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Totteridge and Terriers News

Issue 47

# T&T NEWS

Spring 2019



Pictures © DW 2019

Early spring in Totteridge & Terriers—Clockwise from top left:  
The Dolphin, Kings Wood, Terriers House, Daffodils in Bloom

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



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## Events & Information Diary

### Thursday 7th March

**Terriers W.I. Meeting 7:45pm Cedar Park School, Cedar Ave, Hazlemere**  
Head and shoulders above the rest (lace) with Mary Simmons

### Wednesday 13th March

**Wycombe Wenches W.I. Meeting 7:45pm Totteridge Community Centre**  
Lex Moon talks about the role of pharmacists in Mental Health Care

### Thursday 4th April

**Terriers W.I. Meeting 7:45pm Cedar Park School, Cedar Ave, Hazlemere**  
"Reading the Countryside" with John Tyler

### Saturday 6th April

**Terriers Playgroup 50th Anniversary Spring Fair, St Francis Church Hall**  
Annual fair with lots of stalls including tombola, Easter Egg Hunt, Cake stall etc

### Wednesday 10th April

**Wycombe Wenches Meeting 7:45pm Totteridge Community Centre**  
Lawyer and Crime Writer Simon Michael speaking on "My life at the Bar"

### Thursday 2nd May

**Terriers W.I. Meeting 7:45pm Cedar Park School, Cedar Ave, Hazlemere**  
Resolutions Meeting and members telling of "The day I went to..."

### Wednesday 8th May

**Wycombe Wenches Meeting 7:45pm Totteridge Community Centre**  
Resolutions Meeting. We discuss and vote on the National Resolution for next year

### Sunday 12th May

**Pann Mill Open Day on The Rye 11am—5pm**  
Part of the Wycombe Arts Festival and National Mills Weekend

### Sunday 26th May

**High Wycombe Model Engineering Club, Holmer Green Sports Association**  
Weather permitting steam & electric trains will be running from 11am to 5pm

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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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 June 2019. 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 spring 2019 edition of T & T News.

Once again we have a packed edition of your community magazine so a big thanks to all the contributors and our distributors that have made this possible.

The new e-mail and web site addresses have now settled in well although if you are still using the old information you will still be able to find us. Having a more simple and direct address has helped drive visitors to the web site and over the coming years this will become an ever more important part of getting community news to you, our readers.

In this edition we start to look forward to spring and summer events. Indeed as I write this piece the spring weather already seems to be with us so lets hope it lasts. Its particularly important if you are organising an outside event as we have found manning our annual stall at the Hazlemere Fete. That takes place this year on Monday 26th August.

Have a good springtime!

David Winterburn, Editor



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Moving on to the 'proper' team news, we entered the new season with four teams having added a new Under 11's as a breakaway from our youngest group of last season. This team have entered the South Bucks Mini Soccer Conference playing 9-a-side football alongside our established Under 12's team. Both teams have had fairly mixed results through the development stage of the competition and although playing some good football results have carried on in much the same vein through the competitive phase.

The results from these two teams cannot be published however both teams are doing reasonably well and freely scoring goals in all games played.

Our more senior teams are the Under 13's and Under 14's; both these teams play their football in the Wycombe & South Bucks Minor League and can be fairly happy with the start they have made to the season holding comfortable mid table positions. Both enjoyed good cup runs with the Under 13's reaching the 4<sup>th</sup> round of the Dick Hopkins Cup before losing on penalties to higher division Hughenden Valley while the Under 14's bailed out in the 3<sup>rd</sup> round of the League Cup to Thame Boys after recording a club record win of 24-0 over Wendover Juniors Colts in the previous round.

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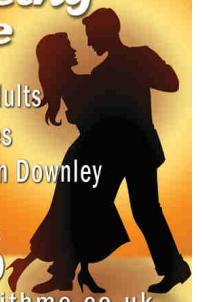
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**TOTTERIDGE FC** has provided football to the local youth in the community since 1996. For more information and contact details please visit our web site – [tottfc.intheteam.com](http://tottfc.intheteam.com)

## PLAYERS, TEAM MANAGERS & HELPERS WANTED

Since the start of the season we have had many younger players joining in our training sessions down the Rye. This in itself has led to problems with the Under 11's manager being inundated with many of the players actually too young to play in his team. We do not particularly want to turn away willing children but currently do not have the volunteers to run separate training sessions for them.

We are now desperately looking for some-one who would like to coach and train this group. In this position you would manage the team affairs – arranging and leading training sessions, eventually (possibly next season) joining in the South Bucks Mini Soccer Conference 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.

Sport helps children develop in many ways, learning key skills for life such as team work, communication and problem solving whilst providing a fun and challenging environment to maintain their fitness levels. Our qualified FA coaches are there to ensure that the children develop their skills at their own pace and have the satisfaction of putting them into practise against players of their own age.

If you are interested in joining please contact Peter Jemmett by email [peterjemmett@aol.com](mailto:peterjemmett@aol.com) or call the appropriate team manager:

Under 11's – Khalid Machmoum	07834 586786
Under 12's – Frank Milligan	07506 564169
Under 13's – Tak Aziz	07838 579217
Under 14's – Liam O'Rourke	07519 820273

## TEAM NEWS

Not exactly 'team news' but congratulations are over-due to our long standing coach and player co-ordinator Oliver Witney and his girlfriend Nikole on the birth of our very latest recruit, baby Leo who 'signed-on on 21<sup>st</sup> December, a welcome addition to the growing TFC family.

## Highcrest Academy Hay - look at how we're helping the horses



The fundraising exploits of students at The Highcrest Academy will help to feed horses at a sanctuary in Bucks which has been hit by a hay shortage.

Pupils at the school in High Wycombe chose The Horse Trust at Speen as their charity partner in September and have so far raised almost £1,000.

Now the trust has revealed that the cash will be of major benefit to the herd after weather conditions in 2018 caused a large increase in hay prices.

Alice Morgan, Director of Fundraising and Marketing at the charity, said: "The Horse Trust are thrilled that The Highcrest Academy have chosen us as their charity of the year and look forward to making this into a fruitful partnership which will benefit all of our horses, ponies and donkeys.

"The students have already done an outstanding job in getting out into the community and fundraising. The money raised will all go towards the care of our horses at of Home of Rest in Speen. This will be particularly helpful as the harsh winter and hot summer of 2018 has meant we have a hay shortage and prices have sky rocketed. It will help us to ensure we have enough forage to feed our over-140 strong herd, and for that we couldn't be more grateful."

Each academic year since 2013, Highcrest has chosen a different charity partner to raise funds for. Over the years, more than £6,000 handed out to good causes as a result.

However, the school says this year's fundraising campaigns is so far proving one of the most successful ever. Money has been raised through a sponsored silence, a cake sale, selling hot chocolate, a disco, a bag pack, a non-uniform day and a staff Christmas jumper day.

Joe Clarke, Assistant Headteacher, said: "I said previously that we look forward to making this year our record year for fundraising at The Highcrest Academy, and already the students are making this come true. I am really proud and delighted at the way they have risen to the challenge, and we are very pleased that their efforts can have such a beneficial impact on the horses."

To find out more about Highcrest, go to [www.highcrestacademy.org.uk](http://www.highcrestacademy.org.uk) or The Horse Trust at <http://www.horsetrust.org.uk>



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## HIGH WYCOMBE MODEL ENGINEERING CLUB

In the summertime, on the last Sunday of each month from May to August, High Wycombe Model Engineering Club operates its miniature railway in Holmer Green, giving train rides for both children and adults. We should like our quarter-mile long little railway to be more widely known. The trains are operated with a variety of steam and electric locomotives. Weather permitting, our trains run 11.00 a.m. to 5.00 p.m.

### Our running dates this year will be:

Sunday 26<sup>th</sup> May / Sunday 30<sup>th</sup> June / Sunday 28<sup>th</sup> July / Sunday 25<sup>th</sup> August

Access to the railway is via the Holmer Green Sports Association at 87 Watchet Lane, HP15 6UF. Parking and admission are free.

Light refreshments are available – or bring a picnic

For further information visit <http://hwmec.webplus.net> or

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the**WI**  
INSPIRING WOMEN

## Wycombe Wenches WI

Christmas has been and gone and we are all eagerly awaiting the lighter, warmer days. We have a packed Spring Programme of meetings, events and outings to look forward to this quarter. We began the year with a talk from Dinah Latham about her time working locally as a District Nurse and last month we were led by Tim Mullett in the art of Rock and Rock Dancing.



We have our regular meet ups of our WI sub groups, with Book Group reading the "Keeper of lost things" by Ruth Hogan, Craft Group trying their hands at painted and stamped greeting cards and Supper Club having had a great time dining "in" on members home-made family favourite recipes, will be dining "out" in April at the Greek restaurant Santorini at Hazlemere. Woolly Wenches continues to thrive down at Hills Café in Micklefield, where we meet fortnightly to knit, crotchet, chatter and eat all in equal measures. Our regular monthly support for Wycombe Women's Aid is stronger than ever, our members generously provided £200 worth of supermarket vouchers as a Christmas gift and this month we have been collecting items to make up refreshment packs to be used at the refuge.

Wycombe Wenches continues to grow as a supportive, kind and caring group of local ladies, and this is reflected in the fact we have had 5 new members join us in the past 2 months. We love having new people visit the group and we would welcome you to come and give us a try, to see if the WI would be for you. We are much more "fun and laughter" than "Jam and Jerusalem"



Looking forward, we have our regular monthly meetings coming up:

13<sup>th</sup> March - Lex Moon will be talking to us about the role of pharmacists in Mental Health Care

10<sup>th</sup> April - Lawyer and Crime Writer Simon Michael will be speaking on "My life at the Bar"

8<sup>th</sup> May - Our Resolutions Meeting, where we discuss and vote on which national resolution we would like to be adopted by the WI for campaigning on next year.

We meet on the 2<sup>nd</sup> Wednesday of the month at 7.45pm in Totteridge Community Centre. Tea and cake are on offer and there is a bar if you would like something a little stronger.






We have a wide variety of outings planned to include a visit to Bletchley Park, the Recycling Centre at Aylesbury, afternoon tea at the WI residential college, Denman, in Oxfordshire and a guided tour of Hughenden Walled Garden. Some Wenchies are going to give archery a try with Whiteleaf Bowmen and we are holding a fund-raising 'Sparkling' Afternoon Tea at a member's home, to mention just a few. Buckinghamshire Federation are also on the ball and have something on offer for everyone. This is just a sample of different opportunities and activities that we can get involved with, there is so, so much more, hence the WI Strap Line "The WI is everything you want it to be" and this is so true.

If you would like to come along and meet us, please do come to our next meeting or give me a ring for more details. Try looking us up on facebook at wycombewenchieswi, Instagram as wycombewenchies or our website wycombewi.weebly.com

Warm wishes, Helen Speakman 07932655284  
President of Wycombe Wenchies.

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## From Westminster to Wycombe - Steve Baker MP

As I am sure readers will know, the Parliamentary calendar has been dominated by the UK's withdrawal from the EU. It is clear people have wanted parliamentarians to come together to find a mature compromise that enables the UK to plan for a post-Brexit future. With that in mind, over the last few weeks I have worked closely with MPs of differing views on Brexit to find common ground, which has been publicised as the Malt-house Compromise. Everyone wants confidence and certainty so we can begin to focus again on other important issues. As I write this the terms of the UK's withdrawal have not been passed in Parliament and it is likely that events will overtake anything I write.

We must continue to be good friends and allies to our European neighbours through NATO and joint security arrangements, but as an independent country. I have always been convinced it would be preferable to leave the EU with a deal in place, of the kind the EU offered in March 2018, and I have said this to the Prime Minister and others. We should continue to work closely with our European neighbours on matters of security and international crime, and seek to participate in EU research, innovation, education and cultural programmes. It can only be in everyone's interest to co-operate on citizens' rights, border facilitation, data exchange, recognition of driving licences, and similar. The EU proposed an advanced free trade agreement covering all sectors, with zero tariffs on goods, no quantitative restrictions and including services: we should negotiate that deal for the whole UK.

The Government's NHS Long Term Plan will protect the health service now and in the future, ensuring the NHS is always there for you, me and our families. The Long-Term Plan will transform patient care and see an investment of an additional £20.5 billion a year in real terms by 2023-24. £4.5 billion is being allocated to GP services and community care. The Plan's principal aims are to provide the best maternity care in the world; support people as they grow old whilst maintaining their independence; improve outcomes for all major conditions; increase the NHS workforce; and bring the NHS into the digital age.

In Wycombe, all this follows the welcome news of the opening of the new Urgent Treatment Centre, which offers a range of diagnostic facilities as well as 24-hour access to a GP. There is further good news with the Hospital's new state-of-the-art catheter laboratory and the announcement that Scannappeal is currently working with the Hospital Trust to fundraise for a new MRI scanner which will hopefully be installed at Wycombe Hospital in summer 2019. The scanner is so advanced it will be one the first of its kind in any European hospital.

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.



## News from the District Council

February is the month when new budgets are agreed for all the Councils. Wycombe District Council has kept its charge to the same level as last year and the additional amount charged for specific High Wycombe expenditure (similar to a Parish Precept) has been reduced by £5.00 a year. Both the Thames Valley Police and Bucks County Council have increased their charges. Next year there will be a new Buckinghamshire wide authority and Wycombe District Council will cease to exist. Wycombe District Council has the lowest Council Tax in the County so it is likely that in future the charges in Wycombe will increase to match those in other parts of the county.

The Government is expected to make the orders creating the new Buckinghamshire Wide District Council in the next few weeks and this means that the council elections that were due to be held this May will no longer happen. Instead, the existing District Councillors will continue for another year until the end of March 2020. An election will then be held in May 2020 to elect members to the new Unitary Council.

Your Wycombe District Councillors are: Tony Green [tony.green@wycombe.gov.uk](mailto:tony.green@wycombe.gov.uk);  
Arif Hussain [arif.hussain@wycombe.gov.uk](mailto:arif.hussain@wycombe.gov.uk) and Sarfaraz Khan Raja  
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## W.A.D.S.A.D.

THE Wycombe & District Association for the Disabled, is looking for helpers and new members. We meet once every two weeks at the Wycombe Leisure Centre, Handy Cross, on a Sunday evening from 7.00 to 9.00.

Activities available are swimming, badminton, football, table tennis and the very popular new age curling. There is also a social get together after the sport, we run our own tea bar and a raffle.

Details on the web site [www.wadsad.com](http://www.wadsad.com) on Facebook or phone 01494 438007

## High Wycombe Running Sisters

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Contact: 01494 438007 or via the web site [www.running sisters.com](http://www.running sisters.com) and click on High Wycombe. Booking is recommended.

## Local Historical Walks

Local walker Willie Reid has been leading local historical walks around the High Wycombe area for over three years. With spring in the air now is the time to get out and explore the local area.

The walks are usually around 2.5 miles and take 2.5 hours so there is plenty of time for everyone to get round and to hear a bit some of the local history in our area from your guide.

The next three walks take place on Saturday 6th March, Saturday 6th April and Saturday 18th May all starting from the Wycombe Museum in Priory Avenue at 10:15am. There is no need to book, just come along on the day.

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Long established Alan's Sewing Machines will be closing soon. Alan originally had a stall on the market in High Wycombe from 1982 to 2008 before moving to the current shop premises. Overall Alan has been in business for 26 years and now is looking forward to retirement and moving to just outside Stratford-upon-Avon near his family.

Alan has had some highs and lows over the years. Illness meant the shop was only open limited time a couple of years ago but on the highs customers have always been the important part of the business. There have been many a story told and many a sewing machine brought back to life by Alan's skill in repairs.

As we go to print Alan's is still at the shop Tuesday to Thursday 11am-5pm only doing sewing machine repairs but soon will be on his way to a new life in Warwickshire. We wish him well.



## Dish up a special memory to support local hospice at home patients



Dig out that well-thumbed family-favourites recipe book and cook up a memorable meal to share with family and friends as part of a new hospice awareness campaign entitled Taste of Home, which is taking place across the UK in March.

It may be dad's bangers and mash, grannie's shepherd's pie or an evening shared with friends over a take-away. Whatever the menu, we all have fond memories of mealtime gatherings with loved ones - so what better way to grow those memories than by sharing a memorable meal and making a donation at the same time to help local people access hospice at home care when they need it. Taking part is as easy as pie. Simply:

- Pick your menu
- Invite your friends and family

Ask your guests to donate whatever they can afford for their meal to help more families access local hospice at home care. Your donations will go towards Rennie Grove Hospice Care, which relies on supporters to fund its nursing care and support for local patients and families confronted with cancer and other life-limiting conditions.

A Taste of Home forms part of Hospice UK's Open Up Hospice Care campaign, designed to help all those who need it to get specialist hospice care. You can sign up to host your own Taste of Home event via the Rennie Grove website [www.renniegrove.org/tasteofhome](http://www.renniegrove.org/tasteofhome). The website also has some ideas and suggestions for your event as well as a link to download your own fundraising pack.

## Random Acts of Kindness Week

To celebrate Random Acts of Kindness week Buckinghamshire Healthcare NHS Trust staff were encouraged to get involved in a wide range of activities during February to show their appreciation of colleagues and the wider community. The week launched with a video in which staff and patients thanked colleagues, teams and departments for their support. The film also include a message of thanks from Chief executive Neil Macdonald. Every day during the week had a different theme and an overwhelming response.

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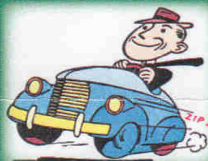
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## Butterfly House

The South Bucks Community Hospice



Working mum Alison Stevens was mourning the death of a friend when she saw an appeal for volunteers for South Bucks Hospice in the Totteridge & Terriers News. Even though she had a job and two children, Alison decided to answer the appeal to see if she could be of any help to the High Wycombe-based charity. That was two years ago and Alison – now 55 with two teenage children and a four-day-a-week job in catering – is firmly established on the hospice's volunteering roster. And, despite her busy life, she says that being an unpaid volunteer is one of the best things she does in her spare time.

"I just saw the article in the T&T News and thought it would be nice to help out at the hospice," she recalls. "My friend had not long died from bowel cancer aged 49, so part of it was doing my bit after what she had gone through." What particularly attracted Alison to the hospice was the flexibility of the hours and the fact volunteers only needed to do a small amount of time per week if that's all they could spare. "I think it was just that you weren't tied down to doing a whole day and could do a couple of hours a week to help people with life-threatening illnesses and I saw it as a good opportunity to give something back," she says.

Alison, who lives in Totteridge, works a total of four hours per week for the hospice. She helps out at the shop in Hazlemere on Mondays and sits on reception at the charity's headquarters, Butterfly House on Thursday afternoons. "I just feel as if I am doing something worthwhile and satisfying – I get something back from it as well. The hospice is a lovely place. It takes the pressure off carers and is a really valuable community resource," she says.

Now Alison is appealing to other people in her position to investigate volunteering at the hospice. "It leaves you with a feel-good factor because you are giving your time and not expecting anything back in return – you are doing something for somebody else and it's one of the best things I do in my spare time. It's enjoyable and you get to meet a lot of different people. "I would highly recommend volunteering to any readers of T&T – even if it is just a couple of hours a week."

- South Bucks Hospice currently urgently need volunteers to work in the following areas: The BISTRO at Butterfly House; Reception at Butterfly House; its two reuse shops at High Heavens and Aston Clinton.

Michael Cole, Volunteer Co-ordinator, said: "Our volunteers are invaluable and are vital to the hospice's continuing success. They really do make a difference to the care we can offer to those who need our services and support. We are continually thankful to them for the time they donate to support our charitable work." If you want to find out more about volunteering, call 01494 552750, email volunteer@sbhospice.org.uk or click www.sbh.org.uk

## COME TO THE MILL!

You are cordially invited to come along to the "High Wycombe Society" hosted open day at Pann Mill on the Rye on Sunday May 12<sup>th</sup>, 11<sup>am</sup> - 5<sup>pm</sup>. as part of the Wycombe Arts Festival and National Mills weekend.

You will have a chance to see the newly refurbished water wheel turning to grind the corn for wholemeal flour which will be on sale on the day, possibly still warm from the millstones! You can look round the mill and talk to the millers to find out more about what is involved in running this local heritage project. There is still a chance to make a donation to the cost of the refurbishment and get your name recorded for posterity! There will also be the usual mix of stalls and refreshments with home-made cake, and a chance in the morning, to meet Willie Reid who runs "Willie's Walks", a series of historically informative walks around the town centre, and obtain details of his upcoming walks for the year.

There will also be information on the progress of the society's project to digitise the collection of the former High Wycombe Film Society films, some of which will be shown as part of the Wycombe Arts Festival at The Riverside in St Mary St, (formerly the British legion) at 7.30pm on May 17<sup>th</sup> with a recommended entrance donation of £3 towards costs. If you would like to contribute to this important preservation of Wycombe's history, you can still donate via "justgiving".



Over 100 cans of 16mm cine film dating from the mid 1930s through to the end of the twentieth century, (formerly in the care of the High Wycombe Film Society), depicting events in and around our town, are in urgent need of attention. The High Wycombe Society (HWS) is looking to raise £6000 to conserve the films and digitise their contents to enable them to be seen more widely.

Please consider giving to this worthwhile cause.

Visit: <https://www.justgiving.com/campaign/SaveOurFilmArchive>

Or send a cheque payable to "High Wycombe Society—Save Our Film Archive" to: The HWS Treasurer, Colin Hingston, 65 Deangarden Rise, High Wycombe, HP11 1RF  
Direct payment may also be made to Sort code is 40-24-17; Account No. 52650657

Further details of the project are on our website: [www.highwycombesociety.org.uk](http://www.highwycombesociety.org.uk).

The High Wycombe Society is a registered charity No. 257897.



Wycombe Arts  
Festival  
Registered Charity: 261431

## RUNNING THE RIDGE FOR HEARTS & SOULS

Hi, my name is Peter and as a long standing resident in Totteridge I am appealing to the local community for your support.

I'm raising money by running my first ever 10K race at the age of 61 in aid of HEARTS & SOULS. They are a local voluntary run charity based in Wycombe hospital that fund the excellent cardiac rehabilitation classes which help around a 1,000 patients to recover from cardiac events each year in South Bucks. This part of the rehabilitation programme is not funded by the NHS and relies entirely on charitable donations to keep it free at the point of use at an annual cost of about £25,000 per year.

I hadn't ran at all since the Wycombe half marathon in 1993 when I suffered a heart attack while out walking from Bledlow Ridge on 28<sup>th</sup> Dec 2016. This was my second heart event having had an angioplasty with stent in 2013. I was treated in Harefield hospital and again invited to the award winning cardiac rehab. in Wycombe hospital in Mar 2017, this was my second time so I knew what to expect. I found that after my first heart episode the uncertainly in your own ability to carry out even the most mundane tasks like climbing the stairs or lifting the shopping makes you almost too afraid to even try, that you might be over exerting yourself and god forbid, that you will give yourself a heart attack – *it's a real fear*. Attending those first rehab classes had rebuilt my confidence, given me the belief that I could get back to a normal life and that playing with the grandkids wasn't life threatening and I wanted that same reassurance again, but this time make proper life-time changes to my routines & diet with more determination to improve my health & fitness so I wouldn't be back in another 3.5 years.

And so, over the past 2 years I attended the 6 weeks of cardiac rehab; 12 weeks of FFIT (football fans in training, a diet and fitness lifestyle programme run by the Wycombe Wanderers Sports & Educational Trust); increased my step count from 3,500 to 15,000 per day; started out on the weekly Wycombe Rye 5km parkrun in Oct 2017 completing my 50<sup>th</sup> run just before Christmas and recently started in extend my running with support from the local running community with runs up to 15km. I'm now feeling the benefits through increased fitness levels, weight loss, lower heart rate & blood pressure and improved physical and mental wellbeing. I have much to be grateful to the cardiac rehab, giving me the belief, confidence and inspiration to go on and make these changes so wish to return the favour and help those who are now facing that same uncertainty about their own future by running the challenging mixed terrain and hilly 'Ridge Off Roder 10K' in May. There is a good reason entering this particular race as the start and finish line are exactly where I had my heart attack in Bledlow Ridge.

You never know when you or some-one close might be grateful for their help, so please support me by donating on my JustGiving page -

<https://www.justgiving.com/fundraising/runtheridge-heartsandsouls>

For my full heart attack & recovery story - <https://peterjemmett.blogspot.com/>


**TERRIERS PLAYGROUP  
50TH ANNIVERSARY**

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## What's Going on in Girlguiding?

Most groups have now started our new Programme with one group having an open evening to introduce it to parents. Some units have looked back at the past and completed their Traditions badges.

Brownies made crafts for Christmas, one unit had a Christmas Bazaar; open to family and friends raising £130.60. Some groups enjoyed visiting the Pantomime at Aylesbury with other units from Buckinghamshire. Some groups worked together recently - Rainbows and Brownies had Christmas parties, Brownies and Guides had a bonfire evening at Longridge Activity Centre and Guides joined with Rangers for 1<sup>st</sup> High Wycombe Guides 100<sup>th</sup> birthday party. 2<sup>nd</sup> High Wycombe Guides had a New Year Sleepover including a walk in the woods and outdoor cooking.

The older girls visited Wycombe for the lighting of the Christmas lights and had a meal in a Sri Lankan restaurant which they helped to prepare and cook. The leaders enjoyed socialising at The Works restaurant before Christmas.

We are planning a District dance event for Thinking Day, with dance workshops led by students from Bucks University. 22<sup>nd</sup> High Wycombe Rainbows have made firework pictures using fluorescent crayons and glitters. They learnt about Australia from one of the leaders when she came back from a visit. The girls decorated foam Christmas stockings and joined 1<sup>st</sup> High Wycombe Brownies for a Christmas party with a visit from Santa.

This year the girls have started on 'Skills for my future' theme. For lead 1 they are designing, laying out, playing, and looking at the safety aspects of their own obstacles course. For their 'book lover' badge and incorporating celebrating Chinese New Year they have made 'pig corner' book markers, picked up vegetarian pig shaped sweets using chop sticks and will be visiting Micklefield library soon. [Jessica Morling](#)

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)

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## Diary dates from St Francis Church

Shrove Tuesday 5th March. Pancake Supper and Quiz in the Hall  
Ash Wednesday 6th March. Services 10.00 a.m. and 8.00 p.m.

Wycombe Sinfonia - Playing for Parkinson's. Sunday 24th March  
3.30 p.m. In the Church Tickets Adults £12. Over 60s £10 under 16 £1  
Box Office and further Information Mary Phipps 01494 816416

Mothering Sunday 31st March. Children to give out floral gifts  
Palm Sunday 14th April Walk around the Parish for the fit ones among us in the  
10.00 a.m. Service. Or you can stay in the church.

Maundy Thursday Supper 18th April in the church  
Messy Church for the children on Good Friday at 10am followed by The Last  
Hour Service at 2.00 p.m.  
There is only the 10.00 a.m. service on Easter Sunday.

If you require any more information about the dates above please ring the office  
on 01494 462911 or leave a message.

### Regular Events

Keep Fit with Irene in the Hall Tuesdays 3.00 p.m.  
Knit, Craft and Natter in the Church Wednesdays 11.00a.m.  
Christian Aid Lunch Fridays 12.30 p.m. All in term time only  
Walkers United 1st Saturday in the month. Meet at the pub  
Gardening at the Church 2nd Saturday in the month  
Messy Church 3rd Saturday in the month. 4.00 p.m. in the Hall



There have been a few programme changes recently at Wycombe  
Sound. The new schedule can be found on the web site at  
[www.wycombesound.org.uk](http://www.wycombesound.org.uk)

Highlights include the return of Colin Beesley with his two-hour  
show focusing on promoting local comedy on Monday 's from  
8-10pm. Rum & Reggae moves to a new time of 10pm on Monday, Nice & Easy  
Wednesday's at 11pm and UK Blues Today an hour earlier at 9pm. Pippa has now taken  
over Breakfast with Jonathan, Colin and Rob on Mid-mornings.

## 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](http://www.terrierschurch.org.uk). Should you wish to contact us please email [wardens@terrierschurch.org.uk](mailto:wardens@terrierschurch.org.uk)

### 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+.  
Pastor: Peter Montague E-mail: [totteridgebc.pastor@gmail.com](mailto:totteridgebc.pastor@gmail.com) Tel: 07546 994490  
Facebook: <https://www.facebook.com/totteridgebaptist.church>

### 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



We had a busy winter season of events with plenty to choose from including our two festive meals. Once again both of these were well supported and our table at Hazlemere Golf Club enjoyed not only some good food but dancing too. A further celebration at our December Pub Night rounded off 2018 well.

January is the month we hold our AGM and planning meeting for the year. This was held as usual at the Pub Night on the 25<sup>th</sup>. There was a good attendance and few ideas came forward for events later in the year including a short trip to France and to Beamish in County Durham. The summer BBQ has already been planned and a day trip to the coast will again feature.

In early February we visited Croydon Airport Museum. This is in the original terminal building of the first London Airport which was in service until 1959 when operations fully transferred to Heathrow. A visit to the world's first ever control tower was a definite treat.

With the colder days currently with us we are doing fewer outside events but will resume these with one of the Snowdrop Walks in West Wycombe Park. It is planned to do more walks throughout spring and summer and hopefully we'll have good weather to match.

Some of our events run monthly like the Friday Lunch Club and Pub Nights both of which are great places to meet other members especially for newcomers. The group also arranges trips to the theatre, cinema, comedy evenings, concerts, days out and various other events throughout the year. As spring is now nearly with us, we will be doing a few more outside events and taking the opportunity to explore both near and further afield. Coffee mornings are a popular event held at either a member's home, café or garden centre. We plan to do several of these throughout the year.

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, Bowerdean 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). Visit us on-line at [www.chameleonsingles.org.uk](http://www.chameleonsingles.org.uk) for more information and our current programme or connect with us through Facebook.



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or visit [www.hazlemereparishcouncil.org.uk](http://www.hazlemereparishcouncil.org.uk)

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INSPIRING WOMEN

## Terriers Evening W.I.

Even with Spring almost upon us memories remain of an enjoyable Christmas meeting. We arrived to the accompaniment of seasonal music played by our regular entertainers, Joshua and Hannah (the talented grandchildren of a member) playing the saxophone and oboe respectively. Our President, Chris Gray then demonstrated her skills as a floral arranger, showing us how to make a variety of table decorations.

2019 began with our January meeting being addressed by Mike Dewey, telling us of "Ordinary People of Wycombe who lead Extraordinary Lives". This talk concentrated on the men of Wycombe, but we were assured that the women of Wycombe are equally notable.

In February Alison Bailey, a skilled teacher and advocate of the benefits of Flexercise encouraged us to practise simple exercises under her tutelage. A number of members were sufficiently impressed to want to carry on by enrolling for classes. Outside of meetings the walking group continues to meet regularly.

Future meetings are:-

- 7 March "Head and Shoulders Above the Rest" (lace) with Mary Simmons
- 4 April "Reading the Countryside" with John Tyler
- 2 May Resolutions Meeting and members telling of "The day I went to..."
- 6 June "Everyday Life in an Indian Village" with Sandra Hurst

We meet on the first Thursday of each month at 7.45pm at Cedar Park School, Cedar Avenue, Hazlemere and are always happy to welcome visitors or new members. For further information please contact Margaret O'Connor on 075026 12093

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