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BEACONSFIELD *Local*



Features
Back to school open day dates
Halloween & Firework events
Bekonscot's 90th celebrations
Autumn fashion from Jak & Liza

Community News
News from the Mayor
Beaconsfield Society Walk to get you out
New community bus route & timetable from October

Bringing you community news & views in Beaconsfield

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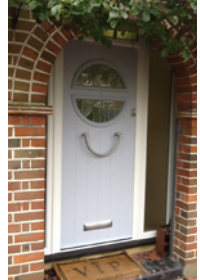
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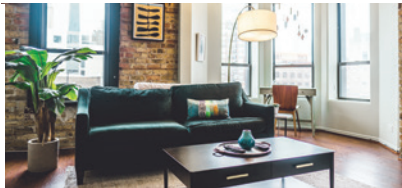
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Welcome to the September and October issue!

It's all about 'back-to-school' and as a mother of two, I am pleased that those days are finally over for me! I hope those waiting for A level and GCSE results got the grades you wanted.

I want to thank Beaconsfield School for their support and guidance to my youngest son, as he is finally off to Bristol University. It hasn't been the most direct route, but as the Mayor of Beaconsfield says, (p6) 'Each child is different and may not be academic'. We are all different, so nurture those unique talents.'

There is so much news in this issue: note the school open-days in the area (p14), the community bus continues to run, but needs your feedback and volunteer drivers (p48). Congratulations to Bekonscot Model Village for celebrating their 90th anniversary (p32), Universal Care have some exciting news (p26) and if you like walking, the Beaconsfield Society have mapped out a lovely walk for you (p53).

In the next issue I will be launching a whole new look and name for both my magazines in Beaconsfield and Amersham & Chalfonts. I am very passionate about the communities I work in, and my vision is to help connect as many businesses, charities, organisations and people as possible together.

Have a great couple of months and see you for the Christmas issue!



Therese

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Front Cover: Thank you to the girls from Alfriston School who are on a Duke of Edinburgh hike.

Left to right: Emma, Nina, Ellie, Megan and Lucie.

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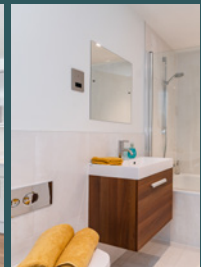
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The Mayor sends a message to parents

The Mayor of Beaconsfield, Alex Dunlop, held his Civic Service on Sunday 10th of July at St. Mary and All Saint's Church in Old Beaconsfield.

Alex gave a poignant and modest speech to an invited congregation of Mayors, Officers and recognised figures serving the Beaconsfield community. He thanked them, his family and friends for attending and announced that sadly, his father David Dunlop (who had been fighting bravely against cancer) had passed away only days before the civic ceremony. He spoke with passion about him saying he was, 'a great dad and a great man'.

Alex's chosen charities whilst in office will be: Macmillan Cancer Support (www.macmillan.org.uk) and Mind which are based in High Wycombe (www.mind.co.uk). Please help him and support his fundraising. (See below for his latest fundraising page where he rode the Prudential Ride London 100 recently)



As this issue focuses on 'back to school' his message to parents, was that not all children are 'academic'. Alex struggled at school but he has achieved so many other things and now runs a successful motor garage in Old Beaconsfield as well as being an active councillor and Mayor of Beaconsfield. He says: "Don't worry, they will find their way as he has done. Look for the little talents that make them unique". He thanked his parents for supporting him and spotting his potential.

To donate to the Mayor's Just Giving page visit: www.uk.virginmoneygiving.com/AlexDunlop3

A rewarding life as a police cadet

On Thursday 18th July, the Mayor of Beaconsfield, Alex Dunlop, was invited to make presentations at the Chiltern and South Buckinghamshire Police Cadet station Ceremony, held at the Beaconsfield School in Beaconsfield.

Superintendent Amy Clements and Inspector Dick Doggrell explained the process of recruitment for the Police cadets. The Mayor was interested in how volunteers were invited to join from all social areas.

Head Cadet, Samuel Wright, led the presentation of Cadets, followed by an inspection and the Cadet Oath. The mayor handed out Certificates of Achievement.

This was followed by the showing of a very interesting and enlightening video showing, 'A life as a police cadet' and apart from the



obvious commitment shown by the Cadets, they were having a lot of fun as well.

The Volunteer Police Cadets are a diverse group of young people aged 13-18 years who desire to support their local communities and gain a practical understanding of policing.

For more information visit: www.tvpcareers.co.uk/opportunities/cadets



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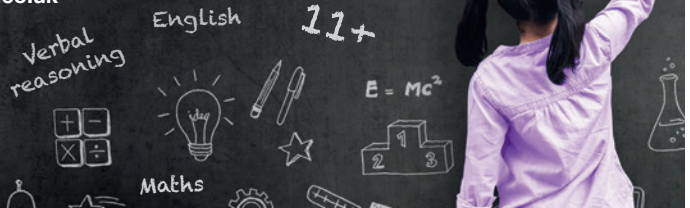
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Old Amersham Heritage Day – Scannappeal

8th Sept 11.30 – 4pm

A fantastic day for the whole family to explore the history of Old Amersham. Enjoy classic cars, steam engines, street food and browse a huge variety of stalls including the Scannappeal Pop Up bookshop. Please come and say hello and help support Scannappeal.

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News from Waitrose & Partners

FareShare is the UK's largest food redistribution charity, saving over 13,500 tonnes of good, surplus food from right across the food supply chain and redistributing it to nearly 7,000 charities and community groups via 21 Regional Centres.

These charities provide meals as part of their services to people in need – such as children's breakfast clubs, day clubs for older people, domestic violence refuges, homeless shelters and drug and alcohol rehab. units.

In 2017 FareShare provided enough food for 28.6 million meals (worth £22.4 million to the charity sector in savings), which helped to feed nearly half a million people. Shops simply input details of available food into an app and connected charities receive a text alert about which items are ready for collection. This builds on relationships shops already have with local groups, as well as recruiting new ones, with the technology making the process even simpler and quicker.



Waitrose & Partners does not send any food to landfill. Being a founding signatory to the Courtauld Commitment (the pledge of businesses to reduce food waste) Waitrose minimises surplus waste and provides training for all shop employees (Partners) on food waste reduction. Adopting the FareShare Go programme will be key in making their work in this area easier.



Waitrose & Partners Beaconsfield currently support 2 charities who have regular collections weekly with them.

Waitrose & Partners Beaconsfield have donated £1000 to the Beaconsfield community bus project in August through the community matters scheme.



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THE FESTIVE GIFT FAIR
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The biggest and most lively indoor christmas shopping fair in the Midlands is back!... with so much choice, fabulous bargains, mouthwatering food and drink and great musical entertainment.

This ever popular 4-day November Fair is a cracking start to the Christmas season for those in the know!

For more information and to book tickets please visit www.festivegiftfair.co.uk

To enter the competition please visit www.beaconsfieldlocal.co.uk/festivegiftfair



Home Counties Loft Ladders, Quality You Can Trust!

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Home Counties Loft Ladders come in.

The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50sqft of boarding and a light - all fully fitted in less than a day from just **£355!** But it's not just the affordability of the package that makes Home Counties Loft Ladders stand out, as manager Jamie Oakley explains: 'Our

watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

- that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call Jamie free on **0808 301 9558** and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



Need more storage space? INSTALL A LOFT LADDER AND USE YOUR LOFT!

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Alfriston girls are getting dramatic!

Girls at Alfriston School in Beaconsfield are looking forward to the day when their new performing arts building is opened.

Alfriston School is a state-funded secondary academy for 150 girls with learning difficulties. Each girl receives a bespoke curriculum to enable her to fulfil her potential, while addressing her needs.

The school, which is rated Outstanding by Ofsted, prides itself on its broad and balanced curriculum, alongside a wide range of opportunities that girls receive to enrich their education.

Pupils are often out-and-about in the community, gaining Duke of Edinburgh Awards, volunteering or on educational visits. Sport is also a large part of the school's week, whether it be in the state-of-the-art swimming pool (which opened in 2012) or out in the open taking part in 'Couch to 5k'.



The school has recently lent its minibus to Beaconsfield's Town 'Community Bus Scheme', which is currently being trialled: you might have seen the route and timetable publicised in Beaconsfield Local.

Alfriston is excited to be building a new Performing Arts Centre that will be the hub of all things dramatic. With this new building, the girls will have the facilities to develop the vital life-skills of social and expressive communication in an inspirational place in which they may learn and enjoy the performing arts. 🎭

Sing Your Pain Away!

Singing is so beneficial to our wellbeing, and has been shown to help reduce pain, lift our mood and improve our quality of life.

In September, we are planning to start a Gerrards Cross group singing class for wellbeing and fun, subject to getting enough interest.

For details please email jane@singyourpainaway.co.uk or call 07788 227654



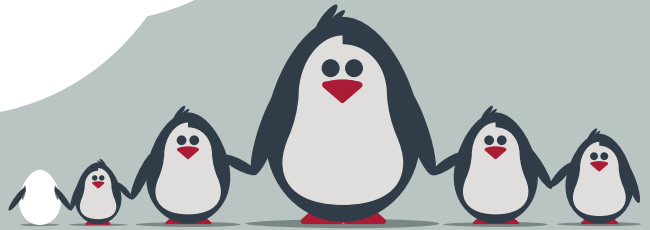
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Head-Hand-Heart

Every term is different in a school, but the Summer Term brings the opportunity to reflect back on our accomplishments and achievements, look forward to the future, and for some, new beginnings, to celebrate as a school community.

Many events took place during this term: St Mary & All Saint's School had an amazing Sport's Day where the children demonstrated excellent sportsmanship, teamwork and perseverance throughout the afternoon. Redgrave house were victorious and the trophy, adorned with red ribbons, is proudly displayed in our front entrance.

The Donkey Derby was another highlight of the Summer Term. Alex Dunlop, Mayor of Beaconsfield, was thanked for opening this year's event. The weather cleared and the sun came out to ensure another fantastic afternoon was had by all. Jenny thanked the PTA for organising another wonderful event, and the community,

for continuing to support the school. It really was a lovely family day with something for everyone.



Finally, like each year, the Summer term brought with it another cohort of Year 6 children who were ready to move onto the next chapter of their school lives. The end of year production of, 'Paws & Claws' was truly fabulous. The children also led a reflective and moving service at church on the last day of term, there was not a dry eye in the house!

"Don't cry because it's over, smile because it happened." - Dr. Seuss

Goodbye and Good luck Year 6!

Jenny Barnett - Headteacher 🌟

The Beaconsfield School awarded International Baccalaureate World School status

The Beaconsfield School has been awarded International Baccalaureate (IB) World School status, becoming the first provider in Buckinghamshire to offer the International Baccalaureate Career-related Programme (IBCP). For the first time, from September 2019, 16 to 19-year-olds in the region will have access to this world-class framework of education, combining vocational skills with academic excellence.

The IBCP is an internationally-recognised framework of career-related education for post-16 students that seeks to develop confident, critical thinkers who are prepared for modern life and equipped with the cross-cultural skills needed to succeed in their future careers, within the UK and across the world.

A global community of schools

The International Baccalaureate Organisation is a global not-for-profit organisation founded in 1968 that is active in 147 countries and has had 1.3 million graduates to date, from an

international network of over 4,700 schools and education providers.

What does the IBCP look like for students?

Each IBCP student will still continue to work towards a BTEC Foundation Diploma of their chosen specialism of Sport, Science or Performing Arts. Alongside the BTEC, IBCP students will complete two IB Diploma subjects, study the core IBCP skills of Language Development, Service Learning, Personal and Professional Skills, and produce a final Reflective Project. These core modules create well-rounded learners with an international perspective on the world.

For more information please refer to the IBCP website: www.ibo.org/programmes/career-related-programme/. For further information about the Beaconsfield School's 6th Form International Baccalaureate Career-related Programme, please visit www.beaconsfield.bucks.sch.uk or contact: Mrs F Palmer-Garrett: fpalmergarrett@beaconsfield.school 🌟

Is anxiety becoming more common in children?

Parenthood has evolved over the last 15 years; children no longer have the same freedom to play outside unsupervised because of parental anxiety about safety, whether from strangers or traffic, and indoors the great advances in technology resulting in online predators is another source of worry.

In other words, parents have much more to be anxious about, and children have much more to be protected from. Where once parents told their children 'not to talk to strangers' this is no longer just in the street but extends to strangers online, at the school gates - or on laptops.

Children have always been anxious when dealing with life's challenges or setbacks but now the consequences can be far more serious or even tragic. It is not easy for parents to be aware of what is going on online in the privacy of the child's bedroom. A child might be distressed (for example) at not being picked for the football team but the answer lies in helping the child to realise that this is just one of life's vicissitudes which has to be accepted and dealt with.



Parents need to do their best to ensure that their children have the confidence to speak to them about anything which is worrying them and help them to deal with it as best they can. It is all part of 'life experience' which ultimately the child will have to learn to deal with by him or herself to strengthen their resilience and reduce anxiety.

If children are taught resilience, self-esteem will improve and anxiety reduced, especially with exam-pressures from age 7. Exams cause stress and anxiety whether it's an academic test or a test on creative or physical skills, which are equally (or more) important. Children at age 10 might believe that they either 'pass' or 'fail' the 11-plus even though since the 1940s the official line is that there is no 'pass' or 'fail' - it is all about 'correct grading'. Nevertheless, the idea that you can 'fail' this exam persists and helps engender the anxiety that the child suffers.

Contact Jayne at Calm Little Minds for an informal and confidential chat. ☎



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☎ 07395 636 382



Beaconsfield Local School open day listings

Beaconsfield High School

Tues 24 Sept, 16.30 - 20.00
KS3-4

Tues 22 Oct, 08.50 - 11.10
KS3-4
enquiries@beaconsfieldhigh.
bucks.sch.uk
Registration not essential

Dair House School

Thurs 17 Oct, 10.00 - 12.00
Whole school
admissions@dairhouse.co.uk
Registration not essential

Davenies School

Sat 19 Oct, 10.00 - 12.00
office@davenies.co.uk
Registration essential

Gayhurst School

Wed 2 Oct, Nursery and
Reception
Wed 16 Oct, Year 3 and the
Senior School
Wed 6 Nov, Year 3 Assessment
Morning
enquiries@gayhurstschool.co.uk
Registration not essential

Maltman's Green School

Fri 4 Oct, 10.00 - 10.15: Arrival
and welcome
10.15 - 11.15: Tours of the School
11.15 - 12.00: Refreshments

and questions. Girls, ages 2 - 11
registrar@maltmansgreen.com
*Registration not essential but is
encouraged*

Royal Grammar School, High Wycombe

Mon 16 Sept, & Tues 17 Sept,
tours start 17.30. Headmaster's
talks: 19.00 and 19.30
Parents interested in boarding
are asked to arrive at 17.30. Year 7
Tues 22 Oct & Thurs 24 Oct,
Headmaster's talk: 10.15am. Year 7
01494 524955
Registration not essential
Please telephone the
Admissions Office, 01494
551422, to book boarding tours
on 22nd and 24th October.

Sir William Borlase Grammar School

Wed 18 Sept, tours 17.00 - 20.00
with presentations on each
hour. Years 7 - 9
enquiries@swbgs.com
Registration not essential
Please note: there is no parking
on the school site

St Mary's School

Sat 12 Oct, 10.00. Whole school
open morning
Thurs 17 Oct. Sixth Form Open
Evening
office@st-marys.bucks.sch.uk

The Beaconsfield School

Thurs 26 Sept, 18.00 - 20.00
Years 5 & 6
Fri 27 Sept, 8.35 - 10.30 Year 6
office@beaconsfield.school
Registration not essential

Thorpe House

Wed 25 Sept, 10.00 - 11.30
Nursery & Reception
Sat 12 Oct, 10.00 - 12.30
All years
Tues 15 Oct, 9.30 - 11.30
Registration not essential
but can be done via website
www.thorpehouse.co.uk

Tring Park School for the Performing Arts

Fri 4 Oct & Thurs 10 Oct.
Boarding pupils.
Fri 11 Oct. Day pupils.
01442 824255
info@tringpark.com
Registration not essential

Information is correct to the
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please check with schools
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DISCOVERING THE POTENTIAL IN ALL

Back to school: healthcare checklist

Dr Riccardo Di Cuffa, Your Doctor

1. New uniform?

Buying good school shoes is imperative for good foot structure and to help protect feet whilst they are growing.



2. Check with your GP that your child's vaccinations are all up-to-date.

3. Have you had your child's hearing checked?

It is important to identify problems early on in development as hearing

problems can go undiagnosed for months and even years.

4. Routine eyesight assessments are recommended for young children as up to 80% of what is taught in a classroom is presented visually.

5. Sleep is fundamental for body and brain development as well as your immune system. Depending on a child's age, the recommended hours of sleep varies - for 3 to 5 years old 11-13 hours of sleep is recommended; 5-10 years old need roughly 10-11

hours and for 10 – 17 years old, around nine hours of sleep is enough for the body and mind to function fully.

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Your Doctor **Your Choice**

Get set for Autumn

The female presence is strong at Your Doctor's Wexham clinic this Autumn.

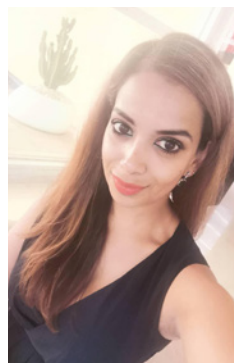
Long standing GP Dr Mathi Woodhouse is joined by our newest team member, Dr Rini Chakrabarti, in heading up the female GP team. Both women are highly experienced in women's health matters. Mathi also has a strong interest in health promotion and lifestyle optimisation, which has led her to avenues including a special interest in diabetes management.

Ever keen to explore new horizons, Rini recently worked in Melbourne, Australia for 2 years before returning to the UK.

Her pursuits lie not only in the medical field but also in the aesthetic field, contributing to her holistic approach to patient care, which fits with the Your Doctor ethos.



Dr Mathi Woodhouse



Dr Rini Chakrabarti

If you'd like to make an appointment with either doctor, please contact a member of our team on **0330 088 2020**

Your Doctor **Your Choice**

Back to school in good health with Revital

Beat the back-to-school bugs with A.Vogel's Echinaforce Chewables (£6.00 for 40), suitable for adults and children aged 12 and over, and Sambucol Gummies for Kids (£9.99 for 30) for children aged between 4 and 12 years.

revital
thinking of your health

For further advice ask in store at:

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Station Road
Beaconsfield
HP9 1QQ, or call
01494 678787



WIN!

We have one each of A.Vogel's Echinaforce Chewables and Sambucol Gummies for Kids to give away to three lucky winners.

Just answer the following: which birthday did Revital recently celebrate in Beaconsfield? (see p36)

a) 12th b) 17th c) 20th

To enter go to: www.beaconsfieldlocal.co.uk/backtoschool

N. Gillie

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Windows 7 comes to an end

Still using Windows 7? Unfortunately, all good things must come to an end. As of January 14th 2020, Microsoft will cease providing updates and security patches for Windows 7. That gives you a brief window in which to change to a new operating system.

What does the Windows 7 end of life mean?

When *Microsoft* ends its support of *Windows 7*, it means the cessation of all support, paid and unpaid, for the operating system. At present, the company is offering “extended support,” meaning paid support only. It no longer offers complimentary support that may have been included in a software license or licensing programs. Until January 2020, it will continue to provide security updates but no new design or feature improvements.

Can I use Windows 7 after Microsoft ends support?

You can certainly continue to use *Windows 7* after *Microsoft* stops its support. **However, you do so at**

considerable risk. One of the most important parts of managing your operating system is to ensure that it is protected from viruses, malware and other nasty infections that can derail your technology.

Hackers know that *Windows 7* is ending and will be looking to exploit the lack of updates and attack computer systems still using the operating system.

How can I address the Windows 7 end of life?

The best thing you can do is to plan to upgrade to Windows 10 well before January 2020. Here at PChelp4U, we can make this process very easy and hassle free for you and, if your computer is too old or not suitable for the upgrade, we can supply you with a new computer running Windows 10 and transfer everything across from your old one for you.

For all new computers, upgrades and repairs, please contact PChelp4U: **01494 860 052**

Email: **support@pc-help-4u.co.uk**

Web: **www.pc-help-4u.co.uk/beaconsfield-it-support** 



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If you, a friend or family member are having difficulty coping at home, working or carrying out daily living activities because of a physical injury, disability or mental illness, Phoenix Rehab are here to help.

Their team of highly qualified clinicians offer bespoke private Occupational Therapy services to adults of all ages.

Occupational Therapists help people improve their ability to function as independently as possible, so they can participate in activities that are meaningful and important to them. This can range from getting up and dressed in the morning, to being able to work or engage in hobbies or interests they can no longer do.

Phoenix Rehab provide home visits and can assist with:

- Home adaptations.
- Posture, seating and moving & handling assessments.
- Equipment recommendations.

- Workplace assessments and vocational rehabilitation.
- Support and advice to help you cope with chronic pain, fatigue or mental illness.

The Phoenix Rehab team pride themselves on offering a personalised service. They can provide anything from a one-hour consultation to a full assessment with an in-depth report of your needs and a package of 1:1 individualised therapy sessions to help you achieve your rehabilitation goals.

They are registered with the Royal College of Occupational Therapists and Health and Care Professions Council.

If you, a friend or family member are struggling to cope with day to day life because of a disability, injury, mental illness or age related condition, contact Phoenix Rehab to discuss your requirements on **07842 488319 / 07710 608959** or visit their website **www.phoenixrehab.co.uk** 



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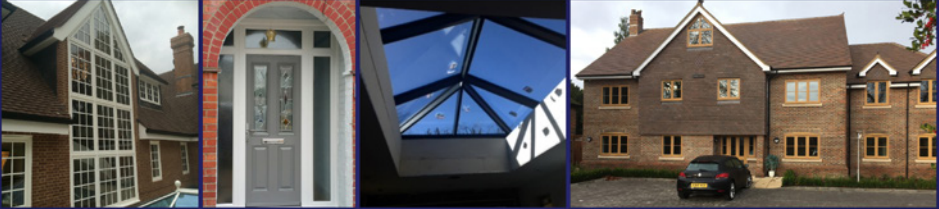
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Declarations of trust

You may have heard of having a Declaration of Trust in place if you own a property with a friend or a partner. But what are they?

Think of them as a form of arrangement between two or more people about how they hold their property. Much like they would have with a contract or agreement if they were in business together. It is just that by law land and property is held on trust.

The listing at the Land Registry shows who is recorded as the legal proprietor of a property (a bit like a V5 registration document for a car – which is not in itself proof of ownership). A Declaration of Trust then shows for whose benefit the property is held and on what terms.

Declarations of Trust are extremely important if you own property as an unmarried couple or if friends have bought together. The document enables you to record that the property is held as tenants in common, who

made what financial contribution to its purchase and how monies are to be divided on any sale.

A property is most likely your biggest investment. The unexpected can arise in any relationship, be that friends or couples. So, whilst you may think it pessimistic to put a Declaration of Trust in place in the exciting joint enterprise of buying a home with someone, the reality is that it is worth ensuring your interest is protected, not just for yourself but ultimately for your loved ones.

Declarations of Trust assist in avoiding future disputes (potentially resulting in costly legal battles) and they can even set out in what proportions each owner will contribute to the outgoings on a property and agreed procedures should one owner wish to sell the property. Declarations of Trust can also record that a legal proprietor is holding the property on trust for another or others with no interest themselves.

Very simple Declarations of Trust can record for HMRC in what shares a



property is held by a married couple (such as 90%/10% or 60%/40%) should they be splitting income between them on their respective personal tax returns.

**Janine Heil, Partner,
Leigh Duncan Solicitors**

Janine qualified as a solicitor in 2004 and set up Leigh Duncan in 2016 with her husband Ingmar. She has been acting in the sale and purchase of property for over 15 years, the last 10 of those have been based in Beaconsfield. If you have any questions, feel free to pop in and speak to Janine, Ingmar or any of the friendly team next time you are passing.



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Reassess your storage to restore your mind

A good declutter every once in a while can be very therapeutic for the soul. You are likely to feel less stressed and anxious, adopt healthier habits and sleep better. Having fewer possessions and a more organised home allows you to be more efficient with your daily tasks because everything you need is readily available and within reach.

But sometimes the thought of decluttering can be overwhelming. There are, however, many creative ways to roll up your sleeves and tackle the job at hand. One strategy is to try the 12-12-12 challenge by locating 12 items to throw away, 12 items to donate and 12 items to relocate within the house. Another method, invented by Courtney Carver from Project 333, challenges you to wear only 33 items of clothing for 3 months. You can alter the rules if it feels too limited, but the idea behind it is to recognise what you can live without.

A well-functioning home, free of clutter and with sufficient storage, goes a long way to improving how we live. We often need to get smart about storage to assess whether it is the built-in, floor-to-ceiling storage solutions or something else that fulfils those needs. Designated storage is far more efficient and useful than general store cupboards where, let's face it, everything gets lost in a vortex.

There are so many nooks and crannies that get overlooked in our homes, with the most obvious space being underneath the stairs - a dead space that can easily be transformed into an attractive hallway feature to showcase accessories with open shelving and hide shoes with smart cabinetry. If you are struggling for space in your home you could place shelving or cabinet units above door lintels, which does not impose on your floor space.



Another useful tip is to swap out lower cabinets for deep drawers, making it easier to see everything you have at a glance. Installing half-depth units can make items more easily accessible. Built-in customised storage can be expensive but it is tailored to your needs, making you more organised. Where possible, enhance your storage design with LED strip lighting, particularly in areas where your collectibles are nicely displayed on open shelving. Sideboards located in hallways, living rooms and dining rooms are desirable pieces of furniture that keep clutter at bay.

Creating smart storage for your children is just as important to minimise unwanted mess. Turning an IKEA bookcase on its side and adding a colourful foam cushion makes a great seating and storage solution. Transforming a bedroom's lacklustre closet into a kid's den to create a part reading nook, part storage space, optimises the floor space. If you are replacing your old coffee table with a newer one, transform it into a play table with storage baskets underneath. Take advantage of awkward wall space by affixing wall baskets or up-cycled crates to walls and install short picture ledges that keep bedtime reads within reach.

A tidy house won't solve all your problems but it can have a positive impact on your wellbeing and outlook so get busy this weekend and start decluttering!



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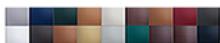
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When life changes, adapting may present some challenges and very often, choosing somewhere new to live for you or a loved one can be an emotional decision. At Porthaven's Woodland Manor Care Home, we know how important it is to make the right choice and our home has everything you or a loved one could possibly need.

What makes Woodland Manor such a good fit? Situated on the cusp of The Chilterns Area of Outstanding Natural Beauty in Chalfont St Peter, care is what we do best. Offering 24 hour residential, nursing, dementia and respite care, we carefully select only the most professional, dedicated and empathetic members for our team. We train them to our high standards which include respecting independence, privacy, and wellbeing for every resident. In our well-designed and spacious home, we have incorporated practical and community-minded features throughout. These include large bedrooms with en suite wetrooms, communal living areas, restaurants, a café,



cinema, hairdressing salon, leisure and wellness room and private dining room for special celebrations.

Woodland Manor is complemented by two acres of landscaped woodland garden, perfect for residents who wish to stroll, exercise or even garden. Fun and stimulation are always on the agenda at our home, with a dedicated leisure and wellness team creating an engaging programme of activities and events including trips out and musical entertainers.

To live well, look no further than life with us in Buckinghamshire. Why not give us a call on **01494 917671** and one of our knowledgeable staff will be happy to chat or show you around. www.porthaven.co.uk/chalfonts

Discover what makes Beaconsfield High School exceptional!

Join us at our Year 7-10 open events.

We are one of the top schools in the county for our A-Level and GCSE results, and our students' extra-curricular development and self-motivated learning is unsurpassed. When you join Beaconsfield High School you unlock the tools that will cultivate your future self.

So why not bring your remarkable daughter to one of our autumn open events and find out more? There will be talks by Rachel Smith, our Headteacher, Lorraine Couves, our Chair of Governors, Rachie Ing, our Head Girl, and a Year 7 and Year 8 student who will share their Becky High experiences. Year 8 and Sixth Form students are looking forward to taking you on a tour of our school, during which you'll have the opportunity to chat to staff and student Subject Ambassadors about their particular subject areas. You can even take part in some



hands-on activities during the September open evening!

There's no need to book, but please note the timings for the talks in the main hall and the final tour:

Open evening

24th September: 5pm, 6pm and 7pm (last tour 7:30pm)

Open morning

22nd October: 9am and 10am (last tour 10:30am)

In the meantime, to find out more about our exceptional school go to beaconsfieldhigh.bucks.sch.uk or get social with us on Facebook (@BeaconsfieldHS), Instagram (beaconsfieldhighschool) and Twitter (@Becky_High).

For admissions enquiries, please email enquiries@beaconsfieldhigh.bucks.sch.uk

Pillowtalkhome adds colour into your home

As the sun-drenched days of summer fade from our memories and cooler temperatures arrive, heralding the start of the new autumn season, the bright colours and cooling pastel shades are replaced by the rich warm tones of autumn.

As we pack away our flip flops and prepare to update our wardrobes, don't forget it's the perfect time to update your home interiors too!

The beauty of the autumn season is the constantly changing colour palette. The trendy shades for the 2019 autumn season are inspired by the autumn leaves changing from green to golden. Burnt orange, warm ochre, teal and navy are all the rich warm jewel colours of the season. If you don't want to bother with redorating, changing your curtains or window dressings, adding a few 'statement' cushions or draping a snuggly-textured throw across your furniture are all simple and economic



ways to update your décor and transition from summer to autumn.

If colour is not 'your thing', remember the importance of texture. A neutral interior colour scheme can be brought to life by mixing richly textured throws and cushions, velvets, faux furs, knitted fabrics and wooden blinds to your windows, adding warmth to your décor. Available in a huge range of natural wood finishes and colours, wooden blinds are a clean and contemporary way instantly update your home.

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Chairman & joint founder Peter Cullimore says,
"Since my late wife, Gillian and I set up Universal Care in 1986, I have seen the company develop in many ways. I am really pleased the Charities Commission have accepted the application for Universal Care to become a charity. We strive to carry on improving our care to those who need it and also to look after our valuable and exceptional carers"



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How do you know everything is all right with your eyes... ?

Sight is the most precious of our senses. We all know how quickly time goes and how easy it is to think 'it'll do that next week' and before you realise it another fortnight has passed!

Even if you have had an eye-test recently when the optician said everything was 'fine', it always pays to be vigilant for any signs or symptoms.

Here are some things to be aware of:

1 Seeing flashing or floating spots that come on very suddenly. If you are prone to migraines it could be a visual migraine, but a sudden onset of flashing lights - especially in one eye - can indicate other conditions that may require treatment. Sudden and severe

eye pain should also be checked promptly.

2 Hazy, blurred or double-vision might not just be a sign that your glasses require updating. It is advisable to seek advice as it may be linked to changes in medication or other eye-related issues.

3 Recurrent pain in or around the eye. There are lots of nerves and blood vessels in and around the eye, so it is advisable to get any persistent pain checked.

4 If you see rainbows or halos around lights, an optician can advise whether these need further investigation.

5 You might have seen floating 'spiders webs' or 'black insects' in your vision, especially when looking at a



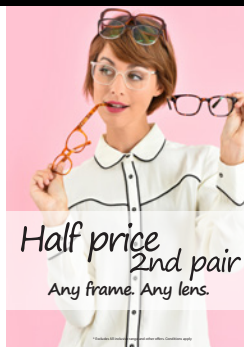
white background.

Even if you have had these checked and been advised that it is a common effect of cellular debris inside the eye, any sudden onset of these - especially in one eye - should be checked, ideally the same day. This effect, along with seeing a 'curtain coming down' over one eye, can indicate a problem with the retina.

The great news is that most of the signs and symptoms (if checked and treated early) have an excellent final outcome. As we all know, prevention and early treatment is the aim in all medical matters. Ensure you have a regular eye test. Above all, if you are concerned about anything eye-related, ask your optician. 📞

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HearWeGo Audiology – about the practice

The *HearWeGo Audiology Practice* was set up in in January 2018 in Northwood, a beautiful suburb of London.

The practice did so well that they opened a second branch, in Beaconsfield, in March 2018. They specialise in invisible and premium technology hearing devices.

HearWeGo Audiology Practice is one of a kind, where they provide audiological tests for all ages (babies to senior adults).

The directors (Preet Nijar and Hina Khan) at *HearWeGo Audiology Practice* have a combined 25 years of experience in the NHS. They are fully independent practitioners with access to the world's leading hearing aids/ devices manufacturers.

They are passionate about delivering a caring and personalised bespoke hearing solution to you and your loved ones. 🎧



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Enjoy Beaconsfield's Countryside

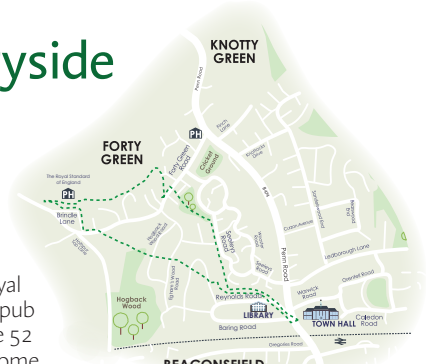
The Beaconsfield Society's 'Enjoy Beaconsfield' initiative, aims to encourage people to get out of their homes and to enjoy the beautiful Chiltern countryside which surrounds us.

This initiative has been supported by a grant from Buckingham County Council through the Beaconsfield Local Area Forum. This has enabled the Beaconsfield Society to produce an attractive leaflet (designed by Kirsty Godrey of Qapela Design) detailing 6 long and 6 short walks local to Beaconsfield.

More walk detail is available using the QR codes on the leaflets or downloading directions for the walks from the Beaconsfield Society website www.beaconsfieldnow.org.uk The leaflet containing a map and directions for all 12 walks is available from the library and the Town Hall but is proving very popular, so get your copy soon.

The walks are all circular and some include local hostelries (like the one featured here which takes

in The Royal Standard pub - see page 52 and 53). Some of the shorter walks can be experienced as guided walks by joining Simply Walk, a Bucks County Council Initiative, from the Beaconsfield library on Thursdays at 10.15am for a 10.30 start. It is hoped if this leaflet pilot is successful the leaflets will be printed on more durable material in the future and that a cycle route map will be featured too. Enjoy "Beaconsfield Walks"!



Get ready for the GX fun run 2020!

Preparations are already underway for the next Gerrards Cross fun run, scheduled to take place on East Common 17th May 2020! This fantastic event takes place every two years, attracting 1500 race participants and hundreds more supporters and volunteers.

To enter the race, you simply need to register online via our website www.gxfunrun.org.uk.

Registration will open in February next year but there is no time like the present to get race



fit! If you're new to running, there's plenty of help available online to get you started. Run plans such as the NHS *Couch to 5k* and *None to Run* are just two that are available giving advice and guidance on how to build stamina and maintain commitment. If, however you are looking for more social interaction, joining a local running group such as Gerrards Cross and Beaconsfield *Running Sisters* or Chalfont St Peter *Fit to Run*, may be the answer with fellow runners offering motivation, tips and encouragement. To find out more about these running groups search online.

The biennial GX fun run raises money for local charities and provides an opportunity for families and friends to get together and enjoy the camaraderie of the day with food and drink stalls, children's entertainment and live music.

Everyone is welcome whether you are taking part in the race or simply want to come along to enjoy the festivities.

For more information visit website: www.gxfunrun.org.uk

Less pressure – more fun

It has recently been reported that our children are under more pressure than they ever have been before. We all worry about the social pressures our children face. With social media, online bullying and mounting academic pressures from an ever younger age, something, somewhere must give.

Having an outlet like playing the piano, but without all the pressure to pass exams, could be advantageous to our children's mental wellbeing. Many music teachers may suggest taking exams to measure success but with all else our children face, is this always the right path to take? Talk it over with your piano teacher and decide between you: exams can always come later - let's keep music fun!

Children do need an outlet to express themselves without the pressure of being judged. Music and learning an instrument, especially the piano, should be something they see as fun. Adding exams into the mix from a young age could potentially take that enjoyment away. With this in mind, why do we consider testing our children so early on? The



important question then, is: what is the goal of music lessons for your child?

The upshot of it is that yes, we want the very best for our children: we want them to not only succeed academically but to shine creatively too. We just need to realise that they are children! This is the time they should be having fun, and a piano is something we should play for enjoyment. This easy-does-it attitude will encourage, not dissuade your child and eventually, when they are ready, they are much more likely to actively seek out piano exams.

If you are looking for a piano for your child, come and talk to us. We are a well-established, family-run business. We know how important your family is to you, as ours is to us, and we are here to help, anytime you need us.

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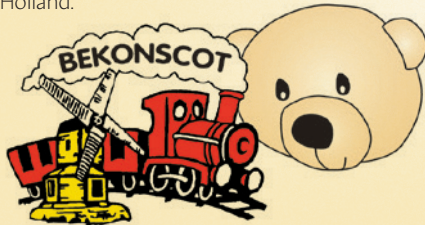
Congratulations to Bekonscot Model Village & Railway on its 90th anniversary.

The Mayor of Beaconsfield (Alex Dunlop) and Managing Director (Brian Newman-Smith) unveiled a plaque on Saturday 3rd August 2019 to celebrate the 90th anniversary of Bekonscot Model Village and Railway. Beaconsfield's Town Crier (Dick Smith - who celebrates his 50th year in office) opened the event in his usual enthusiastic way!

The village held a special 1930's-themed event, and was open to the members of the public. Professor Crump - everyone's favourite clown was on hand to welcome children, parents and some 1400 visitors! It is interesting to note that Queen Elizabeth II (then aged 10) and her sister Princess Margaret visited the Village in 1936! (see image)

Two of the visitors played a part in salvaging and restoring Enid Blyton's sundial clock, sitting at the top of the brick mount to where the plaque is located. Kari Dorme salvaged the sundial from the tip when Enid's house was demolished and Bo Killander project-managed the restoration with Frank King, painstakingly restoring the numbers on the dial to their original glory!

After the unveiling, guests were invited to St. Teresa's Church Hall for refreshments, the cutting-of-the-cake, and the MD's speech. Brian Newman-Smith gave an inspiring and enigmatic speech highlighting interesting facts about the history of the Model Village. He was particularly moved by a gift sent over by the family of a war hero, a map produced (pictured top right) of a model village based on Bekonscot built as the memorial-place for Jules Madura, who lived in Holland.



Dick Smith, Mayor of Beaconsfield, Brian Newman-Smith & Professor Crump

Brian ended by thanking his small but very committed and loyal staff at Bekonscot. Their hard work and dedication enable them to run an amazing and magical place that gives so much joy to children, families and other visitors. The village became a Registered Charity last year, which means they can claim gift-aid and raise money for local charities each year.

For more information see website: www.bekonscot.co.uk

Left to right: Bo Killander, Kari Dorme, Frank and Jenny King, Erik Brännmo (Bo's nephew)



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Left to right: Andrew March, Barry Hewitt, Dawn Randall, Cathy Sturrock, Karin Weatherall, Chris Nickson, Brian Newman-Smith, Dan Levy, Smiley Buckland, TJ Newman Smith, Lauraine Crowther, Peter Crowther, Janet O'Brien, Clive Chilton, George Hill, Andrew Nichol



Dick Smith, Maura Buckland, Alex Dunlop, Brian Newman-Smith



Queen Elizabeth II (then aged 10, right) and her sister Princess Margaret (left)



Left to right: Muriel Pepler, Lord Lieutenant of Buckinghamshire - Sir Henry Aubrey Fletcher and councillor David Pepler



Roland Callingham, founder

Beaconsfield Library Events

September 2019

- **Tuesday 10th 10.00am - 10.30am: Storytime** for under 5s resumes today after holiday break.
- **Friday 13th 10.30am - 11.30am: Remember Remember** - join us for a coffee and a chat about school memories.
- **Saturday 14th 2.00pm - 3.00pm: Lego Club** for children 4+ years old with parental supervision. Drop-in session.
- **Friday 27th 10.00am - 12.00pm: The World's Biggest Coffee Morning** - join us for a cuppa and a cake in support of Macmillan Cancer.

October 2019

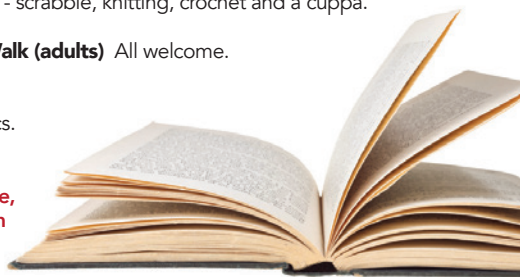
- **Friday 11th 10.30am - 11.30am: Remember Remember** - join us for a coffee and a chat about favourite books and reading.
- **Saturday 12th 2.00pm - 3.00pm: Lego Club** for children 4+ years old with parental supervision. Drop-in session.
- **Saturday 19th 10.30am - 11.30am: Autumn Flowers** - a demonstration by Pat Cox from Gerrards Cross Flower Club. Drop-in session.

Weekly Activities

- **Tuesdays 10.00am - 10.30am: Storytime** (children under 5)
- **Wednesdays 10.30am - 12pm: Wednesday Club (adults)** - scrabble, knitting, crochet and a cuppa. Everyone welcome.
- **Thursdays 10.15am, ready to depart 10.30am: Simply Walk (adults)** All welcome. Tea and coffee in the library after walk.

Learn My Way – Introduction to FREE online computer basics. Booking essential.

Look out for more activities in the library or on the website, including Libraries Week (8th -12th October) and half term events.



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you can search for an event or activity and its location on the library website.



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Courses range from one-day workshops to five-week courses and Term and Year courses during the daytime or evenings, or at weekends. Sessions at our Adult Learning Centres include Beaconsfield, Gerrards Cross, Iver, Amersham and Chesham and local village halls or community centres.

New for Autumn 2019 – We are pleased to be able to offer some new courses this year, including Flamenco Dancing, Massaging Skills, Manicure and Pedicures and Touch-Typing.

One of our students said: “Our tutor is encouraging us to speak lots of German. I’ve been teaching myself at home but since I’ve been coming to this class, I can now speak German and my confidence is increasing.”

Search for the full list of our courses and enrol at
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Celebrating 17 vital years in Beaconsfield

It's hard to believe but 2019 marks Revital's 17th year in Beaconsfield. We're pleased to report that growing demand for natural health and sustainable supplements has seen us grow over the years and now we're able to offer even more variety than ever before.

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As a thank you for your loyal support we're giving you **10% off everything** when you present a copy of this magazine at the checkout.

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Here's to the next 17 years!

Every 8 days a baby is born with MPS

The MPS Society was delighted to be chosen as the beneficiary charity at the recent cheese and wine night organised by Beaconsfield Rotary, held at Bekonscot Model Village and Railway.

The MPS Society is the only registered UK charity providing professional support to individuals and families affected by Mucopolysaccharide (MPS) and related diseases throughout the UK and locally in Buckinghamshire, where their head office is based. MPS diseases are a group of 25 rare and incurable genetic conditions which cause progressive physical disability and, in many cases, severe degenerative neurological deterioration. Every eight days, a baby born in the UK is diagnosed with MPS or a related disease.

The MPS Society's vision is for all people affected by these diseases to live the lives

they want. The charity strives to transform lives through specialist knowledge, support, advocacy and research.

They were delighted to meet the Mayor of Beaconsfield and Councillor Alex Dunlop at the event and over the moon that the cheese and wine event managed to raise £1,000. The charity will put this to excellent use supporting the families that need it the most.



Anna Featherstone, Head of Fundraising, with Mayor of Beaconsfield, Alex Dunlop

The MPS Society is entirely reliant on donations, if you would like to make a donation or read more about the support they offer please visit www.mpsosociety.org.uk.

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Money – why it’s good to talk

Do you discuss your finances with your nearest and dearest? In many families, having a frank discussion about wealth still remains a taboo.

However, with younger people needing to learn the money management skills that will stand them in good stead throughout their lives, and the older generation often requiring help with their finances in their later years, it’s important for children and parents of any age to be able to communicate effectively about family wealth issues.

Overcoming the barriers

Some families find it difficult to discuss wealth. It’s not uncommon even today for married couples not to know how much money their spouse earns. Well-off parents can sometimes shy away from letting their children know too much about their wealth, in an effort to prevent them becoming complacent about what they might inherit in the years to come and losing their work ethic. Older people don’t always like to dwell too much on the future, finding it difficult and distressing to raise issues about death and inheritance with their loved ones. However, taking the time to discuss important financial matters with other family members will help to ensure the right financial plans are in place to safeguard family interests.



Here to help

Openly discussing wealth matters with your family can help establish priorities, clarify goals and ensure plans are put in place to support each generation according to their financial needs. We are increasingly being asked to be part of these conversations, not least because it’s often easier to start the conversation with the help of a third-party professional to help get over the possible awkwardness of how to start the conversation.

Taking the time to discuss important financial matters with other family members will help to ensure that the right financial plans are in place to safeguard family interests

Many people believe that establishing an up-to-date will is all that needs to be done to put in place financial arrangements, however this often only focuses on the major formalities of estate planning.

Communication is key and our “When I’m Gone” Guide deals with the softer aspects of one’s estate. It can be the starting point towards a more open understanding with the family and hopefully leading to an appropriate outcome for all.



Please contact us if you require a copy of our When I’m Gone Guide, available as a hard copy or electronic.



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Phone Scams

Phone scams are a common way for criminals to con people out of money using various tricks to get your personal or financial information. This article looks at some of the common phone scams and discusses what you need to look out for and how to stay safe.

What are more of the common types of phone scams?

Computer repair scams - A scammer may call claiming to be from a well-known IT firm helpdesk, such as Microsoft. They'll tell you that your computer has a virus and will ask you to download 'anti-virus software', possibly at a cost.

This turns out to be spyware, used to get your personal details. Legitimate IT companies don't contact customers this way.

Compensation calls - This is a call asking about a car accident you've supposedly had, claiming you may be entitled to compensation. Don't engage in these calls. If you've had an accident, call your own insurance company on the phone number provided on your policy.

HMRC scams - This is a call from someone claiming to be from HMRC saying there is an issue with your tax refund or an unpaid tax bill. They may leave a message and ask you to call back. Again, don't be fooled by this. HMRC would never contact you this way and would never ask you to reveal personal financial information such as your bank account details.

Pensions and investment scams - This is a call about an 'unmissable' investment opportunity or offering you the opportunity to access your pension cash earlier.



Nuisance calls about pensions are now illegal so report it to the Information Commissioner's Office on 0303 123 1113.

'Anti-scam' scams - This is a call from someone claiming to be from a charity supporting scam victims, a company selling anti-scam technology, or from someone demanding money to renew your Telephone Preference Service registration, which is actually free. Be alert to all of these. Check a charity's registration with the Charity Commission to find out if they're genuine.

A previous edition of this magazine provides the following helpful information including:

What should I do if I get a scam call?

How can I avoid phone scams and cold calls?

How can I report or make a complaint about a cold call?

What should I do if I've been a victim of a phone scam?

AgeUK has an excellent website where further information is given, see <https://www.ageuk.org.uk/information-advice/work-learning/technology-internet/internet-security/#>

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Jak & Liza

Time to change your wardrobe for Autumn

It's always lovely when there is a change of season, especially in the world of fashion where injections of new colours and trends lead us to spice up our wardrobes.

The new collection here at Jak & Liza brings warm tones of terracotta, blush and teal, with lots of feminine styles and lovely knits that teamed together take us effortlessly into the Autumn.

Sam Newwright
(Proprietor at Jak & Liza)

Lots of interesting knits in a variety of colours and styles. Shown here is a long scarf over chunky belted cardigan in Claret with tobacco and ivory print detailing by Charli



There's a strong emphasis on tailoring, with trousers being higher waisted and looser fitting for the coming season with a definite focus on knits and shirts with wider cuffs and longer sleeves.



Winter white cashmere blend sweater with fluted wide sleeve detail worn here with wide leg trousers edged in slate grey by Charli



Super warm and yet lightweight oversized faux fur coat in tobacco. This season's totally on trend must have piece, by Paisie

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Girls win tournament!

Beaconsfield Cricket Club colts are no strangers to silverware, with many a trophy won in various age groups over the last ten years, but the latest team to secure a prize is a little different to those that have gone before.

The Wooburn under 10s 6-a-side Kwik cricket festival has been an annual fixture in the colts' calendar since 2000 and is a popular event that attracts teams from many local clubs. This year, following a membership explosion for 2019, Beaconsfield were able to field no fewer than four teams, an impressive three of which were all girl sides, the only ones to compete in the tournament! After a fun, competitive day of cricket, one of those teams made it to the final where, after a hard fought game, they beat Winchmore Hill boys on the last ball of the final over, by one solitary run, to make history as the first all girl team to win the tournament.

To those who have visited the club on a Friday night this will come as little surprise, as over 100 girls and women can be seen working hard at training each week. Since its inception in 2015, the number of girls playing has increased tenfold, a testament to the dedication of a small team of parents and



Poppy Lloyd, Alice Richardson, Georgie Lloyd, Camilla Bartlett, Tess Easterbrook and Grace Reeves.

coaches led by Stewart Easterbrook and Gary Partridge. The club now boasts all girl teams at u9, u10 and u12, with a number playing in the Bucks County teams and development squads. The girls have developed not only their cricketing skills but leadership and tactical skills, developing firm friendships along the way with girls from almost every local school.

If you'd like to find out more about cricket for girls, boys, women and men at Beaconsfield CC, contact the club via their Facebook page or by messaging them on Twitter. 🐦



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Wheelhouse Vets offer £35 off any treatment for all new customers

I was pleased to meet Stacey, the Group Nursing Manager, from Wheelhouse Veterinary Centre in Beaconsfield.

This newly-opened clinic is part of a group of four, closely aligned with Chalfont St Giles Centre, offering support for major operations, and x-rays. The veterinary and reception staff are shared with Chalfont St Giles. I recommend the vets and nurses here, who offer a personal and friendly approach and obviously care about the health and welfare of our pets.

There are two consulting rooms, one for the on-call vet and one for the nurse. They encourage clients to meet the nurses as well as the vets. Each room is fully kitted-out for basic consultations. The clinic sees all small animals - cats, dogs and rabbits, guinea pigs, snakes and lizards!



There are kennel spaces for up to 10 small animals during the day, which can be enlarged for larger animals (eg dogs). The cages are positioned to face one way to discourage any animal getting distressed. Overnight-stay pets are sent to Chalfont St Giles.



Wendy Toft (head receptionist) and Stacie Smith (nursing manager)

There is a separate room for preparation for operations and dental work. Dental x-rays will be available shortly. Small operations take place in the state-of-the-art operating theatre, using the latest technology to give near completely sterile conditions. A new operation on offer is keyhole spays. This is a minimally-invasive technique for spaying female dogs and gives a much faster recovery time. If you are worried about the cost of caring for your pet, Wheelhouse also have their own healthcare plan for cats, dogs and rabbits. Please enquire for more information.



With free parking for up to four patients, new patients will receive £35 off any treatment. Why not give them a call and book your pet in? Free nail clipping if needed is performed by the nurse. (Not available for the owners!) Pop in for a chat about your pet - they look forward to meeting you.

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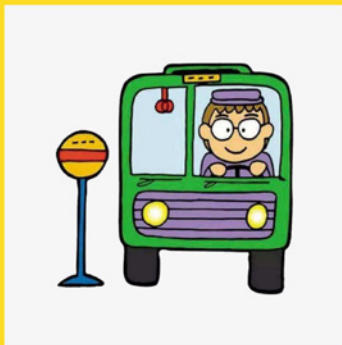
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Contact Jeannette on 01494 675173 or email project.admin@beaconsfieldtowncouncil.gov.uk

Beaconsfield's Community Bus NEW route approved! (See inside back cover for full route)

The bus will run on TUESDAYS and THURSDAYS from 1st October - 31st March 2020

Thank you to Waitrose in Beaconsfield for donating £1000 to the extension of the trial bus scheme and Beaconsfield Advisory Centre and Beaconsfield Town Council



WAITROSE
& PARTNERS

Go to pages 62 and 63 for FULL bus route and timetable. For ONLINE bus route and timetable go to: www.beaconsfieldtogether.co.uk/beaconsfield-communitybus



Beaconsfield Community Bus continues



The new Beaconsfield Community Bus, which started earlier this year, has been well received with over 500 recorded trips in its first few months. The trial was initially planned to end at the end of August, but due to its positive impact on the local community, Beaconsfield Town Council have extended the trial for another 6 months.

To enable this initiative to expand and provide a more robust community bus service they are looking for more volunteer drivers to come forward. Training will be given. See opposite advert for more details.

To give your feedback so far about the community bus scheme please help the council by filling out the questionnaire. See to the right for more details.

Thanks go to our volunteer drivers and conductors, Alfriston School, the Beaconsfield Advisory Centre and sponsors: Buckinghamshire CC Local Area Forum, South Bucks DC, Sunrise Senior Living, Stuart Fantham Solicitors, The Simpson Centre, Ashington Page and Waitrose.

Community Bus Questionnaire

Name

Address or Road Name

Postcode

Ageunder 16/adult/over 60

Reason for using the bus:

- Shopping Social
 Work / Appointment School
 Other

Write reason here

Which bus stops do you use?

.....
.....

What days do you prefer?

- Monday Tuesday Wednesday
 Thursday Friday Saturday
 Sunday

What times would you prefer?

- 08:00-9:00 09:00-10:00 10:00-11:00
 11:00-12:00 12:00-13:00 13:00-14:00
 14:00-15:00 15:00-16:00

How could we improve?

.....
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Fill in and return to Beaconsfield Town Council, Penn Road, Beaconsfield or take a photo of the form and email: project@beaconsfieldtowncouncil.gov.uk or fill in online at www.beaconsfieldtowncouncil.gov.uk/



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Beaconsfield Walks

Beaconsfield Society have produced a number of delightful walks around Beaconsfield for us to enjoy.

Here is a wonderful walk from Beaconsfield New Town to the Royal Standard pub.

If you would like the full PDF copy to print off, please visit our website: www.beaconsfieldlocal.co.uk/walks

Enjoy!

Beaconsfield New Town to Royal Standard Forty Green circular walk with mostly paths, woods, fields crossing minor roads. Distance = 4.5 miles / 7.2km

With your back to the Town Hall Green, cross to Barclays Bank, cross Baring Road and proceed down Reynolds Road to the Library. Cross the road to follow a narrow path with a fence to your right. Reach an unmade footpath T junction. Turn left along this path and walk about 100m to reach a trifurcation of paths to your right. Take the middle of this trifurcation along a narrow path to reach the end of a cul-de-sac – Malkin Drive. Follow this road round to the left to reach a T junction with Woodside Avenue. Turn right and then cross the road and almost immediately left into a narrow-unmade path with a high fence on the left.

Continue until the end to another road, cross straight over and continue to another



unmade path. Follow to the end and another road junction this time with Egham's Wood Road. Cross this road to follow the path straight ahead to another road, Hog Back Road. Cross over and into Hog Back Wood.

Entering the wood ignore paths left into the wood, right over a stile, take path straight down between 2 fields often with horses. The path goes down and then steeply uphill to a stile. A short flat stretch reaches another stile and a road.

Opposite is Roundheads End, livery stables to your left. Turn left along the road passing the gates to the small livery on the left and down a short

dip passing a sign posted path to the left. Do not follow this path. Continue along the road and shortly after this turn right up Brindle Lane – a short cul-de-sac. Reaching the top of the short hill the road becomes unmade and bears left.

Straight ahead are fields. Follow the unmade road to the left.

Continue until you reach a few houses and on your left The Royal Standard Public House for an **optional pit stop** www.rsoe.co.uk/

Return along the same unmade road back to the top of Brindle Lane. Bear left into the field through the stile.

Turn sharp right along the

cottage fence and through another stile and short path before another gate into a large field. Keep close to the right-hand border of this field, heading downhill with the gardens of houses to your right. Walk up hill to the right-hand corner and through a kissing gate. The path continues uphill through a section of low bushes and compost piles from the houses on the right. Pass through another 2 kissing gates into the top field. Keep to the right-hand fence and follow round to another kissing gate.

Go through to reach an unmade road between 2 houses. As the road bears sharp left take the narrow path between fences eventually reaching the allotments on your left. Continue until the edge of the allotments and a kissing gate onto Forty Green Road. Turn left along Forty Green Road for a short distance, turn right into Eghams Close.

Walk to the end and on the left follow a woodland path along the edge of garden boundaries and fences on the right and Threshers Wood on the left. Follow the path as it turns

sharp right and then continues along the backs of houses until reaching a road – Woodlands Road. Cross straight over to another path. Follow this with a fence on the right and greenery on the left along the backs of gardens.

Continue until you reach the trifurcation point and its junction with the main unmade path you started on.

Turn sharp left and follow this path about 100m until you see a path on the right up a short sharp slope and between a fence on the left and high trees on the right. This short path emerges on the green triangle opposite the library. Turn left along Reynolds Road to Waitrose and your starting point.

For more walks please visit www.beaconsfieldsociety.org.uk 



Spooky Halloween Listings

Chiltern Open Air Museum

Fri 1st Nov 5pm -9pm, last admission 7.30pm

Spooktacular family Halloween event. Don't forget your torch: it will be dark! Chiltern Open Air Museum Newland Park, Gorelands Lane, Chalfont St Giles, HP8 4AB | 01494 871117 | enquiries@coam.org.uk

Hellfire Caves

Sat 26th Oct - Sun 3rd Nov

See the Hellfire Caves transformed!
Family Fun 10 am - 5 pm. No booking required
Halloween Fancy Dress Competition Mon to Fri, 1.15pm
Hellfire School of Witchcraft & Wizardry -
Mon 28th Oct to Fri 1st Nov, 11am, 12.30pm & 2pm. Booking required - call 01494 533739
The Hellfire Caves, Church Lane, West Wycombe, High Wycombe HP14 3AH | www.hellfirecaves.co.uk

Waddesdon Manor

Sat 26th Oct-Sun 3rd Nov

Horrible Halloween October half-term Halloween trail. Crafty activities for everyone. Kids Halloween Afternoon Tea - Served in the Manor Restaurant from 12pm-5pm. Waddesdon Manor, Aylesbury, HP18 0JH 01296 820414. Or book online: www.waddesdon.org.uk

Odds Farm

26th Oct - 3rd Nov 2019

Halloween spooky fun - It's an event to spook your Oddssocks off! Odds Farm Park, Wooburn Common, High Wycombe, HP10 0LX 01628 520 188 | main@oddsfarm.co.uk

Information is correct to the best of our knowledge. Please contact event organisers direct to confirm details.

Firework displays in the area

Chesham United Football Club

The Meadow, Amy Lane, Chesham HP5 1NE

Friday 1st November

6.00pm gates and The Chess Suite bar open
7.30pm display starts
Food available. Adults £7.00, children £5.00, family ticket (2 adults & 2 children) £20.00, children under 5 free

Please note: the driveway to the club will be closed for general vehicle access on the evening with the entrance stewarded to allow safe access for pedestrians. Access and parking will only be available for holders of valid disabled driving permits.
news@cheshamunited.co.uk

Beaconsfield Cricket Club

Wilton Park, London Rd, Beaconsfield HP9 2HZ

Saturday 2nd November

5.00pm doors open for the Little Bang (for younger children) with the fireworks at 5.45pm
7.00pm gate for the main display
beaconsfieldcricketclubfireworks.com

Gerrards Cross Community Association

The Memorial Centre

**Saturday 2nd
November**

5.30pm gates open
6.30pm blast off
Adults £7, children £5,
family (2+2) £20.
Tickets purchased from the
centre or on the gate on the night.



Chalfont St. Giles Fireworks Display

Stone Meadow, Chalfont St. Giles, HP8 4QF

Saturday 9th November

5.45pm gates open - please leave yourselves plenty of time to get into the field 6.15pm light bonfire
7.00pm fireworks – a 20 minute musical firework display, traditional bonfire and our famous 'Bucks Bangers'.

NB: the driveway to the club will be closed for general vehicle access on the evening. Disabled access available.
www.csg-scouts.org.uk

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OR CALL **01494 917671****

Woodland Manor, Micholls Avenue, Chalfont St Peter Buckinghamshire SL9 0EB

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What's on over Autumn!

September 2019

Sat 7

Chalfont St Giles 2019 Show

Main Event this year: Lings Motors and Honda UK's official UK stunt team - the UK's number one freestyle motocross team.
Stone and Silsden Meadows, Chalfont St Giles, HP8 4QF (South of Pheasant Hill)
www.csqshow.org

Sat 7

Thames Bridges Trek – Scannappeal

Join 3,000 other trekkers as we venture across the capital taking in unrivalled views of the skyline from its best vantage points, setting out from Putney Bridge and heading east towards the City.
www.scannappeal.org.uk

Sun 15, 2.30pm - 4.0pm

Old Amersham Walk

A fascinating guided walk around old Amersham. 1½ - 2 hours. £3 per person, children free. The walk starts from the museum. Amersham Museum, 49, High Street, Old Amersham, HP7 0DP

Wed 18, 12.00pm - 4.30pm

Home: Arts and Crafts Amersham Exhibition

Discover the wealth of Arts & Crafts style in our local houses and community buildings. Amersham Museum, 49, High Street, Old Amersham, HP7 0DP
01494 723 700
info@amershammuseum.org

Tues 24 - Sat 28

Joseph and the Amazing Technicolour Dreamcoat

Wycombe Swan
St Mary Street, High Wycombe, HP11 2XE
01494 512 000
www.wycombeswan.co.uk

Thurs 26, doors open 6.45pm/
Show starts 7.30pm

Ladies' Fashion Show and Pop-Up Shop

Tickets £7.00 – buy in advance
Belinda 07793 018 357

The Memorial Hall, School Lane,
Chalfont St Giles, HP8 4JJ
www.bat4csg.co.uk

Sat 28 / Sun 29, 10am - 5pm

Family Harvest Festival

Chiltern Open Air Museum
Newland Park, Gorelands Lane,
Chalfont St Giles, HP8 4AB
01494 871 117
www.coam.org.uk

October 2019

Tues 1, 7.30pm

Amersham Art Group Demonstration: Susan Gray.

£5 for non-members.
The Lounge, Amersham Community Centre,
Chiltern Ave, Amersham HP6 5AH
amershamartgroup@gmail.com
www.amersham-art-group.org.uk

Mon 7/ Tues 8

The Tiger Who Came To Tea

Wycombe Swan
St Mary Street, High Wycombe, HP11 2XE
01494 512 000
www.wycombeswan.co.uk

Thurs 10

CSG Gardens Association (AGM)

History of British Gardens - Roger Askew
01494 870 482
www.csqga.org

Sat 12 / Sun 13, 11am - 4pm

Wild about wool – Chiltern Open Air Museum

A knitting and wool craft event. Discover different types of wool and help solve your knitting conundrums by talking to our friendly experts. Suitable for all ages and levels. All activities are weather dependent and subject to change.
Chiltern Open Air Museum
Newland Park, Gorelands Lane, Chalfont St Giles, HP8 4AB
Tel: 01494 871 117
Web: www.coam.org.uk



Sat 12, 10am – 1pm

Frugal Fashion Ladies Autumn/Winter Clothing Sale – in aid of Scannappeal

Grab yourself a bargain and replenish your wardrobe from our fabulous selection of 'as new' and new Autumn/Winter ladies clothes and accessories. Popular brands found at our sales include: Mint Velvet, Monsoon, Kaliko, East, Phase Eight, Hobbs and Boden.
Entry: £1 on the door. Refreshments available. Free parking at the venue.
Amersham Free Church, Woodside Road, Amersham, HP6 6AJ

Sat 26, 10.30am – 5.30pm

Amersham Classic Model Train Show

Adults: £4.00, up to 15 £2.00, under 5s free.
Family £10.00
St John's Methodist Church,
60 Woodside Road, Amersham, HP6 6AN
01895 439 302
kip@kipbennett.free-online.co.uk

Sat 26 – Sun Nov 3

Giant Pumpkins in The Savill Garden

Windsor Great Park, The Savill Garden
www.windsorgreatpark.co.uk/events

Mon 28

Swan Lake: The Russian State Ballet and Opera House

Wycombe Swan
St Mary Street, High Wycombe, HP11 2XE
01494 512 000
www.wycombeswan.co.uk

Tues 29, 11am – 3.30pm

Awesome Autumn Terrific Tuesday at Chiltern Open Air Museum

Enjoy themed family crafts and activities. Refreshments available.
Chiltern Open Air Museum
Newland Park, Gorelands Lane, Chalfont St Giles, HP8 4AB
01494 871 117
www.coam.org.uk

Wed 30 – Sat 2 Nov

Beaconsfield Musical and Operatic Society Addams Family

01494 573 559
www.bmos.org.uk

Information published is correct to the best of our knowledge, but please check with organisers before making plans. To add your event, contact events@beaconsfieldlocal.co.uk

Autumn & Winter EVENTS at



MISSANDEN ABBEY

- **Outdoor Movie Night**
Friday 6th September, 6.30pm
Join us for an evening of film, food and fun where we will be showing the world famous masterpiece 'Bohemian Rhapsody' on the big screen.
- **Wedding Fair**
Sunday 22nd September, 12pm - 4pm
Browse through a variety of local wedding suppliers and see the venue dressed for a ceremony and marquee reception. Pre-register on our website to enter our prosecco prize draw.
- **Murder Mystery**
Thursday 31st October, 7pm
A tantalising hotspot of dastardly cunning and delicious deceit. What could go wrong at a highly exclusive birthday bash at this year's Halloween Murder Mystery?
- **Christmas Craft Fair**
Sunday 1st December, 11am - 4pm
Enjoy a fun filled day packed with festive cheer, seasonal food, lots of wonderful stalls and you may even see Santa.

Head to the Missenden Abbey website for more information
www.missendenabbey.co.uk/whats-on/

e: sales@missendenabbey.ltd.uk t: 01494 866811 Great Missenden | Bucks | HP16 0BD



Local Clubs & Groups in your area



Adult Learning - Buckinghamshire

Start a new course to develop your skills, knowledge and confidence.

T: 01296 382 403

W: www.adultlearningbcc.ac.uk

Angie's Body Conditioning Class

Stress free and gentle exercises. Fun and friendly classes.

St Michael's Church Hall,
Grenfell Road, Beaconsfield.

T: 07711 116 661



Artsmart School of Art

Art courses for adults and children.
For details and venues, visit the website.

Email: info@artsmartuk.com

T: 01494 670 372

W: www.artsmartuk.com

Beaconsfield Badminton Club

We're a friendly club with a strong link to the school in which we play, developing young players with the aim to introduce them to our senior club in due course.

Beaconsfield High School, Wattleton Road,
Beaconsfield, HP9 1RR.

E: info@beaconsfieldbadmintonclub.co.uk

T: 07802 589 523

W: www.beaconsfieldbadmintonclub.co.uk

Beaconsfield & District Historical Society

Celebrates and preserves the rich history of Beaconsfield.

E: membership@beaconsfieldhistory.org.uk

W: www.beaconsfieldhistory.org.uk

Beaconsfield Film Society

We are an eclectic film society with two screenings per month. National Film & Television School, Beaconsfield Studios,
141 Station Road, Beaconsfield, HP9 1LG.

E: admin@beaconsfieldfilmsociety.com

W: www.beaconsfieldfilmsociety.com

Beaconsfield Musical and Operatic Society

A thriving society with a long history, staging two shows each year.

New members are always welcome.

Curzon Centre, Maxwell Road,
Beaconsfield, HP9 1RG.

E: info@bmos.org.uk or www.bmos.org.uk

W: www.bmos.org.uk

Twitter@wearebmos | Facebook:

[m.facebook.com/weareBMOS](https://www.facebook.com/weareBMOS)

Beaconsfield Yoga Club

Run by Annie Silverman, a highly qualified and experienced Yoga practitioner, Scaravelli Yoga is suitable for men and women of all ages.

E: annie@anniesyoga.co.uk

T: 07816 045 624

W: www.anniesyoga.co.uk/beaconsfield

Belly Dance Classes

Gentle dance classes suitable for females of all ages.

St Thomas Hall, Holtspur, Beaconsfield,
HP9 1UF.

E: info@tina-louisebellydance.co.uk

T: 01494 7169 47

W: www.tinalouisebellydance.co.uk

Chiltern Rangers

Chiltern Rangers is a social enterprise which works with local communities to carry out conservation and wildlife work in the Chilterns area.

E: info@chilternrangers.co.uk

T: 01494 474 486

W: www.chilternrangers.co.uk

Hypnobirthing Pregnancy and Postnatal Yoga Classes in Beaconsfield

Postnatal yoga classes for mum and baby.

E: donna@betterbirthcompany.co.uk

T: Donna: 07875 159769

W: www.betterbirthcompany.co.uk



Kiddleydivey Friends

Come to our mixed generational music sessions – ages 0 – 100 years. Tea, coffee and cake too!
Malthouse Square, Beaconsfield.

T: Sally: 07740 679 054.

Lipreading and Managing Hearing Loss classes

LIPREADERS HEAR BETTER – let your eyes help your ears!

E: judy.lipreading@gmail.com

T: 07837 993 923

Memory Cafe, Beaconsfield

For carers and their loved ones living with dementia, this is an opportunity to join in an activity, have a chat and enjoy light refreshments. A member of the Memory Care Team will also be available.

E: beaconsfielduk.dcr@sunriseseniorliving.com

Tel: 01494 739 600

Web: www.sunrise-care.co.uk

NCT Beaconsfield

Regular meetings and events provide new parent support.

T: 0300 330 0700

E: branch.beaconsfield@nct.org.uk

Facebook @NCTBeaconsfield

W: www.nct.org.uk/local-activities-meet-ups

Pilates in Beaconsfield

Classes for beginners, inters and advanced.

E: barbara.fairgrieve@btinternet.com

Probus Club Beaconsfield

Retired professionals and businessmen get together for coffee and a talk, with a full programme of social events and outings throughout the year.

Meets at Revolution, Maxwell Road, Beaconsfield, HP9 1QX.

E: kgilham@beaconsfieldprobus.org

W: www.beaconsfieldprobus.org

Information is correct to the best of our knowledge. Please contact groups direct to confirm details. If you would like to make amendments or to include your group or society, email events@beaconsfieldlocal.co.uk



Alfriston Swim School


Lessons for
Ages 3 to
Adult

Classes on Tuesday to Friday 16:15 onwards

Saturday Mornings from 8:30

Lessons are for beginners and advanced swimmers at Alfriston School, Penn Rd, Beaconsfield, HP92TS

 swim@alfristonschool.com

 01494 673 740 (ext5)

www.alfristonschool.com





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www.perfectbalancepilates.co.uk






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Ashford Showroom 85 Church Road, Ashford, Middlesex TW15 2PE 01784 245964



Green Goddess

Author of 'Save Pounds and the Planet'

Hi, I'm Jeannette Buckle and I am passionate about our planet. In my book I share hundreds of planet-friendly tips that save you time and money too. Today here are my 5 Green Top Tips for your bathroom.



Quick and easy things you can do:

Best shower gel – **SOAP** (less packaging, lasts longer, fewer unnecessary chemicals, less carrying, better value for money, less waste embedded water).



Keep your tiles and glass limescale free: just dry off the water with a **WIPER BLADE** after a wash. It's the water that dries on tiles creating limescale which dirt sticks to.



(less cleaning, fewer chemicals, cleaner bathroom, less money spent on cleaning fluid, and fewer chemicals means safer air quality).

Best cleaning fluid – **MALT VINEGAR** for sparkling sinks, chrome. Cuts through grime – use for the whole bathroom (very powerful cleaner – keeps sink etc cleaner for longer, no nasty chemicals, safer air quality, much better than distilled vinegar. Open window to air. Add a few drops of lavender oil in the toilet bowl if you wish).

Cut down on plastic and move over to a **BAMBOO TOOTHBRUSH**

USE UP EVERY SCRAP of your shampoo, toothpaste, moisturizer etc before opening a new one. Cut the top off and scoop out the last drop. If you don't like the face cream use as a body moisturizer. If you don't like the shampoo, don't sling it – repurpose it and use as a hand wash or for washing delicates. (Helps de-clutter, makes it easier to keep clean and tidy, saves time and loads of money, saves waste).

For more everyday eco friendly tips get your copy of Save Pounds and the Planet.



Mention this article with your order and get a £1 refund at www.savepoundsandtheplanet.com Why not follow me too on



PUZZLE SOLUTIONS

CROSSWORD

S	Y	M	B	O	L	R	I	P	P	L	E
C	E	U	E	R	A	S					
A	F	T	E	R	S	A	I	L	S		
R	R	A	C	T	I	V	I	T	I	T	Y
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S	A	O	R	A	D						
S	E	L	L	E	R	C	A	U	S	E	S

SUDOKU WARM UP

9	7	1	8	6	3	5	2	4
6	2	8	5	4	9	1	3	7
5	3	4	7	2	1	9	8	6
7	8	3	4	5	6	2	9	1
1	9	6	3	8	2	4	7	5
4	5	2	1	9	7	8	6	3
2	1	9	6	3	4	7	5	8
3	4	5	2	7	8	6	1	9
8	6	7	9	1	5	3	4	2

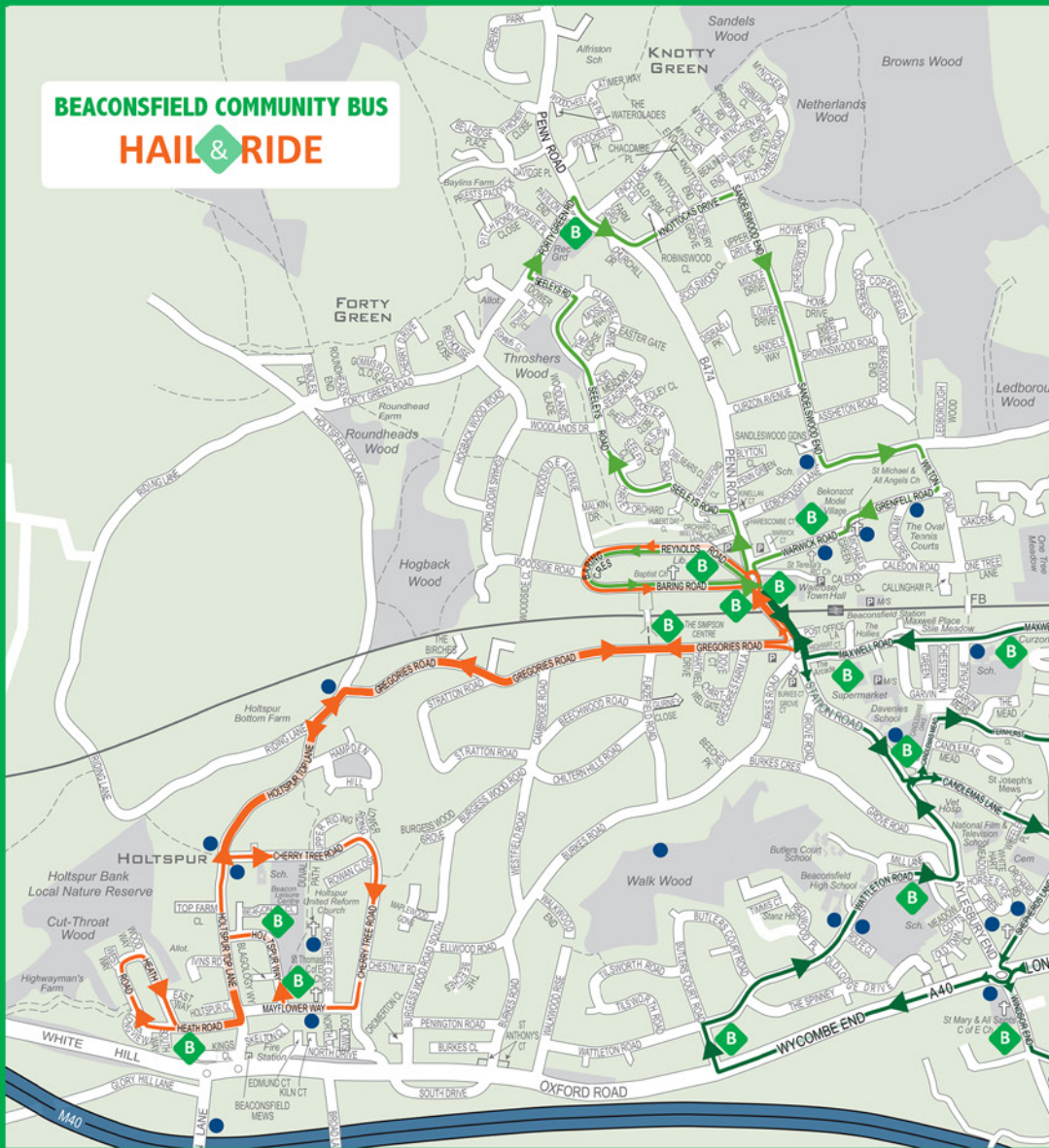
SUDOKU CHALLENGING

9	4	6	5	7	1	2	8	3
8	5	1	9	3	2	6	7	4
7	3	2	6	4	8	5	1	9
6	9	4	7	8	3	1	5	2
5	2	8	4	1	9	3	6	7
1	7	3	2	6	5	4	9	8
4	8	9	1	2	6	7	3	5
3	6	7	8	5	4	9	2	1
2	1	5	3	9	7	8	4	6

Welcome to Beaconsfield's Community Bus

Connecting people with where they want to go. No need to run errands, visit friends, get involved with events or

BEACONSFIELD COMMUNITY BUS
HAIL & RIDE



TIMETABLE

1 OCTOBER 2019 – 31 MARCH 2020



Thanks to our sponsors:



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The Beaconsfield Community Bus
Beaconsfield Community Bus

Community Bus Service

Need to worry about where to park, you can
keep going on in the town and ease congestion.

NEW

BEAONSFIELD
COMMUNITY
BUS

HOLTSPUR - ROUTE 1

START

-  Waitrose/Town Hall
-  The Simpson Centre
-  St Thomas's Church/Shops
-  Beacon Leisure Centre
-  Heath Road Shops
-  The Simpson Centre
-  Barclays Bank/Waitrose
-  Library

OLD TOWN - ROUTE 2

START

-  Waitrose/Town Hall
-  Market/Windsor End
-  Millbarn Medical Centre
-  Garden Centre
-  Adult Learning Centre
-  Candlemas Mead/Pond
-  Curzon Centre
-  Sainsbury's
-  Barclays Bank/Waitrose

NORTHERN - ROUTE 3

START

-  Library
-  Knotty Green Cricket Ground
-  Bekonscot Model Village
-  Waitrose/Town Hall

 Key destinations in Beaconsfield

BEAONSFIELD COMMUNITY BUS SERVICE

TUESDAY AND THURSDAY ONLY

HOLTSPUR - ROUTE 1

Waitrose/Town Hall Penn Road	09:00	10:00	11:00	12:00	13:00	14:00
The Simpson Centre Gregories Road	09:03	10:03	11:03	12:03	13:03	14:03
St Thomas's Church/Shops Mayflower Way	09:07	10:07	11:07	12:07	13:07	14:07
Beacon Leisure Centre Holtspur Way	09:08	10:08	11:08	12:08	13:08	14:08
Heath Road Shops	09:11	10:11	11:11	12:11	13:11	14:11
The Simpson Centre Gregories Road	09:15	10:15	11:15	12:15	13:15	14:15
Barclays Bank/Waitrose Penn Road	09:16	10:16	11:16	12:16	13:16	14:16
Library Reynolds Road	09:17	10:17	11:17	12:17	13:17	14:17

OLD TOWN - ROUTE 2

Waitrose/Town Hall Penn Road	09:20	10:20	11:20	12:20	13:20	14:20
Market/Windsor End Windsor End	09:25	10:25	11:25	12:25	13:25	14:25
Millbarn Medical Centre London End	09:28	10:28	11:28	12:28	13:28	14:28
Garden Centre Butlers Court Road	09:30	10:30	11:30	12:30	13:30	14:30
Adult Learning Centre Wattleton Road	09:32	10:32	11:32	12:32	13:32	14:32
Candlemas Mead/Pond	09:33	10:33	11:33	12:33	13:33	14:33
Curzon Centre Maxwell Road	09:36	10:36	11:36	12:36	13:36	14:36
Sainsburys Maxwell Road	09:38	10:38	11:38	12:38	13:38	14:38
Barclays Bank/Waitrose Penn Road	09:41	10:41	11:41	12:41	13:41	14:41

NORTHERN - ROUTE 3

Library Reynolds Road	09:43	10:43	11:43	12:43	13:43	14:43
Knotty Green Cricket ground Forty Green Road	09:47	10:47	11:47	12:47	13:47	14:47
Bekonscot Model Village Warwick Road	09:52	10:52	11:52	12:52	13:52	14:52
Waitrose/Town Hall Penn Road	09:53	10:53	11:53	12:53	13:53	14:53

NO service on other days or Public Holidays

HAIL  RIDE

£1  Under 16 & Bus Pass go free
a ride

Community Bus is a partnership with
Beaconsfield Advisory Centre and
Beaconsfield Town Council.

For TIMETABLE enquiries contact:
The Beaconsfield Advisory Centre: 01494 672987

For all other enquiries email:
project.admin@beaconsfieldtowncouncil.gov.uk

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