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Totteridge and Terriers News

T & T NEWS

THE COMMUNITY MAGAZINE FOR
TOTTERIDGE & TERRIERS

Issue 77

Autumn
2026



The lawn outside the T & T News editorial office looking parched like so many across Buckinghamshire in August. Hopefully rain will come and bring back the greenery, fill rivers and reservoirs and end the drought.

T & T News is now a digital publication. Read your copy on-line at: tandtnews.org.uk or subscribe by e-mail: editor@tandtnews.org.uk with "Subscribe 18+" or Subscribe under 18" in the subject line.

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

The **wye** Partnership



It's our business so we care.

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

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

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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
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stokenchurch@wyeres.co.uk

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

Lettings Great Missenden
01494 864 225
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Associated
Park Lane Office
0203 368 8472

From Town to Country



T & T News Events Diary

Sunday 30th August

Charity Fun Day & Football Match in aid of Helen & Douglas House

Event starts at 1:30pm with Kick Off at 3pm. Free Entry.

Monday 31st August

Hazlemere Fete, St William Ramsey School Field, Rose Avenue, Hazlemere

Fete opens from 11am to 4:30pm with lots of stalls, community groups & events.

Thursday 3rd September

Terriers W.I. Meeting, Cedar Barn, Hazlemere HP15 7BQ

Meeting starts at 10:15am. Today is all about a funny thing happened.

Wednesday 9th September

NHS Retirement Fellowship Meeting, Holmer Green Village Centre

1:30—4pm The development of an Arts & Crafts country garden.

Monday 1st October

Terriers W.I. Meeting, Cedar Barn, Hazlemere HP15 7BH

Meeting starts at 10:15am. Today is Failed to return on the Way to Retirement.

Wednesday 14th October

NHS Retirement Fellowship Meeting, Holmer Green Village Centre

1:30—4pm Quiz + Tea & Cake

Sunday 15th November

T & T News Deadline for the autumn edition on the community magazine

Contact David on 01494 463107 / 07905 888098 E-mail: editor@tandtnews.org.uk

Regular Events

Every 2nd Wednesday of the month

Wycombe Wenches W.I. Meeting 7:30pm Cricket Club, London Rd, Wyc.

Monthly meeting of the W.I. See page 7 for more information and contact details.

To find the full events diary visit our web site at: www.tandtnews.org.uk

Click on the events calendar tab to find out all the latest going in our area.

E-mail: editor@tandtnews.org.uk with your events to include at any time.

Totteridge and Terriers News

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Web Site Hits Approx 8,000 per month



Find us on

T & T News is published four times a year in late February, May, August and November. We aim to get the magazine available at the end of the month prior to issue. In order that we can achieve this deadline we need your articles and advertising as early as possible. Our deadline for the winter 2026 edition is 15th November.

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

That's about it...Join us again at the end of November 2026. In the meantime you can catch up with the latest news and events on the web at: www.tandtnews.org.uk

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2026 Advertising Rates (Digital Edition):

Mini Ad £7 / £13 Quarter Page / £22 Half Page / Full Page £40 (Full colour)
Discounted rates are available for annual pre-paid (4 issues)
(Winter 2026 deadline is 15th November)

WELCOME TO T&T NEWS AUTUMN 2026

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Hello,

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

As I write this towards the end of August we have had a very warm summer with little rain. Its perhaps something we are going to need to get used. A number of summer events had to be curtailed as a result with it too hot for things like Dog Shows to take place. Much outdoor work slowed down too with many afternoons too hot for physical work. It has certainly seen people up earlier to get a start on the day when its cooler.

This edition we will have a small number of printed copies available to pick-up from our stall at the Hazlemere Fete. Once again this is one of the biggest and best events locally now in its 164th year.

Inside your community magazine are all the regular contributions. However, we are always on the look out for new stories and events so do make sure you keep sending them in. Contact details are shown on page 30.

Enjoy the read and have a great autumn. There is sure to be much to do so enjoy!

David Winterburn, Editor

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Road
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Gerrards Cross
38 Oak End Way
Tel: 01753 891892

Farnham Common
4 The Broadway
Tel: 01753 535556

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**The 164th
Hazlemere Fete**

31st August 2026 Bank Holiday Monday

Sir William Ramsay School Field

Rose Avenue, Hazlemere, HP15 7UB

11am - 4.30pm

Admission and Parking Free

On The Field

Logos: Hazlemere Fete, HYC Hazlemere Youth Centre, Insignis Academy Trust, Sir William Ramsay School.



Join us on Thursday 12th November for one of the boldest fundraising challenges.

The Firewalk takes place at Peace Hospice in Watford. Walking barefoot across glowing embers might sound daunting, but its an incredible way to push past fear, overcome self-doubt and realise what you are truly capable of. This experience is open to anyone age 12 and over.

Cost Adults £25, Children 12-17 £15
Fundraising target £228 per person

To find out more and enter visit: renniegrovepeace.org

As for football, we are desperately looking for an Under 9s volunteer, so anyone that has a child going into Year 4 and is looking to get involved as a coach then **please get in touch.**

If you are interested in joining, either as a player or volunteer, please contact myself, Oliver Witney on 07706888441 or at chairman@totteridgefc.co.uk. Please note that the age groups below are as of 2026/27.

Rising Stars Under 6s/7s

– Oli	07706 888441 (VOLUNTEER FOR U7s WANTED)
Under 9s – Oli	07706 888441 (VOLUNTEERS REQUIRED TO HAVE A TEAM)
Under 10s – David	07702 261024 (SQUAD FULL)
Under 11s – Carl	07397 561923 (SQUAD FULL)
Under 13s – Ola	07435 435311 (SQUAD FULL)
Under 14s – Dean	07961 666394 (SQUAD FULL)
Under 15s – Zak	07576 135321 (SQUAD FULL)
Under 16s – Richard	07484 791680 (SQUAD FULL)
Under 17s – Jon	07723 314419 (TRIALS NOW AVAILABLE)

Local Halls

Below is a list of local halls that host events, local groups and may be available to hire for private events. Each hall has different facilities so please check when making your booking.

Totteridge Community Centre, 55 Totteridge Drive, HP13 6UG

Tel: 01494 511216

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

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

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

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



TOTTERIDGE FC has provided football to the local youth in the community since 1996. For more information and contact details please visit our web site – www.totteridgefc.co.uk

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

A SUMMER OF NO RAIN. We are all looking forward to the start of the new season but it's not looking good for our pitches!



We are hoping for some rain in order for the ground to soften. At the moment players are playing in astroturf boots and trainers, wearing even firm boots will not do the job and can cause serious injuries. However the players will not be able to play matches without football boots!

It looks like some rain is coming but whether or not it will be soon, and enough of it, is yet to be determined.

Hazlemere Fete

Every year the club attend Hazlemere Fete with a food stall (selling burgers, hot dogs and kebabs) and a competition (beat the keeper)

We would love to see anyone from the local community at the fete, which is always a wonderful day out on the Monday bank holiday.



Rennie Grove Peace

Sustainable September



What's on: Rennie Grove Peace Hospice Care is bringing back Sustainable September and encouraging local people to shop, donate and dress more sustainably throughout the month. The charity is calling on supporters to clear out their wardrobes and donate quality pre-loved items to their local Rennie Grove Peace shop, while also embracing second-hand fashion by purchasing clothes at Rennie Grove Peace charity shops.

Every donation of quality items for sale makes a difference, funding expert hospice care for local people facing progressive life-limiting illnesses. During September, for every bag of donated goods taken to a Rennie Grove Peace shop, you will receive a stamp on the Rennie Grove Peace Loyalty Card. Once the card is full, you can enjoy £5 off your next purchase at any Rennie Grove Peace shop.

Further information: Find your nearest shop at:
renniegrovepeace.org/shop-with-us-sept



Wycombe and Amersham Branch

The Fellowship itself was founded forty-five years ago with the aims of providing somewhere for retired NHS employees to renew friendships and find new friends.

Our branch meets every second Wednesday of the month at Holmer Green Village Centre. The doors open at 1.30pm for a 2pm start and usually includes a speaker. There is always time for a cup of tea, biscuits/cake and chat.

We try to organise trips/visits to local places of interest throughout the year. We usually have a walk in place of the August meeting and the December meeting is a Christmas lunch at a local restaurant.

Our annual fees for the branch are currently £35 and the entry cost to the meeting is £3.00. Guests and potential members are very welcome to come to a meeting to see if they wish to become full members. Guests/ non members pay £5 on the door.

Anyone who has worked in the NHS or allied organisations, including as a volunteer can join. Spouses and partners are also welcome to join as associate members but cannot be part of the committee.

For information about our branch, contact:

Chair: Jackie Cooper : email: cooperjac@hotmail.co.uk phone: 01494 488468

Or Treasurer/ membership Paulette Goddard:

email: paulettegoddard@hotmail.com or phone: 07970148930

We are also on **Facebook**:

NHS Retirement Fellowship Wycombe and Amersham Branch.

9th September	The development of an Arts and Crafts small country house and garden in Buckinghamshire	Katherine Woods MA
14th October	Quiz + Tea & cake	
11th November	Commonwealth War Graves + Remembrance tea & cake	Chris Leach
December	Christmas Meal TBA	



Cycling in South Buckinghamshire

Join your local Cycling UK groups this autumn

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

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

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

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

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

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

For more Information:

E-mail: publicity@southbuckscycling.org.uk

Web: www.southbucksmidweekcycling.org (Midweek Group)

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

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

Computing & Technology

I have been asked, what's the difference between a web browser and a web site?

The answer is, a web browser is a program on your computer that is used for looking at Internet web sites, in the same way as a pair of binoculars is used to look at far-away objects.

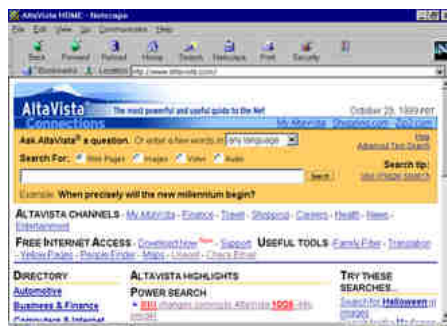
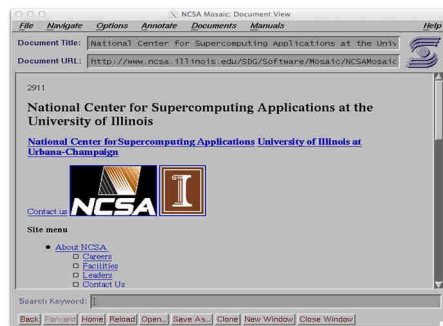
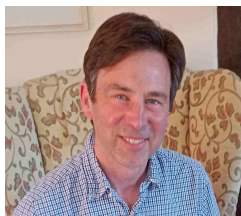
I was at university in the 1990s when the World Wide Web started. My friend said, "Oh, wow, pictures". Before then, Internet access was available at the university, including email, but it was all in text. It was possible to get pictures, but it was necessary to work at it.

Microsoft Edge, Apple Safari and Google Chrome are all examples of commercial web browser programs. They are competitors. There is also the Firefox web browser. Firefox is organised by the non-profit Mozilla Software Foundation that asks for donations.

A search engine is a website that contains a list of other websites. In the 1990s one of the popular search engines was called Alta Vista. Then a new company, Google, made a better search engine. Today, an alternative search engine that I like is called Ecosia (www.ecosia.org).

If you know the website address that you want, then type it in the Location bar which is the long white strip at the top of the browser window, then press Enter on the keyboard. For example, my website address, also known as the Uniform Resource Locator (URL), is: <http://www.pjc.me.uk/>. You don't need to type the http:// prefix; just pjc.me.uk will do.

Did this help? Let me know! Phil 07904 125648



Wycombe Wenches W.I.



Despite the hot weather, Wycombe Wenches have continued to keep up their usual activities, and lots of fun has been had along the way.

In June, we had a fascinating speaker talking about "Ikebana" - the Japanese art of flower arranging. As well as explaining and making the most stunning flower displays, we also learnt a lot about the practicalities of wearing a kimono! July's meeting had a talk from the St John's Ambulance, demonstrating how to use a defibrillator. This talk followed a request from members for a refresher on the operation of these, linked to the 2025 WI Resolution – "Bystanders Can Be Lifesavers".

Our meeting in August was our usual Summer Social, and we again returned to The Mayflower in Penn, having enjoyed a very nice meal there last year.

The Autumn programme promises some fun evenings – a talk about a year spent as a travelling dentist in Australia and Vietnam, from one of our own members, then a quiz to follow our AGM, a Murder Mystery evening, and some Christmas Craft in December.

Our smaller activities groups continue to be much enjoyed. The Film Club met monthly to discuss films including "La La Land", "The Life and Death of Peter Sellers", and "The Great Escaper" – all very enjoyable events. Bookworms continued to meet at Bon Ami Café in Naphill for a lunch, and chat about the month's chosen book, with the range of books including "Raising Hare", "A Child In The Storm", and "The Women". The Walking Group kept going despite the heat, and had some lovely walks around the area, and the Monday morning Coffee and Chat has met once a month for – coffee and chat! Winers and Diners continued to go out for a meal once a month, to places such as The George and Dragon in Marlow, Kappad in Wycombe, and Kongs in Bourne End.

Our informal outings included a visit to The Horses Trust. Over the summer we also met on different days and dates, in members' houses, for lovely afternoon teas, all of them memorable as much for the laughter as well as the delicious cakes! We look forward to our Special Afternoon Tea in October, to celebrate ladies whose birthday this year has a "0" in it.

If you would like to know more, visit www.wycombewi.weebly.com



Summer walks

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



Ikebana – Japanese flower arranging

Appointment of new Chief Operating Officer



Buckinghamshire Healthcare NHS Trust recently announced the appointment of Nicola Costin-Davis as its new Chief Operating Officer. Nicola will join the trust by November 2026.

Nicola has more than 20 years experience as a senior leader in the NHS with a strong track record of improving hospital and community services especially during busy and challenging periods. She has previously led major improvement programmes and secured significant investment to improve care for patients.

As Chief Operating Officer, Nicola will help lead the day-to-day running of hospital and community services across Buckinghamshire, working closely with doctors, nurses and other staff to make sure patients receive safe, high quality care.



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LITTER HURTS ALL OF US

Every piece of litter. Every fly-tip. Every time.

Litter and fly-tipping damage our environment, harm wildlife, cost millions and spoil the place we call home. Respect where you live. Bin it. Or take it home.

IT'S NOT SOMEONE ELSE'S JOB. IT'S OUR COMMUNITY.

THE IMPACT ON OUR ENVIRONMENT

- HARMING WILDLIFE:** Animals can get injured, sick or die from eating chemicals into our soil and waterways.
- POLLUTING OUR LAND:** Litter releases harmful chemicals into our soil and waterways.
- DAMAGING OUR WATER:** Plastic and waste block drains and harm rivers, lakes and our seas.
- SPOILING OUR PLACES:** Fly-tipping blights our countryside and reduces pride in where we live.
- CLIMATE IMPACT:** Litter and waste contribute to carbon emissions and a poorer future.

THE COST TO US ALL

- £5 MILLION+** spent every year on clean-up and fly-tipping
- THOUSANDS** of hours of clean-up and collections
- MONEY THAT COULD BE SPENT ON** schools, roads, parks, and services we all use

Every item you drop could cost the Council—and you.

THERE ARE LAWS. AND PENALTIES.

Littering and fly-tipping are crimes. You can be caught. You can be fined. There are no excuses.

- LITTERING:** Fixed Penalty Notice from £80 (up to £2,500)
- FLY-TIPPING:** Fixed Penalty Notice from £400 (up to £50,000 and/or 5 years in prison)
- WE USE CCTV:** Courts can impose unlimited fines and seize vehicles.
- STRICTER PENALTIES:** Courts can impose unlimited fines and seize vehicles.

DON'T RISK IT. IT'S NOT WORTH IT.

WE CAN CHANGE THIS. TOGETHER.

DON'T BE PART OF THE PROBLEM → **BE PART OF THE SOLUTION**

OUR COMMUNITY. OUR CHOICE.

- ✓ BIN IT.
- ✓ TAKE IT HOME.
- ✓ REPORT IT.
- ✓ RESPECT IT.
- ✓ PROTECT IT.

LOVE WHERE YOU LIVE. KEEP IT CLEAN.

A CLEAN COMMUNITY IS A STRONG COMMUNITY.

Be a good neighbour. Be the change.

LET'S TAKE PRIDE. LET'S TAKE ACTION. LET'S KEEP OUR UK BEAUTIFUL.

Our environment. Our future. Our responsibility.

Memory Partners Charity

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

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

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



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

Terriers W.I.



June-Antarctica David Dennis spoke to us on the history of Antarctica and the wildlife it supports. He had taken the opportunity to go and visit this vast cold continent himself. With its unique wildlife and freezing temperatures. David explained how this land was formed and was not discovered until 1820.

Our Quiz Team Reached the final of the WI Inter County Quiz. The final took place on June 26th in Hertfordshire. Sadly, our team were unable to attend due to health issues due to the heatwave.

We enjoyed an informal coffee morning at a member's home where we met up for a chat over Coffee and cakes

July-Our Garden Party was held in our president's garden in Terriers, as the heatwave continued a few members were unable to attend. But we still had a good attendance, and had an enjoyable afternoon eating cakes and ice cream.



August-Picnic in the Park. In August we met at the Great Kingshill Recreation Ground for a Picnic and to listen to the Granson of one of our members play his saxophone.

We also hold regular Craft Mornings at a member's home, where we can work on our various projects and share tips and ideas, in a relaxed and fun environment.

Future Meetings

3 rd	SEPTEMBER	A Funny Thing Happened
1 st	OCTOBER	Failed to return on the Way to Retirement
5 th	NOVEMBER	Food Glorious Food
3 rd	DECEMBER	Christmas Party

Meetings start at 10.15am Doors open at 10.00 Cedar Barn, Barn Lane, HP15
1st Thursday of every month except August, plenty of on-site parking.

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



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

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

Recipe Corner Picota Cherries & Grilled Steak Salad

Serves: 4

Ingredients:

- 2 ribeye or sirloin steaks (about 250-300g each), taken out of the fridge 30 minutes before cooking
- 1 tbsp olive oil -1 tsp fine salt
- 1/2 tsp black pepper -200g mangetout, trimmed
- 120g rocket leaves, washed and spun dry
- 1 large courgette, cut lengthways into long thin slices
- 200g Picota cherries, washed, pitted (keep juices)
- 40g toasted almonds, roughly chopped (optional)

For the cherry dressing:

- reserved cherry juices
- 3 tbsp extra virgin olive oil
- 1.5 tbsp sherry vinegar
- 1 tsp honey (or to taste)
- 1 small garlic clove, grated very finely
- pinch of salt



Method:

1. In a small bowl, whisk together the cherry juices, olive oil, sherry vinegar, honey, garlic and a pinch of salt. Taste and adjust: a touch more vinegar for brightness or honey if the cherries are very tart.
2. Heat a BBQ or griddle pan until properly hot. Toss the mangetout and courgette slices with a little olive oil and a pinch of salt. Grill the mangetout for 1-2 minutes, turning, until lightly charred but still crisp. Grill the courgette slices for about 30-60 seconds per side until you get nice marks. Put aside.
3. Rub the steaks with olive oil, salt and pepper. Grill to your liking (as a guide: 2-3 minutes per side for medium-rare, depending on thickness). Rest on a warm plate for 4 minutes.
4. In a large bowl (or on a platter), combine the rocket, grilled mangetout and courgette. Add the pitted cherries.
5. Slice the steak thinly across the grain. Lay it over the salad. Spoon the dressing over the top (don't drown it—start with half and add more as needed). Finish with toasted almonds if using.

© Red Communications 2026



LIGHTBULB CAFE

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

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

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

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

Every 1st Wednesday of the month
10:30-12pm

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

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

01494 455736

COMMUNITY@WWFC.COM

WYCOMBEWANDERERSFOUNDATION.CO.UK



Rainbows, Brownie and Guides in High Wycombe

This summer term, as well as our weekly meetings, both inside and out, the Guides have enjoyed camping. Some Brownie units have been away for a weekend and the Rainbows have been having fun as well as finding out how to look after bees! One unit of Brownies in the town wanted to help the community so decided they wanted to do a litter pick on the Rye. We had had a few meetings over there and the girls were really upset about the amount of litter that they saw around. So, we borrow some litter pickers, hoops, and rubbish bags from the council and as a unit we set about collecting rubbish. The girls were amazing and we were very proud of their efforts. Here is a picture of a few of them when they had finished.



As some of our girls are moving sections, we have spaces for more Rainbows, Brownies, and Guides in High Wycombe.

Girlguiding is what each girl wants it to be. It might be the thrill of doing something for the first time, making great new friends or the buzz of getting a new badge. We offer a space where she can get creative, explore, become more confident, and most of all have fun. Girlguiding offers all girls an equal sense of belonging, no matter who they are or where they're from. Our units meet once a week in the school term (with occasional trips/activities at a weekend which girls can join in if they wish). All the units are run by experienced volunteers.

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

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

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

You will be able to see the units in the area and find out where they meet. Once you have registered your daughter, one of the local leaders will then contact you with more information.

If you are interested in volunteering with us, we also have spaces. Why not make an enquiry and find out more?

<https://www.girlguiding.org.uk/get-involved/become-a-volunteer/>

Chiltern Stroke Club

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

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

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

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

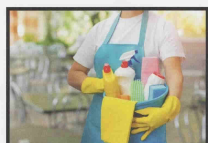
www.chilternstrokeclub.co.uk

Include your advert here!

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

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Call 07905 888098.

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One Can Trust—What to do if you need help

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

Tel: 01494 512 277

E-mail: office@onecantrust.org.uk

WADSAD Wycombe and District Sports Association

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

Come Dancing With Me

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Terriers Community Garden

**Terriers Community Garden
at the back of St Francis Church,
Amersham Road, HP13 5AB.
Tel: Valerie on 07733 794 021**

Hello to all struggling gardeners out there. It has been so difficult recently with the Drought and hose pipe bans. Our produce has been very low, but we are now getting a few tomatoes, we have had 3 cucumbers, and very few beans. The pumpkin plant has managed to produce 2 small pumpkins which we hope will ripen for the early Harvest Festival on the 20th September. Our Spring produce was a bumper amount of Garlic and Onions so we were pleased with that. The Church is planning another Pet Service on the 4th October where the pets come down into our garden after a blessing. After all the heat we have had, it will probably be pouring with rain. Which we really need. We have water containers all around the garden for the animals and to water essential plants and give them a chance. Our blueberries turned into raisins. Any Vegetable plants growing for next spring are living in the fruit cage to escape the butterflies.

One morning we came in to find a dead Kite, we think it came down to get some water and became a meal for the foxes or badgers who live in the Nature Trail etc. It was really beautiful, such a shame.

Our helpers have waxed and waned due to the extreme temperatures. The Garden still looks beautiful with the Amazing Geraniums, Petunias, Cosmos and various others which have flowered stoically.

Jane, Rik, and myself Valerie are still going on with a little help from occasional others. But we would love to add you and you are very welcome to come and pop in. Our regular days are Thursdays and Saturdays from 10.00 a.m. to 1.00 p.m. and our garden is at the back of St Francis Church, Amersham Road, by the traffic lights, HP13 5AB or ring 01494 473128 or 07733 794 021 and please leave a message.





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

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

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

Web: wycso.org.uk

E-mail: studio@wycombesound.org.uk

Tel: 01494 449900

REPAIR

CAFE	WHAT DO YOU DO WITH a cd player that no longer opens? a toaster that no longer works? a sweater with moth holes? REPAIR CAFE IS repairing broken items together, professional advice, encounters and inspiration
	COSTS? A voluntary contribution
Hazlemere Repair Cafe Hazlemere Community Centre Rose Avenue HP15 7UB	
4th Saturday of each month (not December) 10-1 (last orders 12.30)	
e: hazlemere.repaircafe@climateactionnow.uk	
CLOTHES FURNITURE ELECTRICAL APPLIANCES TOYS BICYCLES	

Wycombe Community Advice Hub

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

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

KNIT & NATTER

Relax • Create • Connect



Wednesdays at 11:15

St Francis of Assisi Church Hall
Amersham Road, High Wycombe, HP13 5AB

Enjoy a cuppa and a chat
 Knit, crochet, or bring any craft
 No experience needed - just drop in!

CHAMELEON SINGLES GROUP



Our summer events have gone well. Food events have been particularly popular including a Garden BBQ and a Fish and Chip supper both at member's homes. We also attended the Hazlemere Quiz evening with our team finishing in a respectable place. Once again, we visited the Rebellion Brewery in early July for a very enjoyable warm and light summers evening.

Our regular events continue including Lunch Club on the second Friday of the month, Pub Night on the last Monday and a monthly Zoom social where you can take part without even leaving home. Weekday morning coffee meets have proved popular and we are now expanding this to include venues around our area. All of these events are great places to meet other members and offer a warm welcome to those new to the Chameleon group.

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

Over the last few months Chameleon members have enjoyed a number of social events and we are always looking to include a greater variety. Our events are as broad as our members so why not join us and bring your ideas?

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 07720 383535, Trevor on 07879 332975 or e-mail: info@chameleonsingles.org.uk. Visit the group on-line at www.chameleonsingles.org.uk or search for us on Facebook and Nextdoor.

Find us on




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tel: 01494 926171

www.readeasy.org.uk/groups/chilterns/
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Cost: £15 per hour The Stables

Please call Rachel on 01494 715548 or 07594 649548

email bookings@hazlemereparishcouncil.gov.uk

or visit www.hazlemereparishcouncil.gov.uk

Local Faith Group information for Totteridge & Terriers



St Francis Church

Located on Amersham Road in Terriers. www.terrierschurch.org.uk

Our services are held every Sunday at 8am and 10am and on

Wednesday at 10:30am

Office email: churchoffice@terrierschurch.org.uk

Tel: 01494 297933 Office Tel: 01494 462911

Facebook: Friends of St Francis Terriers

Totteridge Baptist Church

Located on Hillary Road, High Wycombe, HP13 7RA. Services are held every Sunday at 10:30am - All are very welcome

Tel: 07760 651953

E-mail: totteridgebc.secretary@gmail.com

Web: totteridgebaptist.org.uk

Facebook: facebook.com/totteridgebaptist.church

Instagram: totteridgebaptist

St Andrews Church (C of E)

Located on Hatters Lane, High Wycombe HP13 7NJ.

Services are every Sunday at 10:15am.

Tel: 01494 - 529668

St Wulstans Catholic Church

Located on Hollis Road, Totteridge, HP13 7UN

Regular Masses both on Sundays and at other times during the week.

Tel: 01494 - 472576

St Augustine's Church (Catholic)

Located on Amersham Hill, High Wycombe

There are regular Masses on Saturdays, Sundays and during the week.

Tel: 01494 - 523969

Totteridge Mosque

(Wycombe Islamic & Mosque Trust Limited)

24 Totteridge Road, High Wycombe, HP13 6EB Tel: 01494 - 513440

Also Muslim Education Centre at 4 The Parade, Totteridge Drive

Tel: 01494 - 522786

Wise (Wycombe Islamic Society)

St Marks Close, High Wycombe, HP13 6GN

Tel: 01494 - 259194

Web: www.wise-web.org

CHARITY FUN DAY & FOOTBALL MATCH

The **ELLA EAST** **MEMORIAL CUP**

IN AID OF **HELEN & DOUGLAS HOUSE** CHILDREN'S HOSPICE

Ella's Dad

ELLA'S ALL STARS VS MOUNT FC

SUNDAY 30TH AUGUST 2026 **EVENT STARTS 1:30PM** **KICK OFF 3:00PM** **MAGNOLIA PARK HUGHENDEN VALLEY HP14 4LA** **FREE ENTRY!**

FAMILY FUN DAY!

BOUNCY CASTLE & FACE PAINTING FOR THE KIDS!

TOMBOLA RAFFLE NAME THE TEDDY

PLUS MANY MORE GAMES!

CASH BAR & FOOD FOR SALE

BEAT THE GOALIE

RAISING MONEY FOR Helen & Douglas House
your local children's hospice

TO CELEBRATE THAT ELLA WOULD HAVE HAD HER 10TH BIRTHDAY ON 1ST AUGUST

★ ★ COME ALONG, HAVE FUN & HELP MAKE A DIFFERENCE! ★ ★



Dry Weather Conditions

With the exceptionally dry conditions continuing the council wants to remind residents and people visiting Buckinghamshire of the heightened risk of wildfires at this time. Even though temperatures may have fallen the dry weather remains a risk even from the slightest flame or spark.

The council is asking everyone to stay mindful of the national advice at all times and avoid any activity that could start a fire. Trading Standards teams are supporting local businesses on the temporary ban on sales of disposable BBQ's. If you have one of these at home now is not the time to use it. They are already banned in country parks and residents are urged to follow the same approach in all park and open spaces.

New Strategy to help residents live independently for longer

Buckinghamshire Council has approved a new Better Lives Strategy setting out how adult social care services will help people live independently for as long as possible and access the right support at the right time.

The strategy outline a new approach focussed on prevention, early help and supporting people to maintain independence, helping people stay healthy, safe and connected to their communities longer. It aims to ensure people can access the information, advice and support they need before problems reach crisis point.

Built around three key themes—Living Independently, regaining support and living with support—the strategy sets out how the council will work alongside residents, carers, communities, health partners and local organisations to improve outcomes for adults across Buckinghamshire.

Residents can find out more about the Better Lives Strategy and the support available by visiting:

Buckinghamshire.gov.uk/better-lives-strategy



Volunteer with us

We welcome people from all walks of life and can be sure to find a role that suits you.

Would you be able to spare some time to help us support:

- ▶ People who have been impacted by homelessness?
- ▶ Young people?
- ▶ Children and Families?
- ▶ Individuals impacted by domestic abuse?
- ▶ Fundraising and administrative functions?

Scan the QR code to fill out an enquiries form!

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

Signpost
We're here for young people



YMCA

Here for young people
Here for communities
Here for you

ROTARY CLUB OF HIGH WYCOMBE CELEBRATES CENTENARY WITH TRIBUTES FROM TOWN'S BEST-KNOWN NAMES

James Corden, Martin O'Neil, Tom Kerridge and Mike Clare all appeared in a specially produced film screened at the Rotary Club of High Wycombe's centenary dinner in July.



The Rotary Club of High Wycombe celebrated 100 years of service to the town on Friday 24th July, bringing 245 guests to Wycombe Town Hall for a centenary dinner. The highlight was Celebrating High Wycombe, a specially produced film telling the story of the club alongside the best of the town, with filmed contributions from broadcaster and actor James Corden, former Wycombe Wanderers manager Martin O'Neill, chef Tom Kerridge and Dreams founder Mike Clare.

The Countess Howe, His Majesty's Lord Lieutenant of Buckinghamshire, gave an address, and a toast to the club was proposed by Rotarian Bob Maskell, Chair of Rotary Great Britain and Ireland. Guests also included Councillor Steve Broadbent, Leader of Buckinghamshire Council, and the Mayor of High Wycombe, Councillor Imran Hussain. Broadcaster and antiques specialist Eric Knowles FRSA was guest speaker, with the evening hosted by magician and Master of Ceremonies Brandon Barrett.

A second film paid tribute to the long-established, family-owned companies that sponsored the centenary. Young performers from the Pauline Quirke Academy staged an original piece, What Did Rotarians Do For Us?, and the Chiltern Music Academy Jazz Group provided arrival music. Guests also heard from Team GB Paralympian Nina Sparks in a live interview, and a multi-faith grace led by Rev Canon Tony Bundock reflected the club's connections across the town's communities.

Martin Crook, President of the Rotary Club of High Wycombe, said: "A hundred years is worth celebrating, but the real question is what the next hundred look like. Rotary only works because people give up their time, and we are actively looking for new members from every part of High Wycombe to carry this on. You do not need to be retired or well connected, just willing to muck in."

The dinner followed the club's Community Day at Adams Park on 18th July, part of a year-long programme marking the anniversary.

