

MARCH
2021



VIRTUAL HUG

Nature's Nurture

I have been lucky enough to live in Great Horwood for over 14 years now, and have felt even luckier to do so during the pandemic. I am also lucky enough to be a regular runner, and again even more so during the last year.

The fields and footpaths surrounding Great Horwood, and Pilch Lane too, are a haven for wildlife and in the past twelve months I've seen more than ever before.

Whether it is because I have had more time to look and notice, or something else, who knows!

Whatever the weather, rain or shine, hot or cold, wild winds or not a breath of air, there is always something of beauty to look at. I have seen hares streaking across the fields, pheasants with the sun illuminating their stunning plumage, charms of goldfinches and flocks of fieldfares, kestrels hovering, muntjac deer and the occasional fox! And not forgetting the heart-warming sight of the newborn lambs!!

The hedgerows this Autumn too were stunning. It was as though they were putting on an extra special display to cheer us up.

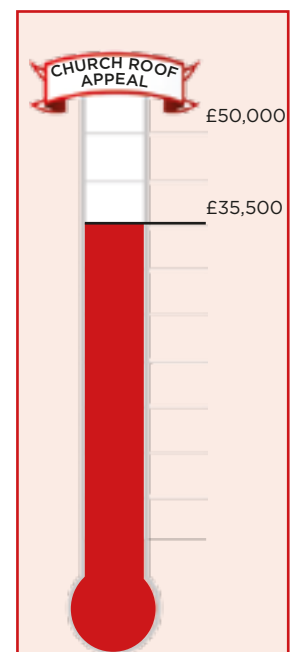
During 2020 we spent a lot more time in the garden and this has opened another window on local wildlife that we never knew about.

We have our friendly hedgehog - Spindlepins - and newts too!! Who would have known....

Apparently, the colour green is "the default mode for our brains" and has a calming effect. Luckily, in Great Horwood we have a lot of that around - well at the moment, and let's hope it stays that way....!

I highly recommend getting out in the fields and footpaths, having a look around and to just breathe!

Sheila Landymore



Advertising and copy deadline for next issue : 15th March2021.
To advertise or submit articles email: editor@ghfocus.com

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Tel: 01296 715968



Church Times

Rev Andrew Lightbown
e-mail alightbown@hotmail.co.uk phone 01296 712564
www.winslowbenefice.org.uk

We took the decision at the start of January to close the Church for communal worship and at the time of going to press we do not yet know when we will re-open. The Church is available for private prayer please call David on 714712 or June on 714554 to arrange for opening.

REV'D ANDREW WRITES

Watching the news over the last year has been difficult. We hear little in the way of good news stories and sometimes, speaking personally, it feels as I am being hit around the head with endless data. And yet, in a bizarre manner, the news is compelling. The trouble is, if we are not careful, we end up exposing ourselves to a constant barrage of negativity and this saps the soul.

I really miss physical contact, like all of us. It seems so unnatural not to be able to shake hands or hug our loved ones. As a dad I miss my daughters terribly, and as a priest I find it awful not to be able to shake hands at the end of a funeral, every human instinct wants to yell 'it's not right.' And it's isn't right. In fact, it's wrong.

Over the last year a particular verse from the bible has acted as my virtual comfort blanket. It's a verse I cling to when I feel overly negative, or when I just feel cross; cross that I can't see and touch those I love most. It is a verse that is grounded in the awful reality of the present, but which anticipates a better future. Let me leave it with you without explanation:

'I am sure that I shall see the goodness of the Lord in the land of the living, have courage and wait, wait for the Lord,' (Psalm 27, 7).

Maybe in these strange and difficult times you might like to find a quote, saying, or mantra - religious or otherwise - to cling onto until we can hug again?

Rev'd Andrew

GREAT HORWOOD VILLAGE HALL

The post office is proving to be a valuable service during these times when it is difficult to travel far.

It is open every Wednesday from 9.30 to 11.00

Ian Lamberton

01296 715968

READERS VIRTUAL HUGS

A silver lining of the lockdown for me is very simple! To be able to leave work earlier and spend time with my own children, help them with their home learning and have family meals together in the evenings. To not have to be a parent taxi driver at weekends and enjoy playing games, completing impossible jigsaws, watching family films, having pamper days, and being together as a family. Spending time in the garden and hot tub, sharing jokes, reminiscing and telling stories has brought us all closer together and made our relationships much stronger built on respect and love. Not to mention just how many more hugs you can fit in each day!

Paula Shaw

CHURCH LIGHTING

The Church Tower was lit on the 21st February to remember Alan Siretts Birthday.

The Church was also lit for a week to remember Alma White whose funeral took place on Wednesday 18th February.

Ian Lamberton

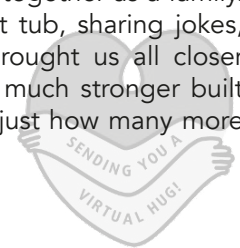
W.I.NEWS

We enjoyed an entertaining start to February's meeting with several members joining the committee to perform a Zoom pantomime, Snow White and The Seven Dwarfs, naturally infected with some Covid themed humour. The unusual meeting format then continued with a break-out so we could catch up with each other's news in groups of four.

Our speaker in March is Jenny Gibbs talking about how she arrived in her village in Turkey and began her life changing adventures which led her writing a book of stories about her experiences there.

If you would like to join us or for more information please contact Angela Mayne on 715400 or Angela.mayne@googlemail.com.

Sally Ahern



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A couple of recipes for the family to make together for MOTHER'S DAY



Some beginners tips- The importance of hand washing before cooking.

Knife skills - If you have a plastic/ disposable serrated knife, pop some coloured tape around the handle in the position for holding it, this will encourage the younger chefs to adopt the same handling position. YouTube is a great place to find knife skills for younger ones. You can create a breakfast treat.

Fruity Toast

Ingredients

- 4 large slices of crusty bread
- 4 teaspoons salted butter
- 50gms white sugar
- 1 tsp cinnamon plus some to sprinkle
- 75gms ricotta cheese or mascarpone
- 8 large strawberries sliced or your preferred soft fruit (banana, blueberries, raspberries)

A simple recipe for the younger ones to try, that will need a little supervision from an adult.

Method

- 1-Preheat the grill.
- 2- In a small bowl mix together the cinnamon and sugar, leave to one side.
- 3- Place the bread on a baking sheet.
- 4-Toast the bread under the grill for about 90 seconds per side OR until the toast is golden brown. Keep watch the whole time to make sure it does not burn. Grills will vary.
- 5- Remove from the grill and butter the toast with 1 teaspoon of butter per slice.
- 6- Sprinkle the toast generously with cinnamon sugar (about 1/2 tsp teaspoons per slice). Return to grill for 1 minute to melt the sugar. The kitchen will smell delicious and the cinnamon sugar will be lovely and caramelized. Cool the toast slightly.
- 7- Mix 2 tsp of cinnamon sugar with the ricotta and stir to combine. Divide the ricotta among the toasts and spread to cover.
- 8- Arrange the sliced strawberries on top of the ricotta toasts. Sprinkle with a little cinnamon. Place on plates and serve.

Send us a picture of how you got on!
editor@ghfocus.com

Sausage and apple tray bake

Serves 4

Ingredients

- 8 pork sausages,
- 1 tbsp vegetable oil
- 2 red onions, cut into wedges
- 4 garlic cloves, peeled and crushed
- 3 carrots cut into 2cm slices
- 3 Gala Apples, cut into wedges
- 1 bunch of fresh sage or 2 level tsp of dried

For the dressing

- 3 tbsps olive oil
- 2 tbsps honey
- 2 tbsps whole grain mustard

Method

- 1-Preheat the oven to 180°C/Fan 160°C/Gas 4.
 - 2-Whisk together the dressing -olive oil, honey and whole grain mustard in a small bowl, put aside.
 - 3-Add the onion, garlic and carrots to a large baking tray and scatter over the sage leaves and the tbsp of vegetable oil. Mix until everything is coated. Place in the oven cook for 10 mins.
 - 4- Remove the tray from the oven add the sausages and apple quarters. Drizzle over the oil and honey dressing. Season with salt and pepper. Mix all ingredients until coated, return the tray to the oven.
 - 5-Roast for 35-40 minutes or until golden brown and sticky. If it looks too sticky add a couple of table spoons of water and stir.
- Serve with creamy mashed potato and broccoli.
- Vegetarian sausages can be a substituted, you may to reduce the final cooking time according to the instructions on the packet.

sarajwalsh@hotmail.co.uk

A recipe for the teens to help with.



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WDCB Coronavirus Update February 2021

For the safety of all of our drivers and passengers we are sorry to have to advise you that all community bus services and trips are suspended, with immediate effect, until further notice.

We know that many of our passengers rely on the bus to access the larger stores for food and other essential supplies.

You can contact Lynne on 01296 715786, or Liz on 07540 949167 and we will either do our best help you directly or, with your consent, give your details to another community contact who is able to help.

Please do all you can to keep yourself safe in these challenging times..

Lynne King

WDCB Co-ordinator



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SOME OF THE BEST HUGS HAVE BEEN SUPPLIED BY NORDEN HOUSE WITH ITS SPLENDID VACCINE ROLL OUT AS DETAILED BELOW.

COVID Vaccine Update – 3rd February 2021

Our vaccine efforts have continued in earnest over the last few weeks and we are making good progress, having administered over 6000 vaccine doses to patients of 3W Health, Waddesdon and Ashcroft Surgeries.

For 3W our current position is:

- 72% of Group 1 (residential care home patients) have been vaccinated
- 90% of Group 2 (80+ and known Health & Social Care Workers) have been vaccinated
- 94% of Group 3 (75-79 year olds) have been vaccinated
- 87% of Group 4 (70-74 year olds and the Clinically Extremely Vulnerable) have been vaccinated

This week we are focusing on our housebound patients and ensuring they receive their first vaccinations as well as re-visiting those residents of care homes who were unable to have the vaccine previously. Our nurses are out on the road and are making contact with each patient / nominated carer prior to our visit.


In terms of further on-site clinics at Winslow Health Centre, we are currently awaiting further information with regard to our next delivery of vaccines and will be in contact with eligible patients once we have further clinic dates to offer. Those of you with existing invitations can continue to check the booking link in your text message as clinics will show as soon as we publish them.

Understandably patients who have received their first vaccine dose have also been asking when their second will be. We continue to be advised that this should be within 12 weeks of the first dose and we will be in contact as soon as we are able to book these appointments.

If you are a healthcare worker and patient of 3W Health who has yet to receive an invitation for vaccination please contact us via our website and we will get back to you.



MARCH 2021 DIARY		
Tues	2	Bins: Blue , Brown and food bins
Mon	8	Council meeting (by Zoom)
Tues	9	Bins: Green and food bins
Tues	16	Bins: Blue , Brown and food bins
Tues	23	Bins: Green and food bins



GREAT HORWOOD PARISH COUNCIL

Useful contact details

Members of the Parish Council :

Please note that councillors now have a dedicated Parish Council email address. This is in order to comply with new Data Protection Regulations that came into force in 2018. It is good policy to keep council emails separate from private emails.

John Gilbey Chairman	01296 711915
johnwgilbeypc@gmail.com	
Caroline Cousin Vice Chairman	01296 713548
carolinecousinghpc@gmail.com	
Robert Davies	01296 712763
robert7_daviesghpc@yahoo.com	07967 868881
Dave Taylor	07980 546484
daveghpc@btinternet.com	
Angela Mayne	01296 715400
angelamayneghpc@outlook.com	
Jackie Goss	01296 713135
jackiegossghpc@gmail.com	
Julia Day	01296 713752
julia.day49@gmail.com	

Clerk to the Council

Mrs Sue Brazier	01296 714712
clerk@greathorwoodpc.org.uk	

Parish Council Website www.e-voice.org.uk/ghpc/

Great Horwood Village Hall Bookings	01296 715968
Doctors Car Service	07704 140110
Winslow and District Community Bus	01296 715786
Aylesbury Vale Dial-a-Ride	01296 330088

Community Police Officers

PCSO Andy Piotrowski Tel: 101

WinslowandDistrictNHPT@thamesvalley.pnn.police.uk

PARISH PUMP



Great Horwood
Parish Council



On 6th May, Parish Council Elections will be taking place. There are 7 Parish Councillor positions to be filled in Great Horwood.

The Parish Council oversees many aspects of the running of the Village as diverse as grass cutting, street lamp maintenance and the allotments, as well as managing the budget and setting the Precept. It considers and comments on many planning applications and contributes to the running of Horwode Pece and the Village Hall. The Village is also looking forward to a second playground in Little Horwood Road within a year and the installation later this year of the LED street lamps it is funding.

Parish Councillors also have the opportunity to raise concerns or ideas with the Winslow and Villages Community Board who represent and act for the interests in the local community. The Parish Council are looking into the possibility of obtaining an improved bus service to the village. We are also working with Winslow Town Council to investigate the possibility of getting a cycle way from Great Horwood to Winslow, although this is a long-term project and is unlikely to come to fruition for about five years.

Parish Councillors must have access to the internet in order to study planning applications online, respond to emails and to liaise with external bodies.

Parish Council meetings are usually held in the Village Hall at 7.30pm on the 2nd Monday of every month except for January and August. At the current time, meetings are held virtually via Zoom, although it is expected that we will revert to our usual practice once Government guidelines allow this. Councillors are expected to attend and contribute to meetings and be prepared to spend some time outside of meetings on Parish Council business.

As long as you are at least 18 years old, and either a British, Commonwealth or EU citizen on the day of nomination, you can apply providing

you are on the Electoral Register as a local government elector for Great Horwood and Singleborough, or have lived within 3 miles of the Parish for the whole of the 12 months prior to nomination.

Nominations need to be with AVDC by Thursday 8th April so if you want to help shape your community and get involved, speak to any of the current Councillors, their contact details are in Focus, or contact the Parish Clerk, Sue Brazier at clerk@greathorwoodpc.org.uk at the earliest opportunity.



LED LIGHTING IS COMING TO GREAT HORWOOD!

The Parish Council are very pleased to let you know that installation of the new LED lamps will start early in April. We are glad that the village can 'do their bit' to reduce our carbon footprint.

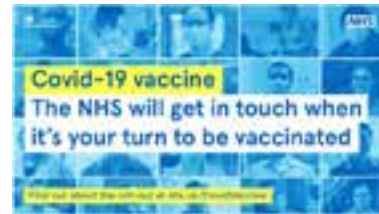


THANK YOU!

A big thank you to everyone who kindly helped deal with the fly tipping issue in Pilch Lane by reporting to Buckinghamshire Council's fixmystreet page. It was very much appreciated and the huge mess was cleared up speedily

VACCINE ROLL OUT

The vaccine roll out has been going extremely well at Norden House Surgery and at the time of writing they are inviting Groups 5 and 6 to receive the vaccine. At the recent Parish



Council meeting, a motion of thanks was passed to all staff and volunteers of Norden House Surgery who continue to carry out this incredible task.

THE CROWN

We are all aware that The Crown has not been occupied for quite some time. We have been in contact with Buckinghamshire Council's Heritage department to ensure that The Crown does not fall into a very poor state of repair as it is a listed building in the Conservation Area.

WELCOME TO GREAT HORWOOD

A big welcome to our new residents! There have been many people moving in and out recently. We hope you are settling in and enjoying our lovely village community. Would you like to receive a Welcome Pack?



This has recently been updated and includes information on village organisations, the School, Pub, Church and the local area. Please contact

John Gilbey by email on johnwgilbeypc@gmail.com

The date of the next meeting is Monday 8th March at 7.30pm. Minutes of meetings can be found on the noticeboard and the Parish Council website e-voice.org.uk/ghcp/ Meetings will continue to be held remotely via Zoom as Government guidelines encourage this at the present time. If anyone wishes to attend the PC meetings, please email a formal request to me together with any points you may wish to raise. You will then be sent a link to join the meeting via Zoom.

Sue Brazier, Parish Clerk Great Horwood



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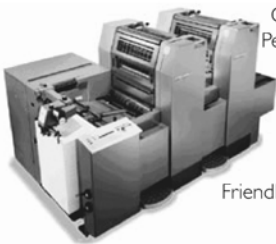




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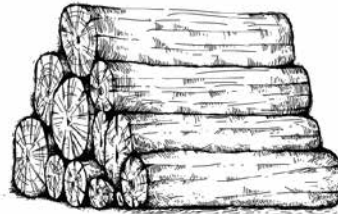
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Precise PVC-u Building Supplies Ltd is a family run company based in Bletchley, Milton Keynes. We are established since 2003 and pride ourselves on our friendly and informed customer service.

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Bake Off - An extra slice...!

As you know, due to the pandemic we had to cancel our Bake Off event. Thank you to all who kindly agreed to convert their ticket into a raffle ticket. The draw was made by Reverend Andrew Lightbown at our zoom meeting on December 8th.

We were delighted to handover a cheque for £550 to go towards the church roof fund. The winners were:

1st Liz Hobday 2nd Kathy Thompson 3rd Rosemary Birch

Thank you for all your support and, who knows, one day we may be able to organise a similar event!

Best wishes,
Angela Mayne, Great Horwood and Singleborough WI