Great Kingshill Residents' Association Newsletter



Spring 2022



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Front cover photograph: Daffodills at Waddesdon Manor by Chris Goodfellow

Welcome to the Spring edition of the GKRA Newsletter

Hello, and welcome to the Spring edition of your newsletter.

A number of GKRA members have been busy trying to find additional local businesses to help sponsor the newsletter by advertising in it, but we would still be happy to include a few more. If you are considering placing an advertisement you might like to know that the newsletter is distributed to almost 1000 houses in Great Kingshill and Cryers Hill and so reaches a wide local audience. Just contact us on the email below for more details.

One thing that goes without saying is that the newsletter is only as good as the articles that are written to go in it, so please consider writing something that you think would be of interest to others in the local community. I'd like to say a very big thank you to those who regularly contribute to it as we couldn't produce this without you. Thank you also to our regular proof reader who inevitably picks up some error that would otherwise slip through.

As always a couple of points to note – the views expressed in this newsletter are not necessarily the views of the editors or the GKRA committee, and the editorial team reserve the right to edit copy as they see fit. We do not have an unlimited number of pages, so hope that you will understand if your contribution has been shortened in order to fit it in.

gkra.newsletter@gmail.com

Looking forward to hearing from you; copy for the next edition is required by the end of April 2022.

Jackie

RESIDENTS' ASSOCIATION OFFICERS

CHAIRMAN SECRETARY TREASURER John Golledge Andrew Hodge Shirley Challis

chairman@greatkingshill.org thedairyhouse25@gmail.com shirleyannchallis@gmail.com

Diary of Events

Saturday 12th March Quiz (Village Hall) Tables of 8

email shirleyannchallis@gmail.com to

book your place.

Jubilee Weekend Friday 3rd June Village Picnic on The Common

Please look out for posters around the village and on the notice board by the pedestrian crossing for more details and confirmation of dates.

Chairman's Report

May I start by wishing you all a happy New Year!

You may by now have heard that there have been mass resignations on Hughenden Parish Council, such that the Parish Council is now inquorate and is being governed by appointees from Buckinghamshire Council until it can be reconstituted. I am assured however that the acting Chief Clerk Helen (Mel, the previous clerk has also resigned to take up another post elsewhere) is able to continue with business as usual with regards to arranging activities such as grass cutting etc. However, no new decisions can be made until the situation has been regularised. This is obviously an unfortunate situation and I am sure the Council would be pleased to hear from anyone who is willing to step forward to be considered as a replacement councillor to help get things back on an even keel.

Turning to more pleasant matters, this year is of course the platinum jubilee of the Queens accession to the throne and to mark the event we are proposing to hold a village picnic on the common on Friday 3rd June. Before that, following the very successful quiz in the autumn we will be holding another village quiz on 12th March — save the date and start planning your teams. Personally, I am hoping to avoid the wooden spoons this time!

In the last issue, I reported that an application had been made to develop the Fittalls Yard site in Spurlands End Road with high density housing. I am pleased to be able to report that this application has been refused by Buckinghamshire council, although as always in these cases we can expect the developers to submit a renewed application for a slightly different scheme and/or to appeal the decision. We have won the battle, but not yet the war!

I am also delighted to be able to report that someone has come forward to look after the associations social media so you should shortly start to receive e-mails about forthcoming events and other matters of interest to the village again (please register to receive these if you have not already done so) and see updates to our website and facebook pages. Thank you Richard.

On one final note, some of you may have noticed the purple barriers around the roads in Prestwood branded with the logos of "Swish Fibre." This is because Swish are installing a full fibre network to households in Prestwood and Great Missenden (and, I understand also Hazlemere) and a local villager has made enquiries of them with regard to similar provision in Great Kingshill. Apparently they are willing to install full fibre to the village if there is sufficient demand, so if you are frustrated by the slow download speed we currently receive due to the "last mile" copper wires, please get in touch on chairman@greatkingshill.org and we will try to co-ordinate a response to get this organised.

John Golledge – Chairman GKRA



Great Kingshill Village Hall Your Community Centre

As we gradually come out of COVID-19 induced hibernation, bookings at the hall are becoming busy again: a wide range of regular activities for the local community, from dancing and fitness to craft groups and sit & sew. See https://greatkingshill.org/index.php/village-hall ('Regular events at the hall') or the poster on the village notice board for a full list of these activities, with times and dates, and organisers and their contact details.

The hall also provides a flexible and inexpensive venue for children's parties, birthday celebrations – in fact parties and events of any sort. For further information and to enquire about booking, please contact us on 07792 199151 or email: gkvillagehall.bookings@gmail.com.

The hall has a new promotional video online and an easier to manage new bookings system, making it easier to manage – to check calendar availability and make a booking visit http://gkvillagehall.org/ to create your account with Hall Master.

This year we again hosted the village Remembrance Service, with wreath laying. The service was well attended, and even with some coronavirus restrictions we were able to have the usual refreshments and socialising inside the hall afterwards. However, it was noted that without being able to stop traffic on the road outside the ceremony not only lacks the dignity it deserves but it can be dangerous having a crowd of people on narrow pavements. For 2022 we plan to hold the ceremony inside the hall with a video link to the wreath laying.

Finally, the Friday Coffee Mornings at the hall -10:45 every week - continue to provide a great opportunity to meet others locally and enjoy refreshments (tea/coffee and home-made cakes) in a safe environment. We look forward to seeing you there.

Peter Jackling Chairman, Great Kingshill Village Hall











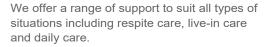






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CHAMELEON SINGLES GROUP

At our AGM in January, we started looking forward to organising more events this year where members can meet up both inside and outside. Cautiously we look forward to 2022 without the restrictions of the past due to the pandemic which have limited our activities. We are planning to re-start our days out over the spring and summer months as well as doing more of the events which members enjoy such as walks and meals out. A few days away on a short break is a possibility too!

We will continue to have a social evening via Zoom once a month for those who are unable or do not wish to go out at present. Our Friday Lunch Club has moved from the first to the second Friday of the month. This works better with the calendar where on one or two occasions the Pub Night held on the last Thursday of the month was on the day before the lunch event.

Our new programme for March and April is already beginning to fill up and we were able to add a few extra events to our February programme. This included an Elvis tribute night and a walk in West Wycombe Park to see the early season snowdrops. We are currently looking forward to taking part in a Quiz Night and early spring would not be the same without the annual pancake night held at a member's home. As always, our members put forward and host all events run by Chameleon which gives a variety of events to suit almost everyone in our bi-monthly programme.

If you are single, 40-60's, looking for a great social life and new friends then why not give us a try? There are no strangers at Chameleon, just new friends to be made. We have several local people from Great Kingshill, Widmer End, Hazlemere, Prestwood, Great Missenden and surrounding areas and you would be very welcome too. To find out more call our membership secretaries Terrie on 01494 445816, Trevor on 01494 529067 or e-mail: info@chameleonsingles. org.uk. Visit us on-line at www.chameleonsingles.org.uk for more information and our current programme or connect with us through Facebook.

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Naphill Village Hall

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Great Kingshill Village Hall

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Whither The Weather

On 22nd January it was St Vincent's Day. The traditional rhyme goes on to say:

Remember on St Vincent's Day
If that the sun his beams display
'Tis a token bright and clear
Of prosperous weather all the year.

In the days just gone the sun had often shone, but the skies that day remained obstinately grey. So no prosperous weather beckons this year ... but hang on a second ...

On 25th January it was St Paul's Day. What do his followers say?
If Paul's Day be fair and clear
We shall have a happy year.
But if we have but wind and rain
Dear will be all sorts of grain.
If clouds and mist do mark the sky
Great store of birds and beasts will die.

The skies that day remained obstinately grey. That was also the day I gave up weather forecasting. It's too depressing. In any case, in this era of altered climate and extreme weather, can we expect these adages of past centuries to apply any more, even if they ever did? If it rains on St Swithin's Day, we are supposed to have rain for 40 days – but such a long period of rain has never been recorded in England since records began. (Although nowadays I would not bet against it.) Hanging up seaweed does actually work, but only because it is telling you what the weather is at that moment (which you can see for yourself, anyway) and if it's dry enough to desiccate the algae, it will probably stay dry for a little while, and if it's sufficiently humid to make it soft, there is a good chance of rain continuing.

The only old saying that seems to have some scientific basis is "Red sky at night ...", at least as long as the weather is coming from the west (as it

does most of the time in this country). Something to do with dust in the atmosphere causing the red sunsets and such a dry atmosphere being associated with an advancing high pressure system.

Red skies, however, are for many people these days – western USA, South Africa, New South Wales, Brazil, Indonesia, China – a sign of out-



of-control fires destroying whole forests and eco-systems, fanned by unusual winds at inopportune times over parched land. Even in this country, known for its middle-of-the-road moderation, we have had the Dorset heaths aflame increasingly frequently, while disastrous floods occur more often and much of the coast is crumbling into the sea, which itself is also rising. There can no longer be any doubt that the climate is changing, we are seeing it change even in our home patch with mild winters, tempestuous springs, both droughts and downpours over summer. There is nothing that can be done now to prevent global temperatures rising another degree in the next decade or two, upsetting global weather patterns and ocean currents, destroying glaciers and polar ice-fields. The contours of our coast will change dramatically as

sea-level rises. If the Gulf Stream is disrupted, the system that brings this country such mild weather compared to its latitude will disappear, and we shall experience a climate more like Labrador or Scandinavia.

That is if we can limit the rise in temperature to what is already inevitable. If governments across the world do no more than talk the talk but carry out business as usual – which they seem determined to do (release of carbon is rising, not falling) – then the future is bleak indeed. No, we shall not have prosperous weather. Yes, great store of birds and beasts will die. You do not need a piece of seaweed to tell you that. And red skies at night may come to represent something quite other than shepherds' delight.

Tony Marshall



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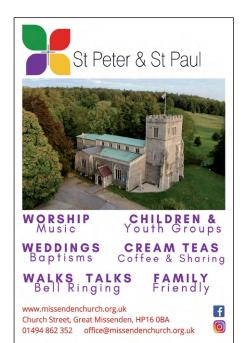
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Land Of Fire And Ice

Recently we travelled north instead of south for a holiday; and while the UK was basking in an early heatwave, we were piling on the layers in an attempt to keep warm in Iceland. Reykjavik, the capital, is a small city by western standards and it is easy to get to most places on foot. It is a mixture of old and new — the traditional houses with brightly coloured corrugated iron roofs contrast with the new modern Reykjavik such as Hallgrimskirkja and the Opera House overlooking the harbour. Icelandic food is delicious — lots of fish and grilled meats. Many of the restaurants are quite small and family-run; we preferred these to the more upmarket fine-dining places. We found a pizza restaurant with its own micro-brewery upstairs, and a very homely fish restaurant with just three choices on the menu, all of which were superb.





Iceland is a land steeped in history and folklore; it has one of the world's oldest parliaments — the Althing or General Assembly, which was founded in 930AD and which until 1798 still met in the National Park at Thingvellir. The site of the meeting place was at a rock called Logberg and is now marked by a flagpole.

The Park is easily reached from Reykjavik; it has a stark otherworldly natural beauty. The road follows the rift valley between the American and Eurasian tectonic plates; it is possible to stand with one foot in each continent. The valley is a lava field, the product of a now extinct volcano which last erupted 9000 years ago. We walked past a troll cave

– there are many stories of elves, trolls and fairies in Iceland. In fact, otherwise straight roads have been diverted around rocks known to be frequented by the Huldufolk or hidden people, (including the ring road around Reykjavik). The narrow Oxara (Axe River) tumbles over rocks as it flows through a gorge and into the lake. We returned to the park late at night in the hope of seeing the Northern Lights but were not lucky enough to see them – maybe next time. However, the view of the stars and the Milky Way seen in a truly dark sky made up for the lack of the aurora (almost).







Beyond the park it is not far to the famous Gullfoss Waterfall, Kerid Crater and of course, Geysir. Gulfoss (Golden Falls) was in full flow with the melting snow, the River Hvita dropping a total of 30m in two falls with the promise of a rainbow across the river in good weather. The café near Gullfoss serves a warming lamb stew, very welcome after the freezing temperatures at the edge of the waterfall. Geysir is an active volcanic area with hot springs and pools of almost boiling blue water. Strokkur emits a 30m spout of hot water every few minutes and with it a challenge to get a photo at just the right time. Kerid Crater is beautiful, a near perfect circle of deep blue water within a 70m deep crater, believed to be formed by a volcanic gas explosion at least 3000 years ago.

The coastline is also spectacular; we travelled as far as Vik with its black sand beach and three sea stacks known as the Troll Rocks. The cliffs above the beach are home to nesting seabirds such as kittiwakes and puffins. There are also many waterfalls crashing down from the rocks and glaciers above. We also took a trip whale watching; this was easily the coldest I have ever been. Four hours on deck in the wind and snow





may have had something to do with this; even wearing a padded suit designed for the fishermen it was unbearably cold, but we did see some harbour porpoises, a couple of minke whales and puffins flying in for the breeding season. One place that is a "must" to visit is the Blue Lagoon. OK, so it is a bit touristy and crowded but the experience of swimming outside in hot water in the snow is one not to be missed! Towels, facial mudpacks and a drink (beer or wine) are all included in the price and there is no time limit on how long you can stay. Don't forget to take advantage of the free hair conditioner before you go in; I forgot, and by the time we got back to the hotel I looked like a scarecrow. All the dissolved minerals had crystallised in my hair and no amount of washing seemed to get it all out! However, what makes your hair a nightmare makes your skin feel soft and conditioned, so not all bad.

All in all, it was an excellent few days away and we are looking forward to returning sometime soon.

Rose Meech



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Cycling with The Chiltern Hills Member Group

Why not join your local Cycling UK member group this spring and summer for a ride in the Chilterns? If you do not wish to do a full ride then you are welcome to come part way or come along to one of our Sunday coffee pots at cafes local to our area.

Full details of all our group rides and coffee meets are on the website and there is sure to be something for everyone of all ages who wants to get out on their bike. For our coffee pots and easy paced rides virtually, any bike will do. Just wear comfortable clothing, bring a drink and if you have one a spare inner tube just in case! Our friendly and helpful rides leaders will make sure you enjoy your first ride with the group and no one gets left behind whatever your pace. Both pedal bikes and e-bikers welcome.

Other than rides we have a monthly Zoom social on the 1st Thursday and a clubroom at Little Kingshill usually held on the 3rd Thursday of the month with interesting speakers and slideshows except in July & August. We also have a summer BBQ held at the end of June.

To find out more visit our web site below which also has details of our other South Buckinghamshire groups that ride midweek as well as Sundays. More general information about Cycling UK and membership can be found at www.cyclinguk.org and on Bike Week which takes place from 6th to 12th June 2022 at www.cyclinguk.org/bikeweek

Our Bike Week evening ride takes place on Tuesday 7th June at 7pm meeting at the White Lion, Cryers Hill. Just turn up on the day.

Web: www.southbuckscycling.org.uk Chiltern Hills Rides Secretary Cilla Gosnell 01494 863679

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Hormones Affect Everything!

Oestrogen affects everything!! in fact about 400 different functions in the female body. Everything also affect hormones so we can start to get some control of the situation, such as....

- muscle strength
- mood
- libido
- skin
- bladder function
- digestive health
- bowel function
- soft and connective tissue.

So if oestrogen isn't working well (usually oestrogen dominance) that's when we start to get problems. Progesterone declines faster so we are left with an excess of oestrogen. We then start to worry about weight gain and hot flashes but we should be more concerned about bone health, cognitive issues (e.g. dementia), sleep function, brain health and heart health.

Social factors are often more predictive than biological factors when developing symptoms. All life choices will affect hormones, sleep, stress, exercise and nutrition. We need to build resilience in all our systems NERVOUS-IMMUNE-ENDOCRINE, we can't look at any in isolation. They are all talking to each other, primarily through the gut, a key part of our nervous system.

Oestrogen can change cardiovascular health and affects the bones, osteoarthritis and osteoporosis (weakening of the bones) are more common post menopause. One in two women over 50 will experience a fracture, due to osteoporosis, during their lifetime.

For women more important than obesity or level of activity is bowel and bladder control, all big drivers for lower back pain in women!

There is so much more that we could talk about as every system of the body is affected, I could go on all day! There is also a lot we can do to naturally rebalance the hormones to keep control and stay as symptom free as possible. Eating a healthy, balanced diet (reducing sugar, caffeine, alcohol and avoiding processed and spicy foods etc.) and getting regular exercise such as cardiovascular (walking, swimming, running, HIIT) and muscular strength and endurance training (weights or resistance) will really help but will also give you better quality of life.

For on-demand exercise programs specifically designed to help peri to post menopausal women visit www.meno-strong.com or follow @meno. strong on instagram.

For local classes visit www.onyxhealthandfitness.co.uk

Thank you for reading. Alison Lacey



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Great Kingshill Cricket Club

SENIOR TEAMS

The 1st XI will be playing in the Berkshire / Chiltern / Mid Bucks Championship in the 2022 season starting on Saturday May 7th with an away fixture against Downley with a home game against Holmer Green the following Saturday. The 2nd XI also start their season on May 7th, with a home fixture (at time of writing fixtures not published) playing in Division 2 of the Mid Bucks Cricket League.

In preparation for the league matches two pre-season friendly fixtures have been arranged on April 23rd, the 1st XI playing Holmer Green at home and the 2nd XI away to Widmer End against Widmer End.

The Sunday team, which play friendly social matches, start their season on April 24th at home to Missenden Misfits.

We welcome new playing members and hope that the Sunday XI will encourage those that are "lapsed" cricketers to don the whites and play in a more relaxed and social environment, whilst at the same time help some of our talented youngsters into the transition to senior cricket.

When finalised the fixtures will be listed on our website:

www.greatkingshill.play-cricket.com

Indoor net practice is currently being held on Sunday evenings at the Sports Hall at Wycombe High School on Sunday evenings from 7pm to 9pm for our senior players. Outdoor net sessions for our senior players will be on Thursday evenings on the common from 6pm to 8pm starting on April 14th. As ever, new players are warmly welcomed and can either just turn up at a net session or contact the club through our facebook page.

JUNIOR SECTION

Our Junior Section continues to flourish and we will be arranging fixtures in all age year groups from Under 9 to Under 19.

The outdoor coaching and training sessions are starting on April 24th as follows:

- Under 6 to 8 (School years 1, 2 and 3) Sundays 10am to 11:30am
- Under 9 to 11 (School years 4, 5 and 6) Sundays 10am to 11.30am
- Under 12 and 13 (School years 6, 7 and 8) Sundays 11.30am to 1pm
- Under 14 and 15 (School years 9 and 10) Mondays starting on April
 25th from 6.00pm to 7:30 pm
- Under 17 and Under 19 age groups will be training alongside our seniors on Thursday evenings from 6pm to 7:30pm

In 2021 we had 243 junior and youth cricketers participating, ran 10 junior teams playing 68 matches and were able to provide a girls team in the U11 age group for the first time.

In organising this programme we are very fortunate to have Chris Chilton as our Junior Chairman for age groups U6 to U13 backed by an army of volunteers from club members and parents.

ALL STARS AND DYNAMOS CRICKET

We have been very successful in the previous 6 years with our association with the ECB in providing All Stars and Dynamos cricket.

- All Stars Cricket provides a fantastic first experience for all children aged 5-8 years old where they're guaranteed 8 weeks of jampacked fun, activity and skills development. The programme is designed to introduce children to the sport, teaching them new skills, helping them make new friends and have a great time doing so.
- Every child that registers will receive a backpack full of goodies.

The child's pack will include:

- Backpack
- Cricket bat
- Cricket ball
- Personalised t-shirt with the child's name
- All children returning to All Stars will receive a kit bag, a set of stumps, a new ball and a personalised t-shirt.

Further details on both All Stars and Dynamos and how to register your interest in these programmes can be found on the following link https://www.ecb.co.uk/play/all-stars

Let us hope for some sunny weather and a Covid free summer!

Keep Burglars At Bay

There has been quite a sharp increase in burglaries in the Wycombe Police Area so everyone needs to do as much as they can to make sure they aren't targetted. Please take the time to look into your home security:

- Do you have working exterior lights that automatically come on during the evening?
- Do you make sure you property is locked and secured before leaving, even in a rush?
- Do you have CCTV even a fake one?
- Do you use a timer switch for internal lights (rooms rather than hallways) and for a radio?
- Do you have a TV simulator to make it look as though a TV is on?
 If you need any of these items contact your Neighbourhood Watch coordinator.

The police are continuing to patrol the area to help reduce the burglaries. If you see anything suspicious or need to report an incident please report to 999 emergency, 101 non-emergency or fill out a webform by going onto our website https://www.thamesvalley.police.uk/

Prestwood Area Community Transport

Why an article about a Prestwood organisation when we are living in Great Kingshill some of you may ask? But the clue is in the second word 'area.' Prestwood Area Community Transport (PACT) covers an area centred on Prestwood but encompassing the surrounding villages including Great Kingshill.

PACT exists to meet the needs of those without their own transport who are unable otherwise to make arrangements to visit hospital or other medical appointments. It is staffed entirely by volunteers and relies on the community it serves for support. Most journeys are to appointments at Amersham, Wycombe and Stoke Mandeville hospitals, although we also take people to the John Radcliffe hospital at Oxford and other specialist hospitals when needed as well as to local doctors' surgeries, dentists, opticians and other clinics.

If you are in need of transport to an appointment, please contact us on 07968 641427 (please give at least 48 hours' notice, more is appreciated), letting us know of any special needs and we will do our best to arrange transport for you with one of our fully DBS checked volunteer drivers. All we ask is that you make a donation to cover the driver's expenses (guidance can be given on this).

If, on the other hand, this is something you feel you would like to support by volunteering to drive on an occasional basis, please contact us on the same number — typically drivers will be asked to do 1 or 2 journeys per month and you can always refuse a journey if you are not available (milage expenses will be paid). We are especially keen to hear from new volunteer drivers at present as the NHS have been issuing a large number of routine appointments to catch up following the pandemic and some of our volunteers have had to retire over the last two years.



Happy 2022 from Hughenden Street Association!

A new year is like a blank canvas. We may have some plans – who knows if they will pan out! Optimism is generally high although considering recent events in Parliament this is being surely sorely tested. More locally Hughenden Street Association is delighted to report on some positive changes that will, we hope, make a real difference locally. The demise of the Hughenden Neighbourhood Action Group is a fantastic opportunity to bring together like-minded residents and to pool resources. The activities of the Group will continue with greater clarity around 'who does what'. Here is a summary:

Speedwatch and parking – Hughenden Parish Council's Road Safety Working Group will resume responsibility

Criminal activities including cons & scams and anti-social behaviour — Hughenden Street Association in partnership with Neighbourhood Watch will work closely to raise awareness and to encourage reporting to the appropriate statutory bodies including Thames Valley Police. Tips and suggestions across a wide range of these activities regularly appear in the weekly Association newsletter. If you would like to receive a copy directly into your mailbox simply send an email to hughedensa@gmail. com and you will be added to the circulation list.

Litter picking – the Association will continue to encourage this as part of its environmental agenda and working closely with interested groups across the Parish. We have litter picking equipment which can be borrowed. Just contact Stan Jones for more information: stan.jonestheelectric@btinternet.com

You may be aware that there are now two Pub Lunches being organised by the Association: one in Hughenden Valley at the Harrow and the other at The Wheel in Naphill. Held on different Wednesdays we would like to extend an invitation to Great Kingshill residents to come along. Who knows we might be able to organise a lunch in the Kingshill area if someone volunteer to help!

The Harrow – first Wednesday of the month. Contact: Anne Smart, 07970 037419

The Wheel – third Wednesday of the month. Contact: Susan Bickerstaffe, 01494 565161

Booking is essential and lunch is served at 12.30pm.

DOING OUR BIT FOR THE ENVIRONMENT

To start 2022 as we mean to go on the Association is promoting a 'book swop' as part of its environmental agenda. Book reading increased during the pandemic and there are doubtless many books occupying a shelf (or a box!) that someone else could enjoy. Our idea is to encourage an old-fashioned book swop. Would you be interested in volunteering to make this happen in your community? Perhaps village halls would host the events as this is a great way to engage with residents. In Great Kingshill this could perhaps be tied in with the weekly coffee café. If you as an individual or village hall or indeed Residents' Association would like to explore this idea, just send an email to Hughenden@btinternet.com with you contact details. A virtual meeting will bring together everyone interested in getting involved.

Hilda Stearn Communications Co-ordinator Hughenden Street Association E: hughendensa@gmail.com

P: 07808 229476

Pipers Corner Students Have HOPE For The Future Of Their Community

A group of students at Pipers Corner have made it their mission to take responsibility for how their actions affect their community. The Helping Others Protect the Environment (HOPE) group is formed of students ranging from Pre-Prep right up to Sixth Form, each devoted to making a difference to their environment. As the only UK school to have an Environmentalist-in Residence; a dedicated member of staff who brings a wealth of knowledge and experience in leading environmental issues across the globe, the students of Pipers Corner are highly equipped to make positive changes.

Here's their story: "The HOPE team was set up in 2019 to help channel many of the students' interest in creating a more sustainable future. "Helping Others Protect the Environment" is a message which we believe encapsulates our view of aiding our local community, in and outside of school, to understand the importance of protecting our planet. Our Environmentalist-in-Residence, Mr Williams, has empowered us to take responsibility for how our actions have the power to affect the world around us.

To establish where to focus our attention, we undertook an audit of the School's environmental impact. In groups we researched aspects such as our electricity usage, recycling process and how we were protecting the local wildlife. From this information we have been able to implement changes based on our findings and have recently launched our Sustainability Campaign which focuses on three central actions; a paper reduction scheme, energy saving scheme and becoming a litter-free campus.

When the HOPE group first formed in 2019, we organised a Green Week which has since become a yearly event alongside our annual Earth Week. Through these events we focus on respecting the environment and other people and host environmental workshops for students from Pipers and other local schools.

We have previously held a no paper day as well as a 'Swap Shop' where students could swap an item of clothing they no longer used, raising over £900 which we donated to Rainforest Concern. This amount was enough to sponsor the protection of 18 acres of tropical rainforest and was the biggest single donation to the charity by any school in the UK that year. More recently, members of HOPE have attended virtual lectures – most notably a talk on the impact of plastic waste in our oceans, organised by The Guardian – which have generated more ideas and discussions about how we can change our environmental impact for the better.

We run an annual Environmental Pledge scheme where we asked members of the School community to make one pledge to change something at home that will have a positive impact on the environment. The take up of this challenge is always impressive, previous pledges include planting British wildflowers to support pollinators and purchasing locally grown produce to reduce food miles.

Each year group within HOPE focus on different environmental issues, organising events for their year group that they believe will have the most beneficial impact. The Pre-Prep team have been instrumental in making a difference, winning the national Eco Schools Green Flag. Other year groups have been considering the impact of fast fashion and how we can make the decision to choose long lasting, sustainable clothing, whilst others have been thinking about water and its importance in our global eco-system.

Ultimately, we hope that by helping others to protect the planet, we can make real environmental changes, not only for ourselves but for generations to come.



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Home Grown Autumn Bedding Plants and shrubs. Sept - Nov

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OPENING TIMES

SUMMER

Tues-Sat 8.30 - 5 pm Sunday 9 - 1 pm

CLOSED MONDAY

WNTER

December

Tues - Fri 8.30 - 5.30 pm Saturday 8.30 - 5 pm Sunday 9-1 pm (some Sundays till 4 pm and May Bank Holidays)

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