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Editors' Letter



We do hope that, as you read this, you are safe and well and able to keep in touch with family and friends.

It seems fair to say that none of us thought that our local community, the country, and most of the world would have changed so dramatically since we wrote our last editorial. These are very unsettling and worrying times for all of us and, whilst we would in no way want to underestimate the seriousness of the current situation, we would like to try and share some lovely positives in this issue.

Since we have been publishing this magazine, we have always found the support from both community and advertisers absolutely wonderful and, when times are tough, our local community and businesses have pulled together. Communities are looking after each other and have set up groups of volunteers to assist those who can't get out.

Many businesses have also offered other services such as emergency call outs, delivery of food or products and others are assisting in any way they can. It's humbling to see and makes us very proud to be a part of it.

As things are changing so fast, there may be content in this issue that is out of date by the time you read it, so please do check directly with the companies or community groups for their latest information. When we get through this, and we will get through it, all local businesses and community organisations will need your support as much as you will need them.

This issue is online only as we took the decision, even before the lockdown, that the safety of our deliverers and all our readers was paramount. We hope to print our July/Aug issue, but we will be guided by the government advice.

Stay safe and well everyone, and a massive thank you to all the NHS and Key Workers who are working tirelessly to help us through. Our front cover is dedicated to them.

Until better times

Jan & Coralie

Information for Advertisers

Copy Deadline: 1st August, 1st Oct, 1st Dec, 1st Feb, 1st April and 1st June.

Advertising rates - from £32 plus VAT per issue (based on a 16th page advertisement on a 3 issue booking).

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Distribution - We print and distribute 24000 Chiltern View magazines and deliver free to homes and businesses in the local area from Stokenchurch/Lane End through to Princes Risborough/Chinnor and across to Thame and Long Crendon and surrounding villages every two months. Full details and map available to view on our website **www.chilternviewmagazines.co.uk**

The magazine is available to view online at **www.chilternviewmagazines.co.uk**

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Jan - Editor



Coralie - Editor



Steph - Production



Connor - Distribution and Social Media

Lacey - Marketing

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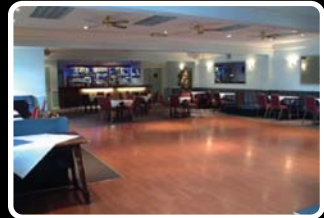
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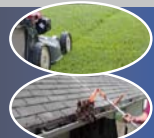
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Community comes together because they 'Love Thame'

Thame Town Council has unfortunately had to close its doors and move all possible operations online as a result of the Coronavirus outbreak.

However, they have been working hard behind the scenes to support a massive mobilisation of the local community that has been led by the Facebook Group Love Thame Helpers. www.facebook.com/groups/lovethame/ Supported by local businesses the group has set up a local telephone support line that allows those who are having to isolate

or those being 'shielded'. The telephone line provides them with the opportunity to request support collecting shopping, picking up medication, or just wanting a friendly chat if they are feeling isolated. Information about this, along with a lot of other information has been delivered through every door in Thame and is also regularly updated at www.thametowncouncil.gov.uk/coronavirus.

The group is now working to try to connect with support groups in the surrounding villages, so that no one local to Thame feels alone or isolated at this time.

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City Breaks - a Weekend less Ordinary

When the world opens up for travel again, the temptation to pack up for a short break will be almost unbearable. But where to go that isn't quite such a well-trod tourist trail?

Here's three destinations that you might not have considered in Europe but that are just a short hop from the UK with flights from regional airports enabling you to get the most out of your weekend.

Lucca in Tuscany is an easy car or train ride from Pisa (Florence's nearest airport) but unlike its two more famous neighbours, Lucca's 17th century walls contain a town far less touristy. Stunning architecture with every major historical period leaving its mark, from Roman and mediaeval times to parks and modern shops, cafes and restaurants. Beyond its walls, there's plenty to charm the visitor in the beautiful Tuscan countryside. Florence and Pisa are on its doorstep too!



Porto on the River Douro in Northern Portugal is, of course, the home of the fortified wine, port. All the major port producers are here and a trip round Taylors, for example, with all



its history and fabulous port-tastings in the rose garden should be as much a part of your trip as sitting in one of the bistros looking down on the river in the early evening. The centre is bustling with cafes and nightlife for those who want it but don't miss out on seeing Sao Bento railway station with its beautiful tiled murals. And for youngsters, there's a Harry Potter connection here too - remember the staircase at Hogwarts? The one that gave JK Rowling the idea is right here in a Porto bookshop!

Vilnius in Lithuania has the largest Baroque Old Town in Eastern Europe. It's a jumble of cobbled streets with bars and restaurants and underground bierkellers. Beautiful Baroque gems like the Palace of the Grand Dukes rub shoulders with more troubling reminders of Lithuania's past under the Nazis and subsequently the Soviets. But now there is a sense of freedom that extends even to declaring part of the city, Uzupis, an independent republic with its own constitution! Explore the markets, try the local dishes or splash out on some Scandinavian fine dining. Climb to the top of the Hill of Three Crosses or Gedimina's Castle for great views over the city.

Our well-travelled consultants can take you on a world of discovery - even if you only have time for a weekend away. Call us on 01844 217228.

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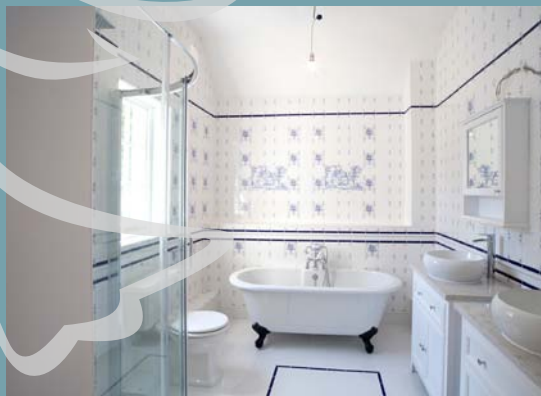
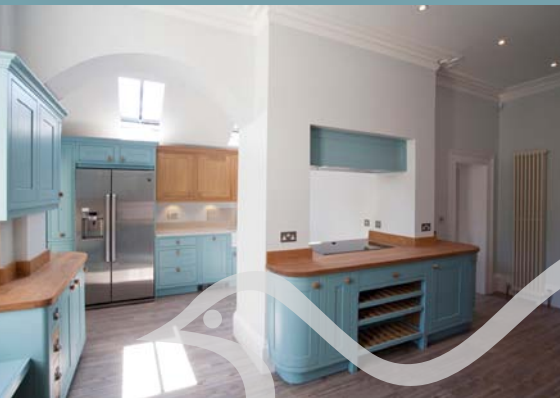
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**Solution on
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3		7	9				4
9			4	2			
	1			7			3
				1	6		8
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		8					





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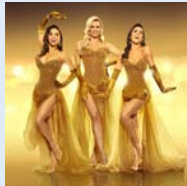
Summer Highlights at Aylesbury Waterside Theatre!

Shows for dance fanatics, music lovers and families are in the line-up this summer at the Waterside with something for everyone.

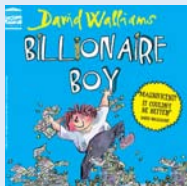
Well-known faces from Strictly Come Dancing come together on one stage in **Viva La Divas** in July.

Janette Manrara, Nadiya Bychkova and **Katya Jones**

bring you a brand-new song and dance spectacular that celebrates what it is to be a diva with performances celebrating the greatest divas of all time including Marilyn Monroe, Judy Garland, Celine Dion, Jennifer Lopez, Madonna and Beyonce.



David Walliams' best-selling story **Billionaire Boy** is a must from 1 – 5 Jul. Telling the story of Joe Spud, the richest boy in the country, this production comes from the award-winning West End producers of Gangsta Granny.



Hang onto your hats, kids. A rocking ride is in store when **Bob Harris & Danny Baker**, two of the nation's best broadcasters, share their great memories (in both senses of that phrase) having been back stage, front stage, at home and on the road with virtually every legend in the business. Make no mistake - rock and soul music really did have a golden age and here's two storytellers who were there all along the way. They got beans. And they're gonna spill 'em on 25 Jul!

If music be the food of love, play on! From a **Celebration of Luther Vandross** on 28 Jun to **Totally Tina** on 2 Aug and **The Rolling Stones Story** on 28 Aug, there are gigs aplenty to while away the summer evenings.

Check online at atgtickets.com/aylesbury for a full list of forthcoming events and book your tickets today by calling **0844 871 7607** (bkg fee. Calls cost 7p per min plus your phone company's access charge)

Competition Time!

Have some fabulous fun time for the family with 4 tickets to see the best-selling **Billionaire Boy** on Wed 1st July at 7pm. Simply answer the following question:

- A) **Roald Dahl**
- B) **Charles Dickens**
- C) **David Walliams**

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COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

1 Make a plan to help you keep calm & stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



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Villages Community Events



May / June 2020

We are sharing these pages as we have always supported our community and will continue to do so, but please be aware that most of these groups won't be meeting at the present time and possibly not for a few weeks. Please do keep an eye on their website for updates, if they have one, or contact them via their email or phone number. All of these community organisations will need your support and we know that you will also be very pleased when they are all back and running as normal. Take care everyone and stay safe x

Hambleton Valley Gardening Club

Skimett Village Hall, RG9 6TD. **7.00pm** for a **7.30pm** start. Our Plant Sale due to take place on **Saturday 2nd May** will no longer take place. Hopefully our Talks will begin again in October. Celia Warren, rcwarren@btinternet.com

Watlington Gardening Club

We have cancelled meetings for the next few months. See www.watlingtongardeningclub.com for more information. We hope to be back with our summer social in July.

Lane End OPAC (a group specifically for 50 plus)

Normally meets on **first Thursday of each month**, apart from January, at **2.00pm** at Lane End Youth & Community Centre, Edmonds Road, Lane End – and hopes to resume when restrictions are lifted. All welcome – contact Jane Osborn (01494 881641 / janemosborn3@gmail.com)

The Friendship Club

St Peter & St Paul's (the Parish Church, Stokenchurch)
We meet on the **first Saturday of each month** and try to do something different each time. Don't spend Saturday on your own - come and join us. All meetings are cancelled for the time being, but please phone Jane on 482880 to find out about future plans.



Downley Gardening Society

All talks start at **8.00pm** at St James' Church hall, Plomer Hill, Downley. Members £1, Non-members, who are very welcome, £2, tea, coffee and biscuits after the talk. The Downley Gardening Society have suspended our meetings and trips until further notice along Government recommendations. We will be up and running as soon as we get the word that it is safe.

West Wycombe Chamber Choir

For further information, and if you would like to join the choir, please telephone 07795 680253.

Lane End Evening W.I.

We meet in the Sycamore Room, Lane End Village Hall at **8.00pm. Last Monday in the month** (excluding Bank Holidays).

All are welcome. Do come along.

Monday May 18th - Magic & Humour - Clive Peacock

Monday June 29th - Rural Life in South Africa - Marcelle Siddal

Please contact Ann Carter 01494 881987 for details

Downley Bridge Club

Every Thursday evening 7.00pm - 10.15pm at Downley Community Centre.

We are a small friendly club and all standards of players are welcome, with or without a partner. Players who have not played in a club before are also welcome. For those wishing to learn bridge no previous knowledge is necessary. Lessons weekly at 6.00pm 01494 530558 or email syme.pat@gmail.com
Website www.bridgewebs.com/downley

STOPAG a group specifically for retired people.

Light lunch followed by a mystery speaker.

A light lunch at **12.45pm** followed by a speaker: Meet at the Youth Area at the Community Centre in Bartholomew Tipping Way, Stokenchurch.

12.45pm - 3.00pm. If transport is a problem, we could arrange to pick you up in the village bus. Contact Joan 01494 483033. Your committee is sorry we cannot meet due to Corona virus but as requested we must avoid gathering together until further notice. Please stay at home and keep safe. Look out for further information in the next issues of Chiltern View.



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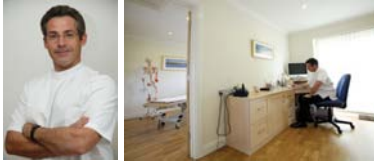
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During the Corona Virus crisis please avoid unnecessary calls and visits to the surgery. Our doors are closed, and we will be completing consultations via video link. To provide a service we need to ensure our staff are protected – there is no bank of clinicians to fill the gaps. Advice can be found on the NHS 111 and our website. Thank you for your understanding.

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Stokenchurch Life Drawing Group

New members sought by small, not for profit, life drawing group. Anyone interested in drawing welcome. Our group has amateurs and art school graduates. **Wednesday afternoons 12.30pm till 3.30pm.** Three-hour session without formal teaching. Pay as you go. £15 per 3-hour session. Email: join@lifedrawingstokenchurch.co.uk

Over 65s Lunch Club Stokenchurch

Held **every third Tuesday** at a local venue. Cost under £10.00. Please contact Peter Lipman 01494 483523 for further details.

Bourne End Flower Arrangement Society (BEFAS)

We are thrilled to announce that Bourne End Flower Arrangement Society (BEFAS) are opening their doors and looking for new members! If you are passionate about peonies, obsessive about orchids and fanatical about freesias, then we would love you to join our community! Meeting on the **1st Tuesday of every month** we celebrate our passion of all things flower arranging! We run inspirational floristry demonstrations from leading names in the industry where you can also have the opportunity to take home the arrangements you have seen being created! Whether you already enjoy flower arranging or are looking for an opportunity to learn a new craft



and meet new people, then joining our floral community is perfect for you! Contact us on liz790@btinternet.org or 01628 476641. You can also follow us via Facebook (@BourneEndFAS) and via our website <http://bbandoflowers.org.uk/> Find out how a local community group are engaging with new members via social media & embracing a new way of communication!

Lane End Bridge Club

Lane End Bridge Club meets in Lane End Village Hall on **Monday evening 7.30 pm and Wednesday afternoon 1.30 pm**. We pride ourselves on being a friendly club, welcoming players of all standards. There is a host system, so you can be sure of a game. Table money is £2.50 members and £3.50 for non-members. This includes refreshments. For more information www.bridgewebs.com/laneend.

Downley Evening WI

We meet in St James Church, Plomer Hill, HP13 5NB on the **2nd Tuesday of the month at 7.45pm**. Visitors and New members welcome. downleyeveningwi.weebly.com
Janet Durkin 01494535662

Lane End Junior Youth Club

Lane End Junior Youth Club. **6.00pm - 8.00 pm, Wednesday evening**, term time at the Lane End Youth & Community Centre. Youth leader - Jeffery Rodgers 07759 540921

Downley Village Evening WI

1st Tuesday of month at 7.45pm
Meet at the Community Centre, School Close Downley. Each month we have speakers and members are informed about future events. Refreshments, raffle and a competition make up the format for the evening. 01494 535998 or email patheath@virginmedia.com. Pat Heath President

The Stokenchurch Educational Charity-Community Grants

Village Groups should apply by letter to Mrs P Colling (Secretary), Kinda Cool, Wycombe Road, Stokenchurch, HP14 3RR or email: pcatkc@gmail.com (Tel: 01494 483120) ~ Strict closing date is **30th June 2020**.

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Hambleden Community Market

On the **second Saturday of every month** except September. A showcase of local artisan food and craft stalls held in the historic, beautiful Village Hall in the pretty and much-filmed village of Hambleden. Organiser: Jo Flowers 01491 63782/07951 278706 jo@dovecote.vnworks.net

Four Ends Flower Club

Meetings are held at Lane End Village Hall, Finings Lane at **1.45pm**. Visitors: £6. Tea/ Coffee and Cakes are available, and everyone is welcome to enjoy a relaxing afternoon watching excellent demonstrators and a chance to take home a beautiful flower arrangement.

Radnage WI

New to the area and want to meet people? Come along on **first Weds of month at 7.30pm** to Radnage Village Hall. Programme details in Contact and online at www.radnage.net/village-life/organisations/w-i/. All enquiries please email radnage.wi@outlook.com. We are a friendly bunch all living in or close to Radnage. A visitor fee of £3.50 helps cover hall hire costs.

Stokenchurch Wine & Beer Circle

We meet on the **2nd Tuesday of each month from September to June 8.00pm-10.00pm**. Wine and beer Circle – No we don't sit drinking homemade wine and beer all night. We are a friendly group of 20 who share 'in house' talks on commercial wines and beers (with tastings of course.) We also have guest speakers who give talks on a wide range of interesting subjects. If you want to give us a try, please come as guest one night. Longburrow Hall. Contacts: Nigel Hollands. Tel: 07772776681 or Larry Turner. Tel: 07938 930896

The Mary Towerton School at Studley Green

Quiz night **2nd May**. Tickets £10.00 which includes entry and nibbles. For further details, please email - pta@marytowerton.bucks.sch.uk
Summer Fete - 27th June. All welcome. For further details, please email - pta@marytowerton.bucks.sch.uk

Lane End Twinning Association

Lane End is twinned with St Pierre d'Oleron on the beautiful Atlantic West coast of France. 2019 marked the 20th anniversary of the ties



What's on Villages

between our two communities. To find out more or get involved visit our website <https://www.laneendtwinning.co.uk>

Stokenchurch Women's Institute Is 100 Years Old

Why not come along and visit us on the **2nd Wednesday in the month 7.30pm - 9.30pm.**

The Stokenchurch Centre Youth Room, Bartholomew Tipping Way, HP14 3RX. Entry £3.50 includes tea/coffee/biscuits. Contact Christine 01494 482888

Stokenchurch Community Transport

Stokenchurch Community Transport is starting a new 'Dine Out Group' or D.O.G. All enquiries please telephone Melanie on 01494 482009.

Lane End Youth & Community Centre

Don't forget we are the perfect hire venue for any celebration/special occasion. Discount given to Lane End residents. Lane End Youth & Community Centre, Edmonds Rd, Lane End - 01494 883878 leycc@hotmail.co.uk | www.leycc.co.uk

The Stokenchurch Lunch & Social Club

The Day Centre meets on **Mondays and Wednesdays between 10.0am and 2.30pm.** Clients enjoy coffees/teas and refreshments, board games, quizzes and sing-songs before a freshly cooked meal, followed by cakes and Bingo! There are also occasional trips out and visitors come in to entertain us. Please call Alan on 01494 483937 or 07768 287806 | parsley.redkite@hotmail.co.uk

Local Carers Support and Information Group

The Group meets on the last Wednesday of the month from 1.30pm - 3.30pm at Stokenchurch Medical Centre. The Group is supported by Carers Bucks and a member comes to meetings whenever possible. For further information, please call Carers Bucks - Tel. 0300 777 2722. Details of any Speakers will be posted on the main door at The Medical Centre.

Probus Club - High Wycombe

Members are retired male and female professional business people, who would welcome new members to join them on the **3rd Thursday of each month** at the 'Honours Lounge,' Wycombe Wanderers Football Club, Hillbottom Lane, High Wycombe, HP12 4HJ, from midday, for lunch, followed by a guest speaker. If you are interested in joining us or would like further information please contact Jim May, the Membership Secretary on 07935 382832 or e-mail JRM1406@gmail.com

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The Foundling – Stacey Halls

Bess leaves her newborn daughter at the Foundling Hospital. It's 1754 and as a single woman living on the poverty line, she has no means of supporting a child. Six years later, Bess returns to claim her daughter, only to be told she's already been claimed. So begins a tale of two mothers and the lengths they'll go to for their child. Gripping historical fiction at its best.



The Wives – Tarryn Fisher

Thursday loves her husband, Seth. But she's pretty sure his other wives love him too. She's agreed to be one of three, never meeting the others, but always aware of their presence in her husband's life. Then one day, Thursday has the opportunity to meet the third wife, and sees her bruises. Is Seth hiding more than she realised? An enjoyable read with plenty of twists and turns, *The Wives* will keep you on your toes until the end.



The Water Dancer – Ta-Nehisi Coates

Hiram is born into slavery. He finds himself an agent of the underground. While the people he works with are focused on ending the institution of slavery, they have little interest in helping him to rescue the people he loves who are still trapped. They want him to move on, but as Hiram comes to realise, it's crucial that he doesn't forget the past.



The *Water Dancer* isn't an easy read, but it stays with you.

Body Positive Power – Megan Jayne Crabbe

The strapline for this book is 'How to stop dieting, make peace with your body and live', which is exactly what it sets out to do. Megan recounts her own struggles with eating disorders and experiences with weight-loss clubs, while delving into diet culture and the Western world's obsession with the 'perfect body'. If you're fed up of the endless dieting cycle and ready to try something different, this book could be just what you're looking for.



Coming up for Air – Sarah Leipziger

Three very different stories, three different eras, one common thread. First we meet a young woman, driven to end her life on the banks of the River Seine in 1899. Years later, Pieter, a toymaker by trade, is called on to create the prototype for a resuscitation doll. And then there's Anouk, who wages a daily battle against cystic fibrosis in present day Toronto, while finding a sense of freedom in open-air swimming. Vividly real characters, beautiful writing and engaging plot lines make this a book you'll want to share with anyone who'll listen.



Can You Hear Me? – Jake Jones

If you enjoyed Adam Kay's *This is Going to Hurt*, then this memoir needs to be next on your reading list. Jones reveals some of the cases he's dealt with in his career as a paramedic, interspersing the stories with his own life events, musings and challenges. Humorous and sobering in equal measures, *Can You Hear Me?* will give you a new-found appreciation for the people on the front line of medicine.



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Taking care of your Dog during Coronavirus outbreak

By Crossroads Veterinary Centre

Recent guidelines say that we have to practice social distancing and stay at home during the Coronavirus lockdown.

This poses a lot of difficulties, but if you are a dog owner you may be additionally concerned about looking after your four-legged friend. Some people may have the option of sending their dog to stay with a friend or family member for the duration, in which case this is a wonderful option. However, for those without that option, below are some tips to keep Fido entertained.

Get active

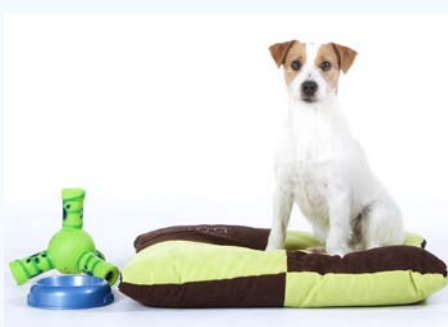
If you have a garden, spend some time outside every day actively engaging with your dog. Ball throwing can help burn off steam - just be careful not to overdo it; the sudden stopping and turning can be harsh on joints, and even younger dogs are at risk of sprain injuries. Setting up an obstacle/agility course can be another fun way to exercise both mind and body... of dog and owner!

Engage your dog's nose

Dogs have a phenomenal sense of smell – you can try hiding treats or toys around the house or garden for them to find. Or hide yourself and play 'hide-and-seek' with your hound.

Keep that brain active!

Mental exercise can be almost as tiring as physical exercise. Isolation could be the perfect time to try and teach your dog a few new tricks. Maybe you will finally be able to



crack that obedience work you never quite had time for? Or you could get creative – perhaps you were inspired by Crufts and could teach your dog a heel work to music routine to wow friends with post isolation.

Ditch the food bowl

Instead of feeding out of a bowl, try to make mealtimes a more physically and mentally active affair. If you have interactive feeding/puzzle toys, get these out and start using them. If not, why not try to create your own using safe items around the house? Hide kibble under plastic cups that your dog has to turn over; or in empty toilet rolls/cardboard boxes that he has to search through. Even just sprinkled on the floor is a more entertaining than a bowl. Just make sure you are constantly supervising.

Make a 'snuffle box'

Hide a toy or treat in a cardboard box covered with a blanket so Fido has to snuffle his way in to retrieve the item.

Have you got any other tips for keeping your dog safely entertained? Share them with your friends or on social media. Let's all help each other and keep those isolated pups happy and healthy!

Wishing you well in these difficult times. From all at Crossroads Veterinary Centre



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Chalk, Cherries & Chairs

Interested in local history and learning new skills? You could be a part of some remarkable heritage projects, working to uncover the hidden stories of the industries and people which shaped the Chilterns.

Chalk, Cherries and Chairs – a new scheme, supported by the National Lottery Heritage Fund – encourages local people in the Central Chilterns to volunteer in conserving the wildlife and documenting the heritage of this lovely region. Eighteen interweaving projects will run over the next five years. Find out more at <https://www.chilternsaonb.org/ccc>

Three of the heritage projects have already begun.

Woodlanders' Lives and Landscapes

The Chilterns are a beautiful landscape of beechwoods and picturesque villages. But for more than two centuries they were also a busy industrial landscape, alive with furniture making, straw plaiting for the hat industry, lace making and beading. It can sound idyllic – strong local communities, working outdoors, gathering dandelions for homemade wine – but people could work long hours for little pay. If you are interested in investigating the daily life of these workers, you might like to join the Woodlanders project.



Making lace in about 1910. Photo courtesy of Lacey Green and Loosley Row History Group

Routes to the Past

The Chiltern Hills are criss-crossed by a network of winding, steep-sided lanes bounded by ancient hedgerows and trees. These local routes joined up communities and linked them with their commons, fields and woods. But despite their fundamental



A sunken lane in Ninn Wood, Pitstone Hill, an earlier course of the Cadsdean Road

nature, these routeways have often been neglected and face threats from erosion, development and environmental change. This project records the stories of these historic routeways, helping to increase their visibility and save them for future generations.

The Mystery of Grim's Ditch

The impressive ancient earthwork known as Grim's Ditch stretches across the Chilterns between Bradenham and Berkhamsted. But how old is it? And what was it built for? Volunteers can participate in archaeological fieldwork and research, helping to solve these mysteries.

If you would like to join a volunteering group there are lots of ways to get involved: looking into the history of villages or crafts or families; interviewing local people; walking the old routes; writing local stories; or giving talks and tours. Contact Helena Chance Helena.chance@bucks.ac.uk, 01494 522141 ext 4105, for more information about **Woodlanders Lives** and Sam Johansen sjohansen@chilternsaonb.org for **Routes to the Past** and **Grims Ditch**.

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Keeping a Healthy Body and Mind

During lockdown

We have heard a lot about keeping fit and healthy within the confines of our homes.

The positives are that we have more time with our families and we finally have time to try out some new recipe ideas for their approval.

This is a great opportunity to learn to cook or to adapt your usual recipes. You might be surprised at the money you save by not having meals out, and the health benefits of eating less "junk food"!

Plan

1. Take everything out of your food cupboards and freezer and take a photo so you are aware of all the foods you already have
2. Plan meals ahead and make an organised shopping list which will help to minimise shopping time
3. Only buy what you need – don't panic buy
4. Aim to buy and prepare foods that offer a balanced diet – protein foods (meat, fish, eggs, nuts, beans), dairy/dairy alternatives (milk, yogurt, cheese), starchy foods (cereals, potatoes, pasta, bread) and fruit/vegetables/salads – 5-a-day.
5. Make use of long-life milk foods, dried foods, tinned foods and frozen foods
6. Enjoy eating together making special mealtimes for the family
7. Freeze leftovers into portions

Ideas

- Add red, brown or green lentils to your bolognese and chilli's
- Try some vegetarian bean based dishes
- Add frozen vegetables to leftover rice for a quick meal
- Use chorizo to add flavour to meals
- Add herbs and spices to dishes to add flavour
- Make fish cakes out of tinned fish and mashed potato
- Make corned beef or brown lentil shepherd's pie



- Make homemade soup out of left over vegetables and vegetable cooking water
- Make your own pasta out of flour and water
- Make your own wraps out of flour, yeast and water
- Homemade pizza is quick and easy
- Porridge oats offer a quick easy breakfast for all
- Snack on cereal
- Make pancakes out of flour and milk/milk alternative – add lemon, syrup or tinned fruit
- If you run out of squash, try boiling an orange or lemon in water with some cinnamon and cloves to give a delicious drink
- Try growing your own green beans, tomatoes and herbs, they are super easy!

Vitamin D

The main source of vitamin D is from the action of sunlight on your skin. If you rarely see the sun ensure you take a daily vitamin D supplement of 10ug.

<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

During the 2nd World War, eggs were in short supply so cakes were often egg free.

Try this egg free cake -it can be easily adapted to make a chocolate cake, a plain cake, a lemon cake or a Bakewell cake (see next page).

Tanya Wright

HPC Specialist Dietitian | NHS and Private Practice
www.tzlaces.com



Egg free Bakewell cake

Ingredients

12oz self-raising flour (or 8oz self-raising flour mixed with 4oz ground almonds)
2 teaspoons baking powder
9 tablespoons oil (not olive oil)
12 fl oz water
9oz sugar (granulated, castor or icing sugar)
3 teaspoons vanilla essence
Raspberry jam

Method

1. Heat oven to 170c
2. Mix all the ingredients together
3. Place in a lined baking tray (or in 12 muffin sized paper cases) – add blobs of the jam



4. Cook for 40 minutes for cake (15 minutes for muffin sized cakes)
5. When cold cover in icing (made from icing sugar, water and almond essence)
6. Place a tinned/fresh or frozen raspberry on top if you have them and sprinkle with flaked or chopped almonds
7. Relax and enjoy

(For more recipes see Tanya's cookbook available on www.tzlaces.com (Free delivery)

<https://www.tzlaces.com/im-hungry-milk-dairy-lactose-egg-soya-wheat-gluten-free-recipe-book-for-those-allergys-intolerances/>



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Local Parish Councils

These are extremely unsettling and worrying times for everyone, but it is also a time when communities are coming together to help provide support to each other, particularly those who are isolated or vulnerable.

Each parish council has important information on their websites, and some have delivered notes through doors. Here is a brief list of numbers and websites in the area: -

Thame Town Council

01844 212833

www.thametowncouncil.org.uk



Chinnor Parish Council

01844 353267

www.chinnorparishcouncil.org.uk



Risborough Town Council

01844 275912

www.princesrisboroughtowncouncil.gov.uk

Stokenchurch Parish Council

01494 482403

www.stokenchurch.org.uk



Aston Rowant Parish Council

01844 353989

www.astonrowantparishcouncil.gov.uk

Aston Rowant Parish Council
Representing Aston Rowant, Kingston Blount, Kingston Stort and Chalford

Sydenham Parish Council

01844 873690

www.sydenhamvillage.co.uk

Watlington Parish Council

www.watlington.org

01491 613867





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Kenzo's Diaries – *A Dogs Life*

Today wasn't like any other day. For some reason: I wasn't allowed my breakfast pebbles, I was rushed around, and my morning walkies was cut very short. Something felt very strange.

All my hoomans were up very early, and they all gave me lots of attention and rubs which seemed nice, but I was getting very suspicious. I had been out for a wee and usually now it's time for a little sleepies before midday snacks. I was just about to close my eyes, when Mummy and daddy then told me I was going to get a 'new ted'! Amazing! Now it made sense, they wanted to keep me awake so I could go with them to get a new teddy. I couldn't wait! This was going to be the best day, getting a new teddy and playing all day long with my bruva! Happy kenz! I ran to mummy and she put my 'arress'



on and we jumped straight into the 'caw' to get my 'new ted'.

I was super excited; although maybe a little hungry, so it felt like the 'caw' journey went on for ages! The 'caw' suddenly stopped, I looked out the window and realised we were outside the 'vetz', my suspicions immediately came back. However, I really wanted a 'new ted', so I thought maybe I might get a teddy after being a good boy in the 'vetz'? I moaned a little but gave in and jumped out the car.

We walked into the 'vetz' and up to the hooman on the desk. Mummy said, "Hello there, this is Kenzo and he's come to get 'new ted'", to which she replied, "Brilliant, take a seat". I was buzzing, time to finally get my 'new ted', but what they don't know is, I'll rip it up as soon as we get back. A lady 'vetz' came out and called me, so I pulled mummy and daddy through to the next room, where the 'vetz' gave me rubs and said hello.





Then it all changed... for some reason the 'vetz' said it was time to give me 'an asstetic', which meant I went very sleepy...

... suddenly, I woke up and I was back home. I felt a little bit 'woosie'. I stood up but I was wobbly, so went into see mummy and daddy in the 'libing room'. They gave my rubs and said I was such a good boy for getting 'new ted'.

I was so confused, so I searched high and low round the house for my 'new ted'. I found nothing.

Mummy and daddy still say I was 'new ted', even though I never found it. Although I do feel something is missing. Or maybe two things?



Quarantine

I'm not really sure why, but everyone has been at home all day, every day recently. It's been absolutely amazing spending so much time with my 'hoomans'.

I get to go on long walkies to my secret mud patch I can roll in, and water puddles I can splash about in. I get fed all day long with little scraps here and there, but best of all, my bruva and sista are always around to play with! I get so much attention. The only problem is, I have to go for more walkies on the rope, which is not so fun. They pull me around the roads with scary 'caws' that come towards me. You would think that with all these walkies, I would get to meet lots of other dogs, but no, I'm not even allowed to make new 'fvends'.

It is weird, with everyone at home and even though my naps get interrupted all the time! I couldn't be happier being with all my hoomans, so I'm going to make the most of it. I've even written a little poem...

I do not like these walks on lead.

I do not like them, no indeed.

No time to sniff, no time to chase,

I have to walk at Mummy's pace.

I miss the games; I miss the larks.

God forbid they close the parks!

After half the walk I had to stop,

and here I had my massive strop!

'I can no more!' I said to Mum.

But she just told me to shift my bum.

I do not like these walks on lead,

but one day, friends, we SHALL be freed!

(Poem written by Emma Gale and slightly amended)



Kenzo



TWO MINUTE TRIAL

ERIWST

You have two minutes to find all the words of three or more letters that can be made from the letters above. Plurals are allowed, proper nouns are not. The 6 letter word will always be just a normal everyday word.

3 letters: 9 4 letters: 20 5 letters: 11 6 letters: 2

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Thame Community Events



May / June 2020

We are sharing these pages as we have always supported our community and will continue to do so, but please be aware that most of these groups won't be meeting at the present time and possibly not for a few weeks. Please do keep an eye on their website for updates, if they have one, or contact them via their email or phone number. All of these community organisations will need your support and we know that you will also be very pleased when they are all back and running as normal. Take care everyone and stay safe x

Long Crendon Community Library's Meet the Author

Doors open at 7.00pm for 7.30pm start. Tickets £5 from the library or call 01844 201946 to reserve a seat. Future authors booked so far are Jessica Fellowes (Jun 11th), Jane Corry (Sept 15th).

Thame Flower Club

Meets on the 4th Wednesday of each month, for a floral demonstration. 2.00pm at Church House, Long Crendon, HP18 9AL. Tea is served at the end of the afternoon. All are welcome. Visitors - small charge. The May meeting has been cancelled but there might be an outing on June 24th. Margaret Fisher 01844 217572 or Pat Collinson 01844 212400

Thame Choral Society

<https://www.facebook.com/ThameChoralSociety/>

Thame & Wheatley Ramblers

Find out about the Ramblers and the joys of



walking on a leisurely 4 mile walk around Thame. Starts at **10.00am** from Thame Upper High Street car park. The walk will be followed by complimentary coffee and cake in Christchurch Hall (opposite the car park). More details from 01844 213608. <https://www.ramblers.org.uk/thame-wheatley>

Thame Activity Group (TAG)

Make new friends at Thame Activity Group (TAG) We meet every **Wednesday morning 9.30am to 11.30am** at Christchurch Memorial Hall. We knit, sew, crochet or just chat, only £2 per session to include tea/coffee. More info please phone Gwen 01844215824.

Thame Town Cricket Club

The new cricket season is only around the corner, so if you would like to find out about winter training with us then for men's cricket, contact Mike Higgs on directorofcricket@thamecricket.org.uk Women's cricket contact Mel White on women@thamecricket.org.uk (indoor nets at **5.00pm on Sundays**). For Juniors, contact Sheena Beard on juniors@thamecricket.org.uk. The fantastic new clubhouse is available for bookings – contact Jackie Phippen on bookings@thamecricket.org.uk. For more details go to www.thamecricket.org.uk.

Thame Concert Band

We are currently looking for new members and would be very welcoming to anyone who would like to come and have a go. If you are interested in joining and would like to know more: Email us: thameconcertband@gmail.com or just turn up! www.thameconcertband.org.uk We are also on Facebook Thame Concert Band

Cuttle Brook Conservation Volunteers (CBCV)

CBCV is a group of dedicated volunteers that helps to maintain the Cuttle Brook nature reserve in Thame. We have two work parties per month, on the **third Sunday** and the **last Wednesday**. We meet at **10.00am** in the recreation ground car park. All tools are provided, plus refreshments.

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Thame Hockey Club

www.thamehockey.co.uk We welcome players of all abilities - it's all about taking part and enjoying the company of fellow hockey players in and around Thame. We run 6 adult teams, training on a **Wednesday** or **Thursday evening** at Thame Leisure Centre, where we also run junior hockey training on a Saturday morning from **9.00am - 11.00am** for ages 6 to 14. From humble beginnings in 2008, the club is growing steadily, and our teams play at a variety of levels in the local league divisions.

If you are interested in playing, please contact the club secretary. Email: info@thamehockey.co.uk

SewPatchwork

We are a group of ladies who meet to hand sew-patchwork. We meet at Christchurch Hall, Thame every **Thursday 10.00am - 1.00pm**. All abilities welcome. Cost £5 per morning including tea /coffee and biscuits. Contact Sue 01844 212742 for further information.

HampdenMasonicLodgeThame

Freemasonry is non-profit organisation which is heavily involved in supporting charity and other community services. It endeavours to give men a sense of belonging, to help others and to give them and their partners a sense of fun through friendship. For more information email secretary. hampden@oxfordshirefreemasons.org website, www.hampdenlodgethame.org

TheGreatestHitsChoir

Due to Corona virus situation please check our website to see if we are meeting or not. Our Easter concert has been postponed until **Sunday June 28th** depending on latest government advice. www.greatesthitschoir.co.uk

ThameBackgammonClub

Meets **every 2nd Thursday** of the month **6:30pm - 9:30pm**, at the Thame Lambert Hotel (Wycombe room) OX49 5SQ; and **most Tuesdays** at the Cross Keys Thame OX9 3JS from **6.30pm**. We welcome players of all abilities

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to play backgammon in a friendly and relaxed setting. This ancient and fascinating board game combines skill and chance, and no two games are ever the same. If you've never played before, we'd be happy to show you how. If you're a connoisseur of the checkers, come and meet other fans and share the pleasures and frustrations of the cruellest game over a board and friendly conversation. Email us or just turn up on the night: thamegammon@btinternet.com

Witchert Chorale

The Witchert Chorale, a thriving and friendly chamber choir based in Haddenham, would love to hear from any singers (particularly tenors and basses) with experience and able to read music. We exist to provide entertaining concerts for our audiences and try to raise as much money as possible for charity. We rehearse in Haddenham Methodist Church on **Sunday evenings 8.00pm - 10.00pm**. Tickets from our website or on the door. Please see our website www.witchert.org.uk or find us on social media.

TCC2 Thame Children's Choir

TCC2 is a choir for any children (aged 7 to 16) from Thame, Haddenham and the surrounding area who love singing. It is an opportunity for them to sing together in a group, to challenge their minds and their voices, to make friends, to gain confidence and to work as a team. Rehearsals are on **Sundays between 4 and 6pm**. Please see www.tcc2.org for more details.

The Rotary Club of Thame

The Rotary Club of Thame welcomes new members, both women and men. The club's meetings take place at the Spread Eagle Hotel on **Wednesdays at 7.30pm**. For more information about club activities or to enquire about becoming a member, please visit the Rotary Club of Thame's website: www.thame.rotary1090.org

Village Voices Towersey Community Choir

Wednesdays 7.30 pm (term time), Towersey Memorial Hall. All welcome at our fun and friendly choir, established in 2009, learning songs from around the world by ear (no need to read music). No auditions. Occasional performances locally (Music in the Park, Towersey Festival etc.). £5 per



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WORDWHEEL

Using only the letters in the Wordwheel, you have ten minutes to find as many words as possible, none of which may be plurals, foreign words or proper nouns. Each word must be of three letters or more, all must contain the central letter and letters can only be used once in every word. There is at least one word that uses all of the letters in the wheel.

TARGET

Excellent: 90 or more words Good: 77 words Fair: 65 words



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Thame Concert Band

We are currently looking for new members and would be very welcoming to anyone who would like to come and have a go. If you are interested in joining and would like to know more: Email us: thameconcertband@gmail.com or just turn up! www.thameconcertband.org.uk We are also on Facebook Thame Concert Band

Thame & District Twinning Association

More information can be found on our website: thametwinning.co.uk or by contacting Linda Emery – lindaemery@btinternet.com (07805229556) or Sue Motteram – sue.motteram@talktalk.net (07763816013)

Thame Bowls Club

Thame Bowls Club is now in its 96th year and is arguably one of the most successful clubs in the County (socially if not competitively). Although the Clubhouse is at present, in the process of complete refurbishment, the new season will start in April 2020 with a full programme of matches scheduled throughout the summer. All bowlers, old and new, are assured of a warm welcome and full details of the Club are to be found on its website 'thamebowlsclub.co.uk'. The postal address is Thame Bowls Club, 1 Chiltern Grove, Queens Road, Thame OX9 3NH.

T.W.C.C.

T.W.C.C. Thame Branch. Meetings are held on



the **third Saturday** in the month in the Guide HQ In Southern Road, Thame at **2.00pm**. We welcome widows and widowers and anyone who has lost a long-term partner. Membership subscriptions are £20 annually and £2 on the door including tea, coffee and biscuits. Speakers and outings and entertainment. Sunday lunches at the Black Horse in Thame. For more information email dhirst@btinternet.com

Thame Seniors Keep Fit

Term time **Mondays** at Thame Barns Centre Ladies **5.00pm - 5.45pm** Men **6.00pm - 6.45pm** Contact Stuart on 01844 215822 email: thamekeepfit@hotmail.com

Long Crendon Day Centre

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Thame Pop Choir

Meetings **Tuesdays 8.00pm** (term time) at Guide HQ, Southern Road, Thame OX9 2EP. Sessions £5 a week or £35 a term, first taster session free. Please contact Ian English via 'Contact' page on website www.thamepopchoir.com to join the waiting list.

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The smile on a residents face makes it clear to see the significant role that volunteers play to those living within our services. Chiltern View is one of Brendoncare's 10 care homes and is located in Stone, near Aylesbury.



The home provides specialist dementia care where residents can be helped to live as independently as possible and where the emphasis is on quality and enjoyment of life.

For some of the residents the move to a care home can be a lonely time, so giving some of your time can help to enrich the lives of those we support.

We rely on volunteers across the 10 services to enable new opportunity, a varied activities programme and support with fundraising events. You may have a few hours a week that you can give to gain valuable experience by volunteering in a care environment. Whatever your reasons for volunteering we want to hear from you.

The home are continuing their fundraising efforts to be able to purchase a portable omiVista interactive sensory table that brings fun, emotions and joy to the residents living at Chiltern View. The support from the community can support the home to provide this fantastic sensory table and work with other organisations to support the home.

*More information about Chiltern View, Volunteer Opportunities and Fundraising can be found on the charity's website www.brendoncare.org.uk or by telephoning Rebecca Spicer – Volunteer and Activity Manager on **01962 852133***



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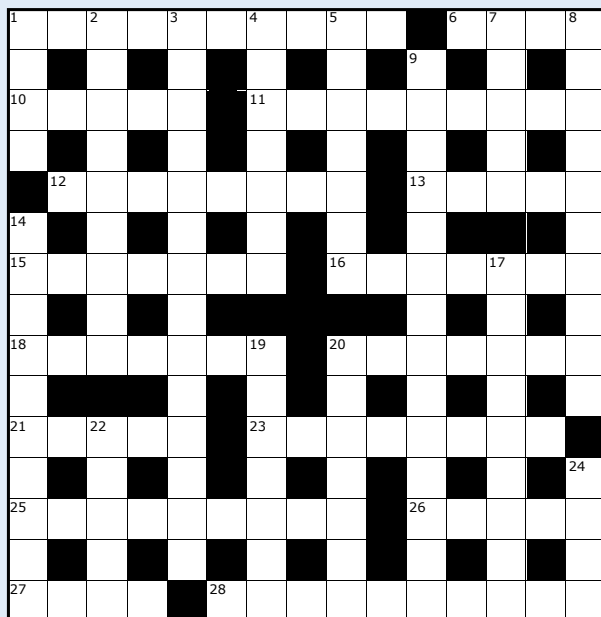


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Solution on Page 90



ACROSS

- 1 Fruit fields forever? (10)
- 6 Pick up report in this place. (4)
- 10 Stayed at home with good material. (5)
- 11 Making good soldiers lazing outside. (9)
- 12 Alliance is leading the Ulster politician. (8)
- 13 Coaches prepare for competition. (5)
- 15 Awful stripes seen in church. (7)
- 16 Love Halloween – a mournful part. (7)
- 18 Managed playing area briefly and with bitterness. (7)
- 20 Couldn't be simpler. (7)
- 21 Inhibit pain. (5)
- 23 Complaint is purely shocking. (8)
- 25 Somehow anger Ms Turner – here? (9)
- 26 Pick up king and knight. (5)
- 27 *Paradise Returned* in divine deity. (4)
- 28 House once occupied by 27across. (10)

DOWN

- 1 Soldiers heard leading band. (4)
- 2 Holding back about pressure, it's reported. (9)
- 3 Just looking to find a double-glazing expert, perhaps. (6,8)
- 4 Commonly listens for bugs. (7)
- 5 Prize flower, dry and fine at last. (7)
- 7 Heather and another girl. (5)
- 8 Soldiers make green tea and then start again. (10)
- 9 Keith and Adelaide are found here. (5,9)
- 14 Grow and be thankful. (10)
- 17 Exaggerate about 9 down. (9)
- 19 Copy faulty earclip. (7)
- 20 'Closely watch broadcast', I bawl. (7)
- 22 Disagree with some peculiar guests. (5)
- 24 Secure black raven to post, finally. (4)



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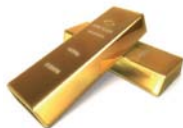


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Please find the UPDATED version on our website.

Waste Collections- Update

South Oxfordshire District Council has suspended their kerbside service collecting small electrical items, batteries and textiles for recycling.

(Please note normal waste collections for Green and Grey bin will continue as normal for now - this is just the extra kerbside collections which are suspended.)

They have issued a warning to residents: Please do NOT put unwanted or broken electrical items or batteries in the general refuse (rubbish) or recycling as they can cause a fire in the bin trucks.

News from SODC

We have launched an online form to help local businesses apply for small business and retail grants.

You can find out more via the website www.southoxon.gov.uk/business/business-rates

Need a newspaper delivered?

Recommendation from a resident below: Chocolate Box in Thame (01844 212715) It is an excellent service, newspapers delivered about 6am in the week, 8am at weekends.



Chinnor Emergency Plan and Street Friend Scheme

The plan can be viewed on our website Home Page – www.chinnorparishcouncil.org.uk

- 1) The Chinnor Emergency Plan has been active for a while now. It's working as planned. It's a professional document, written by professionals for us to follow.
- 2) The Street Friends (SF) are coordinated from this Plan and all actions are following the Emergency Plan structure.
- 3) ALL coordination of SF is coordinated by CPC / Emergency Plan committee and must come through CPC – chinnorpc@btconnect.com or call **01844 353267**

If you need assistance from your SF please be aware of the following...

- If you call your allocated SF to request ESSENTIAL items – they will tell you the day they plan to shop – this is once a week. Most roads have more than one SF and they are in contact with each other so if one



cannot help, then another may be able too.

- If you need the items quicker try to contact one of the other SF they have had a flyer from, or call Good Neighbour Scheme if very urgent and life essential.

- Lloyds Pharmacist - prescriptions can be collected by a SF but please allow plenty of time and notice for all collections.

- Please remember our SF will only be leaving the house for Essential items / Prescription collections once a week, and not a few times every day for a few bits.

- If you see / hear / know of anyone who is struggling please let GNS know asap - **01844 353500**

- CPC has compiled a list of contacts for all essential shopping outlets / take way and delivery food outlets – please find attached.

- All of our SF volunteers are told to follow Gov advice – for our own safety and everyone else's. This includes social distancing which is of high importance.

- Advice is changing quickly as this is fast moving – please always follow the advice given.

- If you do not know who your allocated SF is please email **chinnorpc@btconnect.com**

Important Numbers and contacts to remember:

CPC landline (diverted to our home offices)

01844 353267

Chinnor Good Neighbour Scheme

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Download the Emergency Plan or print a copy

Download the "Chinnor Parish Council

Emergency Contingency Plan" app for Android

devices for information about how to support your community during the Coronavirus (COVID-19) pandemic.

Android devices: search 'Chinnor Emergency' in your app store.

iPhone and all other devices: a PDF version of the app is available on the Chinnor Parish Council website:

www.chinnorparishcouncil.org.uk

Chinnor Parish Council News

Email: **chinnorpc@btconnect.com**

Telephone: **01844 353267**

Website: **www.chinnorparishcouncil.org.uk**

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Clerk: **Mrs Liz Folley**

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- Please follow our Facebook page and Twitter feed for daily news - Chinnor Parish Council

- The office is now closed and office staff working from home and contactable on the details above – please do not hesitate to contact us if you need assistance.

- Due to office closure we are unable to sell any food waste bags or clear recycle bags at this time.



Working from home with kids – *Coping with the pressure*

As more of us turn to self-isolation, the burden of work and home schooling is becoming a scary reality. We explore some coping strategies to help home workers cope with what might be the most challenging period of life so far.

“Our kids were off school yesterday both with dry coughs, therefore we are in self-isolation for the near future from today. The reality of home schooling whilst trying to keep on working is very daunting indeed”, explains Jonathan Ratcliffe of Offices.co.uk

Working from home is tough. Home schooling is very tough. So, if you must combine the two for a long period of time, how are you going to cope? You are going to have to plan well, get organised and work to a strict timetable if you want to get everything done. Equally, you'll need to have a proper split between work, school, fun and rest. “The first thing you need to do is lower your expectations of what you are going to achieve, both with work and schooling. If you try to do too much the experience is going to be highly stressful”, Ratcliffe adds.

Here are a few tips on how to survive:

START EARLY AT THE SAME TIME

EACH DAY: Routine is important for good sleep and mental health, for both you and your kids.

GET DRESSED PROPERLY LIKE

TEACHER AND STUDENT: Getting showered and dressed is important to divide sleep and school.

CREATE SPACES FOR DIFFERENT

ACTIVITIES: You might set up a teaching room



(kitchen), quiet room (spare bedroom) and a play area (living room).

STRUCTURE YOUR DAY LIKE A

SCHOOL DAY: Teaching time, activity time, play time and lunch time – just like their normal school routine.

MAKE A PLAN WITH YOUR KIDS:

At the start of the day, ask them what they want to do (within reason) so they feel involved.

SET ASIDE BREAKS FOR TV, IPAD

AND EXERCISE: Use these times to schedule work emails or calls.

TAKE EXERCISE: Depending on where you live, if you have a garden or not – try and get some fresh air, this also allows you some headspace.

FINISH AT A SET TIME, BEDTIME AT

A SET TIME: By getting a routine drilled in early on, you can try and get the kids to sleep at a sensible time, thereby giving yourself some space to work if needed.

“We are in uncharted territory here and no one knows what life will look like at the end. It's important to realise that time with your kids is a gift, don't try and do too much – hopefully we can all stay relatively positive through this difficult time”, concludes Ratcliffe.



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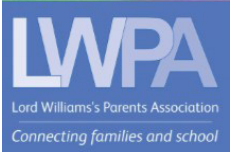
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There's no escaping the garden this month... *as if you'd want to!*

With two bank holidays, this is a great month for tackling jobs in the garden, so here are my suggestions for what you can be doing.

First, mow the lawn, and not too short if this is one of the first cuts this season. You can cut it again in a week or so.

Drain the water from your water butt if it's a little smelly and scrub it using a brush with fairly rigid bristles, then flush it out with water.

Pot on vegetables sown in the last month or so that need planting out towards the end of the month when the frosts should be over.

Get kids to sow pumpkin seeds to make great low-cost Halloween lanterns later in the year. Place each seed in a 7.5cm (3") pot of multi-purpose compost and keep them moist in a tray on a sunny window sill.

If you've a greenhouse or suitable pop-up or rigid frame for growing tomatoes, make sure you get the plants into large pots or the greenhouse borders now. Insert a cane 5cm (2") from the main stems and tie the young plants to it using a loose loop of twine. Tie in the plants further up the canes as they grow.

Empty water features full of brown, scummy water. Scrub the sides and base, clear the pump of debris and fill with fresh water.

Consider potting up some summer bedding if you've space in a greenhouse or porch, but wait until frosts are over before planting out.

Plant any new shrubs, trees or climbers as soon as possible – even though they should be container grown at this time of year, it is easier for them to get properly established if given a bit of time to



produce new roots before it gets warmer. Water well and top the soil with a 5-7.5cm (2-3") mulch to keep moisture in.

Prune shrubs which have just finished flowering, as this encourages the plant to produce new shoots that will bear next year's flowers.

Remove faded flowers from spring flowering bulbs, this helps conserve energy so they perform well next year. Apply a good feed either to the roots or the foliage.

Vigorous climbers like clematis, roses, hops and vines should grow rapidly now, so tie them into their supports regularly with flexible ties.

Clip box shrubs with shears regularly to keep them dense and prevent having to cut them back hard. The clippings can go on the compost heap.

Trees, shrubs and climbers planted last autumn or earlier this spring will not have properly established roots yet, so keep them well watered during dry or gusty weather.

Unless you're in colder areas of the country, remove all bubble wrap and other protection wrapped around pots and containers to protect plant roots from frosts. If there are frosts still to come, they are unlikely to be too harsh.

At Pippa's website (www.pippagreenwood.com) you'll find stylish clothes, practical and pretty plant supports, Nemaslug and other great 'green' controls, the fantastic SpeedHoe, gardening tools, Grower Frames, signed books and more. Or book Pippa for a talk at your gardening club.



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Risborough Community Events



May / June 2020

We are sharing these pages as we have always supported our community and will continue to do so, but please be aware that most of these groups won't be meeting at the present time and possibly not for a few weeks. Please do keep an eye on their website for updates, if they have one, or contact them via their email or phone number. All of these community organisations will need your support and we know that you will also be very pleased when they are all back and running as normal. Take care everyone and stay safe x

Forget Me Knot Café

We meet **twice monthly, 10.30am - 12.30pm** at Chinnor Village Centre

For further information please contact Michele on 01844 353154 / 07779732097 or at info@holisticmassageuk.co.uk or Val on 01844 352254 or at valerie.edwards2053@btinternet.com to find out more. Chinnor Village Centre www.facebook.com/forgetmeknotcafe

Princes Risborough Evening W.I.

A group of welcoming women who meet on the **first Thursday of the month** at The Princes Centre, Clifford Road, HP27 0DP from **7.45pm**. Women of all ages welcome, we meet at The Princes Centre, Clifford Road, Princes Risborough HP27 0DP on the first Thursday of the month – if you have any queries please contact us via risboroughewivi@gmail.com

Princes Risborough Morning W.I.

10.00am Carrington Room of the Community Centre. Visitors and new members are most welcome. Information: 01844 344246.

Rita's Charity Dances

Princes Risborough Community Centre. Wades Park / Stratton Rd, Princes Risborough, HP27 9AX. **8.00pm - 11.45pm.**

50's and 60's Music with Live Bands. No bar, so



bring your own favourite tittle & nibbles. Come & Join us for a good night out. All proceeds go to charity. Tickets cost £12.50, payable at the door. Contact Mrs. Barbara Williams for Details 01844 345959

Speen WI

Speen WI is 60 years old this year and continues to meet on the **first Thursday of each month** in Speen Village Hall at **7.45pm**. We are a lively group who enjoy a monthly speaker, various social events and outings as well as crafting, rambling and dining. Visitors are always welcome.

Princes Risborough Ukulele Group

Now based in the Community Centre (HP27 9AX) **every 2nd and 4th Tuesday of the month**. Beginners from **6.15pm to 7.15pm**, main group meets from **7.30pm to 9.30pm**. For more details contact Ron Holland at ron.t.holland@gmail.com or 07738 009795. Large and varied song book. Bring your ukulele and join in the fun, we always have a good time. No experience necessary, learn as you play. Mistakes are allowed.

Prestwood Evening WI

Meets in Prestwood Village Hall at **7.45pm on the 2nd Tuesday of each month**. Visitors and new members welcome. For more information please ring Christine Plested 01494 890202

Princes Risborough Photography Society

Interested in photography and want to learn more or talk with like-minded people? We are a friendly and welcoming club for photographers or all abilities from complete novice to professionals. We meet **every Monday 8.00pm - 10.00pm** in the Lower Hall, Baptist Church. For more info, visit <https://prps.org.uk/>

Princes Risborough U3A

Princes Risborough U3A for the retired and semi-retired. Our motto is Learn, Laugh and Live! From Canasta to walking groups, and photography to Spain and Spanish! These are just 4 of our many and varied activity groups. To find out more look on www.risboroughu3a.org.uk or email us at info@risboroughu3a.org.uk

Scannappeal Events

Scannappeal has a very busy upcoming events schedule. All information can be found on our website <https://scannappeal.org.uk/events/>, by calling 01494 734161 or emailing bht.info.scannappeal@nhs.net.

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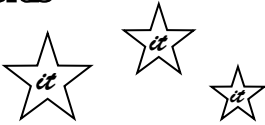
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Princes Risborough and District U3A German Group (Intermediate)

Fourth Wednesday of the month 10:00am to 12:00 noon. Methodist Church (Rear Hall), Princes Risborough . Können Sie Deutsch sprechen? Möchten Sie Ihr Deutsch verbessern?

If anyone who has studied German would like to join us, please contact Christine Huggins. Membership of the U3A only costs £15 a year, if you are not already a member. Further details from chrismhug@outlook.com

Tots and Toast Baby and Toddler Group

Based at Chinnor Methodist Church is currently not meeting but will resume as soon as it is considered safe to do so. All those who have registered will be emailed or texted. Any queries to Liz. Text 07720647914 or email chinnormethodistshire@mail.com

2nd Wednesday Folk Session

Towersey or Chinnor, **2.00 - 4.00pm on the second Wednesday in the month.** £4 per session. All welcome at whatever level you play. Music is sent out in advance. Please phone 01844 351565 to check on the venue and whether this group will be running on 13th May and 10th June.

Chiltern Art Group

Meet **every Monday 7.00pm-9.30pm** St. Marys Church Hall, Princes Risborough. A non-tutored art group that embrace the relaxation, benefits and achievement painting can bring. Bring your own materials/project and enjoy a couple of hours being creative. Professional demonstrations/workshops organised throughout the year. For more details tel. 01844 343105 or come along one Monday evening.

Princes Risborough Choral Society

Princes Risborough Choral Society is a friendly Society of about 50 members. Rehearsals are on Tuesday evenings at Lower Hall Baptist Church. Rehearsals are from **7.30 pm until 9.30 pm.** Please note the change of venue. New members are always welcome. Please contact the membership secretary on 01844346916. Tickets will be available from the Risborough Cook Shop, Art and Office, and the Information Centre in the library. Please see website for future concerts www.princesrisboroughchoralsociety.org

Lacey Green Singers - community choir

We sing a wide range of music, from choral classics to modern pop music, with termly



What's on Risborough

concerts. Rehearsals on **Thursday evenings, 7.45pm - 9.30pm**, term time, in St John's School, Lacey Green. We love to welcome new members, so just turn up! laceygreensingers@hotmail.com www.laceygreensingers.org

Risborough Run in the Park

Every Sunday, 9.00am, Wades Park, Princes Risborough. Come along to our free weekly 5k run in Wades Park on a Sunday morning for all ages and all abilities. risboroughruninthepark.weebly.com or find us on Facebook.

Lacey Green Players

Lacey Green Players - a local, friendly amateur dramatic group raising money for charity. We offer annual dinner theatres, murder mysteries and 'theatre at home' in a member's house. Membership to the group is completely free and we offer opportunities for anyone interested in all aspects of amateur dramatics. Acting, backstage, front of house, marketing, lighting and sound; if you are interested in joining us or you know of someone who wants to learn new skills please get in contact. info@laceygreenplayers.co.uk.

Longwick Evening WI

In these unprecedented circumstances please contact Secretary, Judy Rivers, 01844 698693, to check whether meetings are going ahead. We meet on the **second Wednesday of each month** at Longwick Village Hall at **7.30 pm**. Our Resolutions Meeting is due to take place in May and the speaker booked for June is Tony Eaton on The Curious Disappearance of Major Glenn Miller. New members welcome!

Princes Risborough U3A Short Mat Bowls

During the summer many could be gardening etc. or even hoping to be bowling outdoors. So, we are not playing until the autumn. We restart **Wednesday 2nd September** (virus permitting) and then **every Wednesday from 2.00 to 4.00 pm** in the Community Centre. Any queries please phone Peter on 01844 346175. Badminton in Chinnor for less than £3 a session. Play is suspended for 3 months. Mill Lane Badminton Club. Roger Payne tel 01844 351959/mbc@btinternet.com

Princes Risborough Country Market

Unfortunately, due to this nasty virus, we will not be holding our usual Thursday market for the time being. We hope all our customers stay safe and well and that we will see you again when all this is over.

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Risborough & District Model Railway Club

Are you interested in railway modelling or just railways in general and keen to share your interests with others? We meet **every Friday from 7.30pm to 10.00pm** at the Risborough Community Centre and welcome new members of all abilities from newcomers and novices to master modelmakers. We have a diverse membership with a common interest in all things railway, members model across a range of scales and gauges, eras and countries. Bring along your own modelling projects or work on the club project layouts. For more information: Contact: Paul Wright 01844 275748 chairman@rdmrc.org.uk | www.rdmrc.org.uk

Risborough and District Bridge Club

Risborough and District bridge club has temporarily closed due to the virus. Please check the website for information. <https://www.bridgewebs.com/risborough/>

Princes Risborough Bowls Club

Our club is situated in the centre of Princes Risborough, off New Road. We welcome new members both experienced and beginners, it's a very social activity and you will meet lots of new people. Why not give it a try? For more details, contact Richard Ferguson. 01494562954. Or email richard@improvise.me.uk

Princes Risborough Baptist Church

Morning Worship **10:30am each Sunday**, Holy Communion **1st Sunday of each month**, refreshments served after most services and during Café Style, **2nd Sunday**. Evening worship twice a month at **6.00pm**. All Welcome. Details www.risboroughbaptist.org.uk email prbaptist@btconnect.com phone 01844 274499

St Mary's Church

Details of our weekly services and events for the month can be found at www.stmarysrisborough.org.uk. Everyone is welcome to our regular events: **Thursdays 10.30 am:** Coffee in the Chapter House; **First Sunday of the month at 3.00pm:** Open Door in the Chapter House. All welcome to join us for afternoon tea. We particularly cater for the lonely and those recently bereaved.



Elim Church @ Risborough

Church but not as you know it! **Sunday Morning** Worship **10.30am. Last Sunday in month:** Café Church **10.00am**
Evening **IGNITE Service: 6.00pm last Sunday in month. Play Café Tuesdays 10.00am - 11.30am** (free Toddlers session)
Coffee Lounge **Tues/Thurs 10.00am - 1.00pm.**
9 Bell Street 01844 275822

Climate Action Now, Risborough

Holds friendly drop-ins at the Zero Carbon Café **(7.30-9.30pm, 2nd Thursdays)** on what we can do about the climate crisis. Themes: EVs, Food, Subsidised fossil-fuel-free homes. Risborough Rummage: **28th June (2.00-4.30pm)** Clear your unwanted items for neighbours to take/buy. See canrisborough.freeforums.net, [facebook.com/actfordclimate](https://www.facebook.com/actfordclimate), www.can-r.org for details.

Princes Risborough Methodist Church

Morning Worship **10.00am each Sunday.** Holy Communion celebrated on the 1st Sunday of each month (may vary). Fellowship and refreshments after each service. Full details of church activities <https://www.aylesburyvale.org.uk>
Should you wish to come to any church activity but are a little apprehensive please telephone 07894 159544 and a church member will arrange to meet and greet you and introduce you to members of the fellowship.

Chinnor Short Mat Bowls Club

Interested in bowling but don't want to chance the British summer? Come and join us, we play friendly games and matches all year long, indoors at Chinnor Village Hall. **Wednesday eve 7.00pm - 10.00pm and Friday afternoon 2.00pm - 5.00pm.** Come along in flat shoes and we will be happy to loan you some bowls and teach you the rules. Experienced players also welcome. For more details contact: Bob or Ann Hine 01844 351154 www.shortmatchinnor.org.uk

Lucy Clark Scottish Country Dance Club

We are a friendly and fun club who meet and dance on **Thursday evenings** at the Wendover Memorial Hall, HP22 6HF. If you are already a Scottish dancer, why not come along and see what we have to offer? If you're new to Scottish country dancing and want to try it, visit our website www.lucyclark.org.uk or contact Liz Mitchell on 07947 000368 to find out about tuition opportunities.

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One Hit Wonder Anagrams

Can you unscramble these anagram pairs, where the first part of each clue is an anagram of the title of a hit single and the second part is an anagram of the name of the act whose only UK top ten hit single was with this single?



1	Not If We Don't Launch by Our Pee
2	Unproud Jam by A Fusion Hope
3	So Bad Bar by Aptly Political Cry
4	Grass A Guru by Trisha Chee
5	Daft, Neat, Cheesy by The Human Wotsit
6	UFO Nose by Sonja Oberon
7	As Harmony by Ken Thack
8	Jeering Satan Pun by Vas Thorpe
9	I Am A Teeny Toad by Real Tall Men
10	Fiery Hole Trouble by Mr Tender Baths



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School's Out!

Schools in the UK have now officially been shut since Friday 20th March, and many parents have found themselves having to take on the role of teacher as well as parent as they attempt to home-school their children.

Some parents are feeling overwhelmed, and MyTutor – the UK's leading online tutoring service – want to help reassure parents and help alleviate some of the pressure being felt. Remember: it is impossible to be a full-time teacher, especially for working parents. Kids aren't learning for every second of the school day either, so the most helpful thing for parents to do at this time is help structure the day for children. Here are MyTutor's top tips for doing just that:

1. Set good habits around phone use and have honest conversations

Teens spend a lot of time on apps speaking with their friends anyway - and isolation will only increase their desire to communicate socially. While some communication will be positive for their mental health, the opposite is true when social media fuels feelings of isolation and anxiety. You'll need to set some ground rules for how phones are used during the day and make sure to have honest conversations with them about their mood.

2. Organise your days (and make sure to go outside!)

Without the structure of a work or school day, and without the engagement of peers, motivation and energy can take a dive. Create a timetable that'll work for both you and your child, covering their subjects and your own workload. Divide up periods of work and study



Nicola Anderson - Head of Customer Support

with active breaks. Make sure that you and your child keep active, go outside, eat meals at the appropriate times and have offline conversations.

3. Look for online support

Self-study is an incredibly hard skill to master and secondary school pupils may struggle without someone actively explaining concepts to them. If you feel unable to help your child study while also dealing with your own workload, it is worth finding an online tutor who can help your child fill in any gaps in their knowledge. Online lessons are like having a face-to-face skype call with a tutor but with an interactive whiteboard on the screen too so students can upload documents and make notes. A tutor can keep students on track with the syllabus and give them a much-needed boost of confidence in what is a confusing and challenging time.

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Basic Bread Dough

– *no knead method*

This is my no-knead method, it's super easy, but don't try and knead it it's too wet a mixture, also don't use a mixer, it will just stick to the dough hook. Make sure your measurements are exact for the flour and water.

Ingredients: for 1 loaf

500g strong flour

1.5 tsp salt

10g fresh yeast or 1 sachet dried yeast

350ml water – room temperature or luke warm

1 tbsp extra virgin olive oil

How to make bread.....WASH YOUR HANDS

- Place the flour and salt in a bowl and mix well. Crumble the fresh yeast into a bowl with the warm water, if using dried yeast just sprinkle this over the water, mix until the yeast has dissolved. Tip the dry ingredients into wet ingredients and mix with a dough scraper or wooden spoon. Pour the olive oil into the clean bowl and transfer the dough to this bowl. Cover with a damp tea towel or oiled cling film and set the timer for 10 minutes.
- After 10 minutes remove the cover and pull the outside of the dough across to the other side, turning the bowl so you make around 8-12 'pulls', the dough will start to resist a little. Cover, set the timer for 10 minutes, repeat 3 more times.
- After the final 'knead' the dough should be lovely and smooth, now it needs to develop flavour. Allow the dough to rest for 1 hour – no more, no less, 1 hour, covered with a damp tea towel in a warm place. The microwave will do, don't use the top of the AGA or the airing cupboards, one is too hot the other is too dry, next to the AGA is fine, make sure the tea towel doesn't dry out.



- After the hour the dough should be around double its size, you need to keep this precious air inside the dough so don't do as you may have been taught in school and 'knock back' the dough, but gently lift it out of the bowl onto a lightly floured (yes I know, this time I'm allowing you to add a little flour) surface and gently fold the outside edges of the dough into the middle, moulding it into the shape you would like it to be - left as a round 'cob' or transferring it to a greased loaf tin.
- Once it's been moulded then it needs proving to develop the flavour, cover the dough with a damp tea towel and leave it for 45 mins until it's just under double its size, don't let it get any bigger.
- Meanwhile preheat the oven to 220oc/gas 8 and put a flat baking tray on the bottom of the oven.
- Bake your bread, either as a loaf for around 30-40 minutes or remove the hot baking tray from the oven and gently transfer the loaf onto it, bake for 40-45 mins, until dark golden brown and when you tap underneath it sounds 'hollow'.

Do have a look at my website for more delicious recipes, including recipes to turn the bread dough into, plus a carrot cake recipe with alternative ingredients.





Cookery classes in the time of Covid-19 have gone virtual.

I'm launching my new interactive virtual cookery classes to replace my Saturday morning classes as from **NEXT WEEK Saturday 11th April.... Two classes every Saturday morning. :**

10am - Young adults (13+) and older ones too

11.30am - Children and family class

Both classes will make the same dish, but I ask that an adult is on hand for the children's class to help with sharps and heat work. Pricing is from £8 per class if you book 4 or more classes, or £12 for a one off class. Recipes, plus ingredient alternatives and utensils lists will be sent out in advance so you can plan the food shop and get everything out ready. The classes will last around 1 hour and are fully interactive so we prep, mix and cook together. I can also see what you're doing and check techniques, and you can ask me any questions as we go along. There will be lots of tips and chat too.



Please spread the word. Hopefully this will be a bit of fun on a Saturday morning and you can make some lovely food to share and learn new skills. This is a great way of encouraging children, teenagers, families and adults to roll their sleeves up and cook along with Beverley on Saturday mornings.

<https://beverleyglock.com>
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Monkey Music Pre-School Classes

Launch in Aylesbury and High Wycombe

Monkey Music, the UK's award-winning pre-school music group for babies and toddlers, is now officially open in the area of Aylesbury & High Wycombe.

Sally Williamson was due to launch classes in Wendover, Princes Risborough and High Wycombe after Easter but in light of the current situation, she will be bringing you the classes online instead, until things return to 'normal'! Monkey Music introduces music to very young children, from 3 months to 4 years, in a fun way they can easily understand and enjoy, with teachers who gently encourage social and musical skills within a fun, stimulating and friendly environment. Monkey Music offers a progressive curriculum with 4 stages of classes, each aimed at a child's specific age and development. MonkeyMusic@Home will provide as close to the same experience as the face to face classes as



possible, with opportunities to join in with songs, movement and make some music yourselves! Sally, who has experienced the joy of Monkey Music as a parent, is very excited to be bringing classes to the area of Aylesbury & High Wycombe. Visit <https://bit.ly/mmayleswyc> to find out more and book your place at one of our online classes.



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Impacts of excessive Technology use

More than ever, we are becoming increasingly dependent on computers and mobile phones to work, communicate, and gather information.

Having a surplus of information at our fingertips is pretty impressive. However, the long hours of using our fingers to be constantly connected can be detrimental to our hands and wrists.

There are a number of health issues associated with such overuse.

Causes of hand and wrist pain include:

- *Tendinitis* – presenting as pain and swelling, tendinopathies are due to inflammation of the tendon sheaths that surround the tendons.
- *Ligamentous strains and sprains* – normally occurs in the wrist - often when you put out your hand to stop a fall.
- *Carpal tunnel syndrome* – occurring fairly often in pregnancy and often a common cause of wrist pain generally, this syndrome is due to compression of the median nerve as it travels through the wrist to the hand.



- *Arthritis* – causing pain and swelling, arthritis is another common cause of wrist and hand pain. In most cases, osteopathy can help to alleviate the symptoms often treating locally in the hand and wrist area using soft tissue and joint mobilisation techniques.

Preventing Repetitive Injuries

Finally, here are a few guidelines for preventing repetitive wrist and hand injuries and curbing painful symptoms: Give your hands a break from your keypad, brief break every 30 minutes.

Try to keep wrists flat or “neutral” while typing.

Relax your shoulders. A lot of us are prone to store stress in our shoulders.

Best wishes, David



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Blue Cross | *Animal Charity*

While Blue Cross's rehoming centres are closed during the Government lockdown, people who would like to help Blue Cross can make a donation direct to the charity but they can also sponsor one of the pets who are currently in the care of the charity.

People can sponsor any of the pets on the charity's website. Three pets who are among those currently in the care of the team at Blue Cross in Lewknor are four-year-old lurcher Eric; nine year old cat Honey and rabbits Mia and Marley.

Being a sponsor means you will be giving vital funds to help Blue Cross care for homeless and unwanted pets until the charity can find them loving new homes.



As a charity, Blue Cross receives no Government funding and relies on its generous supporters to continue its vital work caring for pets.



By becoming a Blue Cross pet sponsor, you'll receive an email which includes a certificate with a photo of your chosen pet and receive monthly updates on how your pet is getting on. You'll also receive a welcome pack in the post. Once your pet is happily rehomed, you'll be able to sponsor another who needs your help for as long as your direct debit continues.



For more information on the work of Blue Cross, to make a donation and to see more pets who you can sponsor visit www.bluecross.org.uk/sponsor

Covid-19: National pet charity Blue Cross issues essential advice for pet owners

With lockdown now in place, pet owners across the UK are either social distancing or self-isolating. Blue Cross is looking at the impact this will have on the nation's pets and their owners during this unsettling time and is offering essential advice and answering the many questions on pet owners minds.

Those social distancing can still take their dog for a walk and exercise once a day but they MUST

keep their distance from other people by at least two metres. However, if self-isolating because they, or a member of their household, has had signs of the disease they should not go out at all. Someone from outside of the household may have to take their dog out for them. Owners can ask friends, neighbours or family members if they can help and there are also increasingly numbers of community groups offering to walk dogs and pick up essential pet supplies. Affected owners



can check local media and social media to find someone in their area. Volunteer dog walkers should use their own dog lead or disinfect the owner's lead.

It is important pet owners wash their hands after handling their pets, and if unwell and self isolating it is also a good idea to avoid other people stroking and handling their pets.

If pets aren't getting their usual amount of exercise it is important owners make up for this to keep pets healthy and mentally stimulated. The charity has some tips for pet owners while they are spending more time at home:

- Encourage pets to play with toys and treats by hiding them around the home or playing fetch (make sure toys are soft to avoid damaging any household items) and even play hide and seek with pets and other family members – especially fun for children at home while schools are closed too. Don't forget if playing with pets using treats you may need to reduce the amount they have for their daily meal.
- Your dog might also enjoy a game of tug with a favourite toy, make sure these are controlled games and your pet understands that when you put their tuggy toy down it is time to stop. Pets can also be kept busy by having their food via a kong or activity toy.
- Cats will benefit from having scratch posts, climbing apparatus and chase toys and many also enjoy playing with toys such as feather wands and balls. While at home, all the family can take some time out to have a few minutes of regular playtime with their cat – fun for both cats and their owners.
- Hide biscuits or food parcels in a cardboard box filled with shredded paper or a cleaned out yoghurt drink pot for pets to bat about to release the food.
- Being at home could also be a time to continue pet training – even cats can be trained using a clicker device where they understand a reward is

coming for an act they are doing when asked by their owner.

- If pets are becoming a distraction while trying to work from home and to avoid them becoming too clingy (potentially leading to dogs suffering from separation anxiety when their owners go back to work) it is a good idea to pop them in another room to rest for periods during the day. Owners may also benefit from putting pets in another room if using skype or phone meetings to avoid pets being a distraction.

- Cats who usually spend the day outdoors exploring may prefer to stay in with their owners instead. Owners can encourage their cat to go outside by going into the garden themselves and let them follow and see if they will jump onto fences or into trees to keep them active.

Pet owners regularly using hand sanitiser should remember that many cleaning products are toxic to pets and it is best to avoid stroking and handling your pets straight after using sanitisers. When cleaning, remember that pets should be kept away from areas being disinfected until completely dry and prevent pets going near cleaning buckets and cleaning products. Cats in particular will lick their paws and fur almost immediately if they feel unclean and such products can potentially burn their mouth, tongue or throat.

Find out the situation with your vet practice and where emergency treatment is being offered. Some vet practices are offering routine and non-urgent consultations remotely and any medication needed prescriptions via email to order online.

Blue Cross is offering free coronavirus update emails for latest news and tips about keeping pets healthy and mentally stimulated with easy to make games and play ideas during the Covid-19 outbreak. Visit www.bluecross.org.uk/coronavirus for more information and to sign up to our emails.



The Birds And The Bees



1. Which company was founded in 2006 and took its name from a word that is defined as both "a short burst of inconsequential information" and "chirps from birds"?
2. Are worker bees male or female?
3. The Alfred Hitchcock film The Birds is loosely based on a short story by which famous author?
4. What were the first names of the three Gibb brothers that made up the Bee Gees?
5. In the Netherlands and Belgium, what type of egg is known by a name that means "little bird's nest"?
6. Which US state is nicknamed the Beehive State?
7. In golf, how many shots would you have taken in total if you got a birdie on a par three, an eagle on a par four and an albatross on a par five?
8. In a short story called His Last Bow, it is revealed that which well known fictional character has retired to a small farm on the Sussex Downs and has taken up beekeeping?
9. According to the Bible, what two types of bird did Noah send out from his ark to see if the waters had subsided?
10. In which horror film is the title character the ghost of an artist who was set upon by a lynch mob, cutting off his painting hand, replacing it with a hook, and smearing him with honey, causing him to be stung to death by bees?

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#THINKLOCALFIRST

We are actively compiling a list of local businesses who remain open and are working hard to adapt to Government Guidelines. If you are a local business (any background - not just food) please message us via our website and we will happily include you in this listing (100% free).

Some businesses we've previously listed have had to close temporarily, so we've decided to keep them listed as we still want to support them! As so many of you are regularly visiting this page this provides great visibility for them regardless of whether they are open or closed. When normality resumes, we hope that this time will have improved community awareness of all the amazing local businesses that we have on our doorsteps!



The services on our site are available to everyone (not just TRC members) as this is all about helping everyone in the current climate! This guide is being updated daily.

Current Government Advice

1. Stay at Home - Only go out if you need essentials - nominate one key person from each household to minimise exposure. Use Food Delivery Services.
2. Go out for ONE form of exercise per day, adhering to 2 meters social distancing at least (alone or with your own household members only).
3. Only go out for essential medical care, medication & caring for the vulnerable/ elderly.
4. Travelling only permitted to/from work for key-workers.
5. Being outside does not eliminate the risk of spreading the virus - no groups.
6. If you have even the slightest symptom - self isolate including anyone you live with for 14 days at least.

www.thamerewardsclub.com/corona-virus-shopping-thame



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Rewild your life

Did you know spending time in nature boosts your connection with the natural world, and it can also help you feel good too?

From 20 seconds to 20 minutes* (and longer), we've got some ideas for easy ways to spend time in nature every day, to make it part of your daily routine.

Don't forget to give yourself a pat on the back after completing each action. Taking part helps your wellbeing and nature.

For more ideas of how to spend time in nature visit nationaltrust.org.uk/natureconnect-to-nature. The National Trust's 'Every Day Nature' book goes on sale in April. To pre-order your copy visit bit.ly/EveryDayNature.

*Proven time that enhances well-being. Illustrations by Lesley Buckingham.

Week 1 (20 seconds–2 minutes)

- Listen to birdsong
- Remove your headphones and 'tune in' to nature when you're out and about
- Touch bark, moss or grass



Week 2 (2–5 minutes)

- Smell a wildflower
- Watch the clouds
- Look at the moon and stars
- Watch a bird flying



Week 3 (5–8 minutes)

- Watch bees or butterflies hovering around flowers
- Find a bug in the grass
- Go barefoot in grass, mud or sand



Week 4 (8–12 minutes)

- Take and share a photo of nature
- Get up early to watch the sunrise



Week 5 (12–15 minutes)

- Put food out for wildlife or birds
- Catch a falling leaf
- Go and find a spot to watch the sunset



Week 6 (15–18 minutes)

- Enjoy 10 minutes of mindfulness and immerse yourself in the sounds of nature
- Get active in nature and go for a walk, jog or run



Week 7 (18–20 minutes)

- Sketch a flower or animal
- Go for a hill walk
- Get creative with wild art
- Take part in a wildlife survey



Week 8 (20 minutes+)

- Plant something to grow in your garden or on your windowsill
- Go litter picking in your local park or at the beach



Week 9 (20 minutes+)

- Hold a class or meeting outside in nature
- Read a book outdoors
- Stop by a stream or river and just listen

Crossword Answers



S	T	R	A	W	B	E	R	R	Y	H	E	A	R
A	E	I	A	O	S	R	E						
S	A	T	I	N	R	E	S	T	O	R	I	N	G
H	E	D	W	E	U	C	E						
U	N	I	O	N	I	S	T	T	R	A	I	N	
A	T	W	G	T	H								
P	R	I	E	S	T	S	E	N	A	M	O	U	R
P	O	H					U	V	A				
R	A	N	C	O	U	R	E	A	S	I	E	S	T
E			P	E	Y	T	R	E					
C	R	A	M	P	P	L	E	U	R	I	S	Y	
I	R	I	L	B	A	T	K						
A	R	G	E	N	T	I	N	A	L	E	A	R	N
T	U	G	C	L	I	T	O						
E	D	E	N	P	A	R	L	I	A	M	E	N	T

Sudoku Answers



2	9	1	8	5	4	7	6	3
6	8	4	2	3	7	1	5	9
3	5	7	9	6	1	8	4	2
9	3	6	4	2	8	5	1	7
8	1	2	5	7	9	4	3	6
4	7	5	3	1	6	9	2	8
1	4	3	7	8	2	6	9	5
7	2	9	6	4	5	3	8	1
5	6	8	1	9	3	2	7	4







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