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**SUMMER 2017**



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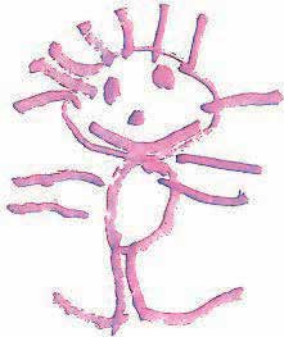
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### **Monday**

Pre-School	9am-1pm	L Jenny Ing	463521
Pre-School	9am-3pm	S Jenny Ing	463521
Beavers	5-7pm	L Lynda Wallwork	564582
Pilates	1:15pm – 4:15pm	L E Harwood 07803	123092
Art	7-10pm (most Mondays)	S Jill Graves	563813
Valley Players	7:30pm - 10:00pm	L Sheelagh 07468	462023
Village Hall	1 <sup>st</sup> Monday, 8pm-10pm	C Michael Sole	563516

### **Tuesday**

Pre-School	9am-1pm	B Jenny Ing	463521
Badminton Tuesday	1:30-3:30pm	L Nancy Hussy	563767
Sains' Veterans	3 <sup>rd</sup> Tuesday, 2-5pm	S Sandra Jones	715219
Kids Strictly Shine	5:15pm - 6:15pm	S A Goldsmith 07545	011714
Seido Karate	6:00pm - 8:00pm	L Roger Thyer-Jones	565341
Residents Assn.	1 <sup>st</sup> Tuesday 8-10pm	S Angus Idle	563673
Pilates	7:00pm – 9:00pm (Not 1 <sup>st</sup> Tuesday of Month)	S E Harwood 07803	123092

### **Wednesday**

Pre-School	9am-1pm	L Jenny Ing	463521
Pilates	9:30-11:30am	S Rosie Lewin	812796
Pre-School	12noon-3pm	S Jenny Ing	463521
Badminton	1:30-3:30pm	L John Veysey	562332
Flower Arranging	3 <sup>rd</sup> Weds 6:30 - 10:30pm	L Jan Collins	563890
Pilates	6:45pm-9:00pm	S Karen Letham 07973	384817

### **Thursday**

Pre-School	9am-1pm	L Jenny Ing	463521
Painting	9:30-11:30am	S Jim Eastgate	528698
Painting Class	12noon:2pm	S Bucks Adult Learn	473795
Good Companions	1 <sup>st</sup> Thursday, 2-5pm	L Pat Furness	563071
Tai-chi	2:15-4:15m	L+S Pam Felix	440198
Dance Class	4:30-8:30pm	S Jessica 07792	518455
Diet & Fitness	5:15-7:15pm	L Rachel	452286
Pregnant Yoga	7:30pm - 9:30pm	L Sue Friar	564530

### **Friday**

Pre-School	9am-1pm	L Jenny Ing	463521
Pre-School	9am-3pm	S Jenny Ing	463521
Valley Friends	1 <sup>st</sup> Friday, 7:30-10:30pm	L Heather Mayer	436044
HAGA Gardening	4 <sup>th</sup> Friday, 7:30-10:30pm	L Debi Hoare	816304

### **Saturday**

Jazzercise	8:30-10:30am	L Marthese 01753	889746
Multiple Sclerosis	1 <sup>st</sup> Saturday, 12noon-5pm	L Judy Biggs	562204

**Village Hall Booking Phone Number:- Christine Powell 07815 163269**  
**Village Hall Booking Phone Number:- Christine Powell 07815 163269**

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## Co-Chairman's Report

We were very pleased to be asked to take on a fourth year as Co-chairs. That is quite something; a chance to continue with both the day to day Residents Association matters and the unexpected ones.

The present HVRA Officers re-elected at the AGM were:

Co-Chair	Angus and Janet Idle
Vice Chairman	Jerry Morley
Secretary	Rosemary Hewitt
Treasurer	Peter Cannon

Al Bowyer, who wished to stand down after nine years as Treasurer, was greatly thanked. It is also hoped to replace David and Susan Sharp with three Road Reps for Friars Gardens as there are nearly 100 houses in that estate.

At the AGM there were four questions from the floor:

1. What is the position now for the Multi-use Games Area?
2. What is the progress of the proposed cycle path to/from Wycombe?
3. How much signage is required for the surgery; is it over-signed?
4. How many Road Reps do we still need?

Briefly, the MUGA, although all the directives from Wycombe District Council (and there were many) have been accepted, however there is still a parking problem. The number of parking bays at the Village Hall were deemed insufficient by Bucks County Council' Highways Department and so, until that matter is resolved.

The planning application was withdrawn (not rejected) for now. As it is such a popular requirement it will at some stage be put forward again for reconsideration.

In answer to the cycle path question and since the A4128 has become so much more busy now, a small group will gather, with Wycombe District Council representatives, when the Hughenden Quarter project is completed.



Signage. Road signage for the Surgery is a matter for Wycombe District Council with whom we will liaise.

At least two new Road Reps are needed for Friars Gardens since David and Susan Sharp retired at the AGM. In Valley Road there is at least one other stretch where extra support may be needed. There are several suggestions being considered, so watch this space.

Our Website is being restructured, and thanks to Andrew Capey a potential plan for the website will be out soon after all the ideas with a small sub-group have been analysed,

The Minutes of the 2017 AGM will, as usual, be delivered next April in time for the 2018 AGM.

We were very pleased to have two guest speakers from the Royal Air Force at our AGM. One of them was Dave Brown who is a historian and the Curator of The Bomber Harris Room and Tunnels at Bomber Command. He brought smiles to those familiar with the local and national history of World War II. The other guest was James Palfrey, who gave an update on RAF High Wycombe now. Unfortunately the Shop Committee members missed the speakers 'talk' and had to leave to go to their own meeting which they delayed to come to our AGM.

The June Committee meeting of the HVRA covered many items, most of which will be covered again in the July Meeting.

We are planning to have a three hour First Aid Course given by representatives of The St. John's Ambulance, for those wanting to learn more about essential First Aid techniques. There will be a certificate of attendance for those who take the course. Please contact us as soon as possible, if you are interested.

Bucks Street Representatives Association. Our Road Reps' system is a well established and envied system. The Bucks Street Association has been formed as a similar but complementary system which is County-wide and aims to give support to vulnerable people. In our village it will work

alongside our Road Reps. In fact, each of our Road Reps, if they choose, can decide to be both Road and Street Reps; hopefully they will, as that would be the simplest solution. If however they choose to remain just as Road Reps that will not matter much, as they will liaise with whoever is the Neighbourhood Watch or Street Rep. Whichever way, it will give us the best of both systems. Our Road Reps have already been given useful information packs by the Street Association for crime reporting, in particular how to deal with the now widespread scams that try to trick people, especially the vulnerable ones. The Co-Chair and Natalie Judson of the Street Association have discussed this and are happy with the two approaches to this.

Lastly, the Senior Citizens' Treat in June went very well. It was lovely to see so many elderly residents looking so spritely and very cheerful. There was much effort by the ones who are afflicted by age or health difficulties and the helpers were impressed with their determination. The entertainment, given by the father and son duo (father Gavin and son Tom), "The Moles" was excellent. Incidentally Gavin used to live in Trees Avenue before they moved to Lacey Green. Tom went to school, first at Hughenden Valley First School before going on to Great Kingshill School and the Royal Grammar School. He wants to be a professional opera singer.

Enjoy the Summer whatever the weather; it seems to be changing again. At the moment we just crave some gentle summer rain for a while.

*Angus and Janet Idle, Co-Chairs, HVRA ~ 01494 563673*

## **Copy Deadline for Autumn/Winter Edition**

**Friday 27<sup>th</sup> October 2017**

## **Stop Press ~ Village Day 2018**

**Date for your diary**

**Saturday 14<sup>th</sup> July 2<sup>nd</sup>**

**More details in the next edition of Hughenden News**

## The HVRA Report 2016-17

**Explanatory note:** text in black read by Angus; text in red read by Janet

To avoid boring anyone we have decided to report in a word picture format. Surprisingly, we cover back to the last Village Day!

Seriously, we'll be honest with you  
We have had a lot of work to do

Consultations with road works and water.....

And keeping our eyes on the Hughenden Quarter

Transport officials at the end of their phones

Recognise our dulcet tones,

A good relationship, now well founded;

Results follow so they don't feel hounded,

But know we are serious, observant and useful.

Considering the public, they and, we discuss what is crucial

The traffic still flows fast along Valley Road,  
Except when Speedwatch gets it slowed.  
More volunteers could spend some time  
To help PC Turnham fight speeding crime.

It's not the majority who are the trouble,

But the few who must go at the double.

More Lorries come through, thundering by;  
You can hear the children cry  
"That lorry splashed me" says the girl on her bike  
"And me too" cried the boy on his trike.

On Coombe Lane, steeply twisting, some Lorries fail to climb,  
Buses get stuck from time to time

Even Satnavs lead them astray

When they should go another way  
A mixer lorry spilling liquid cement profusely.  
A good clean up and the road closed on Tuesday.

Pot-holes in Bryants Bottom **were** many;  
Bucks CC being short of a penny;  
Temporary fillings in some lucky places,  
But not enough to fill all the spaces.  
As chassis were broken and suspensions can snap,

It's left to David to fill the monetary gap.  
(He's a good chap)

The HVRA and others too  
Study planning websites through and through.  
Our Parish Councillor, we'll call him Peter  
Looks at every building feature,  
Pouring over un-neighbourly extensions.

And dimensions,

Losing bungalows, chalets and garden-land.  
We focus to stop it getting out of hand!

Progress at Uplands seems to stand still  
The Grade II listed built on the hill  
The promised flats await conversion,  
The owner will not take coercion!  
He waits for pathway and speed reduction  
Leaving security to guard his junction  
Guarding the gate, the gardens and trees,  
While we await flats in ones, twos and threes

Bucks Street Representative Association  
wants volunteers for street listing  
It can be our Road Reps already existing  
Aims are to watch over elderly, vulnerable or alone  
So that no-one is isolated, ignored or struggling at home

All our Road Reps have packs, with numbers to contact  
But may prefer to work with another, in fact

Our Road Reps will make their own decision  
To double as Road Rep and Street Rep Mission

Or find another to work out a solution.  
Thus avoiding any confusion

Last year, in June, Village Day arrived.  
Our biannual tradition has survived.  
The HVRA's Stall there to quench the thirst,  
As crowds poured in and saw it first.

(with its phone,) HVRA got people to sign to keep BT phone-box

As mobile reception can disappear in our zone.

The HVRA also supports the Village Hall (Christmas) Fair,  
With two big tombolas run by Clare.

Last year the Senior Citizens partied for free,  
Enjoying Pimms and a jolly good tea,  
While young musicians played their arrangements,  
Nervous or confident at their first public engagements,  
Keen to play with the audience cheering.  
Even though some were hard of hearing.

This year the Citizens' treat will resume  
With the professional "Moles" wine, fine food to consume.  
Their treat, well deserved, from our Harry Potter Quiz;  
What could be better than this?

The Road Reps bring valid points to each meeting

After a few laughs and an official greeting

They bring to committee your local views

And regularly deliver the Hughenden News.

Discussions, decisions, actions, information and questions;

Listing and assessing good suggestions.

We aim to keep contact with all our village community;

From criticism we have no immunity.

But with percentages high in membership tally

**The HVRA intends to please all in our beautiful valley!**

## PEOPLE BEFORE US -- 8

### **From Hughenden News 1991 – Newspaper sheets**

**Our Village is going European** (For the 1991 Village Day). However John Veysey made an impressive King Henry at a Medieval Banquet in the Village Hall.

**Bryants Bottom Rejoins the Residents Association.** They were welcomed back and a year later had four Road Reps.

**Rosemary Hewitt organised the Senior Citizens' Annual Party.** Children from Great Kingshill School helped to welcome the guests and served them all, as well as taking part in the entertainment, along with the West Wycombe Brass Band, St.Wulfston's Church choir and Mrs. Shepherd's Children's Drama Group.

**St. Michael's Church organised "Street Eyes Lookout";** Street Representatives from the church *in every road*, as the eyes and ears of the Church. The Vicar Rev John Eastgate emphasised that they are there to help all. [See Street Association on page 26](#)

### **Summer 1992 – What the Residents Association does. By Ted Holliman.**

"So what does the Residents' Association do for the Village? some of our Road Reps have been asked when collecting subscriptions".

#### **"Its constitution gives three answers.**

1. It was first established to successfully fight planning proposals to in-fill the land between us and Naphill with houses, and it still continues to monitor planning proposals and send comments to the Parish and District Councils.
2. To promote and encourage community spirit and social activities.
3. To watch the interests of residents and raise any problems on their behalf with the authorities concerned.

It is a member of both the Chiltern and Wycombe Societies and with them keeps a watchful eye on local planning applications. It is a regular contributor to the Wycombe Hospital Scannappeal (1992), and since its foundation in 1966 has given financial support to many local groups and clubs.

In 1991 a substantial donation was made to the Village Hall Kitchen Appeal, and the current efforts to raise money to build a new entrance hall will have its full support.

The 100 Club organises parties and theatre visits for all senior citizens - they do not need to be a member of the Association - and HRA helps with the running costs of the Good Companions.

Your Road Rep. is a vital link in the Association and will always pass on to the committee any suggestions, comments or criticisms you may have.

The idea is to collect information about all the village's assets and deficits, problems, residents' likes, dislikes, suggestions, complaints etc; a kind of Doomesday book of Hughenden Valley! The results will be collated into a document which can be used for future planning locally; village projects, and also for use in evidence to higher authorities when necessary. (eg. traffic studies and planning applications)". *Sadly Ted Holliman died shortly after writing this.*

Having read Ted's article I am sure you will agree that he would have been most interested in such a project, as essentially it seeks to quantify in a single document the essence of what he wrote.

*Janet Idle, Co-Chair HVRA ~ 01494 563673*

### **Cricket Match**

Hughenden Valley v Widmer End ~ on the Playing Field (Village Hall)  
Sunday 30<sup>th</sup> July 2017 Start 2:00pm All Welcome

## David and Susan Sharp

### Road Reps for Friars Gardens for 15 Years

David was briefly in the RAF doing National Service. On Demob he joined the National Air Traffic Service. For that he was posted to a number of stations which included Heathrow, West Drayton, Cumbria and Cornwall. He worked for them for 31 years and then retired at 55 when things became much more computerised; he liked doing things hands-on, rather than sitting at screens all the time!



While at West Drayton David, who was born in Saffron Walden, met and married Susan who came from Lewisham. They came to Friars Gardens in 1978 and have seen several changes there since then. It was then a young community with families having children and later there was the extension into South Maundin. They had their daughter Catherine; she went to school,

first at Hughenden, then at Great Kingshill School and on to Wycombe High School and she now lives in Canada. With their retirement from HVRA they will have more visits to Canada and Catherine and the grand children will arrive here soon.

David's hobbies are his allotment and his love of the countryside and nature.

For 15 years David and Susan have been joint Road Reps for a part of Friars Gardens (the whole estate consists of nearly 100 houses!). He has been an important member of the Committee, rarely missing a meeting. David was particularly useful assisting us to understand everything about the "Allotments for the Labouring Poor of Hughenden". Both have been stalwarts, helping with all the Association's events. They will both be fondly remembered from the way they were a regular Welcoming Duo at



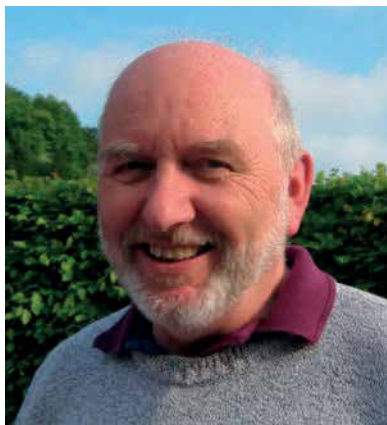
the Residents Association's Senior Citizens' Treat each year, and helping behind the scenes, which they both regularly did.

The Residents Association is extremely grateful to both of them for all they have done. We will be getting three replacement Road Reps for Friars Gardens.

*Janet & Angus Idle ~ 01494 563673*

### **Peter Cannon**

After 10 years working in London post University; qualifying as a Chartered Accountant and becoming a member of the Institute of Taxation, Peter moved to High Wycombe to join a national firm in 1981. He became a partner in 1982. In 1992 alongside James Moorcroft he set up Cannon Moorcroft. That company continues to this day in High Wycombe. Peter retired from CM in 2015.



Peter and Louise and their sons Glyn and Rhys moved into Warrendene Road

in 1986 after a short spell living in High Wycombe. After 43 years advising SMEs and many business start-ups (including the community shop) semi-retirement beckoned in 2015. He now acts for a number of family companies, gives general financial advice, including property matters and obtains probate for non-contentious estates.

In 2005 Peter and Louise converted an old stone cow shed into a luxury holiday letting in Mid Wales. This gave him valuable client perspective and knowledge on running this type of business.

Peter's pet hate is seeing savers funds languishing earning 0.1% or less and borrowers paying 20% or more. With a certain amount of imagination and application it is possible to earn substantially more and pay considerably less. Whilst apathy and/or inertia prevail the banks etc are laughing all the way.

At the last AGM Peter agreed to a two year stint as Treasurer of the Residents Association.

*Peter Cannon, Treasurer HVRA ~ 01494 563228*

## Hugh 'N' Den's Pages

There have recently been a few period power cuts affecting Hughenden Valley and Bryants Bottom. These faults have been remedied relatively quickly and efficiently. When experiencing one of these cuts please phone the Power Failure number 0800 072 7282 immediately as that can help to get the power restored more quickly. To ensure that you are not affected by an outage it might be a good idea to switch off electrical equipment which is usually kept on stand-by, because sudden faults can occur, particularly when you are not at home.

Dog-poo has been a relevant topic of ours several times before. Wherever you walk your dog or other people's dogs please use the dog-poo bins provided in fields, woods, parks, footpaths and recreation grounds or dispose of it in its bag at home when you return. If you think that there are not enough bins provided please campaign for more, but remember that somebody has to keep the bins emptied. Dog-poo has some ingredients that can harm sheep, horses and other wildlife; it can even kill horses. Children too can be harmed; they are especially likely to come into contact with it when playing field sports or on country walks. Most people know this and observe this code but others conveniently forget it.

We are very pleased to say that contrary to a current rumour, the HVRA DOES still have a Planning Subcommittee and its report is included in the agenda for the Committee's meetings every month. Also, contrary to a current misconception the HVRA has always been community conscious.

Our local MPs still holding their seats since the General Election: Sir David Lidington (Aylesbury), Steve Baker (High Wycombe) and John Bercow (Princes Risborough). The boundaries of these parliamentary constituencies may seem very strange, and they are likely to change again soon.

A wild boar has apparently been seen on a Hughenden Parish allotment (proof?). They are known to have been seen south of the River Thames

At the time of writing this we are still looking forward to the Trees Avenue Multi-Garage Sale on Sunday 25th June. This is a good example of residents working together when some-one has a brain wave.

Hughenden Valley Surgery. Please be aware that there will be no surgery service during the afternoon of Wednesday 14th July while staff training is in progress.

Litter louts not appreciated in our Village.

Now we're in the growing season hedges and trees have started to encroach over pavements and footpaths. Please keep them pruned so as not to obstruct pedestrians.

Al Bowyer and Derek Armshaw have retired as Treasurer and Webmaster respectively. Both have served many years in their positions and the HVRA wish to formally record their thanks to both of them. They will be hard act to follow but we're sure that Peter Cannon and Andrew Capey will rise to the task.

## **Parish Councillor Update**

It will come as no surprise to read that the last few months have been quite an eye-opener! Getting to grips with the many things that a Parish Council has responsibility for is still very much a 'work in progress' as the sheer diversity is impressive.

In May I had the opportunity to get involved in some of the sub-committees and working groups that deal with the various aspects of Parish Council work. As a newcomer I am keen to learn whilst not over-committing! One of the key roles of any parish council is the provision of allotments and I was delighted to become Chair of the Allotments Liaison Sub-committee which met on 10<sup>th</sup> May. With 8 allotment sites providing some 255 plots there are significant differences between the locations. If you have visited the Hughenden Valley allotments you will know that this is a challenging site given the slope it sits upon! That said, the Cryers Hill site has its challenges – the first being

where it is exactly! Allotments play an important part in the role of a parish council as this is one of the reasons that these councils exist. Hughenden has many more allotments than our neighbour Hazlemere Parish Council which has around 60. With around 90% occupancy and a growing interest in growing vegetables it would be great if all the allotments were in use. I do sympathise with active allotment holders who are blighted by uncultivated neighbouring plots. This is something we will be discussing in July.

I am gradually visiting each site and hope to complete this task by mid-July when the sub-committee reconvenes. I have only admiration for anyone who has an allotment and it is lovely chatting to our tenants while I continue to learn a lot about what to grow and when! My dog, Oscar, would happily help manage the rabbit problem although I am not so keen that he does so! They *are* a pest and we will be looking at what can be done to manage this in a humane way.

In August the annual Allotment Competition will return and we are lucky to have the highly experienced Frank Parge, retired Head Gardener of Hughenden Manor, once again leading the judging panel. There are some interesting changes from last year so do check the notice board at your allotment site or visit the Parish Council website:

([www.hughendenparishcouncil.org.uk](http://www.hughendenparishcouncil.org.uk)) and Facebook page (search Hughenden Parish Council). I am looking forward to the Award Ceremony in the autumn when Frank will again share his wisdom to what I am sure will be an appreciative audience if the feedback from last year is anything to go by!

If you would like to explore taking up an allotment – we offer half- and full-plots – do contact the Parish Council on 01494 715296.

*Hilda Stearn, Parish Councillor*

*PS. If you have a burning issue that you think the Parish Council can help with please do get in touch: [hilda.stearn@hughendenpc.org.uk](mailto:hilda.stearn@hughendenpc.org.uk) or 01494 564933. Your views really do count!*

## **Multiple Sclerosis Society**

The High Wycombe & District (South West) Group of the Multiple Sclerosis Society hold their monthly socials in the large village hall every first Saturday of the month, except July and August, from 2pm to 4pm. The entertainment we have ranges from singers, bands, speakers covering numerous subjects, dancers.

We run an ambulance to collect members from around our area to attend the socials plus additional outings throughout the year.

We are looking for volunteers to:

1. Drive the ambulance on a rota basis, depending on how many drivers we have it will be around 4 hours for 2 or 3 Saturdays a year collecting members from their homes and taking them home afterwards - the drivers are welcome to stay for the social and have lunch with us if they wish.
2. Helping out at the socials putting out the tables and chairs; helping to serve the refreshments at 2pm; washing up and then putting the tables and chairs back at 4pm - volunteers are welcome to stay for the social and have lunch with us if they wish.

If you are interested in volunteering you can come along to a social to see what we do or you can contact Judy Biggs, Joint Group Co-ordinator, on 01494 562204 for further details.

Training will be provided for drivers.

***Belinda Peddle, Joint Group Co-ordinator and Administrator  
High Wycombe & District Group - MS Society                      01494 443917***

**The Multiple Sclerosis Society is a registered charity in England and Wales (1139257) and Scotland (SC041990), and a company limited by guarantee (07451571).**

## Can Your Body Heal Itself ?

Of course it can. When you cut yourself the evidence is obvious. We know that all animals have the ability to repair themselves to a lesser or greater extent. This is called regeneration and a good example of how we regenerate is the ability to repair damaged skin. We know that our bones and muscles and even nerve fibres can repair themselves. What a marvellous piece of work our body is. No robot comes near it.

There are more self-help books on the market than you can count and the cream of academia have piled in to telling us what our bodies can and cannot do.

We know what the body really cannot do. For example, if you break your leg and have a bone protruding from the body, the body will never put that bone back in to place without help. No amount of mind of matter will do it. We understand this.

There is now so much focus in the media about the role of exercise in relieving or curing pain and chronic conditions of all kinds but the dependency on drugs is still high. Why ? I believe that we have developed a culture of dependency and drugs represent in our minds a “quick” fix.

We know, however, that the side effects of drugs are sometimes worse than the problem itself and a sufferer can end up taking one drug to counteract the negative effects of another drug. Some doctors may prescribe drugs just because they know that the patient expects to be given something *real* and not sent away with good advice about how to live his or her life.

**Exercise**, however is not always the golden road. For example, you may be walking uphill and be struck by chest pain. Once you stop walking the pain goes. This may be angina of effort, and announcement by the heart that it can no longer pump enough blood around the body in response to the energy demand of walking uphill. As time goes by the arteries continue to clog and the maximum blood flow drops.

If untreated then you might not even be able to stand up. Clearly exercise in those circumstances would be dangerous and your doctor will examine the causes with you perhaps focusing on an unhealthy diet which may have caused the problem in the first place. So no, exercise is not always the golden road.

I like to think of having a partnership with our doctor. Our doctor is there to keep me healthy instead of trying to fix me when it is too late. If the doctor can take a holistic view then I have a really good chance of staying healthy as the advice will be preventative and treatment will be the last resort. In fact if there is a true partnership then an annual visit to the doctor for a body check up should be a celebration as his or her advice has contributed to my health.

You will all have your own strong views on the role of doctors and alternative therapies . The Japanese seem to have a saying for everything but I like the one that translates as *Keep your mind open and learn*. I believe that it is not a question of either the doctor or a therapy. It is a combination of both that can lead to good health as long as we can avoid the crackpots lurking in the web offering alternatives that are just stupid.

Well what do I know about pain? Pain is so individual and complex that the sensation of pain itself seems to affect the whole of the body. Persistent pain equals fear. If you experience an unexpected pain then fear is normal. What will be the consequence for the future you ask yourself? Fear generates anxiety and anxiety focuses the attention. The more you are anxious the more fear persists which seems to lead to a destructive cycle and even depression.

Let's take a knee injury. Some year ago during a karate training session I did a jumping kick and landed badly with my leg underneath me. I could hardly stand let alone walk and hobbled home. I visit the doctor who examined the knee and who told me that I had probably had a torn meniscus and might need surgery. He told me to forget about doing karate or running and that I would be lucky to walk again properly.

I recall feeling furious about his cold indifference . He had told me what I would not be able to do and at no time had mentioned what I could do.

He had in fact written off my future as a sportsman. He didn't even offer me an x-ray.

I left the surgery, however, feeling determined. I had a karate demonstration to do on Saturday at a fete and I was determined to meet this commitment. I strapped up the knee with a support and completed the demonstration barely noticing the pain but evidently hobbling.

I then researched all I could about the rehabilitation of injury. Further investigation showed that the meniscus was not torn but I found that the pain in my knee was still causing me hobble and hindering recovery. The wisdom then was that allowing movement in the joint would hinder recover and so I was advised to restrict movement as much as I could.

I chose to take the opposite view as I didn't want my leg to be frozen in to a narrower range of movement. I took advice from therapists who *actually* wanted sportsmen and women to recover and within 3 months I was kicking as well as ever and my knee now shows no sign of a problem even now at the age of 67 years old.

Do acupuncture and associated therapies work ? Acupuncture is a real phenomenon. Thousands of books have been written on the subject and I have read a good few. My conclusion is that no-one knows how it works and over the years it has been related to biological energy flows in special channels and dressed up in all sorts of ways. Basically when it works it works and that is all there is.

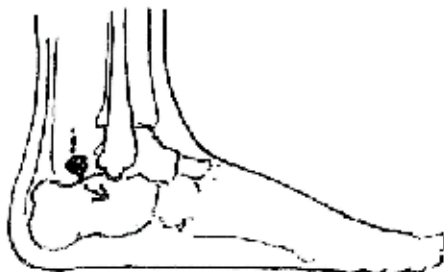
**Shingles.** The pain is unbelievable. It is like being whipped by a Portuguese Man O' War with no respite day or night. The shingles virus surfaced about 7 years ago. It was on my face, body and went into my left eye. The good doctor gave me drugs to numb the pain. They made me feel so bad that I stopped them on day two.

I researched pressure points and found a point called the Kroun-Loun which is a special point for the alleviation of pain of all kinds. Using firm



pressure from my index finger I would activate the point whenever the pain became unbearable and it would give me relief to enable me to sleep. I could activate the point as many times as I liked. It worked. I still use it today and for some reason I have found that it also opens up my sinuses when they are blocked.

### KROUN-LOUN



### KROUN-LOUN

So do I believe in alternative remedies? The answer is a resounding **YES** *if* I find they work for me. Do I care how they work? The answer is **NO**.



*Roger Thyer-Jones, Senior 6<sup>th</sup> Degree Black Belt  
World Seido Karate Organisation  
[rthyerjones@gail.com](mailto:rthyerjones@gail.com)*

*This is part one of a two part article. Part two to follow in the next edition of HUGHENDEN NEWS. Ed*

## **Hughenden Parish 'Street Association'**

### **What is the Hughenden Street Association?**

The Hughenden Street Association is a parish-wide scheme striving to create a friendly and supportive community where people belong, have friends and look out for one-another. For this to happen, it requires residents to sign up their street and act as the eyes and ears to identify neighbours who may need some form of assistance.

### **Why a pilot in Hughenden?**

In late 2015 the Hughenden Neighbourhood Action Group, Parish Councillors and members of the Residents Associations covering the eight villages and hamlets, came together with local government officers, Trading Standards, Thames Valley Police and Neighbourhood Watch to formulate plans for the protection of older and more vulnerable residents. Nearly one in three of the residents across Hughenden is over the age of 65 and the fastest growing proportion of the population is those of 80 years and older.

Hughenden is a low crime district but is within easy reach of the motorway network. Experience from similar districts in Buckinghamshire suggests that it is ripe territory for phone, postal and on-line frauds as well as doorstep crime. Over the last ten years the Trading Standards service has been notified of eighteen incidents of such crimes in the parish which is likely to be under-reported by as much as 900 per cent.

A Steering Group was established to look at how to address both the issue of hidden crime but also the vulnerabilities such as loneliness, isolation and cognitive decline that contribute to the exploitation by criminals. The Steering Group recognised very early that Hughenden was blessed with a thriving network of existing community groups, clubs and activists that only needed some joining up to encourage far greater inclusion and engagement across the community. This scheme has not been set up to compete with other initiatives in the area, on the contrary, it is there to provide tools and resources to complement what is already in place. The guiding ethos is that a neighbourhood with a strong sense of itself as a community is a safer & stronger community for everybody.

## **What can a Street Association offer your street?**

Residents who sign their street will receive an information pack covering important issues to raise awareness of scams and doorstep crime affecting those who might be vulnerable. The pack also includes a signposting toolkit and details of local activities and organisations to direct individuals for support which can help to reduce loneliness and isolation. The resident will have resources in the pack to deliver to neighbours to let them know they can contact them if in need. If contacted, the resident will use the signposting toolkit to refer the neighbour to the appropriate service. The information pack is not unique to residents and can be circulated to other stakeholders such as the local community shop, faith groups and associations to enable a wider reach.

Anybody in the Parish, young or old can become a street member and commit as little or as much time to the scheme. There are further opportunities to be involved such as joining the steering group, providing feedback to shape the initiative or becoming a Ward Leader in one of the four wards to encourage activity from local residents. From time to time members will also have opportunities to attend free information workshops covering relevant topics such as crime prevention or dementia awareness.

## **What we have achieved so far**

Hughenden Street Association launched in February 2017 and currently has 53 members covering their streets although it is a great distance from covering the wider Parish. Long-term, the aim is to sign up every street and create a sustainable Street Association where residents feel they are part of a safer and stronger community and know their neighbours are safe and well. So far, the association has organised two launch events, two workshops, an information awareness afternoon and has provided and attended various presentations, meetings and engagement events in the parish to promote the initiative. The project is monitored regularly and due to the success in Hughenden Parish to date, further Street

Associations will be established elsewhere in the county.



*For an information pack,  
please contact:  
HughendenStreetAssociation*

## **Lord Chancellor Welcomes Hughenden Parish Street Association's Community Support Initiative**

Newly appointed Lord Chancellor David Lidington M.P. joined Hughenden Street Association at Napfest and was full of praise for the recently established community scheme.

David spent a significant amount of time chatting to parish residents Gloria Leflaive and Stan Jones, key members of the Hughenden Street Association.



Representatives of the Association, already 60-member strong since launching in February, attended Napfest to encourage further residents to become the eyes and ears on their street.

Led by Hughenden Neighbourhood Action Group, in partnership with Thames Valley Police, Trading Standards, Neighbourhood Watch, County, District, and Parish Councils, plans were formulated for the protection of older and more vulnerable residents. Nearly one in three of the residents across Hughenden is over the age of 60 and the fastest growing proportion of the population is those of 80 years and older.

Residents who sign up to represent their street will receive an information pack covering important issues such as scams and doorstep crime to raise awareness for those who might be vulnerable. The pack also includes a signposting directory and details of local activities and organisations to direct individuals for support which can help to reduce loneliness and isolation.

Anybody in the Parish can become a Street Member by offering just a little time to help their neighbours stay safe and well, creating a stronger and safer community. Due to the success in Hughenden Parish, further Street Associations are going ahead elsewhere in the County.

*For an information pack to help your street, please contact [HughendenStreetAssociation@gmail.com](mailto:HughendenStreetAssociation@gmail.com) or call 07392 683500 or 01494 563634*

*It should be noted that the Street Association is not the same as Hughenden Valley's Road Rep scheme. This has been described in previous editions of Hughenden News, with a list of the contact details on page 59. In summary the Road Rep scheme, started in 1966, provides a representative (maybe more than one for highly populated roads) to deliver Hughenden News, collect Annual Subscriptions and be a point of contact for residents wishing to know what is happening in their area or raise concerns with the Hughenden Valley Residents Association.*

*Ed*

## **Hughenden Valley Drainage Improvement Group** **(HVDIG)**

You can read about the Hughenden Valley Drainage Improvement Group (HVDIG) activities on the HVDIG Blog page of our website:

<http://www.hvdig.org/page2.htm>

Membership of the Group is open to residents in the Hughenden Valley area and to those in organisations with an interest in or responsibilities for the Hughenden Valley area. If you are interested in joining the group, please contact Sarah Mustapha ([secretary@hvdig.org](mailto:secretary@hvdig.org)).

*David White, Chairman, HVDIG*

## **WDC Local Plan Timetable Update**

Keen followers of the Local Plan will be aware that the Council intended to produce the next version of the new Local Plan this summer.

However, they have now confirmed that they will be taking the plan to their Cabinet and Council in September – sometimes referred to as ‘publication’. This will be followed by a 6 week public consultation starting in October. They will submit the plan to the Government in Spring 2018 for examination. The timetable is then in the hands of the Planning Inspectorate and they would expect the Hearings to take place in the summer. This will probably lead to a further consultation on changes proposed by the Inspector, allowing WDC to adopt the plan in the Spring of 2019.

The delay in publishing the Plan is a result of WDC considering the implications of the Government’s Housing White paper produced earlier this year, updating the evidence base that supports the Plan and continuing their negotiations with neighbouring Buckinghamshire Councils.

*Rosemary Hewitt, HVRA Planning Sub-Committee ~ 01494 562752*

## **HVRA Web Page**

### **How do you want it to develop?**

The HVRA web site (<https://hughendenresidents.org/>) has been around for some years and the design has been updated a couple of times. However, there are many more things on the internet that we could be doing. What we need are your views on whether the web site is just fine, or could be changed to have new functions, or have its appearance altered? We can modify the layout, have new sections, make more use of images etc.

For example:

- Should we have an image of the month? This could be provided by any resident? Previous images would be kept on line so we could build up a history of the Valley in pictures.
- The 'Calendar' & 'Events/News' sections are the heart of the web page, keeping us all informed. They are the obvious place to advertise all the different social activities that take place both in HV & surrounding villages. We can include copies of the posters used to advertise events. What more would you like to see?
- We could have a 'Hot Topics' section, identifying current issues - flooding, road signage, what ever crops up.
- Would you object if there was commercial advertising on the web page - by the same firms who advertise in the magazine at present.

There are some things that are already done quite well elsewhere, for example Facebook for discussions, so unless there's a huge demand for a such a function it doesn't seem worthwhile for us to spend our time building one.

The above is just for starters - if you have seen someone else's web page that you like let me know about it, I like borrowing ideas.

Please get in touch with your views & comments. Also if you like to try our hand at editing a web page then let me know – it's not that hard, even I can do it!

Also note that you can receive automatic e-mail notices of events as they are posted, just go to

<https://hughendenresidents.org/news/> & click on the right where it says 'Receive News by email'.

*Andrew Capey, HVRA Webmaster [webmaster@hughendenresidents.org](mailto:webmaster@hughendenresidents.org)*

## The 2017 Senior Citizen's Treat In June



A big thank you to the Senior Citizens themselves, who were the whole reason for the event. Thank you all for coming. You were a very positive and alert group of the more elderly Hughenden Valley (and of course Bryants Bottom and Cryers Hill) residents. We loved having you.

For running the event, thanks go to Christine Bowyer for cooking, organising the food, running the preparation side and serving it. Thanks also to Nina Patel for her staying power in washing-up for hours with Christine, Rosemary and wine waiters, Al and James. Rosemary coordinated all the invitation replies and arranged lifts to and from the Village Hall as required. Rachelle and James are thanked for handling those lifts to and from the Hall marvellously.

James, Angus and Janet set up the Hall and tables beforehand and cleared it all away. This is one area where we need to enlist some young volunteer help in future, maybe Scouts or a football team! David and Susan were missed at the welcoming drinks table this time.

Al Bowyer was the Master of Ceremonies so that everyone knew what was happening all evening, and is to be congratulated on Finding "The Moles" who entertained us all brilliantly. He also did the PA system.



A very special thank you to Richard Palmer is a must, because he spent the whole evening as our First Aider, observant and very knowledgeable in attending functions when these days a First Aider present is essential. He will later this year be advising several of us who organise HVRA events on basic First Aid training for the community...



Finally, a tremendous thank you to “The Moles” (father Gavin, the pianist and stand-in female voice), and Tom, Gavin’s son who is training to be a professional opera singer; he has such a marvellous baritone voice! They were a very lively duo, well discovered for us by AI. Gavin obviously comes so alive when behind a piano. (Congratulations to the Village Hall for the piano!). Everyone enjoyed their act. Just as a note, The Moles originally lived in Trees Avenue here in Hughenden Valley and Tom went to the local schools. We are sure they will be back again.

Finally, if you want to help the HVRA with events like this, don’t wait to be asked, just offer; join the HVRA Team. This annual event is financed by the Harry Potter Quiz each October.

*Angus & Janet Idle, HVRA Co-Chairs ~ 01494 563673*

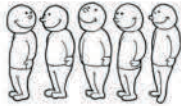
Hughenden Valley Residents Association

# POTTER CUP QUIZ 2017

## SGT. PEPPER S 50 YEARS

With a Little Help From My Friends

REGISTER  
YOUR TEAM  
QUICKLY



BRING YOUR  
OWN  
DRINK



SATURDAY 21st OCTOBER 2017

7.00 for 7.30 pm

HUGHENDEN VALLEY VILLAGE HALL

PRICE: STILL ONLY £10 per PERSON

**Inclusive of Buffet!**

TO REGISTER YOUR TEAM

**Please Call 01494 562862**

IN SUPPORT OF THE SENIOR CITIZENS ANNUAL EVENT

## More Tea Anyone?



Residents of Coombe Lane reconvened on a lovely Sunday afternoon in June to catch up over a very special cup of tea. If you were there, then you know what I am talking about. If not, sorry but it is a secret recipe! We were served a delicious range of sandwiches, homemade cake and scones and the time flew by....as always! This was the third event and we were delighted to welcome 3 neighbours to their first gathering. As always there was plenty of chatter and one of our senior residents, Robbie continued to entertain us whilst we discovered a ukulele player in our midst! We are now busy planning our autumn catch up when no doubt tales from our summer holidays will take centre stage.

*Jane Phillips ~ jane@jph99.co.uk*

## Valley Friends

We have had a variety of very interesting evenings including a talk on cheese with samples to taste. In April Nano Mulligan explained how we could all become "Dementia Friends" and at our May Meeting we took items to have them valued by Barry Twyman of Amersham Auction rooms ".War and Peace at Hughenden" was a talk plus black and white film, by Bernie Hill which reminded us of the huge part that Hughenden played in the war effort, The coming programme includes a talk on the Chiltern Child Contact Centre. A Potluck Supper and in September a Talk on the Work of a Magistrate. We meet at Hughenden large Village Hall at 8pm on the first Friday of the month . All Welcome.

*Joan Steel ~ 01494 562648*

## Celebrating our Open Spaces – July 2017



The first ‘Have a Field Day’ event under the auspices of Fields in Trust took place on 9<sup>th</sup> July at the King George V Playing Field – better known as the village hall recreation ground. There was a great mix of activities for youngsters and adults alike including sack races, team relays, badminton, volleyball, table tennis, Kwik Cricket and by far the most popular event, the treasure trail created by Rita Pulley. The trail focused on local flora and fauna and created a real buzz around the field as youngsters accompanied by pupils from Amersham School hunted to find a dozen items in a very limited time.

The organisers were able to deliver leaflets to almost 500 houses thanks to the Hughenden Street Association and with the support of the Campaign to Protect Rural England, Hughenden Valley Football Club and the doctor’s surgery a great fun day was had by everyone as the photos show.

Fields in Trust ([www.fieldsintrust.org](http://www.fieldsintrust.org)) encourage communities to celebrate and safeguard their open spaces to be free for everyone to access. We had dog walkers, hikers and young cyclists passing by which really showed the diversity of users of the treasured facility. The Campaign to Protect Rural England ([www.cprebucks.org.uk](http://www.cprebucks.org.uk)) provides lots of useful information on ways to protect the rural environment in a balanced way as change is a constant. At the moment the need to build more housing is a huge challenge for communities like Hughenden Valley as we seek to retain our semi-rural environment yet recognise that houses have to be built somewhere!



The best memory from the day was undoubtedly the squeals of delight from the children whether from running in a race or supporting their parents as they also took part in the many events organised. Special thanks to Sharon Jarrett for her excellent skills at organising the games and a huge 'thank you' to everyone who helped to make the day happen.



It was a genuine team effort from across the village. Well done everyone! We would like to gauge opinion about what to do next. One idea is to organise a repeat in two years' time so that it alternates with Village Day and perhaps do something different in the autumn to bring people together. Do email me your suggestions: [hildas@btinternet.com](mailto:hildas@btinternet.com).

*Hilda Stearn ~ 01494 565206*

# SPOTLIGHT on TREES AVENUE

To stop so much through traffic on an un-made-up road.



First just a red tape to close the road. Then they used a ladder across the road.

At last, the gate, after lots of hard work together.



Celebrating the 50th anniversary of VE Day.

Photos by the late Bill Page.

## SPOTLIGHT on TREES ROAD



A BBC Television catering van in Trees Road during the making of a film.

A quiet footpath for a nice walk



During World War II a bomb was dropped in Trees Road. It failed to explode and had to be dug out by the Home Guard before it could be removed and made harmless.

Photos by the late Bill Page

## News from your Village Store and Cabin

The It has been 4 months since we opened and it has been a true whirlwind! Response to the new shop, the building, and the Cabin area have been wonderful and we still continue to have people in every day commenting on how fantastic the new shop is.



The popularity of the Cabin area has taken even us by surprise and we are doing a roaring trade in hot and cold snacks to eat in with the range developing to soup, hot croissants and hot pies and pasties. We have expanded our coffee range to include Vanilla and Caramel Latte's, Mocha and Babyccino.

It has been truly heart-warming to see residents meeting up or even just bumping into each other and many have commented on how the village seems to have come to life again with the return of more people on foot.



The Cabin regularly plays host to almost every group of people you could imagine - home workers who spend sometimes the whole day working at their laptop, colleagues for informal business meetings, new mums with babies, school mums, wheelchair users, families, book club members, single older residents and just friends.

We also have a fantastic **new supplier of meat and sausages** in store, perfect for the BBQ season. Timpson's Smallholding is based in Saunderton and will be delivering every Tuesday and Friday. They will supply delicious lamb, chops, pork, chicken, beef, beef burgers and a range of sausages from Plain Pork to Honey and Mustard and Chorizo. Special and larger orders can be placed 24 hours in advance by calling the shop.



In the shop we have a new range of **Free From foods** – Gluten Free Chocolate Brownies, Custard Creams, Wheat and Gluten Free Flour for Baking, Cakes, Pastries and Sauces, Breadcrumbs and Pasta. We have a delicious new **Dairy Free and Vegan** Sultana Cake which has been a big hit.



Don't forget that your 'mini bakery' is back with freshly baked local bread delivered every morning from Darvell's Bakery in Chesham, and that we can take special orders to avoid disappointment! Just call before 2.30pm for next day delivery.

We hope you have a lovely summer and look forward to seeing you soon.

*Louise Jones 01494 568653 Email: [shopmanager@valleyshop.org](mailto:shopmanager@valleyshop.org) or follow us on Facebook 'Hughenden Village Store and Coffee Shop'. (New Website coming soon!.....).*

(We are wheelchair and pushchair friendly with a disability enabled toilet and have baby change facilities)

A business card for A. Hollick Building Contractors. The card has a dark background with orange and white text. On the left is a stylized orange logo of a house with a chimney. The text on the right side of the card provides the address: West View, Cryers Hill Road, High Wycombe, Bucks, HP15 6JS. The main text reads 'A. HOLLICK Building Contractors'. Below that, it says 'Local firm established over 30 years. Specializing in extensions and all types of home improvement projects using our highly experienced team of contractors.' At the bottom, contact information is listed: Tel: 01494 563020, Mob: 07930745363, and E-mail: alan.hollick@tesco.net.

West View  
Cryers Hill Road  
High Wycombe  
Bucks  
HP15 6JS

**A. HOLLICK**  
**Building Contractors**

Local firm established over 30 years. Specializing in extensions and all types of home improvement projects using our highly experienced team of contractors.

Tel : 01494 563020  
Mob : 07930745363  
E-mail : [alan.hollick@tesco.net](mailto:alan.hollick@tesco.net)

## **The National Trust at Hughenden**

Many local people know that we look after Hughenden Manor and Estate, but few realise that the manor sits as part of a large portfolio and that we undertake a massive amount of varied conservation work locally. Our portfolio includes Hughenden Manor, West Wycombe Park, West Wycombe Village, Bradenham Manor, Bradenham Village and Princes Risborough Manor House. We also look after the Central Chilterns countryside which includes Coombe Hill, Low Scrubs, Pulpit Hill and Woods, Bradenham Woods, Watlington Hill, West Wycombe Hill, Hogback Wood, Aston and Juniper Bank as well as Fingest Farm. Our work is overseen by a team of 30 permanent full and part time staff, a number of seasonal staff and 450 volunteers

As if all of this isn't enough, we also manage a large number of local covenants. These total 4,000 acres and cover areas around the Hambleden Valley and large parts of the Hampden and Hughenden Valleys. We do not own these sites, but the covenants have been applied voluntarily to land and buildings by a previous owner for their future protection and preservation in perpetuity.

All of this activity is managed from our Estate Office at Hughenden and supported by our regional office at the Clare Centre in Saunderton. The amount of time that Hughenden Manor is open has increased in the last decade, meaning that we are now open 363 days per year. With the manor housing an internationally significant collection of objects, making sure that they are always cared for whilst ensuring that our visitors have a fantastic experience can be a challenge. We are also aware that our returning visitors like to see new things and so we work hard to provide a programme of changing exhibitions and events throughout the year.

We are currently working on an ambitious plan to open up more spaces at Hughenden Manor to our visitors. In addition, the West Bank in the garden has recently opened to the public for the first time ever, adding a significant amount of new space for visitors to enjoy. We are also working hard to conserve the West Wing of the manor, an area that was recently returned to us after over half a century of private occupation. We hope that the West Wing will eventually provide a wonderful new home for our ever more fascinating story of Operation Hillside, the code name given to the top secret RAF map making operation housed at Hughenden during World War II.

[For more information on the Hughenden portfolio please visit our website: https://www.nationaltrust.org.uk/hughenden](https://www.nationaltrust.org.uk/hughenden)

*David Bailey, General Manager, National Trust Hughenden portfolio*



The Music Room in the West Wing undergoing conservation work.

## **From Hughenden Manor**

### **Charlotte Russell (Senior House Steward)**

The Library is without a doubt the jewel in Hughenden's crown. Containing almost 4000 books, it is where Victorian Prime Minister Benjamin Disraeli spent much of his time between 1848 and 1881. But in March 2015 the Library was the victim of a water leak which caused damage to the ornate plaster ceiling, various pieces of historic furniture, and around 40 books including a copy of Goethe's Faust given to Disraeli by Queen Victoria. Over the last two years skilled specialists have worked to painstakingly restore each item, and the completion of Faust's conservation treatment this summer will see Hughenden's most treasured historic showroom returned to its former glory once again.

### **Joe Mayled (Area Ranger)**

This is a great time of year to see the spotted flycatcher in the parkland, and to take a stroll to one of the areas set aside for wildflower on the estate where you will also be able to see the many types of butterflies found in this part of the country as well as the occasional unexpected visitors.

### **Piers Horry (Senior Gardener)**

This summer Hughenden's gardens have taken inspiration from three former resident peacocks to design the summer bedding displays. Senior Gardener, Piers Horry, has designed a tall annual display representing a peacock's tail feathers using a vibrant array of green, blue, violet and indigo plants. The cascading fountain and brazier on the parterre will be mounted by a figure of a peacock as a final addition. Take a stroll through the gardens or relax on the deck chairs with a cool drink to admire the spectacle.

### **Moira Andrews (Events and Education Officer)**

The summer holiday theme this year is to be Alice. We will be hosting a series of events inspired by the books written by Lewis Carroll. There is something for everyone including a trail, craft days and of course a tea party. Please visit the "What's on" section of the webpage to find out more.

*Tim McGirr, Assistant Visitor Operations Officer, Hughenden Portfolio,  
High Wycombe, Buckinghamshire, HP14 4LA 01494 755594*

## Hughenden Primary School

### Democracy gets our vote at Hughenden Primary

On the eve of the Election Day, Thursday 8<sup>th</sup> June, the students in Year 5 decided to bring a bit of election fever to Hughenden Primary. Standing in front of giant canvases of the House of Commons and the House of Lords, they shared their knowledge about the history of parliament, the different political parties and what the General Election was all about. With a history of hundreds of years to talk about, we talked through the most important parts including the introduction of Magna Carta, votes for all men and women and the future of parliament.

Dressed with rosettes as the various leaders from the main political parties, we told all the rest of the school what the different parties thought about Education and the NHS. In wigs and robes, Year 5 explained what the difference between parliament and the government was and what jobs each of the houses had to do.



Using all props from the Parliamentary Education team, we showed everyone how to vote and explained how important that it is that when you are 16 you should register and then at 18 you should vote.

Year 5 - Hughenden Primary

### Trailblazer Update for Teaching Assistant Standard

We are delighted to be informed by the DfE that our new Teaching Assistant Standard has now been published. Work is continuing on the End Point Assessment Plan which needs to be completed before the new Standard can be implemented.

This is the culmination of a lot of hard work by a dedicated team of schools, training and assessment organisations across the country headed up by the Chair of the Employer Group, Jenny Brinkworth. This new Teaching Assistant Standard will replace the existing Level



3 frameworks and ensure the continuity of Teaching Assistant apprenticeships in schools across the Country.

### **Hughenden Primary School Awarded Primary Science Quality Mark**

Primary Science Quality Awards have been awarded to 168 infant, junior, primary, middle and special schools to celebrate a commitment to excellence in science teaching and learning. So far, since its national launch in 2010, over 2300 schools across the UK have achieved the award. The Primary School Quality Mark scheme enables schools to work together to share good practice and is supported by professional development led by local experts. It encourages teacher autonomy and innovation while at the same time offering a clear framework for development in science subject leadership, teaching and learning. The Primary Science Quality Mark is led by the University of Hertfordshire, School of Education in partnership with the Primary Science Teaching Trust. It is supported by the Royal Society for Chemistry, the Ogden Trust and the Association for Science Education.

Jane Turner, PSQM National Director, said: "Gaining a Primary Science Quality Award is a significant achievement for a school. The profile and quality of science teaching and learning in each awarded school is very high. Children are engaging with great science both in and outside the classroom, developing positive attitudes towards science as well as secure. Science understanding and skills Science subject leaders, their colleagues, Head teachers, children, parents and governors should be very proud."

*Melissa Durston , Admin Assistant, **Hughenden Primary School***  
**office@hughendenprimary.co.uk**

*Telephone: 01494 562501*

## From the Vicarage

---

### *Finding your vocation in life*

One day, more than 25 years ago, an advertisement caught my eye in the jobs pages of a National broadsheet newspaper. The job was in telephone sales for a company who specialised in selling unit trusts and other investments, and they were based just off Oxford Street in London. The projected salary attracted me, although I was younger than the preferred starting age for applicants. Having thought about it for a day or two, I summoned up my courage, and called the number to register an interest in applying. The conversation was quite brief, but I overcame the first hurdle, by showing enthusiasm and refusing to allow my young age to deter me putting my case for employment across to him. He was sufficiently impressed to invite me for interview.

The following day I arrived at their offices, and the sight that greeted me as I walked into their vast boiler room of a sales floor was quite intimidating. I immediately felt ill at ease. The boss who interviewed me, welcomed me into his office, and put me straight on the spot with a series of questions – which went something like this:

“Keith, imagine I were to offer you a job, which just involved walking across Tower Bridge from one side to another all day. Would you do that job for £10,000 per year?” “No”, I replied.

“Keith, imagine I were to offer you a job, which just involved walking across Tower Bridge from one side to another all day. Would you do that job for £10,000 per month?” “No”, I replied. This second “no” slightly threw my interviewer – “Why ever not?”

“Because there has to be more to life than money, I want job satisfaction and the feeling that I am making a difference as well”, I replied at once without hesitation.

“So, what are you doing here then”, he demanded?

I gulped, red-faced, and was shown the door smartly, left the building with my head down, and thought – what a waste of an afternoon! However, after a period of reflection, that brief conversation became for me one of the defining moments in my life, and I am so thankful that I had that conversation, which helped me to think more seriously about my vocation in life.

I wonder, have you discovered your vocation in life? Young or old, we can all identify with things that we do well, and things that we shouldn't go near with a barge pole.

The Apostle Paul reflects a great deal about the diversity of gifts and individuals which exist within a Church family. He calls the Church the Body of Christ, and identifies the different gifts that we each have as being like different parts of that body – with the body only truly functioning well when all parts are present and in their correct places.

The same principle can apply to our local community. We can celebrate our diversity, our differences as well as those things we hold in common. We can all recognise that we are functioning more effectively when we work together – when we celebrate that diversity, and join with others in order to function as a whole.

If we know where our own gifts lie, then we should be encouraged to exercise them as often as possible, for the benefit of all, and in turn, others might bless us with their own gifts. It is always good to encourage one another with words of affirmation, especially for those who might struggle with low self-esteem.

*Let us pray: "Loving God, please help us as a Church and as a Community to discover one another gifts, and to use those gifts generously and wisely for the common good. Amen."*

*Rev Keith Johnson, Vicar of St Michael & All Angels, Hughenden  
E-mail ~ keiththevicar@gmail.com*



## Alpha - starts on Wednesday 27th September 2017

Alpha is for anyone who wants to question whether Christianity is real or a delusion.

You may be someone who thinks there must be something in faith or perhaps you question why there are so many who believe while you cannot understand why.

Alternatively, you may have a Christian belief and want to learn more.

You may be wanting to explore questions like:

- Where am I going in my life?
- Is there more to life this?
- Did Jesus really die for us?
- Is Christianity even relevant in the 21st Century?
- Why is there so much suffering in the world?



Alpha is a course of 11 sessions exploring the Christian faith, with each featuring a talk that looks at a different question about faith and then creates conversation. Alpha is run all around the globe and everyone's welcome, from young to old - this mix makes for fantastic, stimulating discussions!

Now into its 40th year, and having run in Hughenden for over 10 years, millions of people worldwide have found Alpha life changing. We welcome people to come to the first session with no obligation to return if they feel it is not for them.

Alpha will from Wednesday 27th September at Church House, in the grounds of Hughenden Parish Church (St Michael & All Angels), HP14 4LA. Each session starts at 7:00pm with a two course meal and the evenings finish by 9:45pm. We'll take a break on 25th October for half term and no payment is required.

Now is the time to come to Alpha and ask those questions!

Some people come and discover a real involvement with Christianity for the first time; others may find this leads to real growth in their existing faith. But no matter what else, great friendships are made that helps people answer this for themselves: **what is the meaning of life for me?**

Want to get involved or find out more?

Call: Frank or Diane on 01494 565050 / 07850 150462

Email: [course@hughendenparishchurch.org.uk](mailto:course@hughendenparishchurch.org.uk)

Go online: [www.alpha.org](http://www.alpha.org)

# Hughenden Valley Village Hall

Hughenden Village Hall, Hughenden Valley, Coombe Lane, High Wycombe, HP144NX  
T: 01494 564244 E: info@hughendenvillagehall.co.uk

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So if you have a party, meeting, class, club wedding, special celebration, or show call now on **07815 163269** to find out more.



## Hughenden Art Group Report June 2017

We started our term with the subject 'April Showers' – I am writing this report in June witnessing 'June Gales!'

May bought its fair share of Bank Holidays, but we did manage to squeeze in a very enjoyable all day workshop with Sally Fisher. The medium was oils- new to a lot of us and the style was 'Turneresk'. Mandy McAllen instructed us in how to create different marks using various types of pastels, an interesting evening.

At the end of May we were let 'loose and free' with Mary Pomeroy, creating some stunning stuff with kids cheap felt pens! Berry Gidman gave us a tranquil evening in a corner of Greece, very gentle water colour washes used to create a lovely simple scene.

In between these tutor evenings we enjoy meeting together for a chat, coffee and working on our own choice.

The enjoyment yet to come is an acrylic workshop on landscape with Carol Rogers. This will be of her choice so a challenge to us all. Our own Judy Maynard will be guiding us through some simple printing, we know this will be a fun and enjoyable evening.

We conclude the summer programme with some 'Botanical Art' tutored by Jane Wheaton, a very exacting form of painting, but I know Jane will make it fun.

Bucket and spade time again! Where has the year gone? Happy Holidays everybody. I look forward to bringing you more news of our Group later in the year.

Hughenden Art Group Art Exhibition 2016

October 14th - 16th October

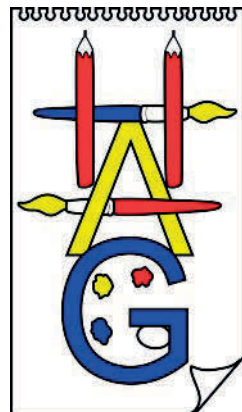
Hughenden Village Hall

For more information please email

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

*Margaret Hunter*

[welhouseway@btinternet.com](mailto:welhouseway@btinternet.com)



## HAGA's Allotment And Gardens Plot

Hello Plotters,

Well....flaming June already. It's been quite a ride to get this far. Since my last missive in February we have had unseasonably warm weather followed by sharp frosts; lovely warm (even hot) and dry weather; then more of a chill; more rain and, lately, high winds.

Despite rushing about with fleece during the frosty spell I still had a couple of plants damaged, though not killed. Not too bad then. Even so, I think lots of plants were tricked into putting on an early growth spurt in the good weather and although most were not badly damaged by the following frosts many were brought to halt for a while. It was quite interesting though to see so many daffs, tulips, hellebores, snowdrops and even pelargoniums all out together and lasting for so long together. We can't deny that overall it has been a lovely Spring. Let's hope that summer will be a good long one (with just enough overnight rain to keep the water butts topped up).

HAGA's season has been going well: We've already had 5 talks, each of which was well attended, and we have been on our first visit of the year, to Ramster garden. ....

Ramster, thereby hangs a tale! The trip there was practically a magical mystery tour: the driver not being au fait with satnavs he had to rely on a print-out off Google maps. Of course, he couldn't read and drive as well so I got volunteered (because I was sitting just behind him) to read the directions. Great!....instant promotion to human satnav. The trouble was the unexpected roadworks and associated diversion! Much fraughtness and rumbles of "this isn't my job!!!"

Still, we got there in the end and the visit was more than enough compensation for the weird ride! Ramster is rightly renowned for its azaleas, rhododendrons and camellias and they were in glorious flower when we were there. All these set among beautiful landscaped woodland which provides opportunity for leisurely walks in a tranquil setting. You should visit!

We've still got our short break (Suffolk and Essex) coming up later in June, then two more day-trips and three more monthly talks before the end of season. Still haven't checked us out? You should – free refreshments,



magical mystery tours to rival the Beatles', sociability and gardening discounts all feature as part of one of Hughenden Valley's most successful clubs.

Go on.....Give us a whirl!!!!!!

*Andrew Flint*  
*Chairman*  
*Tel: 01494 564 972*

*Barrie Tackley*  
*Vice Chairman and Membership Secretary*  
*Tel: 01494 565 383*

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Hughenden Parish Council  
Tel: 01494 715296  
Email: [clerk@hughendenpc.org.uk](mailto:clerk@hughendenpc.org.uk)



### **Hughenden Valley & Kingshill Conservatives**

Our energies recently have been directed towards the elections, first the County Council Elections where David Carroll was returned to County Hall for the very large Ridgeway East division. Shortly afterwards on 8<sup>th</sup> June we had the General Election where David Lidington was returned as our Member of Parliament with an increased share of the vote. The result country wise was not the one we had wished for, and although the Conservative Party is the largest party with largest number of seats and

the largest number of votes, it does not have the overall majority it would have liked, so we are in challenging times with the all-important Brexit negotiations taking place in the coming months.

On the social front, we are visiting Highgrove House Gardens on 5<sup>th</sup> August, but we have a completely full party for that. On 27<sup>th</sup> October we have arranged a dinner with our Member of Parliament, The Rt. Hon. David Lidington MP CBE, at the Hazlemere Golf Club in Penn Road, Hazlemere. There will be a 3-course dinner, and tickets are now available through me.

*Ken Richardson, Branch chairman ~ Tel: 01494-563155*

## **High Wycombe & District Philatelic Society**

We are in our close season at present, but meetings recommence on Thursday, 14<sup>th</sup> September with our usual BOURSE or Stamp Market. Our full programme until May 2018 is now posted on our website [www.hwphilatelicsociety.co.uk](http://www.hwphilatelicsociety.co.uk). It promises to be another entertaining season, with visits from Tony and Lindy Bosworth, Jim McKerrow and Carl Barnes, and later in the season we will be organising an exchange visit with one of our neighbouring societies. In addition, we will be having our usual competitions, Quiz Night, auctions and members' evenings where we entertain ourselves. Also, for those who are keen Austria collectors I will be giving a display of my own collection which I started many years ago when I met a young man from the Czech Republic (when it was Czechoslovakia) in Vienna whilst doing my national service.

We always welcome new members who are interested in furthering their collections, and our first meeting is an ideal occasion to start. We meet on alternate Thursdays at St. James's Church Hall, Plomer Hill, Downley, starting at 7.30 pm.

*Ken Richardson, Secretary ~ (01494-563155)*

## **Valley Players, Hughenden**

Hello Hughenden,

We began our new year with our AGM on March 20<sup>th</sup> 2017.

It was very well attended and began with the Chairman's Report which covered the progress made by the group throughout the year from Village Day to Pantomime including all the ups and downs such an undertaking has to offer.

The Treasurers' Report came next showing that we had made a good start financially which would allow us to add extra technical or other items to those already available.

After the Ratification of the Constitution and Election of Officers and Committee, came the presentation of a certificate to our newly elected President Judy Biggs.

Any Other Business followed with much discussion on various topics from 'the way forward' to marketing and membership. The meeting ended at 9.25pm and was followed by cheese and wine.

In June a Review of songs, sketches & stories was played to an audience of friends, family and Hall Committee in order to thank them for the support over the past year. It was great fun and achieved on 'a wing and a prayer' in true amdram style.



In July we will present, in the form of a radio play, **'The Ghosts of Halfway House'** by Richard James.

Simon and Daphne are looking around an old house, with Simon's mother in tow. They aren't convinced it's the right place for them, and Mr Godley the estate agent is unusual. They're in for quite an evening before they find out more than they expected about the house and its history.

Tickets are available now from Daphne Hicks on 07546 540012 or email [daphne.hicks@home.3b.co.uk](mailto:daphne.hicks@home.3b.co.uk)

In September we will begin reading scripts to decide on a Panto for December and then, of course, casting. Please feel free to come and meet us, we would love to see you there. Dates will follow.

Don't Be Shy. As with any drama group we are always looking for help. A performance isn't just about actors, it involves so many others. Stage crew, lighting crew, front of house staff – the list is endless with no experience necessary – so please come along and see us on Monday evenings in the Large Hall at 7.30pm or maybe you saw our pantomime and are tempted (in the words of the BBC) 'to get inspired' then please contact Sheelagh

*Sheelagh Jones, Chairman, Valley Players, Hughenden 07468 462023*

## Ask Peter

### **Question**

I have had £2,200 premium bonds for just over a year and not won a bean. I am tempted to have a flutter on the lottery instead.

### **Answer**

The premium bond fund pays out 1.15% in prizes so you have been a little unlucky. In a year the most likely win is £25 with probability of just over 50%. The probability of winning nothing at all is 42% and that is what has happened to you so far. The overall chance of your winning more in a year (from £50 up to £1,000,000) is just over 7%. In my 45 years in business and oversight of 500 plus clients, family and friends I have not yet seen anyone win £1,000,000. That is not to say it doesn't happen but it is quite rare. You can look up the winning numbers on line each month and there is a frisson of excitement wondering if "today is the day". In contrast to the lottery, your premium bonds are always safe and can be



encashed at any time. The prizes on the lottery are bigger and rarer still and when you have bought your ticket that's it. The money is gone. The great winners from the lottery are the various charities that have been supported. Perhaps that is something the National Savings Bank might think to emulate.

### **Question**

My daughter seems to be perpetually up to her overdraft limit which I believe is £2,000 with no immediate prospect of it reducing. Should I help her out?

### **Answer**

It is so easy to paint yourself into a corner financially and an authorised overdraft is likely to be costing £25 per month in interest and bank charges. I am not averse to using credit sensibly but running a long term overdraft is not sensible. Let's suppose you have £2,000 which you can spare to give to your daughter. You are giving up a return that is likely to be less than £1 per month so that your daughter can "win" £25 every month (ie by avoiding an overdraft charge). If your daughter accepts the new order, keeps her account in the black in future and saves £25 per month instead she would have £300 tax free by the end of a year. A gift in this way should be free of Inheritance Tax and potentially save your family £800 that might otherwise be paid.

### **Question**

I resent paying anything by direct debit ? Am I being a fool to myself?

### **Answer**

When my father died 20 years ago I was very grateful that he had had the presence of mind to put all the regular bills on direct debit. Managing my elderly mother's finances at a distance was then a practical proposition for many years after. For my own part I make over 250 direct debit payments in total each year and there is never a hitch. That is not to say I don't review usage and tariffs from time to time and make the occasional change.

If you wish ask a question then contact:

*Peter Cannon ~ email [kingsleighcs@outlook.com](mailto:kingsleighcs@outlook.com)*

## Hughenden Parish Councillors

### **Great Kingshill Ward**

Cllr Rick Gould 01494 714566

Cllr Paul Nicholls (Chairman) 01494 717381

1 x Vacancy

### **Hughenden Valley Ward**

Cllr Simon Kearey 01494 564607

Cllr Peter Gieler 01494 562473

Cllr Hilda Stearn 01494 565206

1 x Vacancy

### **Naphill and Walters Ash Ward**

Cllr Peter Williams (Vice-Chairman) 01494 565695

Cllr Martin Burch 01494 566047

Cllr Chris Waterton 01494 715296

1 x Vacancy

### **Widmer End Ward**

Cllr Kelly Gilmore 07931 322207

Cllr Stan Jones 07900 581703

Cllr Nick Keegan 07717 712586

1 x Vacancy

### **District Councillors**

Cllr David Carroll 01494 716967

Cllr Audrey Jones 01494 563435

Cllr Steve Broadbent 01494 488907

### **Parish Clerk**

Shona Hadwen 01494 715296

### **County Councillor**

Cllr David Carroll 01494 716967

### **Councils**

Bucks County Council 01269 395000

Wycombe District Council 01494 461000

Hughenden Parish Council 01494 715296

(Emergency numbers are given on the Hughenden Parish recorded message)

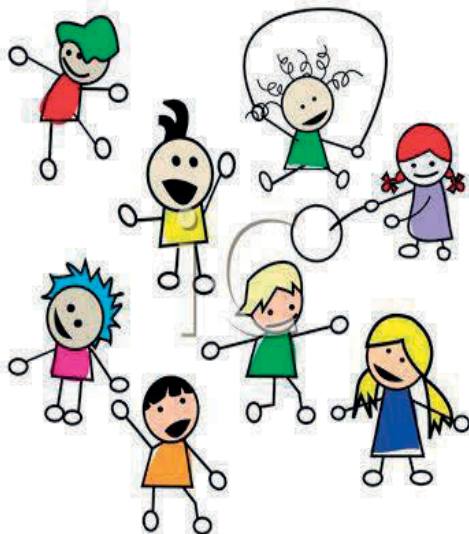
## Hughenden Valley Residents Association

### Officers & Road Reps for Summer 2017

<b>Office</b>	<b>Officers</b>	<b>Phone</b>
Chairman	Angus & Janet Idle	563673
Vice Chairman	Jerry Morley	
Treasurer	Peter Cannon	563228
Secretary	Rosemary Hewitt	562752
<b>Road Rep for</b>	<b>Road Rep</b>	<b>Phone</b>
Boss Lane	Karen Dynes	563682
Bryants Bottom north	James Perkins	488442
Bryants Bottom south	James Perkins	488442
Bryants Bottom south - upper	Heather Dempsey	489800
Burnham Road	Andrew Capey	258724
Cherry Tree Close	Clare Atkinson	564792
Church Farm	Daphne Hicks	562170
Coombe Gardens	Jerry Morley	
Coombe Lane	Angus & Janet Idle	563673
Cryers Hill north	Daphne Hicks	562170
Cryers Hill south - lower	Alison Gieler	562473
"                    - upper	Virginia Foster	565797
Fleet Close	Lin Smith	562533
Friars Gardens	Peter Cannon	563228
"	Jo Holt (resigning)	562423
Frogmore Close	Becky Bonnerjea	562792
Hampden Road	Carole Palmer	565154
Orchard Close	Vacant	
South Maundin	Anna Burniston	565586
Stocking Lane	Al Bowyer	562862
Trees Avenue	David Mynors	562004
Trees Road	Geoff Wright	563281
Valley Road mid	Rosemary Hewitt	562752
Valley Road north	Carole Palmer	565154
Valley Road south	Paul Jenner	565543
Warrendene Road	Christine & Al Bowyer	562862
Wedgewood Drive	Jerry Morley	
Whitfield Road	Angus & Janet Idle	563673
Hughenden News Editor	John Dockett	564565
Bucks Free contact	Janet Idle	563673
Advertising	John Dockett	564565
Web-site	Andrew Capey	258724
Village Shop	Louise Jones	568653

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We look forward to welcoming you to our school. For enquiries please e-mail:

**[preschool@greatkingshill.bucks.sch.uk](mailto:preschool@greatkingshill.bucks.sch.uk)**

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for a nursery place now.

If no, then ask to be added  
to our waiting list.

**Great Kingshill C of E  
Combined School**

Cryers Hill Road

Great Kingshill

Bucks

HP15 6JP

01494 713159

[preschool@greatkingshill.bucks.sch.uk](mailto:preschool@greatkingshill.bucks.sch.uk)



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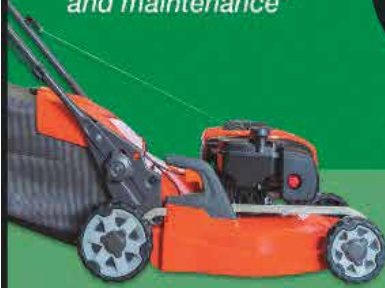
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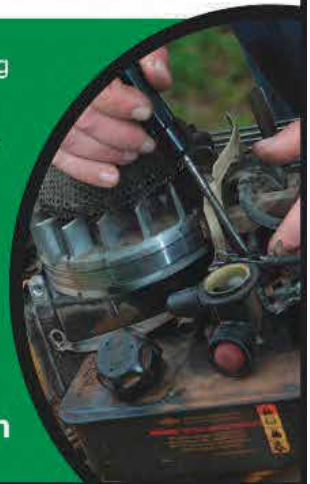
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[www.energetic-healing.co.uk](http://www.energetic-healing.co.uk)

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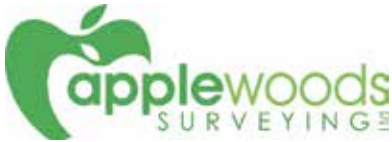
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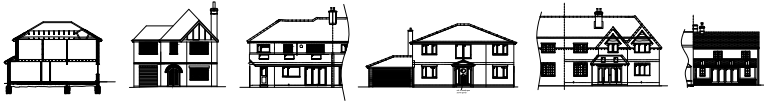
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