

T & T NEWS

THE COMMUNITY MAGAZINE FOR
TOTTERIDGE & TERRIERS



Above: Early spring in the Terriers Community Garden

After nearly two months of rain the sun came out in late February with the garden prepared for another season.

This is the fourth digital edition of T & T News. You can still read your copy on-line at: tandtnews.org.uk or subscribe by e-mail: editor@tandtnews.org.uk with "Subscribe 18+" or "Subscribe under 18" in the subject line.

See inside for all your community news from Totteridge & Terriers.

The **wye** Partnership



It's our business so we care.

The Wye Partnership gained their knowledge and developed their expertise within the most successful estate agents in High Wycombe. On witnessing the take over of these long established companies by nationwide chains we recognised the need for the retention of a local and independent service. Our recent merger makes the enlarged Partnership the strongest Independent in South Bucks and The Chilterns!

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wyeres.co.uk

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wycambe@wyeres.co.uk

Prestwood
01494 868 000
prestwood@wyecountry.co.uk

Great Missenden
01494 868 000
missenden@wyecountry.co.uk

Naphill
01494 565 555
naphill@wyecountry.co.uk

Stokenchurch
01494 509 377
stokenchurch@wyeres.co.uk

Lettings High Wycombe
01494 358 358
lettings@wyeres.co.uk

Lettings Great Missenden
01494 864 225
lettings@wyecountry.co.uk

Associated
Park Lane Office
0203 368 8472



**WELCOME
TO T&T
NEWS
SPRING
2026**

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Hello,

Welcome to the Spring 2026 edition of T & T News.

With the very wet start to 2026 I am sure we will all be looking forward to spring and hopefully some drier and warmer days.

This edition of the community newsletter marks the 4th digital edition and a year since we made the decision to go on-line and subscription only. We thank you all for your continued support, contributions and advertising that helps keep us going. Moving forward we will continue to look to innovate so do let us know your thoughts.

In this edition we have some new contributions and news from Buckinghamshire Council. The town centre finally sees Tesco re-open and changes to local bus services seemed to have settled in well with more people using the services.

We still need more of your contributions for the quarterly magazines and for our web site. The latter is updated regularly and has become a great resource for what's on.

Enjoy the read!

David Winterburn, Editor

High Wycombe 891 London Road Tel: 01494 472572	Beaconsfield 32 Gregories Road Tel: 01494 685000
Head Office Flackwell Heath 24 White Pit Lane Tel: 01494 952288	Marlow 21-23 Little Marlow Road Tel: 01628 898866
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**Co-operative grant boosts
digital distribution for T & T News**

Supporting the Local Community

The Doing Good Together Fund is designed to empower local Co-op site managers, allowing them to direct funds to causes that matter most in their communities.

Connor Oliver, Manager of the Hazelmere Co-op food site expressed pride in supporting such an important group that through its work, keeps the community connected and said -

“I am pleased that our Doing Good Together Fund can provide a helping hand for this group to expand its reach in our local community via their newspaper, it’s great to see how the fund can really make a difference.”

The Co-operative’s continued commitment to community support demonstrates how Co-op members’ contributions directly benefit local causes.

your coop | The Midcounties Co-operative

A helping hand for local causes

Doing Good Together Fund

Find out more

Bucks Vision

DO YOU KNOW SOMEONE LIVING WITH SIGHT LOSS?



Maybe a friend, a relative or perhaps yourself?

Living with sight loss can be frustrating and isolating, making it difficult to participate in everyday life.

For those living with sight loss Bucks Vision Wycombe Division meets at the

Cedar Barn, Hazlemere every Thursday afternoon throughout the year. The meetings provide an opportunity for people who are blind or partially sighted to meet up, socialise and chat. Here you will be with others with similar problems and can feel included and supported. Every other week there is a full and varied programme of entertainment with live music, guest speakers or seated exercise, and there are outings, and in the festive season a Christmas Lunch and a Carol Service. Forthcoming meetings in 2026 include “An Actor’s Tales”, “Travels in Madagascar”, “Club Django Jazz Band” and a visit with Wycombe’s MP Emma Reynolds. On the alternate Thursdays a small, friendly Craft Club meets for activities such as baking or paper crafts. The group can provide transport to and from the meetings by fully trained and vetted drivers for those living in the Wycombe area.

Wycombe Division is one of nine divisions of Bucks Vision operating throughout Buckinghamshire and Milton Keynes with headquarters at Aylesbury.

Do you have any questions or want to know more? Perhaps you know someone who would like a ‘taster’ visit? Then please contact Bucks Vision volunteers Richard Martyn, Chairman, on 01494 862687, or Julie Moore, Programme Secretary, on 07447 979519.



Are you retired or about to retire from the NHS or social care?...

...Want to keep up with your friends and make new friends with other NHS and social care staff and enjoy a variety of additional benefits and offers? Then the NHS Retirement Fellowship may be for you!

The Fellowship provides social, educational and welfare opportunities across the country with a number of additional, specially tailored benefits.

You can find out more by:

Tel: **01305 361 317**

Email: info@nhsrf.org.uk

Or visit our website at:

www.nhsrf.org.uk

Local branches run across the country providing a range of additional social activities including trips out, theatre visits, talks with interesting local speakers.

Search for
NHS Retirement Fellowship
or follow us on Twitter
[@NHSRetire](https://twitter.com/NHSRetire)

You can find out more about your local branch:

Wycombe and Amersham

We meet at Holmer Green Village Centre on the second Wednesday of the month. 1.30 – 4.00pm

Annual membership £30, plus £2.50 on the door.

Contact: joykay1944@gmail.com

07931307598 or

cooperjac@hotmail.co.uk 01494488468

Facebook: NHS Retirement Fellowship Wycombe and Amersham Branch


NHS Retirement Fellowship

Making your retirement work for you.



Wycombe Wenchies W.I.



Wycombe Wenchies continue to welcome women who like to share the company of others for a variety of interesting activities, both evening and daytime. The Culture Club went to the Swan to see “Death Comes To Pemberley” and the Film Club met monthly to discuss films including “What We Did On Our Holidays”, “Gosford Park”, “Allelujah” and “Red Dust” last summer. Bookworms continues to meet at Hughenden Community Café for a lunch, and chat about the month’s chosen book, with the range of books including “Pompeii” and “Frankie”. The Walking Group have had some lovely walks during last year, and the Monday morning Coffee and Chat has met once a month for – coffee and chat! Winers and Diners continued to go out for a meal once a month, to places such as Giggling Squid in Marlow and the Black Lion in Naphill.

Our programme of speakers continue with some very informative talks and presentations. A social evening back in August saw us hold our summer social evening, where 21 of us descended on The Mayflower pub in Hazlemere to enjoy an excellent meal and a chance to get to know each other better. In September we had a touch of history, learning about the Saunderton Bomb.

Our tea and cake afternoons have remained popular with our members, and several different venues were offered during last year, so it was lovely to enjoy each other’s company and eat some incredibly delicious cakes and scones!

We were also extremely pleased to congratulate our Quiz Team – having come third (for the second year running) in the Buckinghamshire competition, they went forward to the Inter-County final, where they managed the magnificent goal of winning the competition, with a final score some way ahead of the other teams! Well done ladies – a brilliant achievement!

If you are interested in joining our friendly group, please contact us via the email address below. We meet on the second Wednesday of each month, at the Cricket Club on London Road, High Wycombe, at 7.30pm.

Best wishes
Diane Haylor
President
wycombewenchieswi@hotmail.co.uk

Chiltern Stroke Club

Had a stroke? or a family member had a stroke?

**Come along and join us Tuesdays
2pm-4pm in Brooks Lounge,
Amersham Road, Hazlemere**

We are a local network of The Stroke Association; support and social group for stroke survivors and their families. Weekly exercise led by a qualified rehabilitation teacher, specialist speakers and social activities.

Contact: Adele 01494 728537
E-Mail: grassadele@gmail.com

www.chilternstrokeclub.co.uk

Local Halls

Totteridge Community Centre, 55 Totteridge Drive, HP13 6UG
Tel: 01494 511216

St Francis Church Hall, Amersham Road, HP13 5AB Tel: 01494 462911

Totteridge Baptist Church, Hilary Road, HP13 7RA Tel: 01494 263359

St Wulstans Church Hall, Hollis Road, HP13 7UN Tel: 01494 438300

The Hive, Arnison Avenue, HP13 6DD
Tel: 01494 454697

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Terriers W.I.



The WI Week of River Action - We arranged a Riverside walk along the river Wye to reflect what our rivers and waterways mean to us. We also explored the Rye, with its children's playground, and large open spaces, it is ideal for families to come and relax. The Rye has a large car park and a new café it is well worth a visit at any time of the year.

December - Louise Child a local singer and musical director returned with her keyboard. We joined in with singing Christmas carols and festive songs. We had a relaxing morning and enjoyed mince pies and other festive foods with our tea and coffee

January - Clive Peacock a skilled magician brought a touch of magic to our meeting. He performed many illusions that have been performed on TV by Paul Daniels and Tommy Cooper. Clive uses his talents to raise money to help disabled Children at Stoke Mandeville Hospital Clivepeacock77@gmail.com



February - David Coulton spoke to us on the Lee and the surrounding towns. In 1897 a 365ft well was dug out for the villages to have fresh water. The Lee has been home for the founders of Liberties of London and Gamages. Also, it has been an ideal location to film the TV series Midsomer Murders.

We also hold regular Craft Mornings at a members homes, where we can work on our various projects and share tips and ideas, in a relaxed and fun environment

Future Meetings

5 th March	AGM	2 nd April	Wrestling with the Octopus
7 th May	Resolutions	4 th June	Antarctica
2 nd July	Garden Party location to be confirmed		

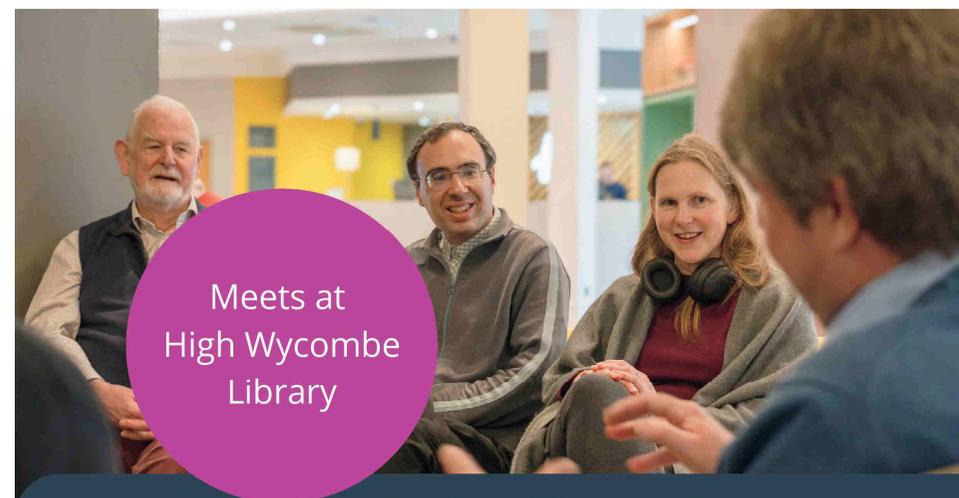
Meeting starts 10.15am Doors open at 10.00 Cedar Barn, Barn Lane, Hazelmere HP15 7BQ

1st Thursday of every month except August, plenty of on-site parking.

More information on [_http://www.terrierswi.org.uk](http://www.terrierswi.org.uk)



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Find out more

Talk to a member of staff or email:
lib-hiw@buckinghamshire.gov.uk

A charity registered in England and Wales (286614) and Scotland (SC051461)



Rainbows, Brownies, and Guides in High Wycombe have spaces!

Girlguiding is what each girl wants it to be. It might be the thrill of doing something for the first time, making great new friends or the buzz of getting a new badge. We offer a space where she can get creative, explore, become more confident, and most of all have fun. Girlguiding offers all girls an equal sense of belonging, no matter who they are or where they're from. Ours is a relaxed and encouraging all-girls space where every girl can feel at home.

Do you know a girl who would like to join us? We have spaces!

Our units meet once a week in the school term (with occasional trips/activities at a weekend which girls can join in if they wish). All the units are run by experienced volunteers.

There are 4 different age groups of girls in Girlguiding : Rainbows aged 4-7, Brownies aged 7-10 , Guides aged 10-14, Rangers and Young Leaders aged 14-18

To register your interest in your daughter joining a unit, please use the link below:

<https://www.girlguiding.org.uk/information-for-parents/register-a-child/>

You will be able to see the units in the area and find out where they meet.

Once you have registered your daughter, one of the local leaders will then contact you with more information.

The Rainbow, Brownie and guide units around the area have been having a great deal of fun this term.

In our weekly meetings, some of the exciting things our units have been doing are raising money by hosting tea parties, learning new skills like first aid, visiting the backstage of The Swan Theatre and playing new games. One Saturday in October, we also joined together with over 1300 other members of Girlguiding in Buckinghamshire to have an amazing trip to Chessington World of Adventures! We enjoyed so many of the rides as well as seeing the fish and animals. It was wonderful seeing so many girls and leaders having a great time together.



Include your advert here!

A mini advert in T & T News costs just £6 per edition. Suitable for business use or an eye catching private advert.

Attract magazine readers in Totteridge, Terriers and beyond. Call 07905 888098.

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Crystal Property Maintenance
email: ash.craven@gmail.com
Telephone: 07742 022987

One Can Trust—What to do if you need help

One Can Trust food bank works on a referral system from partners such as the Helping Hand team at Buckinghamshire Council, Wycombe Women's Aid and Citizens Advice Bureau.

Tel: 01494 512 277

E-mail: office@onecantrust.org.uk

WADSAD Wycombe and District Sports Association

Wadsad is based at the Wycombe Leisure Centre. We offer people of all types of disability a chance to take part in sport. For more information on becoming a member or Helping contact - Sarah Wiltshire 01494 450169 or Rachel Pope 01753 889390.

Come Dancing With Me

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NEW STARTING TUESDAY 24TH FEBRUARY

Time for a Pause

A new Coffee Day on the last Tuesday of every month for carer givers created as a gentle space to rest, breathe, and feel supported.

Anyone who cares for a family member, friend or loved one including care givers of people living with dementia, long-term illness, disability or additional needs.

If you care for someone you love, this space is for you ☑
No pressure. No expectations. Just a warm welcome.

- ❖ THE WELL (Behind Totteridge Baptist Church) Hillary Road, HP13 7RA
- ❖ Every last Tuesday of the Month
- ❖ Free | Open to all carergivers

Because carergivers matter too.
#TimeForAPause #CarerGiversSupport
#CarerGiversWellbeing #CommunityCare
#PauseAndBreathe

Supported by Totteridge Baptist Church,
because we care



Food Waste Recycling

From spring this year food waste recycling is being expanded across Buckinghamshire to include households living in flats. This is all part of a government initiative to ensure that all have access for recycling food waste.

About a third of all waste in general bins is food waste that could be recycled including use for fertiliser and producing renewable energy. Expanding the service will support the council's climate and sustainability commitments.



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www.readeasy.org.uk/groups/chilterns/
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email bookings@hazlemereparishcouncil.gov.uk

or visit www.hazlemereparishcouncil.gov.uk

CHAMELEON SINGLES GROUP



We started the New Year planning events at our AGM in January. As usual there were a number of ideas to look forward to as spring and summer come around. Our regular events will also continue including the Lunch Club on the second Friday of the month, Pub Night now on the last Monday and a monthly Zoom social where you can take part without even leaving home. All of these events are great places to meet other members and offer a special welcome to those new to the group.

The Christmas meal and disco was once again at the Spindle & Thread in High Wycombe. Members enjoyed a three-course meal before dancing the night away, a great way to celebrate the season. A Pub Night followed between Christmas and New Year and again was well attended.

For spring we are planning a trip to St Malo in France and for the summer will be looking forward to some days out in our local area and perhaps further afield too. Chameleon is looking at doing some walks that are more accessible this year. Aware that sometimes the terrain can be a bit difficult we will be finding some routes that follow paved pathways which are better for those who are perhaps a little less mobile. Distances for these walks will be kept short and at a pace of the slowest walker.

Over the last few months Chameleon members have enjoyed a number of social events including an at home supper, a visit to the Rebellion Brewery, Quiz Night at Widmer End and coffee and cake at a member's home.

If you are single, 40-60's, looking for new friends and a great social life why not give Chameleon Singles Group a try? There are no strangers at Chameleon, just new friends to be made. The group has several local people from Totteridge, Terriers and the surrounding areas and you would be very welcome too. To find out more call Terrie on 01494 445816, Trevor on 07879 332975 or e-mail:

info@chameleonsingles.org.uk. Visit the group on-line at www.chameleonsingles.org.uk or search for us on Facebook and Nextdoor.

Find us on 

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- ▶ Young people?
- ▶ Children and Families?
- ▶ Individuals impacted by domestic abuse?
- ▶ Fundraising and administrative functions?

Scan the QR code to fill out an enquiries form!



For more information contact: Volunteering@onemca.org
Visit onemca.org/get-involved/volunteer-with-us



The Past



Sustainable, Affordable Fashion

Wycombe Food Hub was formed in 2020, at the height of the COVID-19 pandemic, as an emergency response to growing food insecurity in High Wycombe. It started with volunteers rescuing surplus food to support vulnerable families. Since then, we've evolved into a grassroots solution to food waste and community hunger. We've redistributed over 70 tonnes of surplus food per month, thanks to the commitment of local residents, community leaders, and partner organisations. Our work continues to reduce food waste and support those facing food poverty.

The Present

Today, Wycombe Food Hub is a vital community resource. We intercept food from 90 suppliers – supermarkets, restaurants, wholesalers, farms, and local growers. We provide low-cost, nutritious food to those who need it most, while promoting sustainability through repair Hub, community growing, and educational initiatives. We also support people beyond food – offering financial advice, signposting services, and social connection. Our team, made up of local volunteers and supported by partners, is committed to tackling poverty, isolation, and inequality in High Wycombe.

The Future

By the end of 2025, we must relocate from our current base. But with change comes opportunity. We are planning a new, permanent home for Wycombe Food Hub – one that includes:

- A food warehouse and community kitchen
- Dedicated spaces for education, growing, and repair

Accessible community support services. This move will expand our impact and enable long-term, sustainable support for the people of High Wycombe.

The Dream

Our long-term vision is a High Wycombe where no one goes hungry, and nothing goes to waste. We aim to build a circular, community-led food system powered by:

- Kindness, cooperation, and local action
- Practical solutions to food and fuel poverty

A model that inspires other communities to act

Together, we can make High Wycombe greener, fairer, and more connected.

Volunteer

If you think you can fit into our project and team we would love to hear from you
contact@wycombefoodhub.org

Local Faith Group information for Totteridge & Terriers



St Francis Church

Located on Amersham Road in Terriers. www.terrierschurch.org.uk
 Our services are held every Sunday at 8am and 10am and on Wednesday at 10:30am
 Office email: churchoffice@terrierschurch.org.uk
 Tel: 01494 297933 Office Tel: 01494 462911
 Facebook: Friends of St Francis Terriers

Totteridge Baptist Church

Located on Hillary Road, High Wycombe, HP13 7RA. Services are held every Sunday at 10:30am - All are very welcome
 Tel: 07760 651953 E-mail: totteridgebc.secretary@gmail.com
 Web: totteridgebaptist.org.uk Facebook: facebook.com/totteridgebaptist.church
 Instagram: totteridgebaptist

St Andrews Church (C of E)

Located on Hatters Lane, High Wycombe HP13 7NJ.
 Services are every Sunday at 10:15am.
 Tel: 01494 - 529668

St Wulstans Catholic Church

Located on Hollis Road, Totteridge, HP13 7UN
 Regular Masses both on Sundays and at other times during the week.
 Tel: 01494 - 472576

St Augustine's Church (Catholic)

Located on Amersham Hill, High Wycombe
 There are regular Masses on Saturdays, Sundays and during the week.
 Tel: 01494 - 523969

Totteridge Mosque

(Wycombe Islamic & Mosque Trust Limited)
 24 Totteridge Road, High Wycombe, HP13 6EB Tel: 01494 - 513440
 Also Muslim Education Centre at 4 The Parade, Totteridge Drive
 Tel: 01494 - 522786

Wise (Wycombe Islamic Society)

St Marks Close, High Wycombe, HP13 6GN
 Tel: 01494 - 259194
 Web: www.wise-web.org



Wycombe Sound is your local community radio station broadcasting on 106.6FM and also via the internet and Radio Player.

The station offers a mix of music along with specialists shows and local news and interviews.

Listen in 24 hours a day, 7 days a week.

Web: wycso.org.uk
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Wycombe Community Advice Hub

A one-stop drop in advice shop will be held on the last Wednesday of every month between 9:30am and 12pm and offers advice from a number of organisations. It will be located at the Beacon (formerly Lata Lata) in the underpass in between Bucks New University and the town centre.

Organisations supporting this include Citizens Advice Bucks, Buckinghamshire Council, Buckinghamshire Family Information Service, One Can Trust, Women's Aid, The Oasis Partnership and HSBC.



Terriers Community Garden

Well what a Wet Winter we have had. The water butts are full so is any dustbin or pot which hold water. The two ponds are overflowing and luckily we have most of the paths and spare ground covered with bark clippings so not much mud.

We have done some clearing in the Nature Trail and the snowdrops and tête-à-tête daffodils look really pretty. We have quite a lot of reject primulas to put in and perhaps some blue bells, then it will be really colourful.

A good tidy in the shed was achieved when we came and it rained. We also planted many garlic and onions. The rhubarb is coming up and hopefully the purple sprouting broccoli is still growing.

We have a new volunteer - Rick who is really helping us. He plans to move two of the fruit trees to give the other two more space, but the soil we have is clay and chalk. So it will be a difficult job.

There are plans for Easter in the garden where we are hoping to make an Easter Garden and have an Easter Egg Hunt on Easter Day, so we are hoping for some sunny weather. All the bulbs we planted in the Autumn are growing and they will give us a lovely display, and perhaps we will have another Spring Fayre like we had last year and we sold loads of plants.

We meet on Thursday and Saturday mornings from 10.00 a.m. weather permitting.

Come and pop in and join us, we would love to meet you or just come and sit when we get the warm spring sunshine. We are Valerie, Jane, Pauline, Les, George and now Rick. Amelia pops in when she can and we are a friendly bunch.

The garden is at the back of St Francis Church, Amersham Road, HP13 5AB or ring 07733794021



LIGHTBULB CAFE



The Lightbulb Café is a warm and welcoming space, designed to support individuals experiencing memory changes or living with a dementia diagnosis and their carers.

Hosted by Wycombe Wanderers Foundation, this programme offers a safe and comfortable space where you can:

**Connect with Others - Engage in Reminiscence Activities -
Promote Well-being - Separate Carer Support**

Join us in a friendly environment where everyone is welcomed, valued, and supported.

Every 1st Wednesday of the month

10:30-12pm

Held at Adams Park Stadium, Hillbottom Road, High Wycombe, HP12 4HJ

To book and to question please call or email the office on details below

01494 455736

COMMUNITY@WWFC.COM

WYCOMBEWANDERERSFOUNDATION.CO.UK

Recipe Corner

Grilled South African peach, tomato, Labneh with crisp flatbread

Serves 6

Ingredients

½ red onion, thinly sliced
 1 tbsp lemon juice
 1 tsp sumac
 3 South African peaches, halves, stones removed, cut into wedges
 Olive oil for drizzling
 5 ripe salad tomatoes, cut into wedges
 30g mint leaves
 20g basil leaves
 1 flatbread
 200g Labneh – or thick strained Greek yoghurt
 Dukkah to serve
 Salt & Pepper for seasoning

Hazelnut honey dressing-

50g hazelnuts (toasted lightly in a pan, place onto dry cloth and rub together to remove skins, then crush)
 60ml extra virgin olive oil
 1tbsp lemon juice
 2 tsp honey
 ½ garlic clove, finely grated

Method

1. Heat a grill pan to high heat.
2. Place the red onion, lemon juice and sumac into a large bowl, toss gently and season to taste.
3. Drizzle the peach wedges with oil and add them to the pan cut side down and grill, turning once, until charred. Add to the red onion mixture along with the tomatoes and herbs.
4. Drizzle the flatbread with olive oil and add to grill pan, turning occasionally, until crisp. Cool and break into bite sized pieces then add to the mixture.
5. For the honey dressing, whisk ingredients in a bowl and season to taste.
6. Spread the Labneh/strained Greek yoghurt onto serving plates, top with the peach salad, sprinkle with dukkah and serve.



Memory Partners Charity

The spring edition of T&T News gave details of our tai chi cafés in Totteridge and Beaconsfield. In our aim to spread the benefits of tai chi for health and wellbeing more widely we are proud to announce that last month we were able to run a training workshop to produce new instructors. The cost of doing so was covered by donations from the café with support from the community centre.

For more information contact
 Sue 01494 532088
susanstuart922@gmail.com



Tai Chi Café
 Thursday's 10:50am
 Totteridge Community
 Centre



PLAY NOW
 TO BOOST OUR FUNDRAISING

BUCKINGHAMSHIRE
 LOTTERY

www.buckinghamshirelottery.co.uk & search for T&T News
 £1 Per ticket. Players must be 18 or over. Always gamble responsibly.



Approximately 500 people a year benefit from the cardiac rehabilitation programme in Buckinghamshire. The crucial exercise element depends on charitable donations to provide an excellent level of service.

Why we exist

You may be surprised to learn that the NHS does not provide the entire funding for the cardiac rehabilitation service enjoyed in Buckinghamshire. If you or a loved one has experienced it, you will know what a fantastic job the team does to help people get their lives back to normal after cardiac events. And it's not just us saying so. The British Association for Cardiovascular Disease Prevention and Rehabilitation (BACPR) has congratulated the team on providing a 'well-run cardiac rehabilitation programme.

There are four phases to cardiac events and rehabilitation.

- **Phase I** is the actual cardiac event.
- **Phase II** is the home recovery.
- **Phase III** is the rehabilitation exercise programme.
- **Phase IV** is the return to a normal exercise regime.

Running Phase III exercise programme costs in excess of £20,000 a year, which is part funded by charitable donations. *Hearts & Souls* is the charity dedicated to raising this.

When we came into being

In 1997, led by the lead cardiologist, a group of grateful cardiac patients and dedicated exercise instructors set up *Hearts & Souls* to support cardiac rehabilitation services across Buckinghamshire. Two years later it became a Registered Charity.

What we do

We provide grants and funding to:

- Pay for the Phase III Rehabilitation
- Provide classes completely free at point of use.
- Pay for staff education and training,
- Ensure skills and knowledge are up to date.
- Pay for the purchase and maintenance of medical and exercise equipment.



How we raise funds

We receive personal and corporate donations. Past charity led fund raising events have included a Christmas raffle, Race Nights and Sponsored Walks. Some supporters hold their own events to help us. If you would you like to run your own event please contact us. Many people are kind enough to remember us in their Wills.

How we help vital cardiac rehabilitation

Hearts & Souls is pleased to fund the Phase III exercise sessions that are part of the cardiac rehabilitation programme. Without the generosity of our supporters, these vital activities simply could not take place to current levels. Phase III exercise sessions are led by a nurse and a clinical exercise specialist with cardiac training. They take place several times a week at various venues. These classes are strictly by invitation only and are only available to patients after a clinical review and assessment. There is a choice of times and venues so patients can choose when and where they would like to attend. Spaces are strictly limited and need to be booked with the rehab team in advance. It's really important that patients attend or let the team know if they are unable to be there.

<https://heartsandsouls.co.uk/>



Buckinghamshire Council has agreed a balanced budget for 2026-27 despite increasing financial challenges brought about by national government decisions. The changes means some funds raised locally are diverted to other areas of the country. The final budget was voted on at a full council meeting held on Wednesday 25th February.

The council has appointed Zina Etheridge as its new Chief Executive and Head of Paid Service. Zina brings extensive senior leadership experience across local government, the NHS and central government. Most recently she has served as Chief Executive of NHS North East London, leading a £6 billion integrated health system benefitting 2.4 million residents.

A key milestone took place in High Wycombe towards the end of February. The newly refurbished Tesco Supermarket reopened its doors after a long closure. It is all part of a multi-million pound transformation and regeneration of the town centre. The next stage includes new council offices on the floors above and relocation of Buckinghamshire achieves.

The new council offices are due to open in 2027. The supermarket was officially opened by Buckinghamshire Council Chairman Sarfaraz Raja. It was also attended by Robert Carrington, Cabinet member for Resources and Julie Ward, Deputy Cabinet Member for Resources.

Computing & Technology

I have been asked, "What are cookies and should I be worried about them?"

The short answer is they are small files that are fairly harmless. They are called cookies perhaps because of the jokey idea that "magic Internet goblins leave crumbs in your computer whenever you visit their websites".

The longer answer is a cookie is used by a website to recognise the web browser program that you are using when you come back for a second time. Cookies are used to distinguish you from all the other people who are using the same website at the same time. For example, cookies are needed by shopping websites to keep track of your progress through the shopping system.

There are some websites that specialise in producing adverts for other websites. Doubleclick.net is an example. Advertisers love all this because they can use it to find interesting patterns. For example, people who like horses also like dogs, or, people who like running also like KitKats.

Here is a funny story to illustrate this. I was out cycling near Hedgerley. I stopped by the quarry. I wondered, what does that big machine in the middle of the field do? I put the name of the machine into the Google website using my smartphone. For weeks afterwards I got many adverts on the news websites that I use for industrial equipment for my gravel pit.

If you clear cookies from your web browser's history then the websites think you are starting afresh, you get general purpose adverts again and you get asked all the questions about cookies again.

I say they are fairly harmless because they are in the control of the user.

Did this help? Let me know!

--

Phil
07904 125648



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

YOUR LOCAL COMMUNITY FOOTBALL TEAM! And update from the Chairman, Oliver Witney

The 2025-26 season got off to a great start with 8 teams now regularly playing across the area. There is a new manager for the under 9's helping to keep younger squads coming through. However, the club still needs more volunteers so if you can assist this would be gratefully received.

In the higher age groups Olawale who has taken on the U12s team. They have had a great start winning the large majority of their early season games. The junior league teams have all had a good season winning several games early in the season and its great to see everyone enjoying themselves.

We are already thinking about next season and need to plan early for logistics reasons! We now have a good number of teams and hope to continue this for years to come.

If you are interested in joining, either as a player or volunteer, please contact myself, Oliver Witney on 07706888441.

SMC Under 6s/7/8s – Olly	07706 888441
Under 9s – David	07702 261024 (WAITING LIST AVAILABLE FOR SECOND SQUAD)
Under 10s – Olly	07706 888441 (2 POSITIONS AVAILABLE)
Under 12s – Ola	07435 435311 (DEVELOPMENT SQUAD PLACES AVAILABLE)
Under 13s – Dean	07961 666394 (SQUAD FULL)
Under 14s – Zak	07576 135321 (SQUAD FULL)
Under 15s – Will	07723 314419 (SQUAD FULL)
Under 16s – Jon	07723 314419 (SQUAD FULL)



Cycling in South Buckinghamshire

Join your local Cycling UK groups this spring

Cycling UK has a number of local groups in South Buckinghamshire:

South Bucks Midweek group offers a selection of rides every Wednesday from easy paced, moderate to rides that are faster and longer. Most rides meet at 09:30am from local start points including Wendover, Great Kingshill, Cholesbury and Beaconsfield. A stop is included for elevenses at a local café or garden centre followed by lunch before returning home. There are also coffee Pots on Friday mornings and these include Princes Risborough, Chiltern Velo Café, West Wycombe and Bulbourne.

Chiltern Cycling offers led rides and coffee pots on Sundays with the focus on welcoming new members. Rides take place on quiet routes and include a coffee stop with most rides returning to the start point. There is a Zoom social on the 1st Thursday and Clubroom at Little Kingshill on the 3rd Thursday each month 8pm to 10pm.

Thames Valley Cycling group offer led rides in the southern tip of the county and into Berkshire. There are led rides on both Wednesday and Sunday from local start points in Marlow, Bourne End, Maidenhead and Holtspur.

There is something for everyone of all ages and abilities with both pedal bikes and e-bikers welcome. Occasionally there is also a chance to do some off-road riding.

Hope you can join us; you would be very welcome!

For more Information:

E-mail: publicity@southbuckscycling.org.uk

Web: www.southbucksmidweekcycling.org (Midweek Group)

Web: www.southbuckscycling.org.uk (Chiltern & Thames Valley Groups)

For general information about Cycling UK visit: www.cyclinguk.org

Totteridge and Terriers News

68 Windsor Drive
High Wycombe HP13 6BL

Telephone: 01494 463107
Text / Mobile: 07905 888098
E-mail: editor@tandtnews.org.uk
Web: www.tandtnews.org.uk

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Find us on 

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We thank all our advertisers and contributors for their support. However T & T News cannot endorse any product or service contained 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 at the end of May 2026. In the meantime you can catch up with the latest news and events on the web at:

www.tandtnews.org.uk

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2026 Advertising Rates (Digital Edition):

Mini Ad £7 / £13 Quarter Page / £22 Half Page / Full Page £40 (Full colour)

Discounted rates are available for annual pre-paid (4 issues)

(Summer 2026 deadline is 20th May)

T & T News Events Diary

Thursday 5th March

Terriers W.I. Meeting, Cedar Barn, Barn Lane, Hazlemere HP15 7BQ
Meeting starts at 10:15am. Today is the Annual General Meeting

Wednesday 11th March

NHS Retirement Fellowship meeting, Holmer Green Village Centre
1:30 to 4pm. Guest Speaker is Dr Janine Brooks on Lillian Lindsey.

Thursday 2nd April

Terriers W.I. Meeting, Cedar Barn, Barn Lane, Hazlemere HP15 7BQ
Meeting starts at 10:15am. Talk is on Wrestling with the Octopus

Wednesday 8th April

NHS Retirement Fellowship meeting, Holmer Green Village Centre
1:30-4pm Guest speaker is Paulette Goddard on Making Miniatures

Thursday 7th May

Terriers W.I. Meeting, Cedar Barn, Barn Lane, Hazlemere HP15 7BQ
Meeting starts at 10:15am. Today we look at Resolutions.

Wednesday 13th May

NHS Retirement Fellowship Meeting, Holmer Green Village Centre
1:30-4pm. Seated Pilates session with Phil Simmonds.

Regular Events

Every 1st Monday of the month

Inner Wheel Club, Cricket Club, London Road, High Wycombe
Contact Sue Creed on 07719 719636 (See P.13 for more information)

Every 2nd Wednesday of the month

Wycombe Wenches W.I. Meeting 7:30pm Cricket Club, London Rd, Wyc.
Monthly meeting of the W.I. See page 7 for more information and contact details.

To find the full events diary visit our web site at: www.tandtnews.org.uk
Click on the events calendar tab to find out all the latest going on for our area.
E-mail: editor@tandtnews.org.uk with your events to include at any time.

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