

T & T NEWS



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Junction 1 - See Following the path of righteousness on pages 14 & 15 for this story of Totteridge Recreation Ground

See inside for all your community news from Totteridge & Terriers



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NEWS
AUTUMN
2020**

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Hello,

Welcome to the autumn 2020 edition of T & T News.

It been a difficult few months which has affected us all since distribution of our last printed copy of the community magazine. Our summer on-line magazine was well received with more visitors to the web site than ever before. But we know from the numbers that more of you prefer the printed magazine hence we have returned as soon as we could safely deliver copies. On that note we are looking for new distributors so if you can spare a couple of hours four times a year we would be grateful of your help (See Page 26).

Many of our contributors organisations had to close due to COVID-19 and only now are many slowly re-opening with more limited capacity and resources to ensure safety. As we receive news we will continue to post this on the web site to keep you up to date.

Do keep safe and keep in touch with the latest news and information at www.tandtnews.org.uk

Happy Reading!
David Winterburn, Editor

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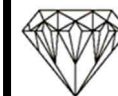
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Highcrest sixth formers selected as UK student ambassadors

Two excited students from The Highcrest Academy in High Wycombe have been chosen to represent the UK in a 'ground-breaking' global conference. Noor Khan and Tanzina Choudhury, both 17, have been selected as Student Ambassadors as part of a work placement

scheme funded by pharmaceutical giants Johnson & Johnson.

The two sixth formers won their places as part of the Bridge to Employment programme run by J&J in conjunction with the school in High Wycombe.

Rob Evans, Highcrest's Careers Leader, said: "Noor and Tanzina were picked after a searching virtual interview with the American selection panel. In the pre-Covid-19 world, that would have meant a trip to Washington DC in September 2020 to attend a global student conference. Instead, there will now be a ground-breaking virtual event at which they will meet Student Ambassadors from other countries. There is only one other pupil elsewhere in the UK who has been selected as a student ambassador in this year's programme.

Mr Evans added: "The American selection panel told us that all our students conducted themselves with great enthusiasm and dedication throughout the rigorous application process and stood out among a competitive pool of applicants. All the students who participate in the Bridge to Employment Programme at Highcrest learn so much from working with mentors from Johnson & Johnson. We really value this unique programme as it helps our students develop the skills and confidence they need to succeed right now and when they leave Highcrest."

Tanzina said: "I'm very happy to have been given this opportunity to become student ambassador and represent my programme and school. It truly is a once-in-a-lifetime experience."

Noor said: "I eagerly anticipate representing my school as a student ambassador and meeting other student ambassadors. Words cannot express how grateful I am for this opportunity."

Sarah Scanlon, Business Unit Director at Janssen, the pharmaceutical companies of J&J, said: "We have all been so impressed with the positive attitude, engagement and professionalism of Noor and Tanzina. It is important to appreciate that even though the conference will now take place virtually, both students have received outstanding recognition at a global level. We are incredibly proud to be able to support their development through our Bridge to Employment programme."

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Wycombe Wenches WI



Welcome to a roundup of Wycombe Wenches life in Lockdown. We have continued to be extremely active during these difficult times to ensure that our members did not become isolated, lonely or bored of their own company. We have met regularly online via Zoom, had a very active WhatsApp group and more recently begun meeting in small groups in members gardens for a cup of tea and a chat.

The June Zoom Monthly Meeting saw 26 members and 2 guests joining in a practical yoga session, each in their own home, with the wonderful Teresa Smith, from Root and Branch Wellbeing, speaking about gentle yoga, demonstrating simple stretches and followed by a wonderful relaxation session on Nidra meditation.

Wycombe Wenches continued developing their technical skills on a weekly Friday afternoon via Zoom with various activities. A virtual Cuppa for World Friendship Day, showing off their culinary skills with decorated biscuits, butterfly cakes, raspberry buns and Ferrero Rocher cupcakes; one which had a chocolate inside!

A card making session craft class held by The Rooftop Crafter, An independent Stampin' Up! Demonstrator, where card kits were sent out to individual members who then created gorgeous homemade cards under Helen's guidance during the Zoom session.

Our virtual Beetle Drive was very impressive. Members also enjoyed showing off their drawing skills when we had a game of Pictionary in July. Another traditional activity - Bingo has also proved popular, with several sessions being played. "The Big Quiz" was another success story, with four rounds, Memory Game, General Knowledge, Don't judge a book by its cover.

Decorating a potato in the form of a famous person was very entertaining, with the winning potato being Donald Trump. He had tissue for skin, wood shavings for his hair, paper for arms, fabric for clothes and some goggle eyes - instantly recognisable! Marilyn Monroe came second, and runners up included a cow, Mickey Mouse, Janet Street-Porter and Gandhi to name a few. A good idea for a family game!

In a "Who am I?" session, members gave three unusual facts about themselves secretly to the host and other members had to guess who was being described. This was a fascinating session - we had a member who had swum in 10 of the 17 UK shipping forecasts areas, a scuba diver, someone who made Morecambe and Wise laugh, an extra in the film Women in Love and a Queen Scout.








Our very latest initiatives are a WhatsApp Gardening Group to provide tips and ideas for all things horticultural and a WhatsApp Cinema Club, where we all watch the same film on Netflix at the same time, with popcorn of course! We chat about the film in real time on our phones as we watch and give a review and score at the end. Our next film at the end of August is "The Peanut Butter Falcon"

You can still find us on Facebook at wycombewencheswi and our website, wycombewi.weebly.com. We shall update both of these regularly with news of when we can reopen our face to face Monthly meetings - you would be most welcome to join us either then or now in our virtual, online world. Both are great fun!

Warmest wishes,
Susan Dawson and Helen Speakman
wycombewenches@hotmail.co.uk

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Popular hospice shops are back in business

Bargain hunters were given a boost as the popular charity shops run by South Bucks Hospice re-opened in the wake of the easing of lockdown restrictions.

The hospice manages shops at Hazlemere and Bourne End, as well as ones in the household recycling centres at High Heavens and Aston Clinton which are operated in partnership with Buckinghamshire Council and FCC Environment. All had to be temporarily closed earlier due to the Coronavirus pandemic.

However, in the last few weeks, all of them were re-opened with social distancing and other safety measures being put in place to protect customers and staff. The Hazlemere shop, in Park Parade, successfully reopened with trading hours from 10-4 Tuesdays to Saturdays. Donations of items from the public can now be dropped off at the back of the shop.

Jackie Ward, Acting Chief Executive Officer at the hospice, said: "The re-openings have gone extremely well and we are thrilled to be back in business. Our customers also seem to be delighted to have us back. These shops are very popular and are following strict social distancing rules to ensure that the public feel welcome and safe.

Only a fraction of our income comes from the Government, so we rely on the shops and fundraising events to support our patients and their families. But during the lockdown, almost all of this was lost to us because our shops understandably had to close and our various events had to be cancelled. One way for the public to help us recover is to pop into our shops and take advantage of some of the great bargains they will find in there."

The Bourne End shop's successful reopening followed a few weeks after Hazlemere. The two re-use shops at High Heavens and Aston Clinton, which have also now reopened, are run by the hospice in partnership with FCC Environment and Buckinghamshire Council. They sell a range of quality affordable items that have been brought to the site by the public.

Meanwhile, South Bucks Hospice has gradually been reopening its services at Butterfly House in Kingswood Park. It is now offering a limited service for lymphoedema patients as well as specialist physiotherapy patients.

* To donate to South Bucks Hospice, go to sbh.org.uk/donate

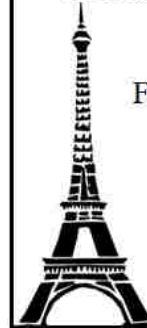
* For more details on what services are operating, plus the shops' opening times and arrangements, go to www.sbh.org.uk

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Local Church information for Totteridge & Terriers



St Francis Church

Located on Amersham Road in Terriers. Regular Sunday services at 10am (Parish Communion). For information on other Services please look on our notice board or on our website www.terrierschurch.org.uk. Should you wish to contact us please email wardens@terrierschurch.org.uk

Totteridge Baptist Church

Located on Hillary Road, High Wycombe, HP13 7RA
Sunday service at 10:30am. We are now open again with social distancing in place. Please e-mail our pastor for details if you want to attend.
Pastor: Peter Montague E-mail: totteridgebc.pastor@gmail.com Tel: 07956 994490
Facebook: <https://www.facebook.com/totteridgebaptist.church>

St Andrews Church (C of E)

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CHAMELEON SINGLES GROUP



The last few months have been interesting times for Chameleon Singles Group. For the first time in over 18 years we did not produce a programme of events for May & June 2020 due to the Coronavirus lockdown. A couple of our events at the end of March and all the April programmed events had to be cancelled too as the restrictions meant we could not physically meet.

The internet well and truly came to the rescue in the form of "Zoom Video Conferencing". Prior to lockdown very few had heard of platforms such as this and none of us had experience in using them. However, after a few sessions we had become better than novices and were regularly chatting each week from our homes.

June saw some the easing of restrictions which allowed small groups to meet outside. We were able to make use of this moving our Pub Night and Lunch Club to the local parks. Totteridge Recreation Ground at Terriers provided the space for our initial events and more latterly we have also met in the park along Rose Avenue in Hazlemere.

The further easing of restrictions in July still did not make it possible for us to meet as a group at a pub or restaurant. As a singles group we would just be too many households. It is however good that we have been able to meet up again observing the social distancing and other measures to ensure safety in what continues to be difficult times with the virus likely to still be with us for a while yet.

Our on-line Zoom sessions will continue so those who for whatever reason cannot join us at an event can still keep in touch. We are also doing a walk once a month making further use of the warmer summer days to keep fit and active.

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

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What's Going on in Girlguiding?

Not much has changed since we last updated you all, but Guiding is still happening in the varying “distance” and “virtual” formats we explained about before. As the summer holidays descended, units

took chance to have a break, or continue meeting, sending badges and activities out to the girls or having photo updates from families about what they had been doing. As lockdown has started to lift, guidance has been released to allow units to meet outdoors in groups of up to 15 people. At the moment, most of the units in the area are still too big to meet, however 2nd High Wycombe (Trinity) Guides have been able to meet their girls and leaders on the Rye. The unit has enjoyed a number of evening meetings including: mini-olympics, pond dipping and geocaching and the unit have a few more outdoor meetings planned before the girls return to school.

We are still waiting on guidance to help us plan what our units will be doing in the Autumn term, whether that is indoors, outdoors, face-to face or virtually. Leaders have been ensuring their first aid, safeguarding and programme training is up-to-date and hopefully, when units to fully resume, we expect to welcome back as many girls as possible as well as new additions to our Guiding family.

For now, we wish all our girls a safe and happy return to school in the coming weeks and hope we see them to continue their Guiding journey very soon.

Nina

We have vacancies for girls in all age groups - visit the National Web site www.Girlguiding.org.uk/interested to put your daughter's name down. Guiding is fun and if you would like to come and join us as a leader or supporter please get in touch with:

Julia Sparks julia.sparks@gmail.com Or
Nina Sparks minisparkyn820@yahoo.com

Following the path of righteousness

One of the better things that Wycombe District Council did to benefit our local community before being replaced by the present unitary authority was to lay the fitness path around Totteridge Recreation Ground and install the pieces of exercise equipment at strategic points around it.

Those of you that are regular early morning users of the Rec. will not have failed to notice me, a chap clearly past his best but doing his utmost to maintain a healthy weight and a modicum of fitness as I trot around the path a multiplicity of times. I used to move somewhat faster than I do these days but am very grateful to still be able to do what feels to me to be running, even if my pace is relatively slow and my style somewhat less than fluid. During this period when we have been cursed to suffer the Covid 19 pandemic, being able to use this space to take my exercise has been a godsend to me. I've always (well perhaps not in my schooldays when I was known occasionally to bunk off gym) enjoyed being very active and love spending lots of time exploring the streets and countryside around High Wycombe on foot, walking, running, or a mixture of both depending on mood or energy levels. Totteridge Rec. or Redfords as some refer to it as, has been my oasis, being the ideal place for me to start the day well whilst escaping the traffic fumes and hazards of poorly maintained pavements and inconsiderately parked vehicles. It has been wonderful to see that I am not alone in my choice of sanctuary, because as well as those who come in pretence of walking their dogs whilst getting some exercise themselves, I have been encouraged by the growing numbers using the path for the purposes for which it was designed. That is, as a means by which people can use safely to improve their health, fitness and wellbeing. Well done to all of my fellow early riser regulars for keeping up the good work and well done also to the many that exercise on the Rec. at other times. Keep the faith and continue in setting such a good example to others.

For those who may be interested in knowing how far they are walking or running and do not have the technology of GPS or Smartphone, I have measured the various options of routes around the path shown below. Apart from the option that I describe as (e) Small Circuit, all others start and finish at the beginning of the new path next to the Changing Room building and commence in an anti clockwise direction.



Option (a) Combined Circuits. = 0.90 miles (1.45km).

Following the start, bear right at Junction 1 and left at Junction 2. Upon reaching Junction 1 for the 2nd time bear left and right at Junction 2. Continue on round to the starting point.

Option (b) Figure of 8. = 0.75 miles (1.21km).

Following the start, bear left at Junction 1 and right at Junction 2. On reaching Junction 1 this time bear right, then at Junction 2 bear left and continue on round to the starting point.

Option (c) Large (Outer) Circuit. = 0.56 miles (0.90km).

Following the start, bear right at Junction 1, then right at Junction 2 and continue on round to the starting point.

Option (d) Medium (Left-hand) Circuit. = 0.40 miles (0.64km).

Following the start, bear left at Junction 1 and left at Junction 2, then continue on round to the starting point.

Option (e) Small (Right-hand) Circuit. = 0.36 miles (0.58km).

Starting at either junction, complete one circuit around to whichever junction you began from.

My personal favourite is Option (b) Figure of 8. as it allows me the opportunity to greet and encourage any oncoming people I may meet, as most others seem to prefer doing a simple anti-clockwise loop of the outer circuit (Option c).

Garmin Connect or Strava app. users will find the options stated above listed as Segments in order that they may be able to monitor their progress.

Devotees of HIT (High Intensity Training) may combine their workouts on each piece of equipment by jogging between exercise stations.

Aspiring runners will find the on-line NHS "Couch to 5k" programme a helpful guide to getting started.

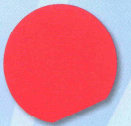
By the time you read this, the early mornings will have descended into darkness once more but never fear I shall (hopefully) still be plodding my way around numerous figure of eights aided by the light of my wonderful head-torch. Only injury, illness or icy paths will prevent me from getting out several times a week. Hopefully our paths will cross soon and when they do, I hope that you will give me a wave and a shout of "Good morning Mike! Well done!"

Finally, a plea to the new Unitary Authority for Buckinghamshire. When you have a little bit of money to spare in your coffers, would you please resurface the original paths of the recreation ground? It would have made good sense to do that when the new path was laid but money must have been short then. Having written this I hope that it won't be a case of pride comes before a fall!

Good health.

Mike aka The Terriers Trotter

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Terriers Playgroup

It is with great sadness that Terriers Playgroup has had to close its doors after 51 years of service to the parents and children in this area.

Terriers Playgroup opened its doors for the first time on 3rd June, 1969, operating 3 days a week, with 15 children per session..

The church hall was in a bad state of repair,so a band of helpers spent weeks cleaning, painting, sanding and installing toilets amongst other things, in order to get the necessary permission to run a Playgroup from the premises.

Playgroup was going from strength to strength, but the Church Hall was showing its age,(with buckets having to be strategically placed round the hall whenever it rained), and eventually the news came that the money had been raised, and plans passed for a new church hall to be built.

The publicans of the Happy Wanderer in Arnison Avenue heard of the predicament, and offered the use of the family room at the pub as a temporary home. Playgroup then spent a very happy 16 months operating from the family room at the Happy Wanderer, before moving back into the new Church Hall after Easter 1994.

And we have been there ever since!

Throughout the years Terriers Playgroup has had a very dedicated band of staff and committee members who have worked hard. We have seen hundreds of local children start their educational journey with us at Terriers Playgroup and we have loved having had the opportunity to do so.

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Neighbourhood Watch and the Home Office take on burglary with new SAFETY IN NEIGHBOURS campaign

Now that we're all starting to ease out of lockdown, we need to make sure that as well as keeping ourselves safe, we're keeping our homes and neighborhood's safe. More people out and about means burglary is expected to rise, which is why we've launched a new campaign, in partnership with the Home Office, to warn Neighbourhood Watch members, and non-members alike, and provide practical tools to prevent burglary.

Working with specialist social creative agency, TMW Unlimited, we've created *Safety in Neighbours* – a fresh, thumb-stopping social campaign aimed at a younger audience of 20-50 year olds, which launched on 27th July. John Hayward-Cripps, CEO of the Neighbourhood Watch Network, said reaching out to these audiences will expand the impact Neighbourhood Watch can have in the UK:

“What we know about younger audiences is that they are not usually connected with their neighbours until there's a problem that needs to be solved. Their relationships are often reactive rather than proactive. We also see them looking to action and own local solutions to issues in their area such as burglary.”

The campaign uses hyper-targeting on Facebook to reach people in the UK's most burgled areas – encouraging them to start a proactive relationship with their neighbours, so as a community they can spot warning signs and prevent burglaries. The campaign will also be shared across Neighbourhood Watch Network's Instagram, Twitter and national volunteer network.

We'll encourage people to use the WIDE combination of security measures in their home, which reduces the risk of home burglary by nearly 50 times more than those with no security. We believe Neighbourhood Watch can act as the thread that knits local communities together, sharing tools and practical advice to keep our neighbourhood's safe and vibrant.



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The Chilterns 2 Peaks Challenge



Since 2009 the Chilterns 3 Peaks Challenge has welcomed thousands of walkers to enjoy the beautiful scenery of the Ridgeway and support patients while doing so. For this year only there is a specially adapted 2 Peaks Challenge on Sunday 13th September. The new approach will ensure everyone can be kept safe while still giving the opportunity to soak up the great outdoors.

There are two routes to choose from of 8 miles and 12 miles and both are circular returning to the start point. To find out more about this and other fundraising and work visit the web site at:

www.renniegrove.org.uk



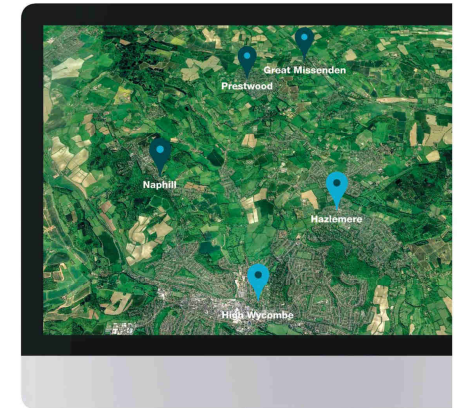
Cycling in South Buckinghamshire

Cycling with our local groups has been very much "On Hold" over the summer but small group rides are now starting to take place. Sunday morning Coffee Pots are returning too giving an opportunity for a shorter ride to meet with other cyclists, socially distanced of course.

With fewer cars on the roads cyclists returned in large numbers at the start of lockdown but sadly now that traffic has returned so the usual caution around motorised vehicles needs to be taken. However, there are many quiet roads still to be enjoyed that remain virtually traffic free.

Our clubrooms are continuing monthly on-line via Zoom until it is safe to re-open our usual clubroom held at Little Kingshill.

If you would like to find out more about your local Cycling UK groups then visit our web site at: www.southbuckscycling.org.uk



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If you are thinking of buying, selling or letting in High Wycombe or the surrounding villages contact The Wye Partnership. We have the expertise and local knowledge to get you to where you want to be.



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From Town to Country





Steve Baker MP

As the Government begins to lift some of the coronavirus restrictions I hope you are getting back to a more normal life, seeing friends and family and enjoying some of the lovely weather we have been having recently.

The Government is starting to produce data for each MP on the support it has given businesses and employees during the lockdown period. I have been told in Wycombe 17,300 workers have been furloughed through the Coronavirus Job Retention Scheme, and 5,300 self-employed people have been helped as well.

Despite the support the Government has given, this has nevertheless been a very difficult time for individuals and businesses. As you probably know, I sit on the Treasury Select Committee. We held an inquiry looking into people who were not receiving support from the Government. The Committee made a number of recommendations how people such as freelancers, company directors who pay themselves principally through dividends, and people on short-term contracts could be helped. We made the case for further help, but the Government is clear we must now focus on our future.

In his Summer Economic Update, the Chancellor announced measures to support jobs and help the economy. One of these announcements was the lifting of Stamp Duty on house sales of up to £500,000 until March next year. He also announced a £3 billion green investment package to drive forward home improvements and to decarbonise buildings to kickstart an eco-friendly economic recovery. The packages will give up to £5,000 per household and £10,000 for low-income households for green home upgrades to help cut energy bills.

This year has been incredibly challenging for schools, teachers, and students. The Government wants every school to have the resources to deliver the high-quality education all parents expect. We are more committed than ever to level up opportunity and transform the lives and prospects of a generation. The Secretary of State for Education recently announced significant investment in our schools with an overall increase of 6.4% in Wycombe, which is above the national average. There is extra money to support children with special educational needs and disabilities.

It just remains for me to thank every single person who has helped their neighbours over the last few months with grocery shopping, collecting prescriptions and so on. It really shows the strength of the local community and is a tribute to the generous and kind people who live in Terriers and Totteridge.



TOTTERIDGE FC has provided football to the local youth in the community since 1996. For more information and contact details please visit our web site – www.totteridgefc.co.uk

FRESH START

By the time you read this, the football season should have just about started. After having to finish the season 6 weeks early due to the pandemic, the children have loved being able to see and play football with their friends. We have had to take a number of precautions, including limited number of players all social distanced, which was very difficult for the coaches so a lot of credit needs to go to them for making a fun but safe environment.

This season we have added the Under 11s age group who are to play in the White league. All games from Under 12s and below do not publish the results or the league as there are some times a big difference in ability. We wish Jon good luck for his first season as a Totteridge FC manager!

We also had some excellent news in August, where our Under 16s manager Nathan, was shortlisted for Rising Star of the Year from the Berks and Bucks FA. A fantastic achievement and well deserved for taking on managing the Under 16s. Sadly he didn't win, but coming in the top three in the county is a credit to him and all the work he puts in.



Sadly we have been unable to do our annual fundraiser of Hazlemere Fete this year. This has been an incredibly difficult but rewarding event for the club. It has meant we are able to have annual indoor Christmas tournament which the kids absolutely love and keep the club's account in a healthy balance.

U9s and U11s

We have also had enquiries for a number of Under 9s players (children in school year 3 and 4) and have had a few join us. We are aiming to start playing games in January after Christmas but need a few more players and a manager.

Our Under 11s team (years 5 and 6) has grown considerably over the past 6 months but we could always use a couple more players, so if anyone is interested please contact Jon with the details below.

If you are interested in joining please contact club secretary Simon Kearey by email simonkearey@gmail.com or call the appropriate team manager:

Under 11's – Jon Fairless	07723 314419
Under 12's – Khalid Machmoum	07834 586786
Under 14's – Frank Milligan	07506 564169
Under 15's – Tak Aziz	07838 579217
Under 16's – Nathan Jopp	07462 492429

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T & T News is published four times a year in March, June, September and December. We aim to get the magazine distributed by mid month of issue. In order that we can achieve this deadline we need your articles and advertising as early as possible. Our deadline for the winter 2020 edition is 20th November.

We thank all our advertisers and contributors for their support. However T & T News cannot endorse any product or service contain within this magazine. You are advised to check details of all goods and services offered. All contributions are accepted in good faith and opinions expressed are not necessarily that of the editor or T & T News.

That's about it....Join us again in December 2020. In the meantime you can catch up with the latest news on the web at www.tandtnews.org.uk

2020 Advertising Rates:

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(Full page adverts subject to availability—Winter 2020 deadline is 20th November)

Events & Information Diary

At the time of publishing our autumn 2020 edition of T & T News many groups, organisations and clubs are no longer running their regular and fundraising events. The latest news from the government is that of easing restrictions and hopefully soon things will start to return to normal.

Our web site at www.tandtnews.org.uk will be regularly updated over the coming weeks and months with the latest news. If you have an event taking place then let us know even between our printed editions so we can include it and let everyone know what's on.

Our regular contributors with events include:

Chameleon

St Francis Church, Terriers

Girlguiding

Inner Wheel Club

Rennie Grove Hospice Care

Terriers W.I.

Totteridge Football Club

Wycombe Wenches W.I.

South Bucks Hospice

Do make sure you keep in touch with our local groups who are keen to re-start events when they can and it is safe to do so.

Remember to let us know your events for the diary. Between printed editions we can include your events on our web site diary.



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