



**ARROW**  
TAXIS

**WHEELCHAIR ACCESS VEHICLES  
MINI BUSES**

**CORPORATE ACCOUNTS**

**LOCAL & LONG DISTANCE**

**ALL MAJOR AIRPORTS**

**CONTACT NUMBER**

**01494 474764**



**INFO@ARROWTAXIS.NET**



**SEARCH FOR US ON FACEBOOK**



# T & T NEWS

Summer  
2024

## Summer is here! - Get out in Totteridge & Terriers

Its time to enjoy the great outdoors and some of our local pubs and recreation areas. There is lots to enjoy in Totteridge & Terriers with local pubs such as the recently re-furbished and renamed Dolphin Eye. Open daily it has a separate restaurant area serving Indian inspired food and has a varied range of drinks available.



The Beech Tree sits in the dip beside the Amersham Road in Terriers. The pub has recently had new owners after being closed for some time. The pub serves both food and drinks and has an outdoor garden, perfect for a summers day.

The adjoining Terriers Conservation area is worth exploring too with plenty of areas to sit, play and enjoy. A walk in the woods is also an option either as a circular route or walking further afield.

Totteridge Recreation Ground is one of the "Hidden Parks" located behind the houses of Walton Drive and Fremantle Road with an entrance from the more recently developed Milton Place. A quite oasis in the busy outskirts of High Wycombe town. It has exercise, children's play areas and a pathway round making access easy for all.



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

# The **wye** Partnership



**It's our business so we care.**

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

All the partners have invested their own money into the Wye Residential Partnership and all truly believe that our business will be built on delivering excellent service to our clients. This means you can be confident that we will deliver on all aspects of Estate Agency in an honest, open and transparent way.

**If you are looking to buy, sell or let in High Wycombe or the surrounding Chiltern villages then contact an estate agency that is motivated by your success and talk to The Wye Partnership.**

## wyeres.co.uk

Hazlemere  
**01494 711 284**  
hazlemere@wyeres.co.uk

High Wycombe  
**01494 451 300**  
wycombe@wyeres.co.uk

Prestwood  
**01494 868 000**  
prestwood@wyecountry.co.uk

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

Naphill  
**01494 565 555**  
naphill@wyecountry.co.uk

Stokenchurch  
**01494 509 377**  
stokenchurch@wyeres.co.uk

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

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

Associated  
Park Lane Office  
**0203 368 8472**

From Town to Country



## T & T News Events Diary

### Saturday 22nd June

#### Walking with Willie - The High Street in 45 minutes

This circular walk starts at The Guildhall at 2pm and heads off down Paul's Row before finishing along the High Street. No need to book just come along on the day

### Sunday 21st July

#### Walking with Willie—High Wycombe unmasked!

Flat walk around the centre of town starting at the red letter box by the railway station. Distance is 1 mile in 2 hours. No need to book just come along on the day

### Monday 26th August

#### Hazlemere Fete at the Community Centre, Rose Avenue, HP15 7UB

The 162nd fete takes place from 12 Noon until 5pm with lots of stalls, events, live music, fun dog show, food & drink. Admission & Parking is Free.

### 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 W.I. meeting 10:30am, Cedar Barn, Barn Lane, Hazlemere

Monthly meeting of the W.I. New members welcome. See page 9 for more info.

### Local Halls

Totteridge Community Centre, Totteridge Drive

St Francis Church Hall, Amersham Road

Totteridge Baptist Church, Hilary Road

St Wulstans Church Hall, Hollis Road

The Hive, Arnison Avenue

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



## Totteridge and Terriers News

68 Windsor Drive  
High Wycombe HP13 6BL

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

**BSB** Printed by: BSB Print  
Doncaster, South Yorkshire  
**PRINT** Tel: 01302 - 985990

Readership Approx 3,750 per issue



Find us on

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 2024 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 2024. In the meantime you can catch up with the latest news on the web at

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

### Index to Advertisers

Applicant Mortgage Brokers	p.10	Feet Treat	p.8
Arrow Taxis	p.28	Football Coaching	p.4
Arnold Funeral Service	p.3	French Tuition	p.22
Atlas	p.6	Markland Gardening	p.4
Buckinghamshire Adult Learning	p.6	NHS Healthy Minds	p. 20
Cedar Barn & Stables	p.14	Records Wanted	p.22
Come Dance With Me	p.12	ST Autos	p.8
Crystal Property Maintenance	p.4	Vets 4 Pets	p.14
David Winterburn M&M	p.12	Wye Residential	p.2
DJ Coles Property Services	p.22		

### 2024 Advertising Rates:

B & W - Mini Ad £15 / £27 Quarter Page / £50 Half Page

Colour - Mini Ad £17 / £32 Quarter Page / £60 Half Page / £110 Full Page  
(Full page adverts subject to availability—Autumn 2024 deadline is 20th August)

## WELCOME TO T&T NEWS SUMMER 2024

### INSIDE THIS ISSUE:

<i>South Bucks Hospice</i>	<b>5</b>
<i>W.I. News</i>	<b>7 &amp; 9</b>
<i>Girlguiding</i>	<b>11</b>
<i>Citizens Advice Bucks</i>	<b>13</b>
<i>Chameleon Singles Group</i>	<b>15</b>
<i>Faith Group News</i>	<b>17 &amp; 18</b>
<i>Motor Neurone Disease Association</i>	<b>19</b>
<i>High Wycombe Town Twinning</i>	<b>21</b>
<i>Totteridge Football Club</i>	<b>24 &amp; 25</b>
<i>Events Diary</i>	<b>27</b>

Hello,

Welcome to the Summer 2024 edition of T & T News.

We have had a cool and rather wet spring so lets hope the summer brings some warmer days for those great days out or at home in the garden. If you are going on holiday enjoy your time away but do remember to take care with regards leaving your home empty and posting those holiday photos. There are always people who will take advantage at such times.

In this edition of the community magazine we have all our regular contributions and some new articles including pieces from the Town Twinning Association and Motor Neurone Disease Association. Welcome to our new contributors. We are still looking to include more and 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:

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

Have a great summer and enjoy reading your edition of the community magazine. The deadline for the autumn edition is 20th August with the magazine out from early September.

David Winterburn, Editor

<b>High Wycombe</b> 891 London Road Tel: 01494 472572	<b>Beaconsfield</b> 32 Gregories Road Tel: 01494 685000	<b>Marlow</b> 21-23 Little Marlow Road Tel: 01628 898866
<b>Head Office</b> <b>Flackwell Heath</b> 24 White Pit Lane Tel: 01494 952288		
<b>Gerrards Cross</b> 38 Oak End Way Tel: 01753 891892		<b>Farnham Common</b> 4 The Broadway Tel: 01753 535556
<h2 style="margin: 0;">ARNOLD FUNERAL SERVICE</h2> <p style="margin: 0; font-weight: normal;">INDEPENDENT FAMILY FUNERAL DIRECTORS</p> <p style="margin: 0; font-size: x-small;">6 Generations of Service in the Community</p> <p style="margin: 0; font-size: x-small;">Local Direct Cremation Available</p> <p style="margin: 0; font-size: x-small;">Traditional, Alternative &amp; Green Funerals - Pre-Payment Plans - Stonemasonry - Floristry</p> <p style="margin: 0; font-weight: bold;">24 Hour Service</p> <p style="margin: 0; font-size: x-small;">www.arnold-funerals.co.uk</p>		

## New Players & Beginners Always Welcome!



**Mens Walking  
Football**  
Tuesdays  
6.15pm -7.15pm



**Ladies Football**  
Thursdays  
6.30pm - 7.30pm



Scan above for more information!

## Markland Gardening Services

For all your general garden  
maintenance  
including  
**grass cutting / edging**  
**hedge cutting**  
**weeding / planting / mulching**

**PLUS**

**with 15 years experience growing  
organic fruit and vegetables,  
practical help and advice in creating  
and maintaining  
a vegetable or kitchen garden.**

**Tel: 01494-881119**

**Mob: 07847-111079**

**E:markland.gardening@googlemail.com**

We now start preparing for our celebration day. We plan to have games, prizes and trophies for the whole club and their family and friends. It is a tough ask as it requires a lot of organising, and always a bit nerve wrecking in the hope that the weather will be good!

Alongside this we already have to start preparing for next season. We plan on running a new U10s (those finishing year 3 and 4), as well as starting a new U15s (current U14s) next season. I am extremely thankful for our volunteers who do an awful lot for the club and to keep things going. We want to make sure we offer as much football for children in the area as possible and this is only possible with the volunteers!

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 (COACHES WANTED)

Under 11's – Dean

07961 666394 (SQUAD FULL)

Under 12's – Olly

07706 888441

Under 13's – Carl

07723 314419

Under 14's – Jon

07723 314419

Under 15's – Khalid

07834 586786

Under 18's – Tak

07838 579217

**we are  
cycling**  
The cyclists' champion **UK**

**Riding with Chiltern Cycling**

**Join your local Cycling UK group this spring**

Chiltern Cycling group offers both led rides and coffee Pots every Sunday morning. With summer here hopefully the drier and warmer weather will make for some pleasant rides along quite lanes that surround us.

On Sunday 16th June we have a cycling day based at Great Kingshill Village Hall. This will include rides, food, Dr Bike and a chance to meet and ride with other local cyclists.

Our coffee Pots are held each week in different locations including Hughenden Valley Coffee Shop, Hildreths Garden Centre, The Potters Arms at Winchmore Hill, The Apple Orchard, West Wycombe and Costa or Matildas in Great Miissenden.

Chiltern Cycling has a zoom social on the 1st Thursday of each month.

**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  
Community  
Centre, High  
Wycombe  
HP13 6UG**

**Memory Partners**

**Thurs. 10.50 – 11.50**

Further details from Sue 01494 532088

[sastuart@globalnet.co.uk](mailto:sastuart@globalnet.co.uk)

Research shows that everyone can benefit from doing tai chi. There are many health benefits: physical, emotional, social, cognitive. Memory Partners is a charity which aims to spread these benefits widely to older adults. Donations are used to train more instructors. We especially welcome people with long-term health conditions to the café. Everyone breathes. Tai chi promotes health and wellbeing by helping you to breathe better.



## Property Maintenance Services

For a reliable and quality based service

- ❖ Carpentry
- ❖ Roofing Repairs
- ❖ Internal Doors Supplied and Fitted
- ❖ UPVC Facias & Soffits
- ❖ UPVC Windows & Doors
- ❖ Replacement Blown Glazing Units
- ❖ Garden Decking
- ❖ Internal/External Decorating
- ❖ Gutter Cleaning/Repair/Replace
- ❖ Shed Roof Felting & Shed Bases
- ❖ Fencing & Gates Supplied/Installed



Crystal Property Maintenance  
email:[ash.craven@gmail.com](mailto:ash.craven@gmail.com)  
Telephone: 07742 022987



**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! And update from the Chairman, Oliver Witney

**The SEASON END.** Our last games have now been played and you'd think that it will slow down for us, but instead it gets busier!



Figure 1 – Our U18s after their final game

We have had a very good spring, the teams have played plenty of football and its been a great end to the season. The U18s played their final league game as a 3<sup>rd</sup> place playoff which was a great competitive fixture.

The U14s reached their cup final which was played at Thame United. It was a eye opening experience for the players who got the play on a stadium pitch. Unfortunately they didn't come away with the winning trophy but it was a fantastic achievement to reach the final and put up a fight in the final. Well done to Jon, his coaches and the team for what they have managed to achieve this whole season.



Figure 2 – Our U14s after their cup final



## South Bucks Hospice

South Bucks Hospice has paid tribute to its 'amazing and wonderful' volunteers - as it calls on more people in the local area to join them in supporting patients.

The hospice, based at Butterfly House in Kingswood Park, High Wycombe, is marking Volunteers' Week at the start of June by making a renewed appeal for community-minded residents to join its team.

In particular, the charity needs afternoon receptionists as well as bistro volunteers for Butterfly House. It also needs retail staff for its shops in Amersham and Chalfont St Peter.

Jackie Ward, Chief Executive Officer, explained: "We couldn't do what we currently do without our volunteers - they are a fantastic support for our organisation and we really want to grow our team to help patients and their families.

"We have great staff but they do need extra help because there is simply so much for us to do and to cover. Our volunteers are simply amazing and I know they benefit as much from the experience as we do. There are a variety of roles that currently need filling. The bistro, for example, needs people to run it so it can open every day of the week."

The hospice, which supports people with life-limiting conditions, stresses that volunteering need not be onerous and could just involve you doing two or three hours a week, or even helping on an occasional basis with events or collections.

In return, volunteers learn new skills and make new friends while gaining the satisfaction of doing vital work to help people in need.

"If you have a few hours to spare and want to make a difference, please contact us," added Jackie. "Just a small amount of unpaid work on a regular basis can go a very long way."

\* If you are interested, please email the hospice at [volunteers@sbhospice.org.uk](mailto:volunteers@sbhospice.org.uk)







# ATLAS

[www.atlas-direct.com](http://www.atlas-direct.com)

**TV AERIALS • SATELLITE TV • CCTV • INTERNET**

**SPECIALISTS IN:**

- DIGITAL TV & RADIO AERIALS
- SKY, FREESAT, EUROPEAN SATELLITE SYSTEMS
- WiFi ACCESS POINTS / WiFi ENHANCEMENT
- CAT5 / CAT6 NETWORK POINTS
- TV WALL MOUNTING
- CCTV SYSTEMS / SMART PHONE & TABLET VIEWING
- RING VIDEO DOORBELL
- COMMERCIAL AND DOMESTIC

**SAME DAY SERVICE  
CALL US NOW OR VISIT  
US ONLINE**

**01494 444060**






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

One Can Trust food bank works on a referral system from partners such as the Helping Hand team at Buckinghamshire Council, Wycombe Women’s Aid and Citizens Advice Bureau. For more information: Tel: 01494 512 277

E-mail: [office@onecantrust.org.uk](mailto:office@onecantrust.org.uk)

There are local food drop of points in our area at: West Drive, Amersham Hill, Lucas Road, Sheraton Drive, Underwood Road, Green Road & more.

### WADSAD Wycombe and District Sports Association

Wadsad is based at the Wycombe Leisure Centre. We offer people of all types of disability a chance to take part in sport. . If you would like further information on becoming a member at WADSAD or Helping out then contact - Sarah Wiltshire 01494 450169 , or Rachel Pope 01753 889390.

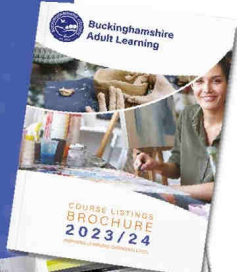



## New Adult Learning courses available now

One-day workshops and short courses in High Wycombe and around the county, including:

- Health & Fitness
- Home Improvements & Gardening
- Languages
- English, Maths & Digital Skills
- Distance Learning
- Creative Arts such as Pottery & Stained Glass

Enrol now:

01296 382403 | [adultlearningbc.ac.uk](http://adultlearningbc.ac.uk)  
[studentenquiries@buckinghamshire.gov.uk](mailto:studentenquiries@buckinghamshire.gov.uk)


**BUCKINGHAMSHIRE LOTTERY**

[www.buckinghamshirelottery.co.uk](http://www.buckinghamshirelottery.co.uk) & search for T&T News  
 Players must be 18 or over. £1 per ticket. Always gamble responsibly.

Everyone needs a **helpinghand** from time to time



**helpinghand**

Find out what help is available and how you can help others.

[buckinghamshire.gov.uk/cost-of-living](http://buckinghamshire.gov.uk/cost-of-living)



**RECORDS WANTED**

1950'S—1960'S LP's/ EP's/ 45's

WERE YOU BORN AROUND 1935—1955?

DID YOU BUY RECORDS BETWEEN 1955—1970?

ARE THOSE RECORDS NOW GATHERING DUST IN THE  
ATTIC/ CUPBOARD/ SHED?IF SO PLEASE CONTACT  
PAUL EVANS ON 01494 718460 OR  
EMAIL paulbuysrecords@btinternet.comI AM INTERESTED IN  
ROCK'n'ROLL, BEATLES, ROLLING STONES,  
WHO, MOD, SOUL, BEAT etc etc

**Hi my name is Paul Evans and I have placed a RECORDS WANTED advert in this magazine.**

The reason being that many records in many houses are un-wanted! They used to be wanted. They used to be loved. Many years ago they were bought and played and gradually became a collection. But over time they got played less and less and eventually they were put into a box and hidden away. Many are still in those boxes, in attics, in cupboards, even in sheds. They have survived house-moves and spring-cleans, but now, forty or fifty years later they are effectively

forgotten. Some people come across them and cannot even recall why they bothered to store them away in the first place. They no longer even have a record player. And so they either throw them away, or give them to a charity shop (if they can find one that will still accept them) or perhaps take them to a car boot sale—where people like me will look through and buy them. Because, going back to my first line—I DO want records. Not each and every record of course, but there are many that I do look out for that were purchased between around 1955 to 1970 or so, and if by chance this triggers a memory and you give me a call to come and look at your poor sad long-forgotten black discs, then

I will be happy to pay for them, and they will become loved

once again! I look for anything from early 45s from the 1950s through to rock'n'roll, 1960s pop, beat, soul, Motown, spoken word, jazz and occasionally certain classical LPs, EPs and 45s. **Call me on 01494 718460**

**or email paulbuysrecords@btinternet.com.**

**Wycombe Wenches WI**

Wycombe Wenches continue to welcome women who like to share the company of others for a variety of interesting activities, both evening and daytime. In April we re-launched our Activities' groups, so we now have a new Culture Club, for visits to theatres and the cinema, a Garden Wanderers group, for outings to gardens and garden centres, plus gardening advice via Whatsapp, and a Film Club, where we all watch the same film on BBC iPlayer, then meet up for coffee to talk about it. In addition, our other regular groups are still meeting—the Book Club (now called Bookworms), the Walking Group, Monday morning Coffee and Chat (this was Knit and Natter, but now you don't have to bring a craft unless you want to!), and the Supper Club (now called Winers and Diners). Each group is now headed up by a different member of Wycombe Wenches, so lots of people are involved. Depending on your interests, there is always something going on!

Our new programme of speakers for the year started again in April, with a speaker from the Royal Flight, when we heard about the history of Royal flights, including many anecdotes. In May we held our resolution meeting, to hear more information about the proposed

resolution going forward to the National Conference—"Dental Health Matters". As one of our members is a retired dentist, she was able to add lots more information and give a greater understanding of the how the finances of a dental practice impact on patients. Following this we had a timed Pictionary game, which caused much hilarity! Our June meeting will be a talk on Lord Byron—who knew that he wasn't just a poet, he was a rock star?

Our extra activities programme is also becoming more active now the weather is warmer, and we have lots of trips lined up—including to the Royal Mail Postal Museum and the Bank of England Museum. Our afternoon tea parties last year were a great success, so we are doing those again this year, spread over May, June and July, and those held already have been greatly enjoyed.

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

Best wishes  
Diane Haylor  
President

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

# FRENCH TUITION

ALL LEVELS  
WELCOME

GCSE, A-LEVEL, BEGINNERS  
AND ADULTS

For further details please  
telephone Fabienne

**01494  
815749**

## D J Coles Property Services

**Professional High Standard**  
Established in 1999

- Interior & Exterior Decorating
- Paper Hanging
- Coving
- Carpentry & Kitchen Installations
- Laminate Flooring
- Door Hanging
- General Property Maintenance & Improvements

Free Estimates  
Competitive Rates

Mobile: 07747 783015  
Email: [djcolespropmain@yahoo.com](mailto:djcolespropmain@yahoo.com)



# The 162nd Hazlemere Fete

**26th August 2024 Bank Holiday Monday**  
**Hazlemere Community Centre**  
**Rose Avenue Hazlemere HP15 7UB**  
**12 noon - 5pm**  
**Admission Free**

Children's Football  
 Dog Agility Display  
 Fun Dog Show  
 Bars & Many Food Choices  
 Tea, Coffee & Ice Cream

Speen Feetwarmers Jazz Band  
 Kevin Taylor & Friends  
 Classic Cars  
 Meet the Alpacas  
 'After The Rain' Band

Numerous Side Shows  
 Fairground Rides  
 Beat the Keeper  
 Craft Fair  
 Storm Troopers

**Free Parking**

Stall and advertising bookings to 01494 813000 penn.consult@btinternet.com  
 Enquiries to 01494 813000 penn.consult@btinternet.com

Do you need a friendly and reliable motor mechanic? **ST AUTOS**

Someone you can trust to look after you and your car?

**Contact: Steve Tutt**  
**07867 946191**

- S T Autos is owner managed
- Offers an efficient, friendly & personal service
- Competitive pricing - estimates available
- 40 years experience; City & Guilds qualified
- Full public liability insurance

**"Your complete repair service for all vehicles"**

- MOT's
- Service
- Repairs
- Diagnostics
- Air Conditioning
- Tyres & Exhausts

**An MOT for just £45.00 with any service**

**\*\*\* Free local collection and return of your vehicle from the High Wycombe Area\*\*\***

GoodGarageScheme.com  
 Registered Member

**RMI**  
 REAL MOTOR INDUSTRY FEDERATION

**APPROVED CODE TRADING STANDARDS UK**

stvtutt@gmail.com  
 www.stautos.co.uk

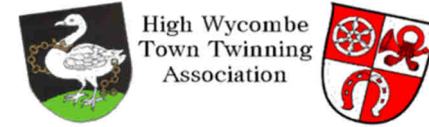
# Feet Treat

at The Castle Street Clinic  
**Julia Adam**  
 (BAFHP)MCFHP DipFHT MAFHP

- Corns • Callouses • Verrucas • Athlete's Foot
- Fungal Nail Infections • Diabetic Patients
- Ingrown Toe Nails • Nail Care
- MediPed • Biomechanics

and other footcare advice...

The Castle Street Clinic, 19 Castle Street  
 High Wycombe HP13 6RU  
**Tel: 07939 574789**  
 www.feetreat.org.uk



I wonder do you know about the High Wycombe Town Twinning Association and that it has existed for nearly 40 years?

It was started in 1985 when visitors from Kelkheim came to High Wycombe to enquire as to whether people in High Wycombe would be interested in and would like to "twin" with them and share cultural visits, school visits and general meeting of local residents of both towns to further understanding of each other's towns and country?

Kelkheim is a small town near Frankfurt in Germany. Kelkheim, like High Wycombe at the time, had a flourishing furniture industry and felt that High Wycombe had many similar qualities. It was agreed that we would work to exchange visits to each other's towns, arrange visits from schools, music groups, swimming clubs and from the Fire Service.

At the moment the High Wycombe Town Twinning Association (HWTTA) has a small Committee, as does Kelkheim, who organise exchange events between our two towns. Every other year a group of the HWTTA Members visits Kelkheim for a weekend where they are hosted and stay with the families in Kelkheim. Events and visits are arranged and many good friendships are forged.

In September this year it is the turn of Kelkheim to visit High Wycombe and we have a number of events planned from a visit to Windsor, meals out, walks around the town and of course our Kelkheim visitors stay with High Wycombe hosts.

We are looking for new members and perhaps you would consider joining the High Wycombe Town Twinning Association and become involved, and maybe you may like to host a Kelkheim visitor? We do look forward to hearing from you.

For further information, please contact the Secretary [secretary@hwtta.org.uk](mailto:secretary@hwtta.org.uk)

Website: [www.hwtta.org.uk](http://www.hwtta.org.uk)





Improving Access to  
Psychological Therapies



## Are you struggling with any of the following:

Feeling nervous,  
anxious or on edge?

Unable to stop or  
control worrying?

Little interest or pleasure  
in doing things?

Feeling down,  
depressed or hopeless?

Healthy Minds Bucks is your local NHS Service offering tried & tested psychological therapies for people aged 18 or over to help them with stress, anxiety, low mood, employment difficulties and long term health conditions.

## Let's talk We're here to help

Book your 1st appointment  
through our website  
[www.healthymindsbucks.nhs.uk](http://www.healthymindsbucks.nhs.uk)



Scan the QR Code or  
phone 01865 901600  
or text TALK & your name  
to 07798 667169



Working together to improve wellbeing

## Terriers Evening W.I.

### **We have moved to a new venue and time**

**Cedar Barn, Barn Lane, Hazlemere, Bucks, HP15 7BQ**  
**Meetings start 10.30 am (Finish 12:30pm)**

From June we will be known as **TERRIERS W.I.**

In March we held our annual AGM, as part of the NFWI we must submit annual reports and audited accounts to the National Federation WI. Our meeting started with the yearly reports from our President, Secretary and Treasurer. We have welcomed new members this year, with a membership of 30, and a good financial position, we look forward to the coming year.

The committee are looking into finding a new venue to hold our meetings, somewhere more central and with an earlier start time that would be more suitable for members without transport, (see above). After our new president was voted in, we finished with a quiz on photographs of famous people, followed by tea.

In April our speaker was Peter Healy from the Amersham Museum, he gave us an interesting talk and slideshow on photographs taken by George Ward.

George Ward lived in Old Amersham and took photos recording everyday life and special adverts in Old Amersham from 1880 to 1930. When the railway came to the area in 1882 it was built on the hill and the new town of Amersham on the Hill started to develop a round it leaving the old town to keep its small and historical buildings which we can still see today. He also told us how the building of the gasworks in the town had divided people, as they were glad of the new gas lighting in their homes, but the gasworks were regarded as an eye saw.

At our May meeting we discussed and voted on this year's Resolution. There is a chronic shortage of NHS Dentists, and people are suffering health issues as a result. If passed at the AGM The NFWI would call upon the Government to increase investment in the training and retention of dentist and review the current inadequate NHS contracts to ensure everyone can access an NHS dentist wherever they live.

This was discussed at length and we voted to send the resolution forward with our delegate to vote at the NFWI AGM at the Royal Albert Hall in June. We ended the meeting with a show and tell by our members

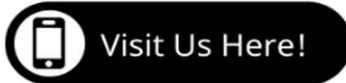
**Future Meetings - 6th June – One Can Trust**  
**July – Garden Party time and location to be confirmed**  
**August – no meeting**  
**5th September – Charles Dickens by David Gantzel**

Visitors and new members are warmly welcomed and invited to join us 10.30 am Cedar Barn, Barn Lane, Hazlemere HP15 7BQ on the first Thursday of every month except August, plenty of on-site parking

More information on <http://www.terriereveningwi.org.uk>

# DO YOU NEED TO REMORTGAGE IN THE NEXT 6 MONTHS ?

Call today on 01494 211194.



**Applicant  
Mortgage  
Brokers**

**YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT  
KEEP UP TO DATE WITH REPAYMENTS ON A MORTGAGE  
OR OTHER DEBT SECURED ON IT.**



"The Chiltern branch of the Motor Neurone Disease Association supports people living with Motor Neurone Disease (MND) and their carers in the Chiltern area. MND affects the nerves known as motor neurones that are found in the brain and spinal cord, and which help tell your muscles what to do. With MND, messages from the motor neurones gradually stop reaching the muscles. This leads the muscles to weaken, stiffen and waste, which can affect walking, talking, eating, drinking and breathing. MND is life shortening and there is no cure.

The branch supports people with the disease in a number of ways. Our volunteer Association Visitors offer 1-2-1 emotional support to people living with and affected by the disease and provide practical information to help ensure they get the support they need. We have monthly support meetings where people living with and affected by the disease can meet each other and our volunteers for an informal chat over tea and cake. These take place on the third Monday of the month in Cedar Barn in Hazlemere and the second Thursday of the month in Aylesbury Rugby Football Club (except for August). The branch, and the wider charity, also offer financial support grants to help with a number of different things including improving quality of life, providing equipment and helping with the cost of living with the disease.

To support our branch activities we run a number of fundraising events in the year and have others who kindly fundraise for us. We have a fundraising target in 2024 of £30,000. Our next event is an open gardens event at Bledlow Manor near Princes Risborough on Friday 14 June. The beautiful and extensive grounds will be open from 2pm to 5pm and we'll be serving tea/coffee and homemade cakes in the lovely tea rooms. Tickets are £7.50 in advance via Eventbrite, (search Bledlow Manor) or visit :

<https://BledlowManorGardens.eventbrite.co.uk> or tickets are available at £9 on the day. There is no charge for children under 5 or people with MND and their carers. For more information about our branch visit:

<https://www.mndassociation.org/support-and-information/local-support/branches/chiltern-branch.>"



# IT IS GOOD TO TALK!

Sometimes we can really struggle with our emotions and not know what to do with them!

Private therapy can be expensive

We now provide low cost counselling sessions online and face to face!

Email: [thewell@standreshw.co.uk](mailto:thewell@standreshw.co.uk)



[standreshw.co.uk/mental-health-the-well](http://standreshw.co.uk/mental-health-the-well)

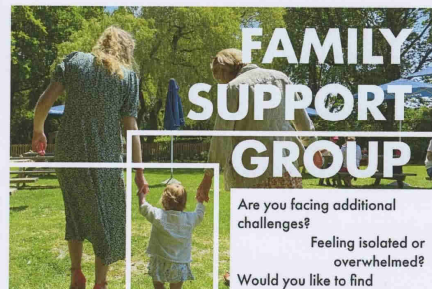
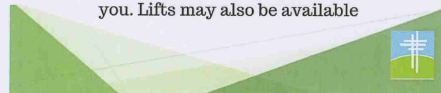
# St Andrew's Lunch Club

Wednesdays 1:15-3:30 pm

A home cooked meal for our seniors, St Andrew's Church, Hatters Lane.

Email [lunchclub@standreshw.co.uk](mailto:lunchclub@standreshw.co.uk) OR

Contact our office 01494 529 668, leave your name and number and someone will contact you. Lifts may also be available

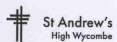


# FAMILY SUPPORT GROUP

Are you facing additional challenges?  
Feeling isolated or overwhelmed?  
Would you like to find support, friendship & learn some new skills to enable you & your family to thrive?

- What? 'Parents as First Teacher' welcoming group.
- When? Tuesdays 10-12.30pm (lunch provided).
- Who? Mothers with young children (crèche provided).
- Where? St Andrew's, Hatters Lane. HP13 7NJ.

Interested in joining? Do get in touch.  
[debbie.dust@standreshw.co.uk](mailto:debbie.dust@standreshw.co.uk) or 01494 529668  
[www.standreshw.co.uk](http://www.standreshw.co.uk)



**A FREE space where it's ok not to be ok.**

**10am-12pm every Wednesday**

Do drop in, all are welcome. Bring your crafts and hobbies.

email: [holly.robertshaw@standreshw.co.uk](mailto:holly.robertshaw@standreshw.co.uk)  
St Andrew's Church, Hatters Lane  
High Wycombe, HP13 7NJ



## Rainbows, Brownies, and Guides

**We are currently looking for new leaders and helpers to help in our Rainbow, Brownie, and Guide units.**

We're a friendly organisation looking to make a difference in the lives of girls and young women. Maybe you were a Rainbow, a Brownie, or a Guide yourself, and can remember the fun you had. Why not think about how you could get involved for the next generation? If you would like to find out more information, please go to <https://www.girlguiding.org.uk/get-involved/become-a-volunteer/> You'll be able to register your interest and then one of our local volunteers will reach out to have a chat with you.

**In this area we have Rainbow (aged 5-7 years), Brownies (7-10 years) and Guides (10-14 years).**

We always love to welcome new young members so if you're 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/> 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.

**Visit [www.renniegrovepeace.org](http://www.renniegrovepeace.org) for more information and to book your place**

## Inner Wheel Club of High Wycombe

We have had a really busy few months since the last publication.

Our events included a Snip and Sew Morning and a Sausage and Mash lunch.

Our May lunch celebrated 78 years of the Foundation of the High Wycombe Club. We were given a very animated talk by the speaker, Cllr Arif Hussain, former Mayor of High Wycombe about his personal history and his life as a councillor and as Mayor of High Wycombe. More money was raised with a raffle and more publicity in the Bucks Free Press!



We have lots more events planned at the Club, please do phone me on 07719719636 for more information. I look forward to hearing from you.

Sue Creed

**Come Dancing With Me**

Regular classes return soon for Beginners and Intermediates

Latin & Ballroom + First Dances

Reserve your place now for the new groups  
**0787 353 8709**  
 comedancingwithme.co.uk

### David Winterburn Marketing & Media

In-house newsletters,  
 Local promotional work  
 Flyers for the small business  
 RSL Radio service management  
 Training and Production

**Tel: 01494 – 463107**  
 dwinterburn.fm@tiscali.co.uk

## 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

How things have changed, amazing what a little sunshine can do. There has been spectacular growth in the garden, the daffodils have given us their beautiful carpet of yellow and along came the multicolours of the tulips. We had blossom on our tiny fruit trees and began tentatively planting a little. At the moment we have planted some squash plants, beans, peas, and onions. The church had a cherry tree felled, that had passed away, leaving us with many logs and chippings which we have used to spread around the paths. Now the purple Iris and wallflowers are flowering and we are planting fuchsias, geraniums etc into pots and the hanging baskets. If you missed the Church's Spring Fayre you missed many bargain plants on the Garden stall, Tomatoes, Cucumbers, Beans, Courgettes and garden flower plants too. Look for future events when we have excess baby seedlings and produce to spare. Of course this would not be possible without the help of volunteers. We have a few people who pop in just for the fun of doing a bit of gardening and our regulars myself, Jane and Pauline. But some jobs are not easy without a bit of muscle. So come on chaps give us a hand.

Now the weather is getting better it is a real pleasure to see the results of our work, and sit in the sunshine with our coffee to relax and enjoy the quiet and peaceful surroundings. This is the best way to exercise.

We are around usually Thursday and Saturday mornings (weather permitting) and would love to meet you.

For more information call Valerie, or leave a message on 07733794021  
E.mail [valerie.stringer@icloud.com](mailto:valerie.stringer@icloud.com). You can also see our Facebook on Terriers Community Garden.

## 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)



**Bucks**

## As 3.5 million people look to buy a used car Citizens Advice Bucks shares top advice tips to help motorists steer clear of problems

Problems with used cars are consistently the top complaint made to Citizens Advice Bucks.

New data reveals last year the charity's national Consumer Service received a complaint about a used car every three minutes. The amount of people calling the helpline last year from Bucks rose by 16% on the previous year. The majority of these (66%) complaints were about defective goods, while 13% concerned safety issues.

### Craig Glynn, Interim Chief Officer of Citizens Advice Bucks, said:

"Unexpected car problems can cost us more than just money, they can leave people missing work or unable to drop their kids off at school. But all too often we hear from motorists who've had used cars mis-sold to them and have had to shell out hard-earned cash to fix surprise issues."

"Many of us across Buckinghamshire are feeling the pinch right now, so it's vital to make sure you're steering clear of surprise problems and are getting exactly what you paid for when buying a used car. Before making a big purchase like a used car, don't forget to brake, and make all the right checks before you buy."

### Citizens Advice Bucks top tips:

- ❖ Check the trader
- ❖ Check the car's history

### Paying for a used car






Ask questions if you're unsure about anything in the small print. Remember you can stop the deal if you feel like you're being pressured into paying too much or buying additional features. Make sure you get the original (not a photocopy) of the log book (the V5C registration certificate) and the valid MOT test document. Never buy a car without the log book.

If you make payment by a debit card you may have protection from your providers chargeback scheme. With a credit card as long as you paid more than £100 up to £30,000 even with a part payment you are covered under section 75 protection.

Contact the Citizens Advice consumer helpline on 0808 223 1133 if you need more help - a trained adviser can give you advice over the phone.

## At Vets4Pets High Wycombe

We are proud of our

-  Convenient location and opening hours
-  Highly trained vets and nurses
-  Modern medical and surgical facilities
-  Affordable healthcare plans, like our Vac4Life
-  We work with you to keep you fully informed on what treatments your pet needs and why

Call **01494 443 075** or visit **vets4pets.com**



### Vets4Pets High Wycombe

133 Amersham Road, High Wycombe, HP13 5AD

Opening times: 8.30am - 7pm Mon-Fri, 9am - 12pm Sat



**Vets4Pets**  
Putting your pet first

## Hire Cedar Barn or The Stables Hazlemere

### Converted Barn and The Stables



Each room holds 60 people

Suitable for meetings, parties and fitness groups etc

Cost: £18 per hour Cedar Barn

Cost: £14 per hour The Stables

Please call Rachel on 01494 715548

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



The winter months seem to have been extended this year though to April! However, we did manage to get out on one walk in early February from Old Amersham up to the new town on one of the few dry and mild days. We crossed the railway at the only level crossing on the London Underground, saw the model train in the new town and the Martyrs Memorial on the way back down the hill.

Other events since the start of the year have all been indoors. These have included our regular Lunch Club on the second Friday of the month at The Spindle & Thread and the Pub Night held at The Crown in Hazlemere on the last Thursday. For those preferring to stay at home or not able to get out we have a monthly Zoom social.

Other early events for 2024 have included Coffee Morning's in Princes Risborough, Hazlemere Golf Club and also the Air Raid Café in High Wycombe. Pancake Night on Shove Tuesday is always popular and we are very grateful to our "Chefs" who worked hard in the kitchen so we could enjoy this traditional start to Lent. Of the less usual events we went to the Wycombe Rifle and Pistol Club to try out target shooting on one of their open days.

The club really does have a wide variety of events throughout the year, all suggested and run by our members. We are planning once again this year for some day trips out including one to the coast and to Guernsey. Our walks will continue on a regular basis along with some of the more popular events such as Quiz Nights, Take-away evenings, and the occasional trip to the Cinema and Theatre. Summer of course will see us take to a member's garden for a BBQ or perhaps two.

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

Find us on 