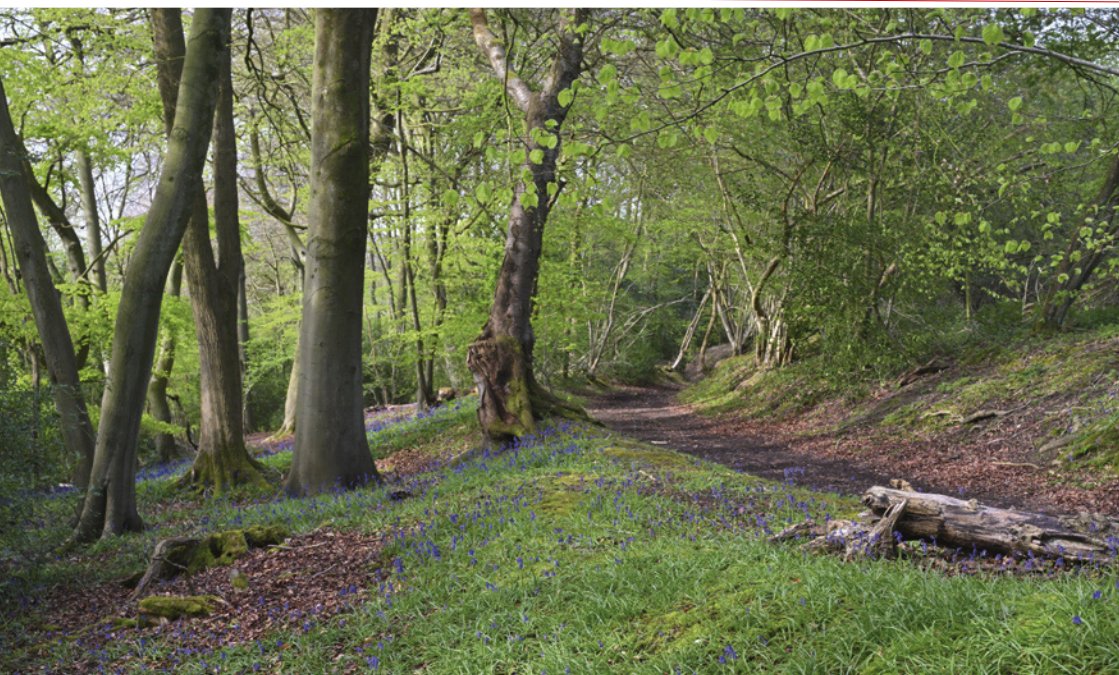


**Great Kingshill
Residents' Association**
Newsletter



Summer 2024



The poster features a blue background with a string of colorful bunting flags at the top. A green crown icon is positioned to the left of the text 'Great Kingshill Residents' Association'. The main title 'SUMMER PICNIC ON THE COMMON' is in large, bold, white capital letters, followed by 'Sun 14 July from midday' in a slightly smaller white font. A yellow-bordered box contains the text 'Bring a picnic and enjoy the company of friends and neighbours at this community event'. Below this, a list of activities is provided, each accompanied by a small photograph: 'Bar & BBQ at the cricket club' (a photo of a bar), 'Live music' (a photo of a band), 'Dog show' (a photo of a dog show), 'Great Kingshill bake-off competition' (a photo of people baking), 'Children's races' (a photo of children running), 'Fairground rides' (a photo of a fairground), 'Bouncy castle' (a photo of a bouncy castle), and 'Tombola' (a photo of people sitting on the grass).

Great Kingshill
Residents' Association

SUMMER PICNIC ON THE COMMON

Sun 14 July from midday

Bring a picnic and
enjoy the company
of friends and
neighbours at this
community event

Bar & BBQ at the cricket club

Live music

Dog show

Great Kingshill bake-off competition

Children's races

Fairground rides

Bouncy castle

Tombola

Contents

1	Editorial and Residents' Association Officers
2	Diary of Events and GKRA Committee Report
5	Village Hall Report
9	Hughenden Street Association
11	Robins by Tony Marshall
13	GK Village Hub News
14	Great Kingshill Bake Off
20	Why Should We Exercise?
22	Who Is The Man On The GKCC Flag? by Reg Free
23	Village Hall Regular Events
24	Chameleon Singles Group
25	Hughenden Parish Council
27	Great Kingshill Combined School
29	Neighbourhood Watch

Front cover photograph by Chris Goodfellow:
Bluebells in Gomms and Bubbles Wood

Welcome to the Summer edition of the GKRA Newsletter

Dear Reader,

Summer is here, but it doesn't look much like it as I'm looking out of the window at the pouring rain! We are keeping fingers crossed that July 14th is going to be sunny as the GKRA are organising another summer picnic, which I'm hoping you will be able to come along to and enjoy together with friends and neighbours. We have music, a bar and BBQ courtesy of the cricket club, a 'fun' dog show, tombola (sponsored by Keegan White), fairground rides, and more. There will be a Great Kingshill Bake Off competition (see page 14 for details) so why not try out your baking skills? I hope you have already seen the advert on the inside cover, but look out for more details nearer the time when advertising starts to go up around the village. Put the date in your calendar now!



Many thanks to Andrew Hodge for organising the village litter pick early in May, and thank you to all who came along to help. In addition a huge thank you to Alexia at the Binders Yard Cafe who supplied everyone with well earned bacon rolls. What a treat!

Please take a look at the article by Paul on the next page that puts into context what the GKRA do. Maybe it will encourage some of you to join us.

Jackie

gkra.newsletter@gmail.com

RESIDENTS' ASSOCIATION OFFICERS

ACTING CHAIRMAN	John Golledge	chairman@greatkingshill.org
SECRETARY	Shirley Challis	shirleyannchallis@gmail.com
TREASURER	John Holwill	john.holwill@gmail.com

Diary of Events

Sunday 14th July
from midday

Great Kingshill Summer Picnic

Friday 1st November

Bonfire and Fireworks

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

GKRA Committee Report

As we currently have no chairman we have no usual chairman's report, but instead a general report written by a member of the committee:

As Committee Members we are often asked about the Great Kingshill Residents' Association (GKRA) so hopefully this will answer those questions and perhaps a few more.

GKRA is a voluntary organisation, and unlike many residents' associations, there is no membership fee. As a result all residents are automatically members and therefore the GKRA represents the interests of everyone in the villages, not just paid up members. In addition, every household receives a copy of the GKRA newsletter.

Aims and Objectives

The aims of the GKRA can be summarised as looking to enhance the quality of life in the village and promoting and protecting the interests of residents.

To deliver these aims the objectives can be summarised as:

- Make representations to the various authorities and bodies to reflect the interests of residents.
- Take active steps to promote and encourage the 'community spirit' by, for example, organising social activities within the villages of Great Kingshill and Cryers Hill.

Current examples of such representations are the installation by Hughenden Parish Council of facilities in the Old Allotment site off Common Road so that it can be fully enjoyed by our members, and that before any re-development work is undertaken on the Junior Playground on the Common, that residents are fully consulted.

The next social activity is the Summer Picnic on the Common on 14th July; more details later. Please make a diary note that the fireworks evening event will be held on Friday 1st November. Dates for quizzes and the Christmas Carols evening are announced nearer the time.

Planning

Being in an area of outstanding natural beauty (ANOB) the Association is diligent in representing residents' interests on planning applications, not just on the major submissions such as Hoppers Farm and Binders Yard, but the smaller developments that can have significant impact on the local community. By maintaining a planning fighting fund expert advice can quickly be sought by the GKRA, ensuring there is no delay in taking up the interests of residents as effectively as possible.

Association Financials

Without a membership fee community events are the Association's only major source of income, although not all are to raise funds, such as the Coronation picnic last year.

For the last few years a grant has been received from Hughenden Parish Council towards the cost of producing this newsletter, which is very much appreciated.

With support from Pipers Corner School, we will be donating a commemoration 'Coronation Bench' for the Common so that residents can enjoy relaxing as well as watching the Great Kingshill Cricket Club playing in the summer. The time capsule put together at the time of the coronation will be buried underneath this.

Environment

GKRA look to encourage residents to have an active involvement in protecting our local environment, be it protection of trees and open spaces or village clean ups such as occurred on 6th May.

At key road junctions throughout Great Kingshill there are large metal

troughs of summer flowers maintained by the Association.

GKRA recognises that speeding through the villages is a major concern of members. The Association actively supports the Community Speed Watch scheme by encouraging members to take part, providing speed detection equipment to enhance the capabilities to register speeding vehicles.

GKRA Committees

With an AGM in September and the Committee meetings held in the Hughenden Parish Council Office every first Monday of the Month (apart from August) residents have the opportunity to share their concerns. Sub committees are established 'as and when' necessary for entertainment events, pressure groups etc. Members are co-opted onto committees throughout the year, so please come along if you are interested in joining or have a topic that you would like the GKRA to consider.

Communications: Magazine and Web Site

Two-way communications with residents is a key concern of the Association, so apart from the ability to attend Committee meetings, residents can submit articles for potential inclusion in the quarterly GKRA newsletter that is delivered to every household. This can only happen thanks to a dedicated team who organise and deliver these to every door. A huge thank you to our volunteers who make this happen. A new GKRA web site will be seen later this year.

We hope this information has given you an insight into the activities of the Association. With the help of more volunteers as either committee members or helping with events, we could do so much more.

On behalf of the Committee, I would like to thank all those residents who have been involved collecting litter in the village clean up, helping organise the Picnic on the Common and crewing the stands at the fireworks event.

If you would like to be involved and take the Association forward please use the email link: info@greatkingshill.org

Paul Nicholls

Great Kingshill Residents' Association Committee



Great Kingshill Village Hall Your Community Centre

From the Great Kingshill Village Hall Team

First Aid demo charity event

The Village Hall held a very successful first aid demonstration in April which was well attended by residents. Thanks everyone for coming and for those who donated to the Thames Valley Air Ambulance Service. If anyone has any other suggestions for hall events or speakers that may be of interest, please get in touch.

Join our friendly team

The team is looking for additional skills to help with hall projects. We are hoping to continue a program of improvements at the hall, and would love to involve more people from the village.

We are keen to hear from marketing experts, any tradespeople to help with advice on building improvement projects and maintenance, social media and webpage experts, online collaboration tools (google) and related skills, or anyone with experience in sourcing funding for community projects. The time requirement is not onerous. There are 4 formal meetings per year if you become a trustee. If you have any of these skills, even if you would rather not be a trustee, please get in touch too - we'd love to hear from you.

Please email bookings@gkvillagehall.org

Book Swap

The village hub book swap, located in the bus shelter has gone from strength from strength, so it was suggested to extend this into the village hall entrance. A new book rack has been installed and contains a great variety of books. We welcome the exchange of good quality books for

readers of all ages to enjoy. The hall must keep the exit area clear so we would appreciate if you didn't leave books if there isn't any room in the rack.

Hall space for Hire

If you are looking for a space for an upcoming celebration, a meeting, or a regular activity, please visit the website for information and booking. www.gkvillagehall.org

An updated schedule of regular activities at the hall can be found on Page 23.

ADVERTISE YOUR LOCAL BUSINESS IN THIS NEWSLETTER

We offer very competitive rates with a discount for residents of the village. The Newsletter is distributed to around 1000 households four times a year.

To advertise please contact
gkra.newsletter@gmail.com

Village Environmental Services

Blocked Drains Cleared ~ CCTV Drain Surveys

Fencing ~ Grounds maintenance

Reasonable Rates

No extra charge for evening, weekend or Bank Holiday call-outs
24 hour polite, courteous service

Tel: 07850 635844 – 9a.m. – 6p.m.
01296 624221 All other times

Established 1979

Proprietor: Dennis Cook

Full Public Liability Insurance

Approved member of Trading Standards 'Buy with Confidence',
Friendly and reliable service offering 'peace of mind'



GRACE CARPENTRY & BUILDING



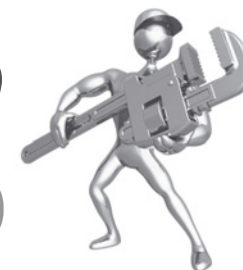
All aspects of carpentry and building work undertaken
A friendly, reliable and trustworthy service

Tel: 01494 482787 Mob: 07725 328 049

Email: grace.gcb@outlook.com

eazyplumb

plumbing & heating



***Serving the community with
Reliable Plumbing & Heating Services:***

- Boiler & Central Heating Diagnostics
- Boiler Servicing & Repairs
- Central Heating & Boiler Installation
- Gas Installations
- Central Heating Power Flushing
- All Domestic Plumbing & Heating

Fully Insured

Highly qualified & registered

Small Family business with 15 years of experience

Telephone Gary on

01494 716408 | 07818 085585

Our Accreditations:



BINDERS CAFE

Cryers Hill

Open 8.00-2.30 Mon-Fri

9.00-1.30 Sat

ALL DAY BREAKFASTS FROM £6.95

**SANDWICHES / BAGUETTES /
SALADS**

COSTA COFFEE / MILKSHAKES

**Eat In / Takeaway /
Collection**

Tel: 01494 504619



BINDERSCAFE



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.

Some startling statistics:

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.

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

Source: We are Clothes Aid.

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 scan the QR code



THE FULL MOON
Pub & Restaurant



Bringing people together is one of our priorities. Our monthly **Pub Lunches** provide the ideal informal setting to meet and chat over a lovely 2-course meal.

Everyone is welcome and if you don't know anyone that will soon change! A warm welcome is guaranteed.

The HSA Pub Lunch is for older residents.

Don't just take our word for it. Here is what some of our pub lunchers say:

'I was a bit nervous at first coming on my own, but I need not have worried. I was warmly welcomed by the organiser and now really look forward to catching up with everyone'.

'I came with a friend and now we both look forward to catching up with our new friends. So much laughter and fun!'

Booking is essential and we look forward to meeting YOU!

Enjoy a lovely 2-course lunch for only £12.00 in the restaurant at the Full Moon, Hare Lane, Little Kingshill HP16 0EE Buckinghamshire



Sample dishes

12.30pm every FOURTH Wednesday of the month

Places must be pre-booked
Contact Janet Booth, 0797 6896219

Robins

In the last issue of this newsletter I talked about the mating display of a robin in my garden. But that was just the beginning.

Shortly after writing that article I began regularly to see two robins together in the garden. Obviously my first robin's efforts had been rewarded. I do not know any way of distinguishing male and female robins by appearance, although they can be slightly different in behaviour (and I think it may be subtle behavioural differences that help the birds themselves to distinguish). On the whole the female remains hidden more often, the male taking the role of advertising ownership of their patch. Then also the male will usually approach the other more gingerly, and she is quite likely to react aggressively if his attentions become too intimate. Later on he will be seen bearing her gifts of gourmet food like a particularly juicy grub.

But love does not always run smoothly. Very early on a third robin appeared, another male. Our female remained in the background – I don't think she was honestly that bothered which one won out. This was the occasion of another display by our male, this time one of threat rather than attraction. He thrust out his red breast and stretched himself as high as he could in a clear sign of "I am bigger than you", even though they looked pretty closely matched to me. This happened several times over the next few days, his weird thin twisted body like an uncoiling cobra, but his pouting breast always to the fore, perhaps signifying "I am redder than thou".

Every time the intruder ultimately flew off and eventually our pair settled down to life in their chosen home and garden (no matter that we had thought it was our garden). He would regularly be heard singing his powerful melodious song high in the hedgerow at the back. My opening the back door to step out into his garden would usually occasion the start of a particularly vigorous burst of song. It sounded beautiful to me but the underlying warning was all too clear. At this time he was just one of several territorial singers in the immediate area, such as blackbirds (one of the strongest and variable of all, with a substantial repertoire) and also a song thrush, who has a particularly sweet voice but tends to repeat itself several times before it can think of another phrase. It

was especially good to hear the latter this spring, as I had seen or heard nothing of this shy bird for several years. All these are residents able to establish territories and nest early before the arrival of that other major group of songbirds, the warblers, return from their long sojourn south of the equator, preferring two summers to Britain's one. As do we if we can afford it.

Our robins will now be laying eggs. Soon I shall only be seeing one at a time again, as the other will need to be covering the eggs and, shortly, the young naked chicks with punk tufts of hair. This is a dangerous time, underlined by the fact that a magpie has just started frequenting the hedge. I do not know where our robins are nesting but the magpies are much smarter in locating them. They will soon have chicks of their own to feed, and they need nutritious substances like birds' eggs and nestlings. There is no room for sentiment in nature. Predation is an essential element of maintaining ecological balance: life feeds upon itself in a self-sustaining cycle fuelled by the sun, the air, rain and earth, the four essential elements of the Greek cosmology. It takes an "advanced" civilisation like ours to muddle it all up with forest fires, polluted air, floods and ripping up the earth with mines and tunnels.

Shall I soon see our robins feeding a ravenous spotted brown newly feathered youngster or two? If I do not, I know they will try again, and maybe next time the magpies will have raised their young and they will not be so assiduous in their search for our robins.



GK Village Hub News

A much needed boost of sunshine was shared by GK Village Hub in the form of sunflower seeds in April. Envelopes were randomly posted through letterboxes and left around the village to be found, as an act of kindness. Hopefully we will be treated to a vibrant display of sunflowers in gardens and focal points around Great Kingshill for us all to enjoy over the summer.

GK Village Hub Facebook page was launched to provide a platform for our community to connect and share ideas specific to our village and to collaborate with other local organisations. Our aim continues to be to nurture the GREAT in Great Kingshill and community spirit. If you are not on social media keep an eye on the noticeboard in our Hub Hut located on the Common or on the village hall noticeboard. You are also welcome to join us on FB and join in the conversation – Great Kingshill Village Hub.

So what have villagers been chatting about over the last few months on our page? The unexpected Aurora Borealis (Northern lights) with masses of wonderful images of the sky above the village, the spring postbox topper and knitted bunting, offers of free plants, lost items reunited with owners, as well as prescription waiting times!

Due to the popularity of our book swap in the Hub Hut this will now be rolled out to the Village Hall. We are delighted the hall trustees liked the suggestion and we are sure this will be a success between us. You simply donate a good quality pre-loved book and select something which catches your fancy from the rack in the foyer.

Lynn and Deb

Co-Founders of GK Village Hub



Great Kingshill
Residents' Association

Great Kingshill Bake Off Competition



Please enter our village baking contest at the Summer Picnic on The Common on Sunday 14th July.

Categories

Under 12 years: bake and decorate 4 cupcakes.

12-18 years: bake 4 biscuits or brownies.

Adults: bake and decorate your favourite cake.

Please bring your entries to our stall between 12pm & 1pm.

There's no entry fee but all cakes and biscuits will be sold from 2pm to raise money for Alzheimer's Society and the GKRA.

We have some amazing prizes donated by local businesses including:

Thai Great Kingshill

Peterley Manor Farm

Our judge is professional cake maker Nikki M-Ferguson.





PETERLEY

EST 1800s

MANOR FARM

cafe • farm shop • farm

We are food lovers. We never compromise on quality and always strive to source the best products from the local area and beyond.

Our farming heritage runs through our core values. Peterley Manor Farm is a unique destination on a 40-acre farm, tucked away from the hustle and bustle of everyday life.

opening times

Monday - closed

Tuesday to Saturday - 8.30am until 5pm

Sunday - 10am until 4pm (cafe opens at 9am)

www.peterleymanorfarm.co.uk

Glis Glis Gone Ltd



Directors – Richard and Yvonne Wilding

- ✓ CL02 Licensed by Natural England
- ✓ Fixed Price Guarantee
- ✓ Unlimited call backs at no extra cost
- ✓ Domestic and Commercial Premises
- ✓ Located in Great Kingshill
- ✓ No catch – No fee
- ✓ Fellow – Royal Society Biology



Protect your home from structural and electrical damage. We are the most effective and most humane removal specialists in the Chilterns

Your doorstep Glis Glis Experts

Call us – 07500 412 190 or 07500 663 220

Email – ywilding@outlook.com

Forget the rest – We are the best

UK GARAGE OF THE YEAR WINNERS – 2023, 2022 & 2021
Your Award Winning – Friendly – Independent Garage

½ PRICE MOT*
*Normal MOT Price £54.85
When booked with any Service

ALL VEHICLES WASHED & SANITISED

We will Collect & Deliver Your Car

HILLCLIMB Garage
At your SERVICE

VIDEO EVIDENCE OF ALL WORK

Complimentary Courtesy Cars

MOT | Service | Electric & Hybrid | Tyres | Repairs

17 Littleworth Road, Downley, HP13 5XF

01494 444481

www.hillclimbgarage.co.uk
servicemanager@hillclimbgarage.co.uk

GKRA23/24 THIS ADVERT IS YOUR VOUCHER

KINGSHILL LINEDANCING

Tuesdays 12-3pm
Great Kingshill Village Hall

- Pay as you go, no subscription
- £5 for beginner hour 12-1pm
- £6 for improvers/intermediates 1-3pm
- Come on your own or with a partner
- Dancing helps us keep fit and healthy
- Come and join us – it's great fun!

Contact Robin Springall for details
t 07977 517436 e SpringLineDance@outlook.com
in association with BWDA2000

CREAM TEAS

St Peter and St Paul Church Great Missenden

Sundays 3 to 5pm
until 29th September with music
most weeks and homemade preserves

missendenchurch.org.uk

CHILTERN'S CREMATORIUM

OpenDay

SUNDAY 7 JULY 2024 10AM-1PM

Join us at Chilterns Crematorium for an afternoon of informative talks about end of life hosted by industry experts and bereavement volunteers, who will provide education and insight into death and dying.

No booking is necessary with three repeated sessions throughout the afternoon, 10am, 11am and 12pm.

These talks are open to all in our local and surrounding communities for those who would like to know more about the funeral process.

Additional bookable 30-minute crematory tours can also be included for those who would like to understand the cremation process.

By the end of the session, you will feel confident with the service and care that your local crematorium, funeral directors and more provide.

Please note crematory tour numbers are restricted.
To book a crematory tour or for further information contact us at:
01494 724 263 | chilternscrem.csb@buckinghamshire.gov.uk

BUCKINGHAMSHIRE COUNCIL
CHILTERN'S CREMATORIUM

Call now to book your
FREE measure on
01494 713621

BAY TRACKS

BAY TRACKS LTD - Your local curtain track & pole specialist

- Bay Window Curtain Tracks & Poles
- Cord Operated Tracks & Poles
- Automated Remote/Switch
- Control Tracks & Poles
- Traditional Hand Finished
- Wooden & Metal Curtain Poles
- Roman Blind Systems
- Roller, Venetian & Vertical Blinds
- Room Divider/Cubicle & Shower Systems
- Covered Lathes
- Pelmets & Pelmet Boards Shutters
- Full Measuring, Fitting and Repair Service

We offer a bespoke custom colour match service, matching our poles to any colour of fabric or paint you may have 2 Year Guarantee on all products & 5 Year Guarantee on Silent Gliss products



Unit 16a, Binders Ind Est, Cryers Hill Road, Cryers Hill, High Wycombe, Bucks HP15 6LJ
 ☎ 01494 713 621 ✉ sales@bay-tracks.co.uk 🌐 www.bay-tracks.co.uk

DANCE CLASSES at the Great Kingshill Village Hall

★ PRE SCHOOL BALLET
 ★ CLASSICAL BALLET
 ★ POINTEWORK
 ★ MODERN & TAP

FREE TRIAL LESSON!

TEL: 07841 124 697
 info@annarosedance.co.uk
 www.annarosedance.co.uk

Anna Rose Dance



Why Should We Exercise?

There is always so much on social media, in the news and the supplements telling us why we should exercise. But why is it good for us? What type of exercise should we be doing and how often should we be doing it? Can we trust what the 'fitness influencers' are telling us about what is right?

Physical Health

Exercise offers numerous benefits for our physical health. One big myth is that exercise, particularly cardiovascular/aerobic exercise, will help you lose weight.....it probably won't! It is however important that we stay physically active and do it regularly to improve our heart health and circulation. Exercise practiced regularly will help us to maintain mobility and flexibility which will stop us from getting stiffer in the joints and avoid aches and pains. Strength training will build muscle mass to make us strong enough to complete daily tasks, keep our independence and reduce our risk of injury. It will enable us to move more freely and improve our metabolic rate which can help with weight management. I can't stress enough how important it is to health that we are lifting heavy things or working against resistance (e.g. bands). It will also improve our bone density. Alongside good nutrition this will help us avoid osteoporosis (bone weakening disease) later in life.

Mental Health

Exercise has been proven to have a positive response on mental well-being by reducing symptoms of anxiety and depression. Physical activity releases endorphins (our happy hormones) which will enhance mood and improve self-esteem. It benefits our cognitive function and strength training particularly has been proven to reduce the risk of dementia and cognitive decline as we age. Exercise will also help our quality of sleep, improve our memory, attention, and learning abilities by promoting the growth of new brain cells. It is a healthy outlet for stress and tension by reducing the stress hormone cortisol and increasing the levels of our feel-good neurotransmitters such as serotonin and dopamine...promoting a sense of well-being.

Longevity and Quality of Life

The best one is how regular physical activity will help us live longer and lower our risk of age-related diseases such as heart disease, type 2 diabetes, metabolic syndrome, and some cancers. It contributes to our overall health and vitality and reduces our risk of musculoskeletal issues and pain.

Summary

In conclusion, follow the NHS guidelines for physical activity. Try to do some kind of movement/exertion every day. Do at least 150 minutes of moderate intensity a week. It doesn't have to be the gym or an exercise class, any kind of activity that gets your heart rate up and adds load to the muscles. Reduce your time sitting by breaking up long periods with some kind of movement. Get outside in nature if you're able to, we are fortunate to have the most beautiful countryside around us!

Thank you for reading. If you are interested in joining a class locally or online, or a beginners strength building program please contact Alison on 07813540751 onyxhealthandfitness@gmail.com

www.onyxhealthandfitness.co.uk



Who Is The Man On The GKCC Flag?

A question I posed after my visit to the village last June and a request to the cricket club committee as to why he was not surveying his domain from the flagpole? The answer was assumed to be forgetfulness on the latter point but as to whom the figure alludes demanded further investigation!

After much research of various records, some a thousand years old, plus published information from the Magna Carta Barons Association it would appear our "man on the GKCC flag" was William Marshall the first Earl of Pembroke with a base in Long Crendon. His lands extended far and wide in the south of the country and also in Ireland. Whether he played cricket is not recorded but he was a fearsome knight and many of his lands were won through his sporting prowess.

The ancient remains of a fortified lookout tower exist behind The Harrow Inn covering the three valleys through the Chilterns from Hampden, Princes Risborough and Aylesbury. But there is nothing else to tie William Marshal to the area apart from his base in Long Crendon. He was obviously an important personage in the court of King John and Great Kingshill is lucky to be associated with such a winning character as "Earl William Marshal of Long Crendon".

JRW WOODFINISHING **FURNITURE SPRAY-PAINTING AND SPRAY-POLISHING**

HAVE YOUR OLD FURNITURE PROFESSIONALLY SPRAY-PAINTED BY A LOCAL COMPANY
ESTABLISHED FOR OVER 10 YEARS

WE CAN RENOVATE ANYTHING MADE OF WOOD
(AND SOME THINGS THAT ARE NOT)

FOR FREE ADVICE CONTACT JOHN

01494 510742

07759 458472

Great Kingshill Village Hall

Regular Timetable of Activities

MONDAY

Activity	Frequency/Time	Contact	Phone
Yogalates (over 16s Yoga/Pilates Mix)	Weekly @ 9.15-10.15am	Alison Lacey	07813 540751
Fit for Life (over 60s)	Weekly @ 10.30am	Alison Lacey	07813 540751
Sit & Sew	Week 3 @ 1-4pm	Tricia Lockhart	01494 714764
Body Connections Pilates (Mat based)	Weekly @ 4.45-5.45pm	Rosie Lewin	07932 607116

TUESDAY

Activity	Frequency/Time	Contact	Phone
Ladies Badminton	Weekly 9.30-11.30am	Chris Gould	01494 714566
Kingshill Line Dancing	Weekly @ 12-3pm	Robin Springall	07977 517436
Medley School of Dance (Child/Teens)	Weekly after school from 4-7pm	Alex Sanmogan	07841 124697

WEDNESDAY

Activity	Frequency/Time	Contact	Phone
Niki Gibbs Pilates	Weekly @ 9.30-10.30am	Nicola Gibbs	07949 164613
Great Kingshill Ladies	Week 2 @ 2-4.15pm	Sylvia Briggs	01494 714127
Lotus Flower Yoga	Weekly @ 7.30pm	Davina Hughes	07919 623068

THURSDAY

Activity	Frequency/Time	Contact	Phone
Keep Fit (over 50's)	Weekly @ 9.45-10.45am	Kath Essex	01494 714719
Pilates with Pamela	Weekly @ 11.30-12.30	Pamela Wilson	07759 831706
Dance with Attitude	Weekly 4-7pm	Rebecca Beauchamp	07795 173581

FRIDAY

Activity	Frequency/Time	Contact	Phone
Pilates	Weekly @ 9.30-10.30am	Alison Lacey	07813 540751
Great Kingshill Coffee Club	Weekly from 10.30am	John Capell	<i>All welcome - just drop in</i>
Chiltern Alpine Garden Society	Monthly @ 7.30	Sarah Peplow	s.peplow474@btinternet.com

SATURDAY

Activity	Frequency/Time	Contact	Phone
Sew Crafty (Social craft BYO Project)	Monthly 9-5pm	Julie-Anne Jordan	07711 007269
Chiltern Crafters (Social craft BYO Project)	Monthly 9-5pm	Alison Maclean	07966 149747
Chiltern Countryside Group	Week 1 & 4 @ 2-5pm	Linda Hughes	07792 199151

For further info on hall bookings please visit our hall website

www.gkvillegehall.org

Last updated February 2024



CHAMELEON SINGLES GROUP

The winter months seem to have been extended this year though to April! However, we did manage to get out on one walk in early February from Old Amersham up to the new town on one of the few dry and mild days. We crossed the railway at the only level crossing on the London Underground, saw the model train in the new town and the Martyrs Memorial on the way back down the hill.

Other events since the start of the year have all been indoors. These have included our regular Lunch Club on the second Friday of the month at The Spindle & Thread and the Pub Night held at The Crown in Hazlemere on the last Thursday. For those preferring to stay at home or not able to get out we have a monthly Zoom social. Other events for 2024 have included coffee mornings in Princes Risborough, Hazlemere Golf Club and also the Air Raid Café in High Wycombe. Pancake Night on Shove Tuesday is always popular and we are very grateful to our “chefs” who worked hard in the kitchen so we could enjoy this traditional start to Lent. Of the less usual events we went to the Wycombe Rifle and Pistol Club to try out target shooting on one of their open days.

The club really does have a wide variety of events throughout the year, all suggested and run by our members. We are planning some day trips including one to the coast and to Guernsey. Our walks will continue on a regular basis along with quiz nights, take-away evenings, and the occasional trip to the cinema and theatre. Summer will see us take to a member’s garden for a BBQ or two.

If you are single, 40-60’s, looking for new friends and a great social life why not give Chameleon Singles Group a try? There are no strangers at Chameleon, just new friends to be made. The group has several local people from Great Kingshill, Widmer End, Hazlemere, Prestwood and the surrounding areas and you would be very welcome too. To find out more call Terrie on 01494 445816, Trevor on 07879 332975 or e-mail: info@chameleonsingles.org.uk. Visit the group on-line at www.chameleonsingles.org.uk or search Facebook.



You will no doubt be aware that over several years including during the lock-downs, a backlog of issues built up, and subsequently progress has been limited by the rapid turnover of staff and councillors. We have just had another troubled year retaining staff, with the departure of our clerk Alice after only a few months in post. We had to employ another locum clerk, Philip Truppin, who is very experienced and has been a great help in putting our affairs in order. However, with so much disruption it has been barely possible to do more than essential and urgent tasks, leaving a number of important things that should have been done undone. Because of this lack of activity, reserves that have been set aside for long-planned projects have not yet been spent. However, there is some good news. Thanks to the combined actions of staff and councillors we have made some real progress.

The Garden of Rest has been refurbished including new gates and the allotments put on a far better footing including the reintroduction of an allotment working group all thanks to our administrative assistant Marilyn Heybourn.

We have finally started to make progress on our significant number of open spaces.

We are also contracting to refurbish the two rather neglected playgrounds we own at Great Kingshill and Templewood.

The hedges, areas of grass and trees owned by the parish council have continued to be maintained by our experienced contractors.

The street lights the parish council have adopted in Widmer End now have policies drawn up for their maintenance and for the gradual replacement of ageing lights over the next few years.

Various grants have been awarded within the four wards and we are encouraging new applicants.

We are still short of councillors, having only 9 out of the 15 full complement. This means we might not have as wide a representation as we should, so would welcome any resident wishing to contribute.

We will continue to recruit a clerk and deputy clerk over the next few months, so our complement is up to budget. Then we can build on this base and provide the full service to our residents that they should expect.

Are you worried about the speed of traffic in your area?

If you are and would like to help make our roads safer, why not join your local Speedwatch Group for an hour or two per month or whatever you think is reasonable?

Please go to <https://communityspeedwatch.org> to read more about this initiative which is supported by Thames Valley Police and other Police Forces across the United Kingdom. You will not be alone; currently there are more than 9900 people in the United Kingdom who are involved in supporting this scheme.

If after reading the details you would like to make a difference then why not join your local Speedwatch Group? To do this please go to <https://communityspeedwatch.org> and click on the Register button at the top of the page.

Then click the Join Existing button on the left hand menu

Choose Thames Valley Police Force from the pull down and click Continue.

Choose Wycombe from the pull down and click Continue.

Choose Hughenden Greater Speedwatch Group from the pull down and click Continue

Finally complete your details on the registration form and follow the emailed instructions.

You can help make a difference.

Many thanks

Stan Jones CSW Coordinator, Hughenden Parish Council



At Great Kingshill Church of England Combined School we promote a love of learning with God as our guide in a safe, happy environment. Our school's Christian vision is based on the parable of The Good Samaritan (Luke 10: 25-37) and this, alongside our six values of Love, Courage, Forgiveness, Hope, Respect and Truth, guide us in our vision of 'Aspiring to be our best with kindness, respect and faith.' Being a Good Samaritan is at the heart of everything we do. Our pupils are recognised for 'being a Good Samaritan' and are awarded class points or certificates to highlight that they are embracing our vision.

Our pupils take pride sharing examples of how their peers have shown them love, support or kindness, just like the Good Samaritan. We have monthly Good Samaritan challenges which encourage pupils to support their communities beyond our school grounds. This has included litter picking, supporting others with preparing gardens/allotments for winter, making bird feeders, showing random acts of kindness or making donations to support those in need.

Our April challenge was all about helping to save the bees. We know that bees play a critical role in pollinating trees and flowers and maintaining healthy ecosystems, which are essential for our food production. Bees love to live in natural green spaces, like meadows full of wildflowers and wooded areas, and some of these areas are being replaced by roads and buildings or are used for farming. This means that bees now have fewer places where they can make a home.



As always, pupils have impressed us with their response to this challenge and have been busy planting bee friendly seeds, helping tired bees by feeding them sugar water, purchasing locally grown honey and keeping areas of uncut dandelions in their gardens. In addition to this our gardening club have been busy working on a GKCS bee café!

Great Kingshill CofE Combined School celebrates its 150th anniversary

It is an exciting time and preparations are underway to celebrate this milestone in the school's history in style. As part of our celebrations, we would love to hear from anyone in the village who has links to our school. Our aim is to collect and collate memories from anyone who was a pupil at the school, sent their children to the school, worked or volunteered at the school or has had a part to play in our rich history. If you know anyone who has relocated but would have something to share, please do pass this on to them too. Anything from a paragraph to a more detailed account or photos are welcomed, and we would be grateful for reference to specific dates, names and events to help us piece together a timeline of our school.

If you feel you can contribute, please get in touch!

You can send any memories to us via email: contact@gkcs.school, via post: Great Kingshill CofE School, Cryers Hill Rd, Cryers Hill, High Wycombe, Bucks, HP15 6JP or please feel free to hand-deliver anything to us at the School Office anytime between 08:30 and 15:30 on weekdays. Alternatively, you could scan the QR code to complete the online Google Form.

We look forward to hearing from you.





Flying Frenzy: Fly Posting, Fly Tipping And How To Report Them

The issue of fly-posting and fly-tipping 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, pinned to trees, lampposts and telegraph poles are illegal/not allowed however good the cause you are seeking to promote and definitely includes banners on trees! 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.

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.

Fly-Tipping

Fly-tipping is the illegal dumping of rubbish, whether it's a single bag or a vehicle load of rubbish. It is a criminal offence and punishable by an unlimited fine or imprisonment.

It can be done on an industrial scale, which is happening in police forces

around the Thames Valley, or by small builders emptying their vans. The responsibility to clear up is complicated, whether it's on private land or on public land where the council, and in certain circumstances the police, can also step in.

There is a number to report large scale tipping (over 60 tons or 75 litres of hazardous waste) which is 0800807060.

if you don't know who's responsible for clearing it up, you can report fly-tipping on www.FixMyStreet.com which sends your report to the council department that will get it fixed.

You can also report it anonymously on www.crimestoppers-uk.org or by phoning 0800555111

Local communities can play a vital role in raising awareness and reporting incidents: so lets not avoid talking rubbish!

Email: office@wdnhwatch.plus.com

Facebook: @wycombenhw

Instagram: @wycombenhw



K.J. WINDOWS & DOORS

UPVC WINDOWS & DOORS
CONSERVATORIES
FASCIA & SOFFITS
BI-FOLDING DOORS

ALL REPAIRS, INCLUDING
MISTED & BROKEN UNITS

ALL WORK GUARANTEED

CALL KEITH 07539367200

C J Faulkner & Sons 
Building the future. Restoring the past

Local family run business
established for 60 years
offering but not limited to

- **Bricklaying/Flint works**
- **Landscaping/Fencing**
- **Groundwork**
- **Insurance work undertaken**
- **Garden design**

Tel: 01494 712691

Mob: 07540609260

07774610684

Thameside CARPETS

Of Hazlemere

WITH BOTH DIRECTORS LIVING IN THE VILLAGE FOR
OVER 20 YEARS,
WE ARE YOUR LOCAL FLOORING SPECIALISTS

A FAMILY RUN BUSINESS
ESTABLISHED OVER 40 YEARS

WE PROVIDE AN OBLIGATION FREE
MEASURING AND ESTIMATING SERVICE

VISIT THE SHOP TO SEE AN EXTENSIVE
RANGE OF CARPETS AND LUXURY VINYL

TEL: 01494 711726
www.thamesidecarpets.co.uk
31 Park Parade, Hazlemere, Bucks, HP15 7AA

 **Scott's Elite Landscapes**
your local landscaping company

ALL ASPECTS OF HARD AND SOFT
LANDSCAPING, PATIOS, DRIVEWAYS,
PORCELAIN SLABS, BRICKWORK, TURFING,
FENCING, DECKING, GROUNDS MAINTENANCE,
ARTIFICIAL GRASS, TREE SURGERY

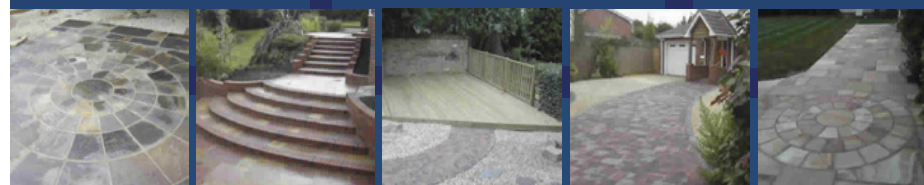
SUPERIOR ATTENTION TO DETAIL
BOTH CONTEMPORARY AND TRADITIONAL
FINISH

RESIDENTIAL & COMMERCIAL

Established since 1997 • References available • Fully insured

07881 820467

www.selandscapes.co.uk



*"Pupils have outstanding attitudes to learning
which underpin much of their academic success"*

Independent Schools Inspectorate 2023

pipers
corner SCHOOL

An Independent Day School for Girls

OPEN MORNING

Saturday 5 October 2024

