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Totteridge and Terriers News

Issue 44

# T&T NEWS

Summer 2018



Picture © DW 2018

An urban garden off Gerald's Road in Terriers. The plants are in early flower in our photograph but it shows what can be achieved in a compact space with a few pieces of garden furniture and carefully chosen planting.

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

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## Events & Information Diary

### Thursday 7th June

Terriers Evening W.I. Meeting 7:45pm Cedar Park School, Hazlemere  
"Yorkshire Foods and Traditions" with Peter Hague

### Wednesday 13th June

Wycombe Wenches W.I. Meeting 8pm Totteridge Community Centre  
"Crafty Wenches". Natural Dyeing by Gill Pusey.

### Saturday 30th June

Samaritans Cycle Ride, West Wycombe House  
Fundraising Cycle ride of 25, 50 or 80 miles in association with High Wycombe CC.

### Thursday 5th July

Terriers Evening W.I. Meeting 7:45pm Cedar Park School, Hazlemere  
"Garden Party"

### Sunday 8th July

Pann Mill Open Day, The Rye, High Wycombe 11am to 5pm  
The second of three planned open days this year.

### Wednesday 11th July

Wycombe Wenches W.I. Meeting 8pm Totteridge Community Centre  
"Windsor Wenches". History of Windsor chairs by Stewart Linford.

### Wednesday 8th August

Wycombe Wenches W.I. Meeting 8pm Totteridge Community Centre  
"Summery Wenches". Summer social, fun and fizz.

### Monday 20th August

T&T News autumn edition deadline for news, articles, events & advertising

### Thursday 6th September

Terriers Evening W.I. Meeting 7:45pm Cedar Park School, Hazlemere  
"Become a Dementia Friend" with Karen Stuart

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

## Totteridge and Terriers News

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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 autumn 2018 edition is 20th August.

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 September 2018. In the meantime you can catch up with the latest news on the web at:

[www.tandtnews.org.uk](http://www.tandtnews.org.uk)

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## WELCOME TO T&T NEWS

Hello,

Welcome to the summer 2018 edition of T & T News.

As we put together this edition summer does seem to have well and truly arrived. While there was a thunderstorm on the late May Bank Holiday weekend otherwise the sun shone as it did at the beginning of the month. Lets hope a great summer is ahead and we can get the BBQ out and make those day trips to the coast and other outdoor events.

As usual we have plenty of local news in this edition but we still need to hear from more clubs, organisations and groups within our local area. If you belong to one and never see it mentioned in the community newsletter then letter us know so we can include something in the next edition.

If you have anything to include between our printed editions remember the web site is there 24/7 365 days a year. All you need to do is let us know and we will try to post it as soon as possible. Our web site can be found at: [www.tandtnews.org.uk](http://www.tandtnews.org.uk)

Happy reading until next time.

David Winterburn, Editor



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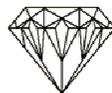
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**Chairman's Award, Clubman of the Year** – With the chairman absent this year, it was left for our guest of honour to announce the winner from a sealed envelope! –Deservedly so, Oliver Witney has again won this award for the second year running and the fourth overall. In the words of the chairman –“Aside from the work with his team, he shows an active interest in all the teams and wider club matters, his words are always backed by his actions”

### **HAZLEMERE FETE**

As mentioned above, the August bank holiday Hazlemere Fete has become a significant fund raiser for us. For the 7<sup>th</sup> year running we will be attending with our ever so popular 'beat-the-keeper'; this provides an excellent opportunity to show case the club to attract new players and volunteers as well provide a bit of fun to the punters. The BBQ is the real money spinner though, and again we will be looking to our club membership to help on the day. Any offer of help will be gratefully received.

### **TEAM MANAGERS & HELPERS WANTED**

With more joining we now have over 50 young players at our Saturday morning 'mini' training sessions down the Rye, we could really do with more 'coaching' help and possibly 'managers' to introduce new age groups to provide football to a greater cross section of the local community. In this position you would manage the team affairs – arranging and leading training sessions, liaising with opposition managers and parents to arrange matches, setting up and instructing the team on match days, reporting results and attending a monthly club meeting. All coaching & manager positions are voluntary and a FA Level 1 coaching certificate is desirable but not essential as the club will subsidise the cost of training to the right person. If you are interested in joining please contact the club secretary Peter Jemmett by email [peterjemmett@aol.com](mailto:peterjemmett@aol.com) or call the appropriate team manager:

Under 10's – Khalid Machmoum 07834 586786  
Under 11's – Frank Milligan 07506 564169  
Under 12's – Tak Aziz 07838 579217  
Under 13's – Liam O'Rourke 07519 820273

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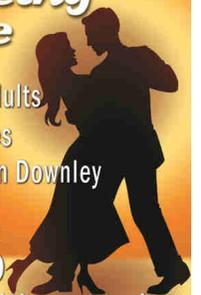
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### TEAM NEWS

The Under 13's have found it a tough transition from 9-a-side to 11-a-side league football this season and find themselves sitting second from bottom in the table, after finishing last season as runners-up. It has been a long hard season and they still have a couple of games to play. Team manager Oliver will be stepping down at the end of the season due to other commitments and I would like to thank him for all he has done with this team, in his place to welcome back Liam O'Rourke, who left us briefly to join Widmer End but returns to try and get the team to fulfil their undoubted potential. He will be looking for a few new players to

strengthen the team, contact details are below.

Both our mini teams have just missed out on the play-offs but can still consider this to be a successful season. They have taken their good form into the 6-a-side tournaments where a breakaway Under 10's team led by newly qualified FA level 1 coach Khalid reached the final of the Penn & Tylers Green tournament. Not to be out done, our Under 12's went one better and won the Chesham United tournament, much to the delight of the Under 11's team manager Frank who standing –in for the absent Tak.

There are a few more tournaments still to play so further success could be just around the corner!

### AWARDS



For the second year we all descended down to Wright's Meadow where we held a pizza & awards end of season celebration. Cllr Ray Farmer, a former TFC team manager who has made generous donations to the club in the past came down and handed out the awards as our guest of honour. Amidst the normal player achievement awards there were a few top club honours that deserve a special mention here:

**Frankie & Benny's Exceptional Young Person** - This is an open award in its fifth year and we look for a young person who has gone over and beyond what you would expect of them. Hazlemere Fete has become a vital source of income to the club over the years and with the BBQ in particular reaching record breaking fund raising levels. James Green, a player with our Under 11's volunteered on the day and soon became a vital member of the team helping in the preparation to serve the many customers. He was quickly praised by Louise who co-ordinates the volunteers and was soon nominated for this award, even back last summer.

**Chapman-Jemmett Special Contribution Shield** – As mentioned above, the Hazlemere Fete is vital to the club and Louise Jemmett Eisa has been integral over the last few years in organising a team of volunteers, turning them into a slick operation that could keep up with the constant customer demand throughout the fete, so much so, she did this so efficiently we have sold out in both the last 2 years before the close of the fete.



## Highcrest students praised by Dragons' Den star for Portugal pitch

Eight students from The Highcrest Academy had to pitch to a star of TV's Dragons' Den as they battled for the right to be flown to a dream business trip in Portugal. The plucky Year 12 pupils were asked to present to a

panel which included Nick Coleman - an entrepreneur who won a £70,000 investment on the hit BBC 2 show for his company, Snaffling Pig.

The event at the end of April was organised as part of a programme called Bridge to Employment (BTE), run by healthcare giants Johnson & Johnson in partnership with Highcrest. The two winning contestants, whose names have yet to be revealed, will be flown to Portugal as Student Ambassadors at a Johnson & Johnson flagship business conference later this year.

Rob Evans, Careers Lead at Highcrest in High Wycombe, said: "This was a challenging and rigorous selection process. The students had to do a presentation on "Brand Me" - that is, they had to identify the skills they had developed from the BTE programme, how those skills would help them in the future and what made them special/suitable for attending J&J's corporate event in Portugal as a student ambassador."

Nick Coleman, whose Berkshire-based company specialises in pork snacks, was part of a panel with Mr Evans and Young Enterprise's Jackie Bryant. He said: "I was really impressed with the way the students presented themselves. Having done a pitch myself in a Dragons' Den scenario, I know full well how daunting this kind of presentation can be. For them to be able to present themselves so well at such a young age was a joy to see."

Mr Coleman also delivered an insightful presentation on his experiences as an entrepreneur, how his business/brand developed and his secrets for success.

Rob Evans added: "It was a privilege to take part in this event. I was hugely impressed by the way our students rose to this challenge and demonstrated all the skills they had honed during the BTE Programme. They really slayed the dragons with their great business skills."

Neil Ashcroft, Business Unit Director at Johnson & Johnson, said: "J&J is proud of our mentoring programme which aims to inspire students to reach their full potential at school and to consider a career in healthcare and STEM (Science, Technology, Engineering and Mathematics). The Dragons' Den challenge really showcased how far The Highcrest Academy students have come since starting the programme, growing in confidence and feeling ready to take on their next challenge, whether that is in further education or employment."

## Summer Parasites

With Summer fast approaching and the weather warming up, we're seeing an increase in pets suffering from tick infestations. Tick numbers are particularly high in countryside, urban parks and other areas of dense vegetation, especially where there are sheep, deer or even hedgehogs. The main problems associated with ticks are their ability to transmit diseases, such as Lyme disease, along with the potential irritation they can cause.

Once a tick finds a host, they will latch on, burying their mouthparts into the skin. At first, ticks are quite small and may be difficult to detect, but as they feed, they become bigger and bigger before finally dropping off the animal to start the next stage of their life cycle.

The best way to prevent ticks is to use an effective treatment prescribed by your vet or vet nurse. But if your pet does fall prey to a tick, never try to remove it unless correctly using an effective 'tick remover', as infection can develop if the tick mouthparts remain within the skin. If you feel unsure or uncomfortable about doing this yourself, your veterinary nurse will be happy to assist.

Unfortunately it isn't just ticks that your pet needs to be routinely protected against. Other parasites such as tapeworms and roundworms are common and easily transmitted from animal to animal through their poo and can even pass to humans. Fleas are also easily passed on and can infest the home reaching peak numbers in the warmer months. Finally, lungworm is a major concern for dogs with this potentially fatal parasite becoming more widespread across the country. For advice on how to prevent ticks and these other creepy crawlies please feel free contact the team at Vets4Pets High Wycombe.

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## Events Round Up



### Fillington Fine Arts Summer Exhibition

Perennial Favourites will be open daily 10am to 4pm

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### Pann Mill Open Day

The mill is only open a few days each year and the next time you can visit will be on:

**Sunday 8th July from 11am to 5pm**

The mill is the last operating mill on the River Wye and there has been a mill on the site since at least 1086 and possibly earlier.



### Rennie Grove - The Farm Run

We'll be down on the Farm on **Sunday 15 July**. Will you? Take part in the 5k agriculture-orientated fun run through the scenic sights of Hammonds End Farm, Harpenden. Are you brave enough to take on the 'Extreme Hill' option? A former Marine will be there for maximum intimidation!

You can also get the little ones involved with the 1k mini-obstacle course. For further details visit the web site: [www.renniegrove.org](http://www.renniegrove.org)



### Wycombe Half Marathon

Take part in this years Wycombe Half Marathon and help support your local hospice. The Half Marathon takes place on **Sunday 15th July 2018**.

There is also the option of a shorter 10k run too so virtually anyone can take part. Both races take you through the beautiful West Wycombe Park and then onto the Chilterns. Start and finish for the event is at Adams Park.

Prices to enter the Half Marathon are £24 (£22 Affiliated) and for the 10k run £18 (£16 affiliated).

You can find out more about the run on the Handy Cross Runners web site:

[www.handycrossrunners.co.uk](http://www.handycrossrunners.co.uk)



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INSPIRING WOMEN

## Wycombe Wenches WI

As ever, Wycombe Wenches have been living life to the full and have been trying out new experiences and learning new skills over the past three months.

In March we thoroughly enjoyed Mike Dewey taking us for a wander down memory lane looking at old photos of Wycombe and having a go at his fun quiz. The following month Jill Eyres gave us a fascinating introduction to the geology of High Wycombe and we learnt a huge amount about the area we call home. This was followed in May by our "Resolutions" meeting, where WI members don their campaigning hats, which we are so good at, and discussed this year's resolution to raise awareness of Mental Health and fight for parity between mental and physical health. We voted unanimously to accept the resolution and it will be discussed further at our National Annual Meeting in Cardiff this June.



As well as our monthly meeting programme Wycombe Wenches like to get out and about, and this quarter took us to meet Hearing Dogs at their Saunderton Headquarters, an Investigation and Discovery day at Aylesbury, visiting the Swan Theatre to see Menopause the Musical, Rock Climbing at Handy Cross Leisure Centre, and a sponsored walk around Penn Woods with a pub lunch at the Squirrel, to raise funds for our group.

The Book Club discussed the Rivers of London by Ben Aaronovitch, it was a very marmite book it seemed, readers either loved it or hated it, there was no middle ground. The Supper Club dined out this quarter and tried out a new cuisine at Suum Vietnamese Kitchen in Marlow. Our Craft group gave glass painting a go and produced some beautifully decorated glassware and May saw the launch of our newest group "Woolly Wenches" that meets fortnightly at Hills Café in Micklefield to make items for community projects – currently blankets and hats for "Blue Light Babies"





We have continued our regular support of Wycombe Women's Aid and have delivered themed monthly parcels of cleaning products, children's books, toiletries and refreshment packs.

Our summer programme includes:

- 13<sup>th</sup> June Crafty Wenches – Natural Dyeing by Gilly Pusey
- 11<sup>th</sup> July "Windsor Wenches" – History of Windsor chairs by Stewart Linford
- 8<sup>th</sup> August "Summery Wenches"- Summer Social, Fun and Fizz

If you would like to come along and join us, please do come to our next meeting or give me a ring for more details. We have had a couple of ladies join us from reading our report in this magazine. Try looking us up on Facebook at wycombewencheswi or our website wycombewi.weebly.com We meet on the 2<sup>nd</sup> Wednesday of the month at 7.45pm in Totteridge Community Centre.

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## From Westminster to Wycombe - Steve Baker MP

I know how much people value the services of their local pharmacy. I was therefore pleased that amongst various consultations being undertaken by our local NHS a recent one on medicines saw doctors, pharmacists, carers and patients alike come together to discuss how to ensure people receive the medicines they need in the most effective way possible. Members of the public told stories of leaving hospital with large numbers of drugs without knowing how to take them effectively, and others of storing drugs and equipment which kept arriving unnecessarily each month on repeat prescription. There is an increasing trend for pharmacy professionals to undertake reviews for patients to ensure they know how to take their medicines correctly, and to avoid one drug counteracting the effects of another.

At this meeting medical professionals underlined the importance of returning unused and expired medicines to pharmacies, but also stressed prescriptions should be checked before leaving the pharmacy as it was possible to reallocate any unwanted items at this stage, but not once they had left the premises. The local NHS' policy on medicines continues to be developed, and if you would like to contribute to the debate please let me know and I will pass on your comments to the relevant people or go to [www.letstalkhealthbucks.nhs.net](http://www.letstalkhealthbucks.nhs.net)

In recent months I have attended some great local events, and this is one of the privileges of being an MP. Each year my wife and I attend the Gang Show put on by local guides and scouts, and it is always a pleasure to see the children enjoying taking part and combining new material with old Gang Show favourites. I also attended the annual dinner of High Wycombe Round Table, another pillar of our local society, bringing people together whilst supporting charitable causes both locally and nationally. The May Fayre on the Rye organized by the local Catholic church was blessed by brilliant weather this year and was another great success.

At the end of April I visited Red Kite Community Housing to learn more about its plans for three innovative new companies. Twenty11 will see homes rented based on a person's ability to pay and gives access to services designed to encourage independence and community involvement, whilst the establishment of a new property company (Edenmead) will build homes for sale with the profits subsidising other homes for low rent. A third company, Pennvale, will provide estate agency services including a lettings agency, which will manage market rent and affordable homes and offer a trusted service to both local landlords and tenants. I am excited the Twenty11 model will be the first of its kind in the country, and will hopefully help people to have an affordable home of their own.

If you would like to get in touch with me, please email: [steve.baker.mp@parliament.uk](mailto:steve.baker.mp@parliament.uk). If you despair of bureaucracy and would like my help with a particular issue, please phone my constituency office on 01494 448408.



WYCOMBE  
DISTRICT COUNCIL

## Working to help keep vulnerable people stay in their home

Helping vulnerable people to stay in their own home and avoid homelessness are top priorities for the council. The Private Sector Housing Renewal policy which covers all mandatory and discretionary financial assistance was agreed at a meeting back on 12th March 2018.

The District Council continues to develop ways of helping residents with housing issues and was one of a small handful of local councils to be praised for its initiatives while reducing costs to the public purse. Healthy homes on prescription allows medical or social care practitioners to refer patients for simple, fast-tracked housing solutions to support independent living at home. This could for example include a stair lift or central heating system.

By preventing hospital admission and GP attendances the NHS is already saving £53,476 and social care £132,984 annually.

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## Son fundraises for hospice in memory of the father he never met

The South Bucks Community Hospice was deeply touched by a fundraising gesture from a son in memory of the father he never met. Now, it is appealing for others to follow in his footsteps by becoming 'Hospice Heroes'.

Picture: Epic Action Imagery

A young man has raised around £1,000 for the hospice which looked after his father who died before he was born. Rob Cavanagh, 23, took part in a gruelling obstacle race in Kent recently as a fun challenge along with six friends. But he decided to use the opportunity to fundraise for The South Bucks Community Hospice as his way of saying thank you for the help the charity gave in 1994 to his late father, David.

"As a group of friends, we decided this challenge was something we were going to do, and I thought it was a really good opportunity to do some fundraising by asking people to sponsor me. I have never given anything back to the hospice for the help they gave to my dad and I thought it was a great chance to do that."

Rob never met his father, who died aged 36 from pancreatic cancer. David was looked after at the hospice, then at Pusey House in High Wycombe, in 1994. The hospice has since moved to Butterfly House in Kingswood Place, High Wycombe. Ben O'Keefe, Community Fundraiser for the hospice, said: "This is a wonderful gesture from Rob and we are humbled by the fact his gratitude for the help given by hospice staff endures after all these years. We are enormously grateful to him for still thinking of us and for donating this money to help other patients with life-limiting conditions."

Rob, a former pupil of Wye Valley School in Bourne End, lived in Terriers until a year ago, but has moved to Slough where he now works as an apprentice for Mars. He and his friends, who called themselves Tribe Warriors, took part in the Spartan Race South East Sprint and Super Weekend challenge on April 7, completing the course as a team in three hours and nine minutes. The course featured a series of challenges including climbing up a rope, carrying a bucket with weights in it and throwing a spear at a target - with a penalty of 30 burpees for missing. "We were absolutely shattered and were all complaining the next day," he said. "But we all really enjoyed it to the point we are signing up to do more of them."

There is still time to donate to Rob's fundraising page to help the hospice. Go to: <https://www.justgiving.com/fundraising/robert-cavanagh> For more details on how to help the hospice, go to [www.sbh.org.uk](http://www.sbh.org.uk). For more details about Spartan Race events, go to [www.spartanrace.uk](http://www.spartanrace.uk)

**Do you want to be a Hospice Hero like Rob? If so, why not collect money by fundraising at a fun event? You could take part in a sponsored bike ride, a sponsored silence or could even run in the upcoming Wycombe Half Marathon in aid of Butterfly House. To find out more, ring fundraising on 01494 552761 or email [fundraising@sbhospice.org.uk](mailto:fundraising@sbhospice.org.uk)**

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## Your Community.....Your Organisations

### Men in sheds

Men in sheds is a place where men of all ages can come along and take part in activities similar to what they would do either at home or in the garden but with the bonus of like minded men providing good company. A typical "Shed" provides materials, equipment and tools too.

### NAG's (Neighbourhood Action Groups)

A NAG is an initiative set up to deal with key issues identified by the community. The group is co-ordinated locally by Thames Valley Police. Typically NAG's consist of residents including young people, district and parish Councillors, representatives from the business community, Neighbourhood Watch co-ordinators and the local Policing team.

### Scouts, Guides & Sports Clubs

There are several local groups and clubs you can join locally. All are run by volunteers for the benefit of young people although of course in the case of sports clubs there are those that cater for adults too. Some are local while others may involve travelling a little further across High Wycombe.

### NHS Retirement Fellowship

The Wycombe branch meets on the second Wednesday of every month except August and December at Holmer Green Village Centre 2pm to 4pm. Annual Subscription is £15 plus £2 entry each month attended to include tea and biscuits. New members welcome. Joy Kay 01494 815209 / 07931 307598.

### Nine O'clock Swim

A small friendly, enthusiastic but non-competitive group of swimmers. The group hires the pool at Woodrow High House Tuesday's and Friday's 9-10am. New members are welcome. For info e-mail: [nineoclockswim@gmail.com](mailto:nineoclockswim@gmail.com)

### Seniors Social

If you are looking to meet other Seniors Social provides a day service in a fun and relaxed environment at Micklefield Community Centre. Sessions take place Monday to Thursday between 9:30am and 3:30pm. For more information call 07598 - 506492.



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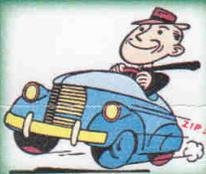
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## What's Going on in Girlguiding?

All our units have been very busy since our last report. Girls of all ages, including some leaders, took part in the Gang show which was a very successful event raising money for Young Carers. Many talents were demonstrated including dancing, singing and comedy acts. The girls all demonstrated amazing enthusiasm and self-confidence and really enjoyed themselves as well as being very entertaining.

Two units took part in a Division Cake decorating competition and one of the Guide teams won the trophy. This event is organised in memory of a former leader. The girls enjoyed practising beforehand as well as the actual event, food related activities are always very popular!

Several groups celebrated Thinking Day, 22<sup>nd</sup> February, (Lord and Lady Baden Powell's birthday) when Guides and Scouts remember others all over the World. One group had a speaker who had been to all the World Guiding Centres and another had an activity evening run by a visiting Leader from Australia. Mothers Day and Easter activities have been popular as always, these included making cross stitch key rings and Easter baskets.

Girls have achieved the following badges – Writers, First aid, World Issues, World culture, Healthy hearts, Cooks and a Royal Wedding Challenge badge to name but a few.

One unit grew bulbs and gave them to the older members of the church where they meet.

Several outings have been enjoyed including a visit to Pets at Home, Bowling in the Eden centre, Rush trampolining park and a very muddy night hike which ended at the chip shop.

Now the finer weather is here groups are planning outings and holidays where they can make the most of the outdoors with trips to the Rye, fire-lighting and outdoor pursuits on the agenda plus camps and indoor holidays.

Guiding is fun and if you would like to come and join us as a leader or supporter please get in touch with Terrie Smith [terrie103@btinternet.com](mailto:terrie103@btinternet.com) or Julie Plummer [jplummer1@btinternet.com](mailto:jplummer1@btinternet.com) or visit the National Web site [www.Girlguiding.org.uk/interested](http://www.Girlguiding.org.uk/interested)

## News in Brief



Volunteers week is an annual event celebrating the work of volunteers in communities across the country. It's the ideal time to raise the profile of volunteering roles and recruit new volunteers to your organisation.

Community Impact Bucks runs a number of courses around volunteers and recruitment. If you would like to find out more visit the web site at:

[www.communityimpactbucks.org.uk](http://www.communityimpactbucks.org.uk)

or Call 0300 111 1250

or e-mail: [info@communityimpactbucks.org.uk](mailto:info@communityimpactbucks.org.uk)



### Works at Terriers Conservation Area

Work has got underway to provide a barrier to vehicles entering the conservation area at Terriers both along Totteridge Lane and on both sides of the Amersham Road.

Large mounds of earth have been placed along the boundaries and opposite the Beech Tree Pub bollards have been placed to prevent access to the grassed area. Twice in recent years travellers have arrived in the area and the new measures have been put in place to prevent a

re-occurrence. Similar measures were put in place a few years ago further along Totteridge Lane to prevent access. At the moment it does look a bit like a building site but once grass has grown on the new embankments it should allow continued enjoyment of the conservation area without allowing vehicles to access.



Wendy Smith from High Wycombe is celebrating becoming Rennie Grove Hospice Care's "Biggest Loser" after losing an impressive 12% of her bodyweight. Along with her fellow competitors, Wendy began her 12 week health and wellbeing challenge back in January using the programme to **get fitter and healthier whilst raising funds for this important local charity.**

Wendy said, "I joined the Biggest Loser challenge as the time was right for me to do something about the weight I gained during my own cancer treatment in 2016. During my treatment I benefitted from the support of my local hospice so it felt totally right for me to sign up to raise money to ensure others could get the same support. I'm about halfway towards the weight I want to be, and the Rennie Grove Biggest Loser challenge has given me back the belief that I'll get there."

Also celebrating success is Roger Keys who was crowned highest fundraiser and runner up Biggest Loser. His generous friends have contributed over £3,000 to help Rennie Grove Hospice Care carry on their phenomenal work in our local community."

Fran Fleming, Senior Events Fundraiser at Rennie Grove and coordinator of the Biggest Loser said, "Biggest Loser participants had access to gym facilities, exercise classes, personal trainers and nutritional advice, in return for raising sponsorship to support Rennie Grove's vital services to the local community. "We want to say a huge thank you to all competitors and also to Places for People, Holly Miles Nutrition, Sandra Telford at Colour and Style Confidence and to Sopwell House for their support and for donating winners' prizes.

Rennie Grove Hospice Care provides care and support for adults and children diagnosed with cancer and other life-limiting illness and their families through its responsive 24/7 Hospice at Home service, Family Support services and range of Day Services at Grove House.

To find out more about all the ways you can help support Rennie Grove please visit [www.renniegrove.org](http://www.renniegrove.org).

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### **News in Brief**



**Saturday  
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[www.samaritanscycle.com](http://www.samaritanscycle.com)

### **Your local County Councillors**

#### **Terriers & Amersham Hill**

Arif Hussain

E-mail: [arhussain@buckscc.gov.uk](mailto:arhussain@buckscc.gov.uk)

#### **Totteridge & Bowerdean**

Chaudrey Ditta

E-mail: [cditta@buckscc.gov.uk](mailto:cditta@buckscc.gov.uk)

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### **Local Radio Day**



Local Radio Day is an annual event which started in 2016 when almost 60 stations participated. Now in its 3rd year the event champions those stations that are "Real Local Radio" and not just part of a larger grouping.

Stations taking part included our very own award winning Wycombe Sound that you may have spotted in a big red bus on Friday 25th May. They were all about High Wycombe, at the Leisure Centre, in the Town Centre, at Hills Cafe and at some other locations too. Interviews were done, requests played on a day where real local radio could show its colours.

If you have yet to tune in then Wycombe Sounds can be found on 106.6FM but you can also listen on-line too even when outside the local area.

To contact the station:

Tel: 01494 449900 / Requests 01494 445445

E-mail: [contact@wycombesound.org.uk](mailto:contact@wycombesound.org.uk) / Web: [www.wycombesound.org.uk](http://www.wycombesound.org.uk)

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### To enjoy... The Tuesday Morning Coffee Club

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## Local healthcare trust appoints first lead humanist chaplain in the NHS

Buckinghamshire Healthcare NHS Trust is the first in the country to appoint a humanist in the role of lead chaplain, providing emotional and spiritual support to patients, families and staff. Lindsay van Dijk started in her post as lead chaplain on 5 February 2018, leading a team of three Christian chaplains and 24 volunteers from various religious backgrounds who work across the Trust. She is the first humanist to join the team.

Lindsay brings a wealth of experience to the Trust having previously worked at the Humanist Community at Harvard University as a humanist pastoral carer. She has held posts in a hospice and nursing home for elderly patients with advanced Alzheimer's disease and as a humanist pastoral carer at schools. Lindsay also sits on the board of the Non-Religious Pastoral Support Network and trains and supervises other non-religious pastoral carers.

Lindsay said: "I am delighted to have been appointed as lead chaplain and look forward to working with our multi-faith and belief team. Together, I know we can ensure people are able to receive the spiritual, pastoral and religious care that is right for them. We want patients, their families and staff across the Trust to know they can come to us for support in their time of need, irrespective of faith or non-religious beliefs."

Carolyn Morrice, Chief Nurse for the Trust, said: "Following a robust recruitment process we are pleased to have appointed such an outstanding, forward thinking and experienced candidate. Lindsay's appointment confirms our commitment to providing a chaplaincy service with individuals' choice at its heart, catering to all our patients, visitors and staff regardless of faith, denomination or religion, including those who have no faith or religion."

Chief executive of Humanists UK Andrew Copson said: 'We're delighted to see Lindsay appointed as the first humanist to lead a chaplaincy and pastoral support team. Our research shows that non-religious people want to be able to access pastoral care in hospitals that is provided by likeminded individuals and Buckinghamshire Healthcare NHS Trust's move is a big step towards making that a reality.'

## Local Church information for Totteridge & Terriers



### St Francis Church

Located on Amersham Road in Terriers. Regular Sunday services at 8am (Holy Communion) and 10am (Parish Communion). Regular parish activities include Knit, Craft and Natter each Wednesday at 11am. Messy Church at 4pm on the 3rd Sunday of each month and Keep Fit on Tuesday afternoons at 3pm. A Christian Aid lunch is held each Friday at 12:45pm during term time.

### Totteridge Baptist Church

Located on Hillary Road, High Wycombe, HP13 7RA Regular Sunday service at 10:30am. Clubs and groups include Beavers, Cubs, Genesis Club for Y1-6 and Youth Club at ESYC for Y7+.

Tel: 07800 - 750678

### St Andrews Church (C of E)

Located on Hatters Lane, High Wycombe HP13 7NJ. Services are every Sunday at 9:15am & 11:15am.

Tel: 01494 - 529668

### St Wulstans Catholic Church

Located on Hollis Road, Totteridge, HP13 7UN. Regular Masses both on Sunday's and at other times during the week.

Tel: 01494 - 438300

### St Augustines Church (Catholic)

Located on Amersham Hill, High Wycombe. There are regular Masses on Saturday's, Sunday's 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](http://www.wise-web.org)

## CHAMELEON SINGLES GROUP



Our spring events have been as mixed as perhaps the weather over the early months of the year. We held a traditional pancake evening on Shove Tuesday and on the "Eat at home" theme had a take-away evening in March both of which were well attended and enjoyed. The brewery evening at the Rebellion in Marlow Bottom once again was a great evening out sampling the local ales, enjoying the BBQ and for some wine tasting too. The Hollywood Bowl provided the venue for our bowling evening and we have more recently done a walk around Penn Woods and Winchmore Hill.

Some events run monthly such as the Friday Lunch Club which has now settled at a new venue in town, the recently opened Spindle and Thread. We are also regular visitors to Dusty's Blues Club in Holmer Green usually attending a live music event once a month. The group also arranges trips to the theatre, cinema, comedy evenings, and various other events throughout the year. As summer approaches once again we will be looking forward to a day trip to the coast and this year we plan to go to Weymouth hopefully to enjoy the sun and sand. However, whatever the weather it's always a great day out. Local walks will also be on our programme and one of our members has kindly offered to host a BBQ amongst our summer programme offering.

All our events are open to members new and existing with the Pub Night a great place to meet up. You would be very welcome to come along and join us on the last Friday of the month at The Crown, Amersham Road, Hazlemere from 7:30pm. There is food available if you wish to skip the cooking at home and many members take that opportunity! Alternatively if daytime is better for you why not join us at the Lunch Club or a Coffee Morning?

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 surrounding areas and you would be very welcome too. To find out more call our membership secretaries Terrie on 01494 – 445816, Joyce on 01494 – 817895 or e-mail: [info@chameleonsingles.org.uk](mailto:info@chameleonsingles.org.uk).

You can also visit us on-line at [www.chameleonsingles.org.uk](http://www.chameleonsingles.org.uk) for more information and our current programme of events or connect with us through Facebook.



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For non-museum classes please E-mail  
Amanda (DipFRYOG Distinction) on  
[amandajaynegreenhug@gmail.com](mailto:amandajaynegreenhug@gmail.com)  
or Tel: 01494 474698



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INSPIRING WOMEN

## Terriers Evening W.I.

The weather, in the form of the “Beast from the East” took its toll on the meeting scheduled for 1 March which had to be cancelled. As a result we were unable to hear about “Life in an Indian Village”. We hope that this talk may be arranged for a later date.

Our April meeting took place on 29 March because of the Easter holiday and we were treated to “A Taste of Iceland”. Sheila Keating gave us a most entertaining talk, accompanied by beautiful photographs of what is clearly an island nation well worth a visit.

Our May meeting, as is customary, was given over in large part to consideration of and voting on, the Resolution which is to be discussed at the WI's Annual Meeting in Cardiff in June. We then enjoyed a tasting evening when members brought in dishes for members to sample and, if they wished, to take the recipe.

We have again held a cake stall, with plants and handcrafts as well, at the Pann Mill Open Day on 13 May. Our wares proved very popular and we quickly sold out of our home made cakes, bread and preserves. We hope to be at the next Open Day in July.

### Future meetings are as follows

June 7<sup>th</sup> “Yorkshire Food and Traditions” with Peter Hague

July 5<sup>th</sup> Garden Party

September 6<sup>th</sup> “Become a Dementia Friend” with Karen Stuart

We meet at 7.45pm in Cedar Park School, Cedar Avenue, Hazlemere and are always glad to welcome new members.

For further information contact Margaret O'Connor on 075026 12093