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# T & T NEWS

## The Beech Tree Pub is Back



After some 3 years of closure the Beech Tree finally re-opened over the late summer Bank Holiday. A week earlier a few locals had spotted the pub doors open for the Woman's World Cup Final between England and Spain.

A celebration was perhaps not to be had as England lost 1-0. However, it was still a great chance to celebrate our progress in the World Cup and have a look at the newly refurbished pub.

The pub will feature live music and sport and a Quiz Night on Thursday's. There is a new outside BBQ area, plus there will be coffee mornings and Wellness & fitness classes too. You can find out more about the Beech Tree at [www.thebeechtreepub.com](http://www.thebeechtreepub.com) or visit them on Instagram @thebeechtrechazlemere\_



See inside for all your community news from Totteridge & Terriers

# The **wye** Partnership



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## T & T News Events Diary

### Saturday 14th October

#### Hazlemere Community Centre Quiz Night

Teams of up to 8 people, £10 per person inc Baked Potato supper, Bar Open  
Contact Jools on 01494 815180 to book in your team.

### Sunday 15th October

**Priestfield Arboretum Open Day 10:30am to 4pm.** See P.21 for more details

### Monday 20th November

#### T & T News Deadline for the winter 2023 edition

Today is the last date for News, Events, Articles and Advertising submissions.  
Contact E: editor@tandtnews.org.uk / T: 01494 463107 / M: 07905 888098

### 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.21 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.

#### Every 1st Thursday of the month

##### Terriers Evening W.I. meeting 7:30pm. Cedar Park School, Hazlemere.

Monthly meeting of the W.I. New members welcome.

See our web site at [www.tandtnews.org.uk](http://www.tandtnews.org.uk) for a full diary listing

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## 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 winter 2023 edition is 20th November.

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

That's about it...Join us again in December 2023. 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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### 2023 Advertising Rates:

**B & W - Mini Ad £14 / £25 Quarter Page / £45 Half Page**

**Colour - Mini Ad £17 / £32 Quarter Page / £60 Half Page / £110 Full Page**

**(Full page adverts subject to availability—Winter 2023 deadline is 20th November)**

## WELCOME TO T&T NEWS AUTUMN 2023

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Hello,

Welcome to the Autumn 2023 edition of T & T News.

When we look back over the summer many of us will be wondering when it was! Overall of course it was perhaps only a little cooler than usual but the rain did see a number of events cancelled or curtailed.

If you managed to get away this year do hope the opposite was not true as we heard about the 40c temperatures around the Mediterranean that perhaps would have been uncomfortably hot for a holiday.

In this edition of the community magazine we have all our regular contributions. For the autumn we have slightly increased our print run and are looking to increase the number of pages when funding permits. In the meantime make sure you keep up to date with all that's happening locally by visiting our web site at:

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

Have a great autumn!

Happy Reading!  
David Winterburn, Editor

High Wycombe  
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We are also planning to continue our Saturday morning club with U7s to U10s with myself. This will be limited to 45 minutes on Saturdays during term time and is a parent stay and play session. It is a great way to get the youngsters into football and we hope this will encourage parents to stay involved with their children playing a sport they love.

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

Under 7s-10s – Olly	07706 888441
Under 11's – Dean	07961 666394
Under 12's – Olly	07706 888441
Under 13's – Carl	07723 314419
Under 14's – Jon	07723 314419
Under 15's – Khalid	07834 586786 (SQUAD FULL)
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**we are cycling** **Cycling with the Chiltern Hills Group**  
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Chiltern Hills Cycling UK group offers both led rides and Coffee pots every Sunday. Now autumn's here it's time enjoy the cooler days, coffee stops and make new friends with bike rides in the countryside that surrounds our local area. The autumn tints add some beautiful colour to cycling at this time of year.

There is something for everyone of all ages who wants to get out with both pedal bikes and e-bikers welcome. Cafes such as Hughenden Valley Coffee Shop, Hildreths at Prestwood, The Potters Arms at Winchmore Hill and Costa in Great Missenden regularly feature in the club rides list so you are never far from home.

While most of our rides are easy paced and suitable for all we do have some moderate and longer rides included within our rides list.

Chiltern Hills Cycling UK have a Zoom social on the 1<sup>st</sup> Thursday of each month and a meet up clubroom at Little Kingshill Baptist Church on the 3<sup>rd</sup> Thursday 8pm -10pm. For more Information:

**Web: [www.southbuckscycling.org.uk](http://www.southbuckscycling.org.uk)**  
**E-mail: [publicity@southbuckscycling.org.uk](mailto:publicity@southbuckscycling.org.uk)**

For general information about Cycling UK visit: [www.cyclinguk.org](http://www.cyclinguk.org)



**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](http://www.totteridgefc.co.uk)

### **YOUR LOCAL COMMUNITY FOOTBALL TEAM!** An update from the Chairman, Oliver Witney

**A NEW SEASON.** Off we go for the 2023/24 season. The Lioness's were so close to bringing the cup home but did so well to get to the final.

**CELEBRATING OUR SUCCESSES!** We held our annual awards ceremony where we celebrated the successes of each of our teams which we are always incredible proud of. We thank High Wycombe Rugby Club for hosting us again this year. It was a wonderful event with many trophies deservedly given out.



Figure 1 – Trophies from our awards ceremony

Sadly we have had to say goodbye to Nathan who is going to spend more time with his family. He plans to still be about and help out when he can but we have a lot of thanks to give. Nathan ran an older group of players before then helping out at a younger age group. His departure has sadly meant some players had to leave us and it shows what a huge job the volunteers do to help keep grassroots youth football running.

Over the summer we had discussions with another local club, Widmer End, who currently have pitches with Hughenden Parish Council. The land can hold a larger number of pitches and we decided that we would host our home games at this new location. Although slightly beyond Totteridge it enables us to keep the pitches maintained and kick offs dictated by us, giving us much more flexibility. We can also have our own storage units on site which helps keep the mud out of our volunteers cars! Over the first half term we will also be having training on this site so players get used to the pitches and location, before we then go to Totteridge Rec (TBC) on Saturdays.



## **UPCOMING EVENTS FOR SOUTH BUCKS HOSPICE**

South Bucks Hospice has a range of events coming up which it hopes will appeal to the community. Bringing fun, entertainment or knowledge, these events help to raise vital funds for services. For further details and ticket information, please contact [fundraising@sbhospice.org.uk](mailto:fundraising@sbhospice.org.uk).

Upcoming events include:

- **Golf Day at Hazlemere Golf Club – Sunday, 17 September, from 10am.**
  - A round of golf, tea or coffee, roll on arrival, refreshments, 10-dish buffet evening meal with private bar and a free hospice lottery ticket. Cost is £75 (£25 concession for Hazlemere GC members and Smart Golfers Network).
- **End-of-life-planning event, Wednesday, 27 September, 1pm-3pm.**
  - An event for those with life-threatening illnesses to come along and plan with family and friends. This event is free to South Bucks Hospice patients and their families, £5 for non-patients.
- **Evening at Wycombe Abbey School for a patient-led concert featuring the Blend Choir – Thursday, 12 October, 7pm-9pm.**
  - Tickets are £20 per person, refreshments will be served.
- **Light Up A Life, Saturday, 25 November, 4pm – 6pm.**
  - This year's event will take place at Holy Trinity Hazlemere, 262 Amersham Road, HP15 7PZ. Join in to remember a loved one in an uplifting way.

South Bucks Hospice Chief Executive Officer Jackie Ward said: "We enjoy bringing the community together to support our community hospice. Hopefully we have something to appeal to everyone, so please join us if you can."

For further information about any of these events and to book tickets, please contact [fundraising@sbhospice.org.uk](mailto:fundraising@sbhospice.org.uk) or 01494 552761.

Finally, South Bucks Hospice is looking for more volunteers to join its happy team. Whether it's retail, befriending, driving or at events there is an opportunity for everyone. Email [volunteer@sbhospice.org.uk](mailto:volunteer@sbhospice.org.uk) for more details.





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### One Can Trust—What to do if you need help

The 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. They assess your needs and contact the food bank to request a parcel. For more information:

Tel: 01494 512 277 E-mail: [office@onecantrust.org.uk](mailto:office@onecantrust.org.uk)

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## WADSAD Wycombe and District Sports Association for the Disabled PLEASE JOIN US !

Wadsad has been going for over 40 years and now based at the Wycombe Leisure Centre we offer people of all types of disability a chance to take part in sport and to meet socially in a secure environment.

On offer at the moment are swimming, badminton, new age Kurling, basketball and football. After the sport we have a friendly social session where members can get something to eat and drink at our own tea bar and get to know one another.

We need new helpers to keep the club running, we meet once a month at the Wycombe Leisure Centre on Sunday 7pm. to 9pm. If interested in helping/ or participating please contact me on 01753 889390 or email via [rtpope@btinternet.com](mailto:rtpope@btinternet.com). It's a registered Charity, here for the community.

[Rachel Pope \(club secretary\)](#)

If you would like further information on becoming a member at WADSAD or Helping out then please feel free to contact us - Sarah Wiltshire 01494 450169 , or Rachel Pope 01753 889390.



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## Wycombe Wenchies WI



Wycombe Wenchies have continued with a very varied programme of meetings and activities this summer. Our monthly meetings are held on the second Wednesday of each month at the Cricket Club, and in June we listened to a speaker talking about the Psychology of Greek Myths. This talk was full of information and gave members plenty to think about. This was followed in July by a speaker from the House of Colour, showing us how an individual can be matched to a specific range of clothing colours that are best suited to them, including for accessories and make-up. It was a fascinating talk, although we had to agree that we are often limited by what colour ranges are in the shops in any one season! As usual, we did not hold a regular meeting in August, but instead met for a picnic and social gathering in Higginson Park in Marlow. Luckily we picked the one day that week when it did not rain, and the weather was beautiful !

The visit to the House of Commons was a highlight of the summer, and was very well-attended. Our group met up with our MP, Steve Baker, and a lovely day out was had by all. The Supper Club continued to visit different local eateries, with visits to the Yew Tree, in Frieth, and Kongs, in Bourne End. The Walking Group held several local enjoyable walks, although not always managing to avoid wet weather! The Book Club have been trying out different cafes as possible meeting places, and over the summer have read "Beneath a Scarlet Sky", "The Family Remains" and "The Poisonwood Bible". Knitters and crafters have carried on meeting at John Lewis on a Monday (with a short break over August) and the group has decided to revert to its original name of "Knit and Natter".

Although many of the activities break in August, we did hold some great fund-raising afternoon teas, with 4 ladies hosting the events, and groups of varying sizes descending on them for tea, scones and cake. They were all very well-received, and lovely social afternoons were enjoyed, as well as raising some money for the funds.

If you are interested in joining our friendly group, please contact us via the website address. 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

[wycombewenchieswi@hotmail.co.uk](mailto:wycombewenchieswi@hotmail.co.uk)



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High inflation leads to high interest rates. This is why the Chancellor thinks the best policy intervention to help shoppers and mortgage holders at the moment is to halve inflation, and then return to a 2% target. The Government has held down bills through the Energy Price Guarantee, which helped to reduce peak inflation; this was partly funded by a windfall tax on energy company profits. The Government is also working with food producers, supermarkets and the competition regulator to work out what can be done to bring food prices down. In August there was the good news inflation had begun to fall and the Government is determined to see this continue.

However, the single most important thing any government can do is be responsible with public spending. Unnecessary borrowing fuels inflation, putting pressure on the Bank of England to hike interest rates further. Sadly, it would be self-defeating if it gave short-term mortgage support as this would mean inflation stayed higher for longer. To help those struggling with mortgage repayments the Government agreed a package with the Financial Conduct Authority and lenders last year and set out ways mortgage lenders can help customers. If you look at what's happening in other countries, you can see that rises in interest rates do bring down inflation over time and this will happen here. A recovering economy will mean reduced inflation and lower mortgage rates, more affordable food and energy, and support for the NHS so people get the care they need more quickly.

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

## Priestfield Arboretum Autumn Open Day

**Priestfield Arboretum, Stony Lane, Little Kingshill HP 16 ODU**  
**Open Day Sunday 15 October 10.30am – 4pm.**

Priestfield Arboretum, a private collection of over 200 rare & specimen trees open to the public only twice a year, will be Open Sunday 15 October 10.30am to 4pm to welcome tree enthusiasts, families and friends to see this wide variety of trees young and old in a delightful 6 acre woodland setting.

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Contact Tim Pye 07768337619 or email [curator@priestfieldarboretum.org.uk](mailto:curator@priestfieldarboretum.org.uk)

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*Working together to improve wellbeing*

## Terriers Evening W.I.

The summer garden came inside for our June meeting as Edwin Rye arrived bearing armfuls of splendid flowering plants to accompany his talk on Plants for a Small Garden. This is a subject dear to the hearts of many members, especially at this time of year, and Edwin is an old friend of Terriers Evening WI.

This time he was particularly focussed on the growing and care of roses, occasioning many envious sighs with the illustrations of the superb specimens in his own garden. Help was at hand, however, with lots of information about the various varieties of rose and how to avoid and treat problems. Edwin did not neglect other popular summer favourites such as salvias, fuchsias, geraniums and aubretia, many of which he brought along for sale. Edwin and his wife also told us about the creche he helps to support in a deprived area of South Africa. Some members were even brave enough to admit to, perhaps, less than manicured plots and bring along their tallest weed for the competition.

We were fortunate enough to hold on to the remains of June's glorious sunshine for the annual garden party held at the beginning of July. Secretary, Carol, hosted the gathering in her own beautiful garden. Moving the meeting time to the afternoon enabled some members who have been less able to attend regularly to come along and it was a good opportunity to meet up with old friends. The committee provided the delicious buffet.

There was no meeting in August as the school was closed but we will meet again on Thursday 7<sup>th</sup> September for a talk intriguingly entitled bygone days – Charing Cross to China. The competition will be to bring something with a Chinese connection.

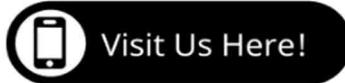
Topics for later in the autumn include Princess Margaret and local man William Penn. The year will then be rounded off with the traditional Christmas party in December.

Visitors and members from the Terriers and Hazlemere areas are warmly invited to join us on at 7.30pm on the first Thursday of the month (except August) at Cedar Park School, Cedar Avenue, Hazlemere.

For more information [terrierseveningwi.org.uk](http://terrierseveningwi.org.uk) or [terriers.evening~@hotmail.co.uk](mailto:terriers.evening~@hotmail.co.uk)

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## Steve Baker MP

The Government recently published its NHS England Long Term Workforce Plan. Before I say anything about this I wanted to take the opportunity of thanking everyone who works in the NHS and gives care to constituents.

The Plan sets out long term projections for future NHS workforce supply and demand. It identifies the need to train more staff so that we have the right number of doctors, nurses, allied health professionals, pharmacy staff, healthcare scientists, dental professionals and others to meet the health needs of the population. It also talks about measures to retain our dedicated NHS workforce by allowing greater flexibility and improving culture, leadership and wellbeing as well as other reforms so healthcare staff have the right multidisciplinary skills and can harness digital and technological innovations, allowing them to focus on patient care.

I know some people living in the constituency may have found it difficult at times to obtain an appointment with their GP or receive hospital care for long term conditions. The NHS is clear the Government will double the number of undergraduate medical school training places by 2031 to 15,000, with more medical school places in areas with the greatest shortages. A higher proportion of new medical students will carry out their postgraduate training in services such as primary care, mental health and cancer. It will also increase the number of GP training places by 50% to 6,000 by 2031, nearly double the number of adult nurse training places by 2031, with more than 24,000 more nurse and midwife training places a year by 2031, and expand dentistry places by 40%, reaching 300 more training places for dentists and dental care practitioners by 2031. As a result of these domestic training expansions, the reliance on agency staff and International recruitment will reduce.

Another issue I know is of concern is the rise in the cost of living. Often when we hear about how the British economy is performing it is hard to gauge how well we are doing compared to other countries. Is Britain doing better or worse than our neighbours in Europe for example? It's not always easy to make comparisons but recently the Chancellor has made a number of statements about inflation, food prices and mortgage rates.

He started by acknowledging how high inflation hurts families and businesses. He mentioned the supply chain shock arising from the pandemic followed by the Russian invasion of Ukraine. Ukraine is a key exporter of wheat, which caused the price to spike. The UK is a high user of gas, and the war also led to record gas prices driving up costs for food production, storage and transport. Because the price of gas and agricultural products, such as wheat, are agreed in advance there's been a delay for prices to drop before lower prices reach consumers. So, is this just being felt in the UK? According to Oxford Economics, UK food costs are about 7% below the EU average, and core inflation is higher in 14 EU countries.

(Cont. P.21)

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## Rainbows, Brownies, and Guides enjoy Summer activities.



The Girlguiding groups in High Wycombe have made the most of the weather during the Summer term and have enjoyed many outdoor sessions. Members, including the youngest section Rainbows have taken part in activities including a camp fire where they toasted marshmallows and sang campfire songs. Other outdoor activities have included outdoor painting

using water and paint rollers and hikes around the local area.

Over the Summer break some members have been selected to join a Girlguiding international trip to Switzerland. They will be staying at Our Chalet, one of the world centres. Whilst there they will take part in activities including kayaking and swimming as well as meeting Girl guides from around the world!

**We currently have spaces in the 3 sections: Rainbows aged 5-7 years, Brownies 7-10 years and Guides 10-14 years.**

We always love to welcome new members so if you are interested in your daughter joining one of the units, register your interest using the link. [https:// www.girlguiding.org.uk/information-for-parents/register-your-daughter/](https://www.girlguiding.org.uk/information-for-parents/register-your-daughter/) 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.

**If you would like to find out more information about becoming a leader or helper. please go to <https://www.girlguiding.org.uk/get-involved/become-a-volunteer/> You will be able to register your interest and then one of our local volunteers will contact you.**



### Latest news from Scannappeal, proud to support Bucks NHS hospitals.

In April we launched a small project for £55,000 to support the Breast Department at Wycombe hospital. Sitting within our Best for Bucks Appeal, the project will fund a Contrast Enhanced Mammography service for local patients. This innovative technique for imaging the breast that can detect small cancers that may not otherwise be visible in Standard mammograms alone. We are delighted to have already passed the halfway mark with over £30,000 raised, and we hope that the equipment will be funded in full by the end of the year.



Can you help? Do you work for a local business or are you a member of a local club who would like to support our fundraising during Breast Cancer Awareness Month in October? Please get in touch at [bht.info.scannappeal.org.uk](mailto:bht.info.scannappeal.org.uk)

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Scannappeal is a local charity that raises funds to purchase life saving revolutionary medical equipment for Amersham, Stoke Mandeville, Wycombe NHS hospitals, serving people living in Bucks and the surrounding areas.

T - 01494 734161 W - [scannappeal.org.uk](http://scannappeal.org.uk) Registered Charity No. 286291



## Local Faith Group information for Totteridge & Terriers



### St Francis Church

Located on Amersham Road in Terriers. [www.terrierschurch.org.uk](http://www.terrierschurch.org.uk)  
 Revd Joanna Gallant: [teamvicar@terrierschurch.org.uk](mailto:teamvicar@terrierschurch.org.uk)  
 Office email: [churchoffice@terrierschurch.org.uk](mailto:churchoffice@terrierschurch.org.uk)  
 Tel: 01494 297933 Office Tel: 01494 462911  
 Facebook: Friends of St Francis Terriers

### Totteridge Baptist Church

Totteridge Baptist Church Located on Hillary Road, High Wycombe, HP13 7RA  
 Our services are held every Sunday at 10.30am - All are very welcome.  
 Tel: 07760 651953 E-mail: [totteridgebc.secretary@gmail.com](mailto:totteridgebc.secretary@gmail.com)  
 Website: <https://www.totteridgebaptist.org.uk>  
 Facebook: <https://www.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 Augustines 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](http://www.wise-web.org)



## Terriers Community Garden

Autumn is on its way slowly, it is becoming a little darker as the weeks pass. We have vegetables in various stages now, the lettuce and outdoor tomatoes have been The best. Beans are flowering so hopefully we will have a harvest soon. The rain has made everything slower and greener. We may even get 4 pumpkins. We are looking forward now to being able to produce more now we have a greenhouse to work in.

We would like to thank all the members who have joined our facebook page and especially regular volunteers Jane and Pauline. There has been a lot more interest in the garden this year with people coming in to look or just sit and enjoy the peace and quiet. We still need volunteers. Our plans to make a nature trail are on hold for a while but will come eventually.

When we have spent a morning planting and working, then a quick cup of tea/coffee and a chat, we feel refreshed and fulfilled with our work. Come and try it. Thursday and Saturday mornings someone is usually there and the 2nd Saturday is grounds day, weather permitting.

We look forward to seeing you, we are behind St Francis Church, Amersham Road, HP13 5AB.

Contact Valerie 07733 794021 or Lynn 01628 530402  
Or join us at: [www.facebook.com/terrierscommunitygarden](http://www.facebook.com/terrierscommunitygarden)

## 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 [www.chilternstrokeclub.co.uk](http://www.chilternstrokeclub.co.uk)



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Wycombe District Neighbourhood Watch Association

## Minimising the Risk of Fraud

Fraud protection involves safeguarding against deceptive practices that can lead to financial or personal harm. Taking positive action to block the routes of communication often exploited by criminals is essential. Being aware of potential threats helps you recognise and avoid them.

**Secure accounts:** use strong, unique passwords for each account, enable two-factor authentication, and regularly update your passwords. This adds an extra layer of security. **Monitor financial statements:** review bank and credit card statements for any unauthorised transactions.

**Protect personal information:** be cautious about sharing personal information online or over the phone. Only provide information to reputable sources. **Be wary of unsolicited communication:** confirm the identity of individuals or organisations before sharing sensitive information or making transactions. Say 'No' to doorstep callers.

Criminals are experts at impersonating people, organisations and the police. They spend hours researching you for their scams, hoping you'll let your guard down for just a moment. Stop and think.

If you have been a victim of fraud, you should report it to Action Fraud, the UK's national reporting centre for fraud and cybercrime. You can call the Action Fraud team on 0300 123 2040 or use the online form on their website [www.actionfraud.police.uk](http://www.actionfraud.police.uk).

Remember, falling victim to fraud is never your fault. Scammers are skilled at manipulation, and anyone can become a target. It's essential to acknowledge that the experience of fraud, even if prevented. If you have been a victim of fraud contact Victims First on 0300 1234 148 or through the online form on their website [www.victims-first.org.uk](http://www.victims-first.org.uk)

Staying informed and taking proactive steps can keep both your financial and emotional wellbeing safe. Learn more about crime prevention by joining Neighbourhood Watch!

Email: [office@wdnhwatch.plus.com](mailto:office@wdnhwatch.plus.com)

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or email [bookings@hazlemereparishcouncil.org.uk](mailto:bookings@hazlemereparishcouncil.org.uk)

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

## CHAMELEON SINGLES GROUP



Over the summer many of our events moved to the great outdoors! We recently went to an outdoor film screening and in June went on a day trip to Guernsey. A trip to Salisbury is also being planned plus later in the summer a day out to the coast. The warmer days also marked the start of the BBQ season and the group's members have enjoyed two so far in members gardens. Both managed to avoid the rain and were well attended!

Our walks took to an early start on 21<sup>st</sup> June with our sunrise walk to mark the longest day of the year. This was followed by a well-deserved breakfast at Park parade in Hazlemere. Future walks will perhaps not have the 4:30am start but at least the sun did shine through eventually.

At home evenings, take-away food nights and the occasional Quiz Night also feature in Chameleon's bi-monthly events programme. The Pub Night on the last Thursday of the month has currently moved to The Crown at Hazlemere due to refurbishment at The Dolphin, now The Dolphin Eye. Along with the Lunch Club on the second Friday these events are ideal if you are a newcomer giving a chance to meet others in an informal atmosphere.

If you are single, 40-60's, looking for a great social life and new friends then 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 contact Terrie on 01494 445816, Trevor on 01494 529067 or e-mail: [info@chameleonsingles.org.uk](mailto:info@chameleonsingles.org.uk)  
Visit the group on-line at [www.chameleonsingles.org.uk](http://www.chameleonsingles.org.uk) or search Facebook.

Find us on 