; well worth a visit. It looks small but has a wealth of information inside..

***Our next meeting is on October 14th when Jo Laurie will lead a session entitled 'Air Miss'?! 2pm as usual.***

*Peggy Ewart*

01494 565969



## Wycombe Photographic Society

October / November are a good months to look for and photograph fungi. We are very lucky to have Naphill Common on our doorstep where over 390 different species have been found including a few rare species. Get down low to photograph them. Use any camera or phone. Go on give it a go.

Wycombe Photographic Society meets in the large hall at Hughenden Valley Village Hall, on the first 4 Wednesday of each month at 8pm. We have a new programme for the 2024/2025.

2nd Oct	Your Photographic Projects for the Year
9th Oct	Talk by Steve Harman1
12th & 13th Oct	Our Autumn Exhibition in the Small Hall - everyone welcome
16th Oct	Themed Assignment - Creative
23rd Oct	Members Evening – all welcome
6th Nov	Group visit from Amersham PiC Group
20th Nov	Themed Assignment – Black & White



*Peter Davis*

Membership Secretary

Wycombe Photographic Society

[www.wycombephotographicsociety.org.uk](http://www.wycombephotographicsociety.org.uk)







**The Cat Butler®**  
Cats are happier at home



**Over 700  
5\* reviews!**

## Going away this Summer?

Trust The Cat Butler, the sitting service that's **exclusively for cats!**

- ✓ Feline friendly cattery alternative
- ✓ Affordable daily home visits
- ✓ Free home care & security service
- ✓ Fully vetted and insured

**Give us a call and let us pamper your feline friends in the familiar surroundings of their own home.**

📞 01844 213961 ✉️ [thame@thecatbutler.co.uk](mailto:thame@thecatbutler.co.uk)

Visit us at [www.thecatbutler.co.uk](http://www.thecatbutler.co.uk)



**1 SOLUTION FOR ALL YOUR  
PROPERTY SERVICES**

### OUR SERVICES:

- Domestic and Industrial Cleaning
- End of tenancy cleaning
- Decorating
- General Property Maintenance
- Plumbing and Electrics
- Man and Van Services including waste clearances
- Home Moves
- Garden Maintenance
- Property Renovation
- Window Cleaning interior and exterior
- Soffit and Fascia Cleaning
- Solar Panel Cleaning and Velux Roof Windows
- Industrial Exterior Cleaning
- Gutter Clearance and Maintenance
- Patio and Driveway Professional Jet Washing
- Expert Graffiti Removal



**1 SOLUTION FOR ALL YOUR  
PROPERTY SERVICES**

📞 01494 355001 🌐 [www.ar-pc.co.uk](http://www.ar-pc.co.uk) ✉️ [info@ar-pc.co.uk](mailto:info@ar-pc.co.uk)

## WESTFIELD LEASING

Personal or Business car & van leasing  
(A new car could be cheaper than you think.)

Free advice and quotes available

**01494 569392**

[john@westfieldleasing.co.uk](mailto:john@westfieldleasing.co.uk)

## Pilates with Pamela

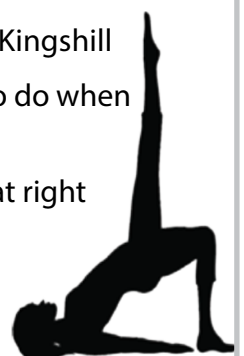
*Healthy Back Pilates!*

Naphill, Great Kingshill and Little Kingshill  
LIVE classes / Zoom / or recording to do when  
you're free!

Multi-level classes, so you work at right  
level for you.

07759 831706

[www.pilateswithpamela.co.uk](http://www.pilateswithpamela.co.uk)





Contact: [Charlie@RubyandMe.uk.com](mailto:Charlie@RubyandMe.uk.com) / M: 07780600977  
[www.RubyandMe.uk.com](http://www.RubyandMe.uk.com)



## Socialising your dog – whatever their age

It's crucial to socialise your dog, whatever their age and there may be times that you need to brush up on their training and socialisation skills.

In an ideal world, dogs should start to be socialised at an early age, between 8-12 weeks old. This is when they are introduced to new people, places, noises and environments, as well as other dogs and pets that they may be living with. In recent years, it has become more common for rescue dogs to be rehomed that may have missed out on these crucial early weeks and months. In addition, as dogs reach different stages in their lives, they sometimes need some extra positive reinforcement to help remind them how to behave. This may be due to older dogs having stiff joints or medical conditions, making them less enthusiastic about energetic play with younger dogs. Changes in your dog's behaviour can also be due to bad experiences, such as being attacked by another dog when out on a walk. Whatever the reason, there's a lot you can do to help your dog feel more comfortable.

- Back to basics - before you start socialising your older dog, make sure they are able to walk nicely on the lead, have good recall and consistently follow basic commands such as sit, down and wait.
- In older dogs, sight and hearing can deteriorate, making them more nervous and possibly, reactive to situations. Joints also start to get stiff making them feel more vulnerable in certain situations that they were previously settled in.
- If your dog has become nervous or stressed when out walking, take them out for a short walk with another calm dog and find a quiet and safe area to let them play off lead to gain confidence.
- Whatever training or socialisation you are embarking on with your pooch, time and positive reinforcement is key. At times, a short training session may replace a walk, as mental enrichment is equally as beneficial as physical exercise and can increase the bond between you and your dog.

No matter the age, you can teach old dogs new tricks and continue to keep them mentally and physically active as they go through their various stages from puppyhood to senior dog.



### Dog walking & Pet Care

- Regular or adhoc dog walking
- Solo or group dog walks
- Pop in pet care

Does your Dog need walking, every day or just on an ad hoc basis?  
 Do you want someone that will care as much for your dog as you do?

With many years experience of the local area and a love of dogs, I will make sure your dog will experience a variety of walks in Naphill and beyond.

#### Get in touch:

e: [charlie@Rubyandme.uk.com](mailto:charlie@Rubyandme.uk.com)  
 m: 07780600977



[www.Rubyandme.uk.com](http://www.Rubyandme.uk.com)





*Your Local Independent Estate Agent*

Work personally with **James Donald**, our Partner & Head of Sales

07949 890190 - [jamesdonald@houseshaw.co.uk](mailto:jamesdonald@houseshaw.co.uk) - your Area Specialist for Naphill & Walters Ash

## DO YOU NEED TO REMORTGAGE IN THE NEXT 6 MONTHS?

We are based in Downley and offer free residential mortgage advice as well as virtual, telephone or face to face appointments in the comfort of your own home.

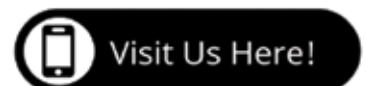
Call us today on 01494 211194.



  
**Applicant  
Mortgage  
Brokers**



YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP  
TO DATE WITH REPAYMENTS ON A MORTGAGE OR OTHER  
DEBT SECURED ON IT.





Wonderful! Exquisite! Delicious! Roget's Thesaurus has many words for it and I particularly liked "fit for the gods". Yes, it is the wonderful taste of real tomatoes in summer after a winter and spring of shop-bought water-bags. There is simply nothing like that superb taste of the very first of your own tomatoes. One can look forward to real tomatoes during summer and autumn, then back to water-bags again in winter and spring.

And what gives your own tomatoes that excruciatingly wonderful taste? It is not freshness as many believe. It is what the tomatoes contain, which should be the 19 vital trace elements (zinc, sodium, calcium, sulphate, boron, selenium, chloride, fluoride, copper, molybdenum, cobalt, manganese, iron, nickel, iodine, bromine, vanadium, aluminium and magnesium). I offer the following as proof. I used to be in the habit of going on holiday with tomatoes from the greenhouse, red ones, less-ripe orange ones, yellow ones, green ones and dark-green ones. They all matured to red ones, some taking five weeks. Yet that sublime taste was still there, proving that it was not freshness which gave them their superb taste. So, if you want to experience the taste of real tomatoes – grow your own!

Which leads me to one of my pet hates – hydroponics. It has become more and more common to have our food grown in polytunnels or monster greenhouses with artificial light, heating and young plants with their roots in enriched water. But I fear that there will be few of the 19 vital trace elements in that water. There will be plenty of the usual nitrogen, phosphorus and potassium, but I am convinced that it is the 19 vital trace elements which give food its real taste. You can enrich your soil by importing farmyard manure every year. I did this and, on average, increased the 19 vital trace elements by an average of 157% and my soil was within the DEFRA guidelines. Because

farmland has become deficient in the 19 vital trace elements our food, be it vegetables, fruit or meat, will be deficient in those trace elements. So, grow your own to ensure that at least part of your diet will contain those vital trace elements – and your food will taste better.

What has this year been like for growing crops? Well, I have had a very difficult year. It seemed to rain nearly every day from mid-September to mid-July. But the worst aspect seemed to be the almost continuous cloud cover which deprived crops of essential sunshine. In consequence my climbing French beans and dwarf French beans were very slow to develop and so were other crops. I had a crop of strawberries as usual in mid-May (but they were small) and, hey presto! another crop in August and they were much bigger in size. That was quite unprecedented and a symptom of a year when the climate seemed to have changed significantly.

Good gardening!

*Mike Mason*



**A. ELLIS**  
*Tree Surgery*  
Fully Qualified Tree Surgeons



We undertake all aspects of  
hedge trimming and  
tree surgery

For a free, no obligation  
quote please contact us

**T: 01494 817234 M: 07709 491589**

**E: [info@aellistrees.com](mailto:info@aellistrees.com)**

**[www.aellistrees.com](http://www.aellistrees.com)**

For fencing enquiries call Mike on:  
**T: 01494 868466**





# Active Pest Control

- ❄ All Pests and Wasps Nests Treated
- ❄ Service Contract
- ❄ One-Off Treatments
- ❄ Wildlife Management

For all your pest control requirements contact:

**01494 562325 or 07966 154655**

**info@active-pest-control.co.uk**

**9 Christopher Close,  
Naphill HP14 4SF**



**01296 706260**

**SOLAR PV  
DESIGN  
&  
INSTALL**

**Sunshine**  
Energy Solutions



Join the green revolution and harness  
the unlimited power of the sun



[www.sunshineenergysolutions.co.uk](http://www.sunshineenergysolutions.co.uk)  
[info@sunshineenergysolutions.co.uk](mailto:info@sunshineenergysolutions.co.uk)

**PRIVATE TUITION,  
FACE to FACE or ON-LINE**

**NEED A LITTLE MATHS HELP?**

I TEACH MATHS UP TO GCSE,  
ALL AGES AND STAGES

**PREPARING TO MOVE TO SECONDARY  
SCHOOL?**

**Give your child a boost with the 11 PLUS**

I HAVE YEARS OF EXPERIENCE IN PREPARING  
CHILDREN FOR 11plus  
AND OTHER SELECTION TESTS

I am fully qualified and have an up-to-date  
CRB certificate

Contact Irene on 01494 562963

Text 07896 685141

[irenecretchley@hotmail.com](mailto:irenecretchley@hotmail.com)

**Electrician**  
**Steve Thomas**



**Your local electrician**



NIC EIC Approved

Email: [Thomas.electrical@sky.com](mailto:Thomas.electrical@sky.com)

Tel: **07957 568715**



## On the Farm

In mid-July we were not over impressed with the weather. The rain had got the grass going again after a couple of dry weeks but the unseasonably cool weather was not what the doctor ordered. The maize loves sunny warm weather it is not impressed with the cold mornings. I know how it feels, having to dress as though it is November in July! The maize was planted late but most of it has reached the unscientific target of 'knee high by the 4th July' so hopefully will push on to be a normal crop, apart from one crop which has badly eaten by slugs despite being protected by slug pellets. The wheat is still quite green. There are many diseases wheat can be affected by, in the grain filling stage we are trying to protect the main leaves from fungus as these contribute to a significant part of the yield of the grain by being able to photosynthesise efficiently.

The end of July and beginning of August has brought in generally warm and dry weather and by mid-August the maize is now six foot high, many acres of hay have been made, winter barley has been cut and we are well into the wheat harvest. Our new grain barn has been finished, see the photo of the first load of wheat being tipped. The cows have been milking well and enjoying grazing throughout the summer. (See photo).

The dairy herd is coming up for a busy period with towards 200 cows expected to calve in July - October. (see picture of Daisy, our only red cow, and her calf called Piglet.) This obviously gives us a large workload looking after the young calves. This time last year we were shut down with TB and so couldn't sell the beef cross calves to other farmers to rear. This year we were cleared in March and so can currently sell them unrestricted, being told by Defra to do a 6 month test again in September. However with one email this may all change! Defra has decided to do a Radial test as someone within 3km radius of us

has had a TB failure. We are expecting a letter to tell us when they wish us to do it, this is leading to anxious letter opening every 3 days when the postman actually comes. These letters are posted first class, I wonder if they would deliver it at all 2nd class!

I have been asked how technology is being used to change and develop farming. Over the next few articles I will write about different aspects of this at Stocken Farm. One piece of equipment that we have recently installed in a passageway that the milking cows walk through daily after milking, is called Herdvision.

Herdvision captures moving 3D images using a small camera based above the cows. These images are coupled to cloud computing to identify problems a cow has before a trained stock person would have, making early intervention treatment more likely to be successful. The cows mobility is recorded on a daily basis, when the system detects the cow is moving differently it sends an alert so we can pick its hoof up and look for a problem which for an example could be a flint stuck in its sole, obviously the sooner its removed the better. The system also monitors the cows body condition. Our nutritionist is able to look at this information to see if their body condition is suitable for its stage of lactation and therefore being fed the correct ration.

Technology is not cheap to buy and often there is monthly subscriptions to pay as well, making investing a difficult decision. The aim is to improve our cows welfare and to assist our stockman, time will tell if we have made a good investment!.

*Richard West*

Stocken Farm





### From the Vicarage

By the time you read these words, a group from St Michael & All Angels Church will have returned from a weekend away at High Leigh Conference Centre, in Hoddesdon, Hertfordshire. (*pictured above*)

The theme of our teaching this year is "Being an outward looking Church", and we will have been stimulated by two Saturday morning teaching sessions by Chris Bull, formerly Vicar of Flackwell Heath, and now Associate Archdeacon in Oxford Diocese.

I have always found time away together with other Christians to be a real blessing – whether it be to attend a retreat, a conference, or other activity. There is something about a shared experience in a restful location that I have always found a special time for forging friendships, as well as being able to meet with God in many different ways.

For some, the highlight of our weekend might have been an autumnal walk in the grounds, the great food and fellowship, the variety of different fun games which Frank Hawkins, our Churchwarden has planned to draw us closer together... For others peace and refreshment might be found in the silence, the sung worship, the teaching, the prayer or the sense of warmth and friendship from spending time together aside from our usual daily lives.

There are some who will have attended, who have been to many previous weekends, and we have some first timers as well, which is especially encouraging.

These same principles of finding fulfilment and meaning in the company of others can apply across all forms of social interests, whether your passion is gardening, walking, the environment, charity fundraising or hang gliding.

Amongst the many lessons we learned as a society during lockdown was how much we need each other. We are truly blessed with a wide variety of societies and clubs within our local community which cater for a multitude of interests.

If you have a passion for something, but cannot find a local club, why not start one up yourself? Passion and enthusiasm can be contagious, whether it is sharing our faith, bird watching or caring for God's creation.

*Rev Keith Johnson*

### Mothers' Union News

The speaker at our meeting this month was William Reid. His speciality is the history of High Wycombe and he gave us a very informative and interesting account of the history of just 3 roads in the town which form a triangle. They were Crendon St, Easton St and Abbey Way. This is to be Francis Dove St after the founder of Wycombe Abbey School. His period spanned the early 14th century up to the present day in an area starting at the railway station and ending at Wycombe Abbey school.

The historical figures involved and the fortunes of the various commercial enterprises that rose and fell in that period was extremely interesting especially to those of us who did not grow up in the town. There were royal visits by Queen Victoria, George VI and our late Queen. The history of what is now Wycombe Abbey School produced some surprises. Did you know that there is an enormous bunker buried very deep beneath the grounds of the school? It was used by the US during WW2 to plan the day-time bombing raids. The ancient remains of a monastery and hospice are the oldest buildings in the town along Abbey Way but are sadly in need of restoration.

*Ann Gee*

## Summer News from Saint Michael's and All Angels

September is often the time for change after the summer. Back to work, back to or moving school, college or university, sorting out the garden and so on.

Many churches celebrate a 'back to church Sunday' on the first weekend. At St Michael's we created 'Ice Cream Sunday', (pun intended) which luckily this year had appropriate weather for consuming cold treats in the Churchyard, whilst catching up with friends. The service was led by the younger members of the congregation, with readings and puppet performances to inform our worship.



On the second Sunday of September the services were followed by a barbecue in the Mothers' Union garden to herald the start of the new school year and send our young folk back to school with all our good wishes. All ages from 1-80 years came to join the send-off and to enjoy the usual range of BBQ food (including veggie options). Gazebos had been set up in the garden to

protect everyone from the expected rain, but in fact they were needed to shelter from the sun. (The rain came later, but the torrents that engulfed nearby villages and caused flooding in Princes Risborough, seemed to spare Hughenden and Naphill).

The Church has been busy over the summer as a very popular venue for weddings, including that of Megan, the daughter of our own associate minister Helen, who performed the marriage ceremony herself: a very special occasion.

Tiny Tots restarted: how the children have grown over the summer! We were able to say a final farewell to some of our school starters who popped in before they began the new stage in their education.

Friendship mornings continue under the leadership, of Helen, after the retirement of long-serving Penny.

The next September event will have taken place before you read this: the Parish weekend away. Many of the congregation will be spending a weekend at High Leigh House in Hertfordshire, a Christian study and conference centre, to listen to thought provoking talks, and share fellowship and worship as well as entertainment and good walks.

*Jane Tyrer*





# *Naphill Christmas Gift Fayre*

---

★ ★ ★ ★ ★ ★ ★ ★

## Sunday 1st December

### 12 noon to 4pm

## Naphill Village Hall

★ ★ ★ ★ ★ ★ ★ ★

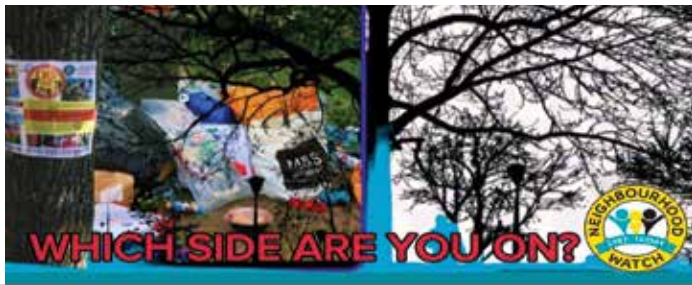


Recently there has been a surfeit of posters appearing in and around our villages. A reminder from Neighbourhood Watch regarding this unsightly practice!

The issue of fly-posting has become a significant concern for local authorities and communities alike. These activities not only deface public spaces but also pose environmental and safety hazards.

### Fly-Posting

*Fly-posting refers to the illegal practice of affixing posters, stickers, or other advertising materials onto buildings, street furniture, or public spaces without permission. While some may view it as a harmless form of advertising, fly-posting contributes to visual pollution and can even pose safety risks by causing obstructions, distractions and nuisance for both road and footpath users.*



***In a nutshell, tucking unauthorised notices under car windscreen wipers, roadside posters, posters pinned to trees, lampposts and telegraph poles are illegal/and are not allowed however good the cause you are seeking to promote.***

Fly-posting is a criminal offence under both the Town and Country Planning Act 1990 and the Criminal Damage Act 1971; each illegal advert can attract a fine of up to £2,500 in the magistrates' court.

**Fly-posting can be reported on the Buckinghamshire Council website so that penalty notices can be issued to anyone involved. You can also report fly-posting on [www.FixMyStreet.com](http://www.FixMyStreet.com)**



Beyond the legal ramifications, fly posting contributes to environmental degradation. The use of non-biodegradable materials and adhesives can damage property; in addition, the removal process often involves harsh chemicals, further harming the environment.



# TIRED OF POTHoles FLY-TIPPING LOOSE PAVING DOG POOP VANDALISM BROKEN STREET LIGHTING?

## REPORT THEM TO THE COUNCIL WITH **FixMyStreet.com**



### Your first step

to a supportive and positive environment where your child can learn and grow.

*"The '5Rs' underpin leaders' aspirations for pupils' behaviour and learning. Staff nurture them to become responsible, resourceful, reflective, resilient and learn to reason. These attributes teach pupils to respectfully challenge the status quo, developing a strong sense of justice and the confidence to think for themselves. Parents comment that this is a school focused on developing kind, responsible children in life" - OFSTED 2020 NOV 2023*

Take the first step, come and visit us and find out more



- Hot lunches
- Forest School
- Onsite nursery
- Wraparound care
- Spacious covered outdoor areas



*"The responsibility that has been thrust upon you, along with the pandemic, has only highlighted the dedication and support you have given and shown, the joy to my child but all pupils equally."*  
- PARENT 2021



*"We can see that the Year 4 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



[naphillandwaltersashschool.co.uk](http://naphillandwaltersashschool.co.uk)



We have enjoyed a very busy summer, welcoming new and regular customers. The weather has mainly been kind so lots of cold drinks and ice creams were the order of the day. Now that autumn is fast approaching we will be reintroducing soup as our special.

At the time of writing, our flowering baskets, planted and tended by Sue and Richard Smith over the summer, are still looking glorious! Many thanks to them again for their kindness in making our terrace look so colourful this summer.

#### A reminder of our opening hours:

Monday to Friday 10am-4pm

(Kitchen open 10-2.30)

Saturday 10am-2pm

(Kitchen open 10-1.30)

**We are closed on Sundays and Bank Holidays**

*Ruth and Dorothy*



## Valley Players

### A tale of two halves!

Fresh from our successful and much appreciated summer time production of Hound of the Baskervilles, Valley Players took all of 48 hours off and then met up to read through the script for this year's Pantomime. It's a modern story by Peter Nuttall called "Alice in Cuckoo Land". All the traditional "Alice" Characters are involved in a tale where the Queen of Hearts hates Christmas and has banned it! Added to which she has imprisoned Santa which definitely means no presents! So will Alice and the gang free Santa and celebrate? Well you will have to book tickets and find out!

That was the first half!

Has it ever crossed your mind that you really fancy having a go at been in Pantomime or indeed strutting your stuff in a murder mystery, a bit of Shakespeare. Or making the audience fall about laughing in a comedy? You could also be backstage making this all happen.

If you do, no experience is required just enthusiasm. Come to a rehearsal on a Monday at Hughenden Village Hall or send a message on our email. We would be pleased to hear from you.

*Andrew Pitman* - Chairman

[contact@valleyplayershughenden.co.uk](mailto:contact@valleyplayershughenden.co.uk)



**HELEN'S  
HAPPY PAWS**

**PET CARE  
TAILORED TO  
YOU....**

**SERVICES  
INCLUDE BUT ARE  
NOT LIMITED TO ...**

- CAT SITTING
- POP IN PET VISITS
- DOG SITTING
- DOG WALKING
- WATERING PLANTS

**TO FIND OUT MORE:  
07747773829**



# Logs for Sale

*seasoned*

Free Delivery

07816 507564  
or  
01844 274096  
dpope1986@hotmail.com



## M A HUNT

painting & decorating



01494 564998  
07775 626752  
hunt.m6@sky.com

27 Saunderton Vale, High Wycombe, Bucks HP14 4LJ

Keep This Number Handy  
You May Need It To Contact...  
Your Local

# ELECTRICIAN

Call Tony on 07944 162958  
or  
Email Tony@plugs.me.uk

**plugs**




*Fettling Land-Rovers since 1988*

# LPME

## Motor Engineering

**LPME.co.uk**

- SERVICING & M.O.T REPAIRS
- DIAGNOSTIC TESTING
- WELDING & FABRICATION
- TYRES, EXHAUSTS & BATTERIES
- RESTORATIONS & REBUILDS
- UPGRADES & ACCESSORIES
- ENGINE & GEARBOX CONVERSIONS
- LARGE STOCK OF USED PARTS

 01494 484694  
contact.us@lpme.co.uk 

Collection from home / work by arrangement

**DEFENDER**  **FREELANDER**  
**RANGE ROVER** *Discovery*

## New Players & Beginners Always Welcome!



**Mens Walking Football**  
Tuesdays  
6.15pm - 7.15pm

**Ladies Football**  
Thursdays  
6.30pm - 7.30pm

Scan above for more information!



Walking Football



Ladies Football



## How Dogs Learn - *The positives of being positive*

In our world at Hunters HQ we believe that the most effective way to train any dog is through positive reinforcement, reward-based training. We focus on how the dogs are feeling and their wellbeing to make sure we can meet their needs and set them up for success.

Dogs are complex but highly intelligent creatures who figure out their world through associations and consequences, whether you intentionally mean to do this.

If your young pup sits when asked, you are going to give them a treat and a very big fuss for a job well done. By doing this, you have just taught them to associate the 'sit' with a nice reward being the 'consequence' – chances are they will try this again to get the same result! Or you pick up your car keys to go out and your dog gets excited. The last time you picked up the keys you went for a nice walk. The car keys resulted in a walk – the association was made, even though in this instance it may have been unintentional!

Learning through association can be a happy experience but it can also be an unpleasant one. Out dated training methods using aversive techniques such as smacking a dog when they do the wrong thing, shock collars, prong collars etc. This still has the same 'association and consequence' outcome. However, when the consequence is an unpleasant experience the dog is more likely to react from a state of fear. It makes them feel unsafe, takes away the dogs agency and their ability to make their own, good decision. Think about it, if I put an uncomfortable amount of pressure on your shoulders and only stopped when you sat down, you would learn to sit, but would be you be feeling happy and relaxed as a result? How would you feel about me? Chances are you wouldn't be particularly keen on me. It would also be unnecessary, unethical and most importantly unkind.

Alternatively, if I you sat on a chair when I asked and gave you cake as a reward, would you feel happy with your achievement? Would you do it again? How would you feel about me? You would probably be happy to work with me again right?

Up to date trainers who continually educate themselves on the latest scientific research and have dog welfare at the forefront of their teachings, will know that the dogs who have more positive experiences will be more confident, feel more enriched and be able to make better decisions. Helping dogs learn how to behave in our world is a process. It can be very rewarding and there really is nothing like creating a bond with your dog where you understand each other, live in harmony and provide each other with positive experiences.

*Laura Varney*

Head of Training

Hunters – Your Dogs Ultimate Holiday

**HUNTERS**  
Your Dogs Ultimate Holiday

**SPECIAL ALERT**  
PREPARE TO SAVE  
£475  
ON TRAINING IF YOU  
JOIN US BEFORE  
OCTOBER 2024!

Interested in running  
your own home  
boarding business  
but don't know where  
to begin?

Join our membership of  
licensed home boarders  
and be a part of the UK's  
latest and most thrilling  
home boarding venture.

We will assist you in obtaining  
your home boarding license,  
equip you with all the  
necessary tools and training to  
kickstart your own business  
quickly. Email, website,  
marketing material, branding  
all set up and personalised to  
you. Flexible membership to  
suit your needs.

For more information, call me,  
Claire on: 07760 383988  
bark@huntersdogholidays.co.uk  
huntersdogholidays.co.uk

35 Blitwell Road, Burnham, Slough, SL1 2DU





Nikki Annable Dip FH MCFHP MSC

## FOR YOUR EVERYDAY FOOT HEALTH NEEDS IN YOUR HOME

General foot health and hygiene  
High risk feet  
Diabetes  
Peripheral arterial disease  
Arthritis  
Fungal infections  
Ingrown toenails  
Corns and calluses  
Verrucas  
Athlete's foot  
Dry and cracked heels  
Sports injuries  
Foot massage  
Cut and file nails

CALL OR EMAIL  
TO BOOK AN  
APPOINTMENT  
TODAY:



07714 207180



annablen324@gmail.com



Groewood Foot Clinic



**ladies & gents**  
award winning hairstylists

*Mike & Maisie*



OPPOSITE NAPHILL  
VILLAGE HALL



07736832052



www.hairvibe.co.uk



@hairvibes\_2019



@MichaelMurphyhair

**watson**  
property finance



**Get in touch today**

# Your local mortgage expert.

Over 28 years in financial services and property related finance.

With **expert, friendly advice** and a **can-do attitude**, we are dedicated to finding the **right property finance solutions** for our clients.

Call us now on

**01494 562399**

**07973 151302**

**andrew@watsonpropertyfinance.co.uk**

- Residential mortgages and remortgages
- Buy-to-let mortgages and remortgages
- Further advances and additional borrowing
- Product switches and transfers
- Second charge/secured loans
- Bridging finance
- Commercial loans and more...

YOUR PROPERTY MAY BE REPOSSESSED IF YOU  
DO NOT KEEP UP REPAYMENTS ON A MORTGAGE  
OR ANY OTHER DEBT SECURED ON IT.

*Andrew Watson*

**Andrew Watson**  
Principal



COMMERCIAL MORTGAGES, SOME BUY-TO-LET MORTGAGES AND BRIDGING FINANCE  
ARE NOT REGULATED BY THE FINANCIAL CONDUCT AUTHORITY (FCA)

Watson Property Finance is a trading style of Andrew Watson which is an appointed representative of The Openwork Partnership  
which is a trading style of Openwork Limited which is authorised and regulated by the Financial Conduct Authority.  
Approved by The Openwork Partnership on 27/02/2024

# THE WHEEL

## Naphill



**Situated in the heart of The Chiltern Hills**

*We are a small traditional village pub with a big heart.*

- Good Beer Guide Since 2008
- Gardens and Covered Areas
- Traditional Pub grub
- Great Atmosphere
- Very Dog Friendly
- Cracking Ale

*Always offering a warm welcome with a good pint of traditional cask conditioned ale and proper traditional pub grub.*

Visit our website: [www.thewheelnaphill.com](http://www.thewheelnaphill.com)  @TheWheel



### Opening Hours

#### Drinks

**Tuesday - Saturday:**  
12pm - 11pm

**Sunday:**  
12pm - 10:30pm

**(Bank Holiday Mondays)**  
12pm - 8pm

#### Food

**Tuesday - Saturday**  
12pm - 2:30pm then 6pm - 9pm

**Sunday**  
12pm - 3:30pm

**(Bank Holiday Mondays)**  
12pm - 3:30pm

*Last food orders are 15 minutes before the advertised closing times.*

**The Wheel, Main Road, Naphill, Buckinghamshire, HP14 4QA Email: [contact@thewheelnaphill.com](mailto:contact@thewheelnaphill.com) Tel: 01494 562 210**

## The Wheel News

The summer has been an amazing time and we have seen you all out enjoying a beer or three in the beer garden, and it has been the busiest August since we came here eighteen years ago. There have also been a lot of staff changes over the past two months, and we appreciate everyone's patience as they have been learning. Kaytee, Kieren and Rosie are doing brilliantly now, but we also have a few more new staff coming in to join us soon.

We are very proud that Rosie and Kieren got the GCSE results that they needed and both Michael (The Scienecman) and Tom (The Zooist) got great results in their A levels and are now off to Southampton and Manchester universities. We wish them luck and I'm sure they'll be back at Christmas.

Talking of Christmas it is now that time when people are planning their parties and celebrations. We have got our menu all done and we are running it like we did last year. The traditional Turkey Roast will only be available on

Sundays, and we have six Christmassy specials that will run throughout December. As always, we do advise you to book your table so as not to be disappointed, especially as the days and nights turn colder and we can only seat so many indoors.

During September we took part in the National Cask Ale week and it was great to be able to champion some new breweries and give the locals something different to try.

Here are some dates for your diaries.

- 7th October Curry Week – We will have a range of homemade curries on as specials.
- 2nd November Bonfire night – Can't wait for this amazing event. Please book for tables as we are very busy. We will have 2 sittings for food in the evening 5.30pm and 7.30pm.
- 10th November Remembrance Sunday.

*Mark, Claire and The Team.*



# YOUR LOCAL TIMBER MERCHANT



- Timber & Sheet Materials
- Decking & Landscaping
- Fencing & Cladding
- Gates
- Internal Doors
- Flooring Showroom
- Fixings & Ironmongery
- Sheet Cutting Facilities
- Retail & Trade Welcome
- Collection or Delivery

**YOU CAN ALSO  
ORDER ONLINE!**

## The Timber Group

**01494 521421 | 27 Victoria Street, HP11 2LT**

Open Monday to Friday 06.30am – 17.00pm

[www.thetimbergroup.co.uk](http://www.thetimbergroup.co.uk)

Follow us on Facebook  Instagram  LinkedIn 

## **SPICER** PLASTERING SERVICES

### Your Naphill Resident Plasterer

All types of internal and external plastering undertaken including:

- Artex ceilings re-plastered to a smooth finish
- Damp problems rectified
- Rooms re-skimmed

Over 30 years  
experience

Fully insured

For a **free** quotation  
or advice contact

**Ian Spicer 01494 562958**  
or **07973 553960**  
e-mail [i.spicer288@btinternet.com](mailto:i.spicer288@btinternet.com)



## **SUTTONS**

PROPERTY MAINTENANCE

### **ALL GENERAL MAINTENANCE WORKS CARRIED OUT**

**PATIO SPECIALIST  
WALL & FLOOR TILING  
PAINTING & DECORATING  
PLUMBING  
FENCING  
BLOCK PAVING  
GUTTERS CLEARED**

Call Trevor for a Free Estimate  
No Obligation - No Call Out Fee  
E-Mail: [suttonsproperty@aol.com](mailto:suttonsproperty@aol.com)  
Tel: 01494 638953  
Mobile: 07754 948743



## THE EXHIBITIONISTS present their CHARITY CHRISTMAS ART FAIR

at

*Holy Trinity Church, Bledlow, HP27 9PD*

where we will be raising funds for

'Hearing Dogs for Deaf People', Holy Trinity Church, Bledlow and 'Positive Life Kenya'.

Friday 1st November 4-9pm

Saturday 2nd & Sunday 3rd November 10-4pm

### The Exhibitionists: Where Art and Community Flourish

The Exhibitionists have meticulously curated an impressive collection of work from local artists and crafters, transforming an ancient space into a magical, aesthetically rich, and creative arena. The atmosphere is inviting, catering to all the senses with visual feasts, delightful scents, intriguing textures, and delicious tea and cake provided by our catering partner, Elcie's Pantry. Immerse yourself in this convivial atmosphere, enjoying not only the art but also the sensory delights that accompany it.

### Christmas Wine Tasting Events

Adding to the festive spirit, we are offering Christmas Wine Tasting events with 'Lloyd's Wines'. Under the expert guidance of Simon and his team, you can confidently choose celebration beverages that perfectly complement your Christmas fare. Tickets £3

*To book your ticket please contact us on  
[info.at.exhibitionists@gmail.com](mailto:info.at.exhibitionists@gmail.com)*

### Giving Back to the Community

Since our inaugural show in 2021, we are proud to have donated over £5,500 to a selection of charities. Beneficiaries include *Thames Valley Air Ambulance, Positive Life Kenya, Ukraine to Chilterns CIO, Wycombe Homeless Connection, St Paul's Church in West Wycombe, and Holy Trinity Church in Bledlow.*

### Join Us at Holy Trinity Church

We warmly invite you to our latest exhibition at Holy Trinity Church, where we continue our mission of supporting the community. This event will raise funds for the church and other deserving charities. Come and experience the magic, support local talent, and contribute to worthy causes.

Email: [info.at.exhibitionists@gmail.com](mailto:info.at.exhibitionists@gmail.com)

Instagram: [artexhibitionists](https://www.instagram.com/artexhibitionists)

FB: THE EXHIBITIONISTS

[www.artexhibitionists.co.uk](http://www.artexhibitionists.co.uk)



## NAPHILL & WALTER'S ASH RESIDENTS' ASSOCIATION QUIZ NIGHT

**Friday 18th October 2024**

**Naphill Village Hall**

*Doors open 7pm Quiz starts 7.30pm*

*Popular local Quizmaster PETER OXBROW*

*Teams of up to 6*

**Tickets £15 per head (price held from last year)**

**Includes hot supper with a vegetarian option PLUS!**

**Quiz Prize, Raffle**

**and Cash Bar**

**Tickets from Susan Bickerstaffe 565161**

**email: [smbickerstaffe54@gmail.com](mailto:smbickerstaffe54@gmail.com)**

## Naphill & Walter's Ash Residents' Association

I'm pleased to report that once again the villages did well in the Best Kept Village competition with our score of 191/200 earning us a Certificate of Merit. We're not 'chocolate box' villages but it's good that we have a reputation for keeping our surroundings looking neat and tidy. Thank you for your support. Even the lager can lout in Louches Lane has mended his/her ways! It's also encouraging to note the dog warden has been around and warnings have been issued to owners for not clearing up behind their pooch.

By the time you read this it will only be a few days before our popular annual quiz night. If you haven't already got a ticket please contact Susan Bickerstaffe [smbickerstaffe54@gmail.com](mailto:smbickerstaffe54@gmail.com) or 01494 565161. See you there!



Best wishes

*David Frost*

Vice Chairman



# A. MAY FLOORING

## SERVICES



### Independent Hard Flooring Installation Specialist

- \* Engineered & Solid Oak Wood Flooring
- \* Herringbone & Chevron
- \* Laminate & Luxury Vinyl Floors
- \* Fixed or Floating
- \* Sub floor preparation & Skirting Boards
- \* Supply and/or fit only
- \* Site visits and free quotations

I'm Recommended on  
**myBuilder**.com

Call Alex 07868594191  
maysflooring@yahoo.com

Your Local Naphill  
Flooring Specialist



**Stump Grinding  
On-Site Log Splitting  
Garden Clearances**

**Call or WhatsApp: 07427410011  
Email: info@stumpd.net**

**www.stumpd.net  
Kieran Geggus  
Based in Naphill**

FIND US:    **Yell**

### BUILDING PLANS & PERMISSIONS



ZACHARY DESIGN

**07711043244 • zacharydesign@btconnect.com**  
CHARTERED DESIGNERS • LITTLE MOSELEY HOUSE • NAPHILL • HP14 4RE



## Naphill & Hughenden Scout Group

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



Naphill Scout Group is the local Scout group covering Naphill, Walters Ash, and Hughenden. We are dedicated to developing the skills and knowledge of young people in the local community. Our Headquarters are based at the Naphill Scout Hut, which is behind Naphill Village Hall. We offer a range of activities and programs that help young people develop their physical, social, and emotional skills. We believe that every young person should have the opportunity to learn and grow, and we are committed to providing a safe and supportive environment where they can do this.

We can only facilitate this aim with our team of volunteers. This team includes our Trustees who deal with the running of the group, our Chairperson, Treasurer, and Secretary, along with the uniformed leaders who set up the meetings and activities, (full training is given and expense are covered) and our assistant volunteers help with running the sessions. Everybody working with our

young people supports the safe guarding rules and all are DBS checked. We very much welcome people who can bring their expertise to scouting in either training or support roles. We currently have a team of around a dozen volunteers who make the five sessions a week run but we cannot sustain this without people like you sparing a few hours a week.

The amount of joy we see in our young persons' faces when they push their own boundaries makes the whole scouting experience worthwhile. This was especially evident at our recent Longridge water day when 36 Cubs and Scouts enjoyed raft building, SUP, kayaking and dragon boat racing.

If you would like more information, please contact John Huddleston (Group Scout Volunteer) for more information, to chat or meet up. [john.huddleston@Naphillscouts.org.uk](mailto:john.huddleston@Naphillscouts.org.uk)

## Princes Risborough Bowls Club

And so another playing season has concluded. The 25 Club friendlies played, up to 15th September, resulted in 15 wins and 10 defeats, including Ladies fixtures. We maintained our place in the Bucks County Cup, which was won by the mighty Gerrards Cross, who also played a major part in securing 5 National Titles for the County at Leamington in the Aviva National Finals. Our Club competitions Finals weekend was played over two weekends due to the weather, but saw some very good games of bowls. Club Champion for a third successive year was Del Behenna. Full results and reports can be found on our website:

[princesrisboroughbowlsclub.co.uk](http://princesrisboroughbowlsclub.co.uk)

On the social side, the Club will be open on Tuesday afternoons and Friday evenings throughout October until March. Why not come along and introduce yourself? There will be Bingo sessions on the first Saturday of each month, 7.30 start, commencing on October 5th. All are welcome. Again, more

details can be found on our website. We are always keen to recruit new members to play this most sociable of sports. We succeeded in gaining 31 new members in 2024, both playing and social. If you would like to make new friends and gain valuable exercise and wellbeing, please give Lawn Bowls a try in 2025. No previous experience is required and free coaching will be provided. Mark your calendar now to contact me in March, 2025. I will then be able to arrange a "taster" session as soon as our green reopens in April.

If you have a local business and would like to join our sponsors, giving you a permanent presence on our website and/or an advertising board around the green, then please contact me:

Del Behenna (Recruitment & Sponsorship) on 01844343230 or [d.behenna@btinternet.com](mailto:d.behenna@btinternet.com)

*A warm welcome is assured, we would love to hear from you.*



**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

**REIKI THERAPIST/PSYCHIC TAROT CARD READINGS.** Reiki will aid physical and emotional wellbeing, allowing the body's nervous system to active, detox and balance. Tarot will guide and give comfort. I am also a qualified Teacher of both. Contact Dee 07765884363 or Deebangel43@yahoo.co.uk

**PILATES AND YOGA WITH PAMELA** Local classes am and pm. See full timetable on web site [www.pilateswithpamela.co.uk](http://www.pilateswithpamela.co.uk) Please call to register /for more info Pamela 07759 831706

**LOCKSMITH:** Local Locksmith available 24/7 for emergency repairs & boarding up. Locks supplied, fitted, opened or upgraded. No call out fees, fast response Tel: 01844 274229 (day) or 07702 809477 (night) [www.rpclocksmiths.co.uk](http://www.rpclocksmiths.co.uk)

**MASSAGE:** Relaxing or Remedial. MASSAGE to help alleviate pain in shoulders, neck and back etc. Experienced therapist offering therapeutic, deep tissue, sports or acupressure massage. Home visits possible. Pamela Wilson 07759 831706 (ITEC/FHT registered).

**HAIR STYLIST.** Fully qualified and experienced. Offering hairdressing in the comfort of your own home or come to my fully fitted salon. Also, **Crystal & Reiki Treatments** [www.crystalheartandsoul.co.uk](http://www.crystalheartandsoul.co.uk) Call Sam on: 07843257689

**CRICKSIDE - YOUR LOCAL DECORATOR.** For all your painting and decorating requirements. Reliable, tidy and trustworthy. For a quality finish and efficient service, please call 07547 445268 or email [contact@crickside.co.uk](mailto:contact@crickside.co.uk)

**NEED HELP IN CUTTING YOUR HEDGES AND GRASS.....**call Dave on 07971324817. *This is not a business, it is just to help elderly or disabled folk keep their garden under control.*

**TK PLUMBING & ELECTRICS.** For all your plumbing and electrical needs. City & Guilds qualified. No job too small. All work guaranteed. References can be supplied. Call Tom on 01494 580518 or 07716 440916.

**THE ROOFING PARTNERSHIP** Provides a modern, professional and friendly service. Call William White for your Roofing requirements, free estimates and advice! TEL 01494 355187 MOB 07832 146427 EMAIL: [william@theroofingpartnership.co.uk](mailto:william@theroofingpartnership.co.uk)

**LOCAL WINDOW CLEANER** Friendly professional service & Fully insured. Cleaning windows the traditional way. Also available, Solar Panels, Conservatory Roofs, Gutters, Fascia & Cladding Cleaning. Supported by The Princes Trust. Call Mathew 07979150155 Email. [powell.cleaning@hotmail.com](mailto:powell.cleaning@hotmail.com)

**HIGHCLERE IRONING** Your local professional ironing service, using state of the art professional grade equipment. Free local collection and delivery within Naphill and surrounding areas. I provide a 24 or 48 hour turnaround. Contact Liz on 07890 056696

## Canine Cutz



### Dog Grooming

- Shampoo and conditioning treatments
- Clipping
- Scissor trimming
- Nail clipping
- Anal gland expressing
- Ear plucking and cleaning

*We offer extended opening hours, a late night on a Thursday and the occasional Saturday morning. Delivery and collection Service is available at a small additional fee.*

**01494 443349**

[www.canine-cutz.com](http://www.canine-cutz.com)  
[info@canine-cutz.com](mailto:info@canine-cutz.com)

**High Street, Downley, HP13 5XJ**



## Our News

September marks the start of the u3a's 'New Year'. We've lots of exciting things happening in the year ahead. We already have many visits planned, a full programme of guest speakers for our monthly General Meetings.

Appropriately, in September, we launched a new Hand Bells Group. Our photograph shows members already rehearsing with Andrew, our Convenor, for their contribution to our Christmas event, to be held as usual, in Naphill Village Hall. We are also expecting our Ukelele Group to make their usual appearance although we do not expect both Groups to be playing at the same time!

In September a visit took place to the RAF Cosford Museum, bringing back memories to many of our members who had served in the RAF. Appropriately on October 23rd our Guest Speaker is talking about High Wycombe's contribution to Aviation.

Other regular Groups at Naphill Village Hall include Rummikub, Quiz, Computer and Discovering Art with many others in local Halls. Following on from the successful visit to the Penguin Collection - reported in the last edition of the Gazette - we have been able to

arrange a second visit in November to other special collections held at Oxford Brookes University. This time we will be majoring on their Cookery Book Collections including the work of the distinguished cookery writer Jane Grigson (1928 -1990).

Our members cannot also believe how fortunate we are to have brilliantly researched talks on the stages in the Earth's development, put together by our professional convenors and guest speakers including Jill Eyres, Buckinghamshire's own Geologist and Archaeologist.

Finally, in the last edition of the Gazette, we featured our 5-day holiday to Devon. Our holiday in June 2025 virtually sold out the week it was launched.

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](mailto:gilliamph@aol.com)

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

FB: [facebook.com/hwdu3a2022](https://facebook.com/hwdu3a2022)

*Paul Gillam*



Architectural Design  
Interior Design  
Planning Applications  
Building Regulations

Retsof Design

[hello@retsofdesign.com](mailto:hello@retsofdesign.com) 07985 478563 [www.retsofdesign.com](http://www.retsofdesign.com)



## Clean and Tidy Decorators

All aspects of the trade internal and external protection, preparation, painting and paper hanging  
Locally based, professional, friendly and reliable  
With over 30 years experience



'Quality work without cutting corners'

Call Steve: **07932749510** alternatively  
email: [cleanandtidydecorators@gmail.com](mailto:cleanandtidydecorators@gmail.com)





# BIRDS BATHROOMS

*"PROFESSIONAL,  
PUNCTUAL, HONEST  
AND RELIABLE"*

07743858031  
BIRDS-BATHROOMS.CO.UK  
LUKE@BIRDS-BATHROOMS.CO.UK

f /BIRDSBATHROOMS    @BIRDSBATHROOMS



CHRISTINA BOHANE FITNESS  
HELPING BUSY PEOPLE BE  
HEALTHY | STRONG | LEAN

Are your fitness goals suffering because you lack motivation, energy or time?

Book your **FREE** 15 min consultation today  
[www.christinabohane.com](http://www.christinabohane.com)

to see if a **personal** or **group training** programme using my proven **SISU** methods are right for you

Unleash SISU, the energy and strength you didn't know you had.

info@christinabohane.com  
07740880966



**Superior Cleaning and Application of Protectors**

- Domestic and Commercial
- Carpet, Upholstery, Leather, Curtains
- Modern & Oriental Rugs
- Tile & Grout/Stone Flooring
- Anti-Allergen Treatment
- Specialist Stain Removal
- Wood Floor Refinishing

**Paul Brooker**

35 Place Farm Way  
Monks Risborough  
Bucks HP27 9JJ

T: 01844 346379/344735 M: 07866 376934  
E: [jjjp@uwclub.net](mailto:jjjp@uwclub.net) W: [www.extremeclean.co.uk](http://www.extremeclean.co.uk)



**MOBILE REPAIRS  
AT A FRACTION  
OF BODYSHOP  
PRICES**

Ask Revive! to look at your bodywork today.

Bumper Scuffs • Car Scratches • Alloy Wheel Damage

For a free quotation, contact Byron:  
**01494 490072**  
[Byron@revivehighway.co.uk](mailto:Byron@revivehighway.co.uk)  
[www.revive-uk.com](http://www.revive-uk.com)

letting new standards in mobile car care

Twitter Facebook Instagram YouTube




**Toddle In Group**  
nurturing curious minds

**Brand new  
nursery  
at  
Naphill & Walters  
Ash School  
NOW OPEN!**

# Speen Pilates

**ONES TO ONES ON STUDIO EQUIPMENT  
GROUP MAT CLASSES (MAX 5)**

Pilates aims to enhance your posture, strength and flexibility, body tone, stamina and general fitness whilst releasing unnecessary tension.

For more information and details of group classes go to [www.speenpilates.co.uk](http://www.speenpilates.co.uk)

All covid 19 social distancing guidelines and safety measures implemented.

**Amanda: 07733 307475**



For more information  
**01494 957196**  
[enquiries@toddleingroup.co.uk](mailto:enquiries@toddleingroup.co.uk)  
[www.toddleingroup.co.uk](http://www.toddleingroup.co.uk)



# COGNITIVE HYPNOTHERAPY



**Time for a new start?**  
**Helping people deal with change.**

*Alison Scott*

Do you know a young person starting a new school or university? Or maybe you're about to change jobs or move home?

Change can feel so daunting. New environments and rising to new challenges do not come easily to most people - however exciting that change might be in the long run. Change as an inevitable part of life and we can learn to embrace it - not avoid it.

## What can help?

- Being mindful encourages us to not look too far into the future and enjoy the moment.
- Breathing techniques calm the nervous system and alleviate physical symptoms, such as a racing heart or stomach aches.
- Positive mental messages help us through being aware of how we talk to ourselves. We need more compassion for ourselves in times of challenge.
- Sharing fears with a therapist or trusted friend will ensure that negative thoughts are balanced by a new perspective. Journaling also helps us to process fears.
- Embracing change is an essential life skill. We can learn to be flexible and enjoy the new skills that change brings. Facing our fears is a necessary part of life and often brings growth, renewed confidence and excitement!

## How can hypnotherapy help?

I have helped many people through significant transitions. Hypnotherapy can reframe past issues and fears and help clients build on all their natural skills and talents.

I use visualisation techniques, breathwork, NLP and CBT techniques as well as teaching clients how to relax mind and body. They become more aware of what they want from life and better able to understand their values and talents so that change becomes more exciting.

I also record bespoke 'word weaves' – recordings that speak to the subconscious mind, reminding it of what it most needs to hear. Some people end up listening to them for years afterwards.

## Special Student Packages

I am offering hypnotherapy packages for students who need additional support going to university, college or leaving home. I can work remotely so there is always some-one to reach out to. Young people away from home for the first time can feel very vulnerable, often facing issues with alcohol, drugs, relationships, loneliness and all the challenges of being away from the security of home.

## Testimonial

*"Working with Ali has completely changed the way I think about myself, hopefully forever. Hypnotherapy has left a lasting feeling that we all have the ability to change for the better. I really can't thank Ali enough for opening up my mind to new possibilities. She has both challenged and supported me, whilst maintaining an incredibly caring and safe space, which is no easy feat when doing this work remotely."* Anon 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:

**07989 535527**

[ali@alisonscotthypnotherapy.co.uk](mailto:ali@alisonscotthypnotherapy.co.uk)

[www.alisonscottcognitivehypnotherapy.co.uk](http://www.alisonscottcognitivehypnotherapy.co.uk)



# RJH Garden Machinery

- Mower servicing and repairs
- Blade sharpening and balancing
- Cultivator servicing and repairs
- Chainsaws/ hedge trimmers etc
- Engine oils

Call Robert: **07799 606949**

email: [robhastie@gmail.com](mailto:robhastie@gmail.com)



Tel: 01844 896035

Email: [contactus@wilsonfamilylaw.co.uk](mailto:contactus@wilsonfamilylaw.co.uk)

Wilson Family Law is a specialist family law firm based in Princes Risborough.

**We offer a free initial meeting to all new family clients** and can assist with the following:-

- Divorce / Civil Partnership dissolution and finances
- Children disputes (including international family law issues)
- Nuptial agreements
- Family Mediation
- Cohabitation disputes
- Domestic violence remedies



**DRAINS & DOWNPIPES**

**ALL ASPECTS OF DRAINAGE & GUTTERING COVERED**

**UNBLOCK – INSTALL – MAINTAIN**

- Blocked drains, toilets and sinks cleared with fixed prices
  - High pressure jetting
  - CCTV drain surveys
- All drain & gutter repairs & maintenance covered
  - Residential & Commercial
  - Fully Insured
- Free quotes, no call out fees
- Friendly, local & reliable



Contact Glenn on:

**Tel: 01494 482465**

**Mob: 07535 644363 / 07950 403094**

**Email: [info@drainsanddownpipes.co.uk](mailto:info@drainsanddownpipes.co.uk)**

**Web: [www.drainsanddownpipes.co.uk](http://www.drainsanddownpipes.co.uk)**

## S.K. Rouse Brickwork

**Extensions, Flintwork, Patios, Fireplaces, Walls, Block Paving, All Trades Supplied.**

92 Chorley Road  
West Wycombe Village  
High Wycombe  
Bucks HP14 3AR

01494 448201

07798 846793

[steve@skrouse.co.uk](mailto:steve@skrouse.co.uk)

**DELUXE ROOFING  
CONTRACTORS  
& SUPPLIERS LTD**



**John Mulry Mobile: 07860 845343**

**\*NEW ROOFS \*RE-TILING \*SLATING \*FLAT ROOFS**

**\*SARNAFIL & SINGLE PLY \*LEAD ROOFS**

APPROVED CONTRACTORS  
FREE ESTIMATES

Binders Industrial Estate, Cryers Hill, High Wycombe, HP15 6LJ

Phone 01494 716184 Fax 01494 717384

Email [johnmulry@deluxeroofing.co.uk](mailto:johnmulry@deluxeroofing.co.uk)

## David Kirtley Electrician, Decorating & Maintenance

*Based locally*

- Fully qualified electrician undertaking all electrical work, including extra points, full re-wire, testing and fault finding
- Specialist high quality decorator, interior and exterior
- All small maintenance jobs.

*References available  
and happy to give you a price.*

Call David

**01494 863051**

**07703 783383**

Email [dvdkrtly@hotmail.com](mailto:dvdkrtly@hotmail.com)



**THE ROTARY CLUB OF**



**PRINCES RISBOROUGH**

## Our News

Our Club was formed in 1981 and currently has 59 members, male and female, ranging from 40 to 80 years old. Of these, 7 have joined in the past year. It is a vibrant organization which meets on Mondays at the Whiteleaf Golf Club for enjoyable and lighthearted evenings, which include a meal and entertainment in a friendly and fun atmosphere which helps build strong relationships - a crucial part of our club's identity. For example we have been twinned with a club in the beautiful town of Wasserburg, Bavaria, for over 40 years and we meet every 18 months alternately here and in Germany. It was our turn to host in September, and we had a great weekend together with 15 German guests. The visit included a guided tour of Oxford and an outstanding dinner for 55.

An important objective of Rotary is to support local, national and international organisations. To this end we run various events to raise money. Over the past few years we have raised over £30,000 annually, the majority of which is donated to local charities and organisations. To raise such amounts requires considerable effort and we try to be both creative and engaging in all we do. During September we supported the Town's Farmers' Market – publicizing a "Hearing Information Day" which was aimed at helping families struggling with the challenges of hearing loss (this included one of us dressed as a large "Hearing Dog"). Many of us were also heavily involved in supporting the Kop Hill Climb, which over the past 12 years has raised over £1,000,000 for charity.

If you would like to be part of this and might consider joining us, visit our website and perhaps come to one of our meetings to see if it might interest you. 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.

You can contact us at: [rcpr.org.uk](http://rcpr.org.uk) or call David White on 07787 750889, or [email: david@dhwhite.plus.com](mailto:david@dhwhite.plus.com)

## Shear Madness



I'm writing this to you from a very eventful holiday! Before we even landed in Croatia I took a tumble and managed to give myself a black eye, since then my husband has been getting very strange looks from people. Funny old weather one day it's hot and the next it's torrential rain and huge thunderstorms but it's still a well earned break away.

Well I must say "welcome back Julian" our much loved postie, as many of you know he's been struggling in recent months and as a good friend of his I have been checking up on him as well as passing on all of your lovely messages so thank you all it's really helped him through tough days and I'm happy to say he's back pestering me to go to the gym.

Clock changes, Halloween and half term so it's a busy month but have fun and stay safe, remember the Halloween code.

So that's me signing off to finish my pina colada.

Love as always

Mandy xx







**PRM SERVICES**  
Property & Garden Maintenance

**Garden Maintenance**

- All general gardening
- Lawn & hedge cutting
- Garden clearance
- Patios
- Fencing
- Decking
- Turfing
- Millboard decking approved installer

**Property Maintenance**

- General maintenance inside and out
- Internal painting & decorating
- Laminate flooring

*“ 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

Based in Naphill, High Wycombe, I believe in delivering excellent customer standards by providing a high quality, reliable and personal service. I am fully insured and both private and commercial contracts welcome.

**Call or email Paul for a free quote.**

**07808 056109 / 01494 563784**  
**p.munday@hotmail.co.uk**

 Follow us on Facebook (facebook.com/PRMservices)

Take the right direction  
with expert financial advice



▶ We provide a comprehensive wealth management service, offering specialist face-to-face advice tailored to you. Our services include:

- Investment Planning
- Retirement Planning
- Inheritance Tax Planning
- Intergenerational Planning

For further details please contact:

**argent**  
CHARTERED FINANCIAL PLANNERS

Tel: 01494 257 856 | Email: [nick.barber@sjpp.co.uk](mailto:nick.barber@sjpp.co.uk)  
[www.argentwm.co.uk](http://www.argentwm.co.uk)

H2SJPO090 01/20

# NAPHILL LOCAL MINI MARKET



**Post Office**

- Newspapers & Magazines (home delivery available)
- Lottery
- Fresh fruit & vegetables
- Freshly baked bread, rolls, sweet pastries & hot savouries available daily
- Frozen food & ice creams
- Organic & Gluten free products

- Refillable Bio D washing up & fabric conditioner
- Stationery & mailing products
- Greeting cards
- Beers, ales, spirits & wines
- Wide range of everyday grocery essentials
- Postal services, free cash withdrawals & cash deposits

**19 Main Road, Naphill, High Wycombe HP14 4QD**  
**Tel: Post Office: 01494 562173 Shop: 01494 563125**  
**Email: [Naphilllocal@outlook.com](mailto:Naphilllocal@outlook.com)**





# Conservatories by POG



**Replace your old conservatory roof with a  
Guardian Warm Roof and enjoy your new  
garden room all summer (and winter!)**

**Conservatories, Orangeries, Garden Rooms, Windows,  
Doors and Home Extensions.**

Aluminium, Hardwood, Softwood or PVCu.

*Based in High Wycombe, Buckinghamshire*



**[www.paynesofglass.co.uk](http://www.paynesofglass.co.uk)**

**Triple Glazing Specialists - No Extra Cost**

**Call us now on - 01494 565526**

**Email us at - [paynesofglass@live.com](mailto:paynesofglass@live.com)**



A person with short, wavy blonde hair is seen from the back, looking at a display of eyeglasses. The display features several pairs of glasses with different frames and lenses, some of which are illuminated by bright, rectangular lights. The background is dark, and the overall scene is focused on the eyewear.

# SEE BETTER

JACKSON & Co



247 Main Road, Walters Ash // 01494 564600