Issue 152
August 2023

Chesham YOUR

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September **What's On** pull-out inside!



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See full story on page 43

INSIDE THIS ISSUE:

- What's on around YOUR town
- YOUR Council updates
- A few words from YOUR MP
- Chesham Then & Now
- YOUR local sports update

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FRONT COVER PICTURE: Triathletes Maddie Hughes and Frankie Baxter

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Welcome to August

Let's hope it's a lot sunnier and drier than July was.

Despite the rain Wimbledon managed to finish on time, bad weather wasn't a problem for the Chesham 1879 Tennis Club's visit to our twin town Houilles in France during June, the full story is in the Around Town section of this month's YOUR Chesham.

The rain in Manchester last month meant that England weren't able to win the The Ashes but there were enough dry days in July to play plenty of local cricket, turn to YOUR Sport to read the monthly Cricket Round Up. This was written by our very own Jonathan Agnew - Trevor Taylor.

Also in YOUR Sport we say huge congratulations to Maddie Hughes and Frankie Baxter from Chiltern Harriers who recently travelled to Hamburg to take part in the Age Group Sprint Triathlon Championship, Maddie was crowned World Champion.

Elsewhere in YOUR Sport there's news about Chesham United's new sponsor, the TV programmeTaskmaster, there's even information on how you can purchase YOUR own replica shirt and reports on The Generals' pre-season friendlies plus their upcoming home fixtures for August in the Southern League Premier South. You can also read about Chesham Stags enjoying a successful summer of Touch Rugby ahead of their pre season training and it's been a great summer for Chesham Bowling Club too.

In Around Town you can learn all about the recently launched Love Lowndes - Fund the Fun campaign aimed at replacing the play equipment in Lowndes Park, it's one of our new Town Mayor Wilford Augustus's chosen charities, you can find his article on pages 6 & 7.

In Waterside Matters you'll see that the WCA are also raising funds to improve playground equipment, they want to transform the Bois Moor Road play area and there's news on how you can help to improve the flow of the River Chess. Waterside School have been very busy recently as too have Hawridge & Cholesbury School. Their news and much more can also be found in the Around Town pages.

As always a big thank you to all the businesses who have placed adverts in this month's YOUR Chesham, without their support publication of YOUR favourite magazine wouldn't be possible.

Enjoy August and don't forget if you've have any adverts, editorial or letters you'd like printed in the September edition please email: **info@yourmagazines.co.uk**.

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SARAH GREEN MP

Member of Parliament for Chesham and Amersham constituency
Contact Sarah at sarah.green.mp@parliament.uk

As the second anniversary of the evacuation of Afghanistan draws near, refugees are on my mind.

In August 2021 the announcement was made that British forces were leaving, and the airlifts began. Parliament was recalled and I remember the anguish of so many speakers, often from the Armed Forces, acknowledging that Britain would be leaving people behind. People who had risked their lives to help us. People to whom we had made promises of safety.

My office was contacted by many people with family and friends in Afghanistan, desperate to get them to safety before the Taliban took over. We helped a good number, but too many were still waiting to be processed when the last flight departed.

These memories feel even sharper since as Parliament completed its summer sitting, MPs were voting on the Government's 'Illegal Migration Bill'. Whether the people coming across our borders are migrants or refugees, no-one should be forced to risk their lives in a dinghy on the treacherous English Channel. But this Bill has lost all sense of decency. Even former Prime Minister Theresa May says the Bill goes too far.

Everyone agrees that we need to stop the dangerous crossings, but I think we would do well to listen to the Archbishop of Canterbury, and the many other faith leaders who supported his calls, to base the solution in "justice and compassion".

Finally, I was fascinated by an event held a few weeks ago in Amersham museum, for Refugee Week. The exhibition explored the many different waves of refugees who have come to Amersham and made a home here. With photographs, dancing and guest speakers, it was truly amazing to see. There can be no doubt that our area has benefited and been enriched by these new residents, whether they came from Afghanistan, Ukraine or elsewhere in the world. The whole event made me so proud of our wonderful, welcoming local communities.

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CLLR WILFORD AUGUSTUS
MAYOR OF CHESHAM
Buckinghamshire, England

MAKING LOWNDES PARK A KEY ASPECT OF DESTINATION CHESHAM

Love Lowndes - Our Fundraiser for New Play Areas Equipment for the Children of Chesham



I'd like to start off this month by highlighting my mayoral charity appeal. As mentioned last month, I will be supporting several charities that are close to my heart. These charities are the Royal British Legion, Caracol Youth Development, Lennox Children Cancer Fund and Love Lowndes Play Areas Equipment. This month I will tell you my story, of why I've chosen to support the children of Chesham through Love Lowndes.



In my capacity as councillor, Lowndes Park is situated in my ward, St Mary's, and as someone who tends to visit the park on a regular basis, I have engaged in many conversations, weekend after weekend, with parents who are extremely frustrated with the state of the play equipment in the park. Eventually, this led me to raise the issue at the Town Council. After some deliberation, fellow members quickly and kindly agreed that the play areas should become one of the Town Council's major priorities, and we set aside an initial sum of £35,000 for new play equipment, far short of the £150,000 needed.

With our limited town council budget, we knew we'd have to fundraise, and as good fortune would have it, our local parents don't just complain, they are willing to roll up their sleeves.

Love Lowndes, which is led by local parents, was setup by Friends of Lowndes Park with the support of Chesham Town Council, to help raise funds to pay for a new play area equipment for the children of Chesham, for which we are grateful. I have now setup a GoFundMe page for those of you who would like to support my personal fundraising efforts as Mayor.



The very beauty, serenity and green open spaces that Lowndes Park provides right next to St Mary's Way might be enough for many adults enjoying leisurely walks, but if you are a child, the play areas in Lowndes park are extremely underwhelming.

Additionally, many local parents have highlighted to me that on a routine basis, they find themselves going to other towns such as Watford or Odds Farm in Wycombe and even Amersham … ahem, to take their children to enjoy those parks with better quality play equipment.

This is not just bad for our local economy in Chesham, it also means that children of lesser means, whose parents cannot afford to take them to better parks in other towns are being further disadvantaged.

It also means Destination Chesham requires a central park that attracts not just local parents in Chesham, but also parents from far and wide.

Giving our children the best play equipment in Lowndes Park attract visitors who will help boost our local economy, which will help make my vision of 'Destination Chesham' a reality.

Looking forward to receiving your support for my charities. I will be visiting local businesses on the High Street as well, so please feel free to get in touch with me.

How to support the Mayor's Charities with YOUR donations

To donate, please scan the QR Code to visit my website, www.wilfordaugustus.uk, then click on the donate button. You can also send a cheque in the post to Chesham Town Council made out to Mayor of Chesham.

In closing, please feel free to send me invitations by contacting the town council or by sending an email to **mayor@chesham.gov.uk**.

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Mo Fayyaz writes



By the time this August edition of YOUR Amersham and YOUR Chesham comes out, the Britain in Bloom judges will have already made their annual visit and we shall have to be patient and wait for the result.

Just now, as I write this in the middle of July, our small Chesham band of "Bloomers", all volunteers, are working our socks off, trying to make Chesham look its best for the judging.

What I find disappointing is the lack of support that Chesham in Bloom gets from the councils. Our volunteers work hard all year to make the town look beautiful, but we are let down by councils not playing their part. The roundabouts at the bottom of White Hill, the bottom of Amersham Hill and on St Mary's Way near the library are covered in weeds and look scruffy. What's more, they are highly visible on the judging route. But when I approached Buckinghamshire Council, I was told that weed spraying and removal are not a function they are able to carry out this financial year. Chesham Town Council won't help either. It is a bit disheartening, especially if we compare Chesham with Amersham, where the volunteer gardeners do get considerable help and support from Amersham Town Council.

It's not just the roundabouts, of course. The barriers around a tree in Market Square, which have been there for over 3 years, and the barriers at the entrances to the closed subway add to the impression of neglect. I've made a formal complaint to Buckinghamshire Council about the ongoing closure of the subway, but so far no one seems able to get to grips with the problem. At the end of March, the council's contract with Transport for Bucks came to an end, and I hoped for better things from the new contractors, Buckinghamshire Highways. But as far as the subway is concerned, there has only been delay and confusion. In March, I was told that the flooding of the subway was caused by a hole in the pipework. I believe that still hasn't been repaired. My hopes were raised this week when workmen arrived, but they went away again, the subway remains flooded, and the barriers are still in place.

Cllr Mohammad Fayyaz
Asheridge Vale & Chiltern Ridges wards
mo.fayyaz@hotmail.co.uk



Chesham in Bloom

By the time this article is published our town will have been visited by the RHS Britain in Bloom judges who will decide what award we will receive in the Thames and Chilterns competition.

This will be either Bronze, Silver, Silver Gilt or Gold. Obviously, we are hoping for Gold, so fingers crossed!

With the help of sponsorship from many of the businesses in the town we have been able to provide some lovely large handmade wooden planters in the town centre. These can be watered using the water butts that we have installed, which were paid for by a grant from the Chiltern Society. They have been planted with drought tolerant plants where possible to make them more sustainable and easier to manage. We have also used plants that are attractive to pollinators. If you would like us to provide one of our planters by your business please get in touch.

Committee members have enjoyed visiting the schools who have entered our Schools competition, they were very impressed by what the children have been doing, and very much enjoyed meeting them all. The winner will be announced at our AGM in September along with the winner of our Garden competition.

We hope that you have enjoyed the many planted areas around the town. We have certainly had some lovely comments from members of the public when we are out and about.

If you would like to join the bloomers please get in touch, no experience necessary:
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Chesham Gym & Swim

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General swims

Every day morning and afternoon - a great way for the kids to burn off that energy.

Toddler and therapy swims

Wednesdays 10.00am-11.00am throughout the Summer. These are quieter sessions enabling participants to stretch and complete mobility exercises in a relaxing, calm environment. They give toddlers the opportunity to familiarise themselves with the water and have fun too. Recently we welcomed residents from one of the local care homes who absolutely love their sessions in the pool, enhancing their wellbeing and flexibility.

Lifeguard Course

28th August - 1 September, 8.00am5.00pm. You must be 16 years of age and be a competent swimmer. Contact **rob.lloyd@valesafetytraining.co.uk**.

Why not try our gym or book one of our tennis courts? You can use the gym from 12 years old, qualified staff are always on hand to guide you. Please consider pre-booking your session to avoid disappointment.

Enjoy a cup of coffee whilst you watch, or pop in for a drink if you are passing - all in the community are welcome. For further information, events and to view timetables call us on 01494 776975 or visit **cheshammoorfitness.org.uk**.

Chesham Moor Gym and Swim, Moor Road, Chesham, Bucks HP5 1SE.

YOUR Councillors

Asheridge Vale
Mohammad Fayyaz (Liberal Democrat)
Tel: 0777 202 7829
Email: mfayyaz@chesham.gov.uk

Paul Harding (Liberal Democrat)
Email: pharding@chesham.gov.uk

Hilltop
Simon Booth (Conservative)
Email: sbooth@chesham.gov.uk

Fred Wilson (Conservative)
Tel: 07901 555 383
Email: fwilson@chesham.gov.uk

Lowndes
Alan Bacon (Liberal Democrat)
Tel: 01494 774870
Email: abacon@chesham.gov.uk

Jane Macbean (Conservative)
Tel: 01494 773939
Email: jmacbean@chesham.gov.uk

Newtown
Qaser Chaudhry (Conservative)
Tel: 07748 764797
Email: qchaudhry@chesham.gov.uk

Umar Hayyat (Labour)
Tel: 07828 115665
Email: uhayyat@chesham.gov.uk

Ridgeway
Majid Ditta (Conservative)
Email: mditta@chesham.gov.uk

Nick Southworth (Conservative)
Email: nsouthworth@chesham.gov.uk

St Mary's
Wilford Augustus (Conservative)
Email: waugustus@chesham.gov.uk

Townsend
Parveiz Aslam (Liberal Democrat)
Tel: 07757 252 468
Email: paslam@chesham.gov.uk

Joseph Baum (Conservative)
Tel: 07551 435926
Email: jbaum@chesham.gov.uk

Emily Culverhouse (Conservative)
Tel: 07540 410130
Email: eculverhouse@chesham.gov.uk

Vale
Chasey Hood (Conservative)
Email: chood@chesham.gov.uk

Rachael Matthews (Conservative)
Tel: 07912 770444
Email: rmatthews@chesham.gov.uk

Waterside
Justine Fulford (Green)
Tel: 01494 792478
Email: jfulford@chesham.gov.uk

Francis Holly (Conservative)
Email: fholly@chesham.gov.uk

Gareth Williams (Conservative)
Email: gwilliams@chesham.gov.uk

TOWN HALL CONTACT DETAILS:

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From the Chair...



The population of Buckinghamshire continues to rise from 553,300 to a projected 564,300 by 2030, but mostly away from the Chilterns. The average house price in 2022 was £420,500, 32% of the County is designated Green Belt, and the Bucks economy is now worth more than £18.2 billion, with average gross pay at £38,600. There are currently 302 state pension age residents for 1000 working age residents, rising to 371 by 2040. Another interesting statistic, in the next decade we expect a 44% increase in 85+ year olds, 21% increase over 65, 0.3% increase in adults and 5% decrease in children. Life expectancy (particularly high in the Chilterns) is 81.5 years for men and 85.1 years for women. These figures have just been published as the Council refreshes the Corporate Plan for 2023/24. We want the County to remain a forward-thinking and dynamic economy without sacrificing the community assets which make it a great place to live.

Residents have been in touch with us about road defects and the Local Area Technician has been out responding and making repairs. Since 1/4/23 the Council has cleaned out more than 23,000 gullies and fixed 12,700 road defects. We have 15 teams working across the County but there is still a way to go. HS2 Road closures on A413 on the weekend of Saturday 1st July caused a lot of inconvenience, but Cllr Jane MacBean and I are regularly in touch with Jon Deas, Engagement Manager at EKF (the contractors), to ensure these are well advertised in advance.

In my new role as Chairman of Buckinghamshire Council, I have been proud to support our Armed Forces at briefings and flag raising ceremonies. Prizes have been presented, a farm tour on the Carington estate, sporting events, mayor-making and a Civic Service at St Mary's Chesham, where I shall be attending the Ukrainian Concert on Sunday.

Residents are being urged to join the plastic pollution solution and an online directory has been set up at the Buckinghamshire Recycles Zero Waste Map. This gives sites such as re-use shops, community fridges, recycling points and upcycling schemes. People with babies are being asked to move from disposable to reusable cloth nappies, which are 40% better for the environment! Could you host a Heritage Open Day - to showcase local heritage and culture - this is another initiative that Town and Parish Councils are being asked to explore.

I look forward to seeing you at events throughout the summer, and please let me know if I can speak to officers at County Hall on your behalf.

Cllr Patricia Birchley, Chiltern Ridges Division
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SUZY SAYS... by Suzy Talbot



I wanted to start by saying a big thank you to Pat Miller who for 24 years has kept the community spirit at The Griffin roaring.

I can't deny that I was shocked and sad to see that they were closing the pub but like everyone, it's been a struggle since COVID for them and the rise in energy prices and food and drink costs haven't helped.

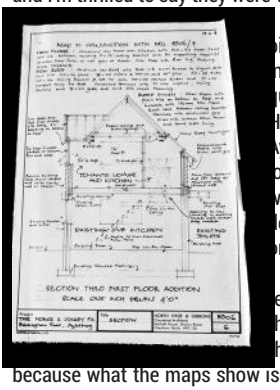
The Griffin's got such a history with the town as the first home of Chesham Museum under former landlord Shay and great base for all of us that used to judge the carnival floats – kept well stocked with a few beers where necessary!

I really hope someone else feels they can take this on – although large shoes to fill as first Shay and then now Pat have been such wonderful landlords and supporters of the community over the years.

It's interesting that this has come up now because my parents have been going through a huge volume of my grandad's old material from his architect firm – and pubs in Chesham feature very highlight in his material!

We discovered this material in the attic of my grandparent's house when my nana moved into a care home in 2019 and it's taken this long to really go through it all in detail. What was highly emotional was how well-preserved and detailed his drawing were from when he was training in the 30s and 40s. We've all picked a few pieces to have them framed and keep but it's been really difficult to decide what to do with the rest – throwing them away just felt terrible.

My dad has been looking at local history societies and museums to see if the local material would be of use to them and I'm thrilled to say they were very enthusiastic!

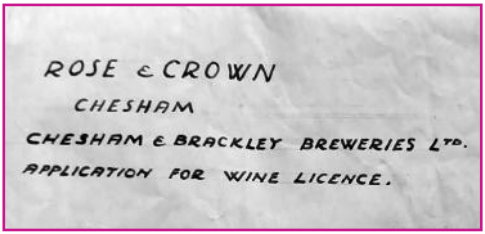


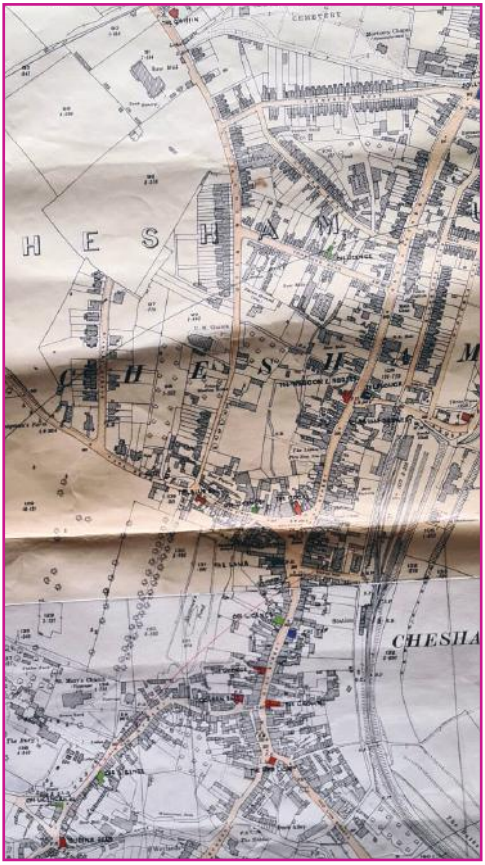
We've given a load of pieces over to the archives in Aylesbury including some quite detailed plans for the Horse and Jockey in Aylesbury – he used to do a lot of work for breweries so we have an awful lot of documents around designs or updates for local pubs.

One of the documents referenced 'The Griffin' on the back. I'm not sure if it's the same one as Pat's pub because what the maps show is the huge volume of pubs we used to have – they have trickled away over the decades and so I hope someone feels they can keep The Griffin going.

There is also a wine licence for the Rose and Crown which we think is in Waterside, issued by Chesham and Brackley Breweries from around 1925. We've also got some nice imagery of the Red Lion in Marsworth, near Tring.

There is something really moving to me about the fact that his work, his penmanship and his creativity will forever be preserved and can contribute to the understand of the history of our area.





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It's a Jungle out there!

During the recent hot weather my wife and I decided to make the most of it and take our 4 month old out for a walk on one of the many walking routes around the town advertised by the town and county council.

We decided to explore part of the Chesham ring route and started from Waitrose across the fields above there. Sadly we only got a short distance before the route became overgrown and both I and the little one (strapped to me in a baby carrier) were being attacked by brambles, nettles and (at one of the gates) a holly bush.

Whose responsibility is it to ensure these paths are kept in a passable condition? And who is ensuring this duty is met? Does this rest with the councils, or the landowners? In this case, it looks like the vegetation hadn't been attended to for several months at least, so someone isn't doing their job here.

It's a real shame these routes aren't being maintained as the lovely surrounding countryside is one of the main attractions of the Chesham area, and not being able to easily get out and explore it with the family proved a real disappointment.

Mark Farrington

Who is policing the Skies above Chesham?

What is going on in the air space above Chesham? Air traffic has increased five-fold in the last few years. We used to have to contend with jet planes from Heathrow whilst out in our gardens or sitting inside with the windows open, but now we have a constant criss-crossing of light airplanes and helicopters-some flying so low that we could see into the cockpits! The sky is becoming as busy, as noisy, as intrusive and as irritation as the speeding, unmuffled traffic on our roads!! Who is policing our skies??

Ann Vincent

Where has the Chess gone?
- A reply to a letter in July's issue

Your anonymous correspondent in the July issue seems to be under the impression that a river, like the Chess should consist just of water and that reeds, trees and bushes are an intrusion.

A healthy river on the contrary is a complex ecosystem which needs all these ingredients and more.

The vegetation aerates the water allowing different creatures from the minute invertebrates to ducks and fish to be able to use the river.

There are small organisms and larger invertebrates which utilise the vegetation to feed upon and hide in. They in turn are prey for the thriving fish population. The Chess holds a wide range of fish species including trout and grayling.

The vegetation is also directly food for ducks and other aquatic animals such as water voles. Ducks and other bird life on the river utilise the reeds etc to create and hide their nests.

Without trees, bushes and plants the river would be nothing other than a canal. As it is, it is thriving and this is recognised by schools. Schools run projects regularly both measuring flow and checking for invertebrates. These schools come from a wide area. I have met a group from Peckham, east London.

Local schools take part in the Trout in the Classroom project where trout are raised in tanks and released into the river which gives children of a wide age range understanding how to care for the river.

Various local groups do similar work as well as necessary clearance, litter removal, monitoring for pollution, flow measurement, negotiating with water companies and much else. The Chess is a stronghold for citizen science and other volunteering.

A recent work party from the Chesham Environment Group found during clearance the remains of a bicycle, a lawnmower and the inevitable shopping trolley among smaller objects.

Perhaps your correspondent would like to see some of the work being carried out and even help with the volunteer work.

You have my email address and presumably his/hers and with your help we can arrange a meeting to discuss the matters on site.

Yours

Ken Austin

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Chesham MUSEUM
A Community Resource

Volunteers Afternoon Outing

On 1st July a small group of Chesham Museum volunteers were lucky enough to have a guided tour of the National Paralympic Heritage Trust.



Our trip organised by our museum mentor Emily Toettcher was partly a fact-finding mission to see how a small museum can work in a tiny space and to learn about the Paralympic movement itself.

Our guides were the lovely Gill and Judy, both very knowledgeable about their museum and very passionate about spreading the word of the heritage centre and the Paralympic movement.

The museum can be found inside the Stoke Mandeville Stadium Gutterman Centre which is open to the public. The museum is free to visit and well worth the trip, I'd recommend a guided tour though as there are some displays in the spinal unit which could be missed.

We found out about Professor Sir Ludwig 'Poppa' Guttmann CBE FRS who is known as the father of the Paralympic movement; he was the medical pioneer who proved that disabled sport could be as competitive and exciting as non-disabled sport. In September 1943, he took charge of the National Spinal Injuries Unit at Stoke Mandeville. He implemented his own theories on how best to treat patients who had paraplegia by introducing rehabilitation through sport.

From the first games, held at Stoke Mandeville with 16 participants onto national competitions. Then onto the first 'international' competition at Stoke Mandeville which occurred on the 26th July 1952, when a small team from the Military Rehabilitation Centre at Aardenburg near Doorn in the Netherlands competed against a number of British teams, and finally the Paralympic Games. The Paralympic Games has since become the third largest sporting event in the world.



It was interesting to see the development of various wheelchairs and how they have been adapted over the years for different sporting events. One was a bucket seat on wheels which didn't seem to have any cushioning at all, it couldn't have been very comfortable! Now we see the incredible equipment our paralympic heroes such as David Weir and Paul Cartwright are able to compete with.



We were also lucky enough to be able to hold some of the torches used in the opening ceremonies of the Paralympic Games, they all vary so much in size and weight too, some of them were very heavy and must have been tricky to hold them for any great length of time. They also had a number of mascots that each country who hosts the games produce. The photo here shows the latest mascot for the Paralympic Games to be held in Paris in 2024, the mascot is a little amputie Phrygian cap with a blade, that embodies the French spirit and French values.



From the Heritage Centre we were taken to see the welcoming figure of Sir Professor Ludwig Gutterman who stands outside the National Spinal Unit (top of opposite page), he maybe have been short in stature but has been a giant figure in the Paralympic movement.

The displays in the entrance hall of the spinal unit were also very interesting and how they made use of a

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small space. It was this and other ideas of secret cupboards for storage that also impressed us. Ideas we'll be using I'm sure when we finally get some premises for Chesham Museum.

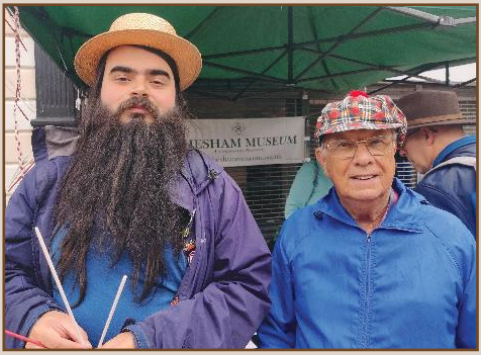
Needless to say, I can't recommend enough a visit to this lovely small yet perfect museum. You can find out more about the place, the people and the history of the Paralympic movement at **www.paralympicheritage.org.uk**.

Hat's Off, Saturday 15th July

Despite the high winds and bursts of torrential rain, we had a great day at the Hat's Off festival on Saturday 15th July! Having received an excellent tutorial in straw plaiting from local expert Veronica Main, we were able to share our skills with visitors to our stall. We helped people create a three straw plait, using art straws, to replicate making a plait using whole pieces of straw. We used quilling paper to reflect how plait was made using split straws.

Straw plaiting was commonly practised by children and women in Chesham in the 19th century. Their lengths of plait – made to a set pattern- would be purchased by straw dealers and sold to make hats in Luton, the centre of the hat making industry.

We had examples of lengths of plait and straw hats on our stall for people to see and a range of hats from different eras for people to try on. A great day, lots of people to talk to, and a huge thanks to a very resilient team of volunteers who braved the elements!









Events for August

Brewery Events

LocAle brewers are arranging events in August. Asahi (Fullers) have brewery tours Tuesday to Thursday and Saturday; 11.00am, 12.00pm, 1.00pm, 2.00pm and 3.00pm; Friday; 11.00am, 12.00pm, 1.00pm, 2.00pm, 3.00pm, and 4.00pm; Sunday: 1.00pm, 2.00pm and 3.00pm. Contact 0208 9962662 to book a slot or **brewerytour@fullersbrewery.co.uk**.

Farr Brewery have evening tours. contact **jason@farrbrew.com** for further information.

Loddon's Tap Yard is open every day excluding Monday, unless a Bank Holiday. Tel: 0118 948 1111 for details.

Malt the Brewery have a tour on Saturday 26th, **hello@maltthebrewery.co.uk** for details.

Rebellion Tap Yard Hours: Monday, Tuesday & Wednesday - 11.30am-7.00pm; Thursday - 11.30am-9.00pm; Fri & Sat - 11.30am-10.00pm; Sun – Closed; Bank Holiday Mondays - Open 11.30am-7.00pm. "Please note there is no access to our car park on a Sunday, so if leaving your car overnight on Saturday, you can't get to it until Monday." Tel: 01628 476594.

Tring have brewery tours twice a month on Saturdays - contact **tringbrewery.co.uk** to book.

Contact Vale **online@valebrewery.co.uk** to book one of their monthly brewery tours.

Windsor & Eton say, "We run tours every Saturday at 12.30pm and 3.00pm and alternating Wednesdays at 6.30pm. Tours last approximately 90 minutes, where we explain the history of the brewery, brewing in the town, the brewing process, including tasting of raw materials and, of course, beer tasting!" **www.webrew.co.uk**.

UK CAMRA Beer and Cider Festivals in August

If you are taking a holiday in the UK there are CAMRA festivals you may be near to: August 23rd to 28th Bury St Edmunds, August 30th to September 2nd Durham, August 31st to September 2nd Swansea Bay. **www.camra.org.uk**.

International Beer Day, Friday 4th August

Drink Good Beer with Good Friends. If you were thinking about spending International Beer Day (IBD) by yourself, think again! Drinking beer may be the purpose of celebrating International Beer Day, but beer goes best with a little conversation. So, drag your friends out to celebrate IBD. Make sure you have some camaraderie to go with your brews.

You can find examples of international beers in our local Beer Shops like Trekkers (Chesham), The Craft Beer Shop (Little Chalfont) and The Mad Squirrels. Off-licenses and supermarkets' aisles often have intriguing choices. Of course, we will never get to "Net Zero" if we import vast volumes of international beers from around the globe. Our LocAle brewers help here because they have their own take on many of them.

One new international style I am finding on my travels is DDHIPA which stands for Double Dry Hopped India Pale Ale. Dry hopping was once universal in our UK breweries, a handful of dry hops was put through the shive (the hole in the cask belly) into every cask before it was sealed and sent to the pub. This meant that in the pub we immediately got the hop aroma when served our pint. A small hop fragment was often seen bobbing up and down in the glass. Incautious cask broaching could cause a geyser of beer and hops, visible in the landlady's/landlord's hair. Back in the 1960s, when the accountants started taking over brewing from the brewers, they saw dry hopping as a complete waste of money. Why throw away hops in every cask? They could cut hop costs and, more importantly, the costs in time and the people needed to clean out the returned casks before refilling. Kegs already avoided these processes so only cask (Real) ales were affected. They reasoned that nobody would notice or care. Well, we noticed and did care so the birth of CAMRA was hastened. Some brewers tried inserting prefabricated hop 'plugs' or a squirt of hop oil into the shive but that didn't cut costs.

I am pleased to see this return to dry hopping so try a DDHIPA to see what you think.

Other news

The Late Summer Holiday on the 28th (Bank Holiday Monday) should see our pubs tempting us down. Jane at The Pheasant (Chesham) invites you to bring a family picnic to enjoy by the river during the holiday.

In Amersham, The Elephant & Castle has a pint of cask ale for only £4 on Mondays. The Mad Squirrel has an Open Mic Night on the 10th. The Swan offers two for £14 on cocktails and spritz from Monday to Thursday, all day.

In Ashley Green, The King Charles has Steak & Grills deals on Thursdays.

In Chesham, The George & Dragon has live music on the 12th (Two Tone), the 19th (Maida Vales) and the 26th (Five Fold Kiss): the 25th is their popular Drag Night. The Jolly Sportsman will be having a rotating real cider festival throughout August "with a range of traditional still ciders with many flavours such as Raspberry Mojito." They also have a Cask Ale Club - 50p off any pint of cask., all day Monday and Tuesdays until further notice. They have a Darts and Pool knockout tournament on Thursdays.

In Coleshill, The Harte & Magpies has a Car Meet on the 8th. The Red Lion has Pie and a Pint on Thursdays.

In Little Chalfont, The White Lion has Cask Club every

Monday & Tuesday with Cask Ales £3.75 each all day.

For information on CAMRA contact Jared Ward-Brickett at **chairman@midchilternscamra.org.uk**. To join CAMRA contact Richard Healey at **membership@midchilternscamra.org.uk**. For information on LocAle contact **locale@midchilternscamra.org.uk**. For information on real cider contact Alicia Hart at **cider@midchilternscamra.org.uk**.

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The Show did go on...

In spite of the weather and the gloomy weather forecasts the decision was made to go ahead with the For You Festival on the 15th July at Crabtree Farm in Ley Hill.


Watching and enjoying the show

A team of staff, mentors, volunteers and other helpers worked tirelessly on Thursday and Friday to get the event set up. Friday was really difficult with torrential rain and everyone becoming soaking wet and more than a little bit


Look at all the blue sky

chilly but spirits remained high and we were hopeful that the event would go ahead. On Saturday morning the high winds threatened but, on the plus side, they were also drying the ground, it looked like there would be more sun than rain so we made the (perhaps controversial) decision to go ahead with the event. What a wonderful day everyone had! The young people put on two fabulous shows and, even when rain came down in the middle of the performance, they stopped to shelter then carried on when it stopped like seasoned professionals. Everyone was so proud and appreciative. There were bubbles, Pimms, burgers, hot dogs, cakes, ice creams (yes it was hot enough in the sun for ice cream!), there were marvellous garden games courtesy of Chesham Rotary, rock painting, plants and eggs courtesy of Sunnyside rural trust, visits to see the animals and, most of all, smiles, laughter, high spirits and a sense of absolute enjoyment. Well done and thanks to everyone especially to Jeff and Sandy for allowing us to share the magic of Crabtree Farm.


Of course there was a horse - it was a farm!

Summer Scheme

Although we have broken up for the summer, members of The Theatre Shed and members of the wider community have been able to enjoy the wonderful Summer Schemes running at the White Hill Centre and for the older 18+ members a week of incredible activities based around the performing arts. Lots of fun for everyone. Thanks to HAF and Cafe Encore for the wonderful food.

New Term

Workshops resume on the 12th and 13th September with Mentor training the week before. So many exciting things planned - do come and join us.

New Members Welcome

We have been welcoming some wonderful new members to the Shed family but still have room for more! For any further information on Children's Theatre (ages 6 to 11), Youth Theatre (ages 12 to 18), Company Theatre (ages 18+) Workshops, or indeed any of our activities, including holiday Workshops and the Garden Shed Project, please email admin@thetheatreshed.co.uk . We can then extend an invitation for a (free) Taster Session. Workshops take place on Wednesdays (Youth Theatre - 2 groups) at The Spinney Theatre in The Beacon School and on Tuesdays (Children's Theatre and Company Theatre) at the House of Tree Arts Hub in Ashley Green.

Funding

The need for funding is still vitally important in order to continue Workshops for all abilities and to ensure that no-one, whatever financial circumstances, is excluded. You can support The Theatre Shed in the following ways:

Shedlights – details on our website **www.thetheatreshed.co.uk** – go to the 'Support Us' section

Attending our performances which are open to all.

Please also 'Like' our FB page **/thetheatreshedchesham** and Instagram **@thetheatreshed**.

The Elgiva

Something for everyone in September!







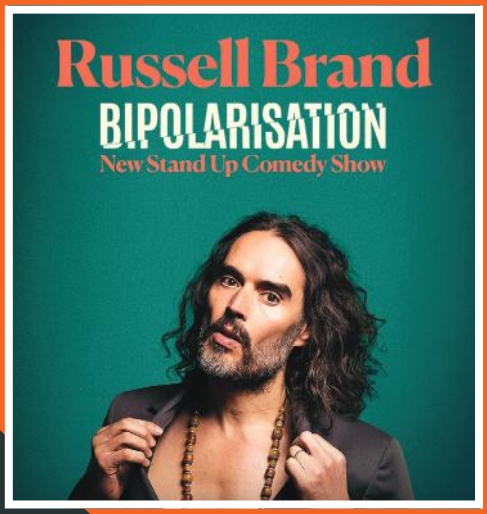
Early Autumn What's On Guide

September 2023

ElgivaTheatre

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Russell Brand: Bipolarisation

Saturday 2nd September – 7pm

The daring, award-winning British comedian is back on The Elgiva stage. This is no ordinary stand-up gig – this is RUSSELL BRAND!



From Screen to Stage

Sunday 10th September – 7.30pm

Experience the magic of some of the world's favourite film composers, as our resident orchestra enchants with Morricone, Nyman, Elfman, Zimmer, Williams and more!



Cave Girl

Tuesday 26th September – 11am and 4pm

A charming, interactive musical for 4-10 year-olds and their families. Help Roxy face her fears and find her way home in this magical adventure through time.



Forbidden Nights

Thursday 28th September – 8pm

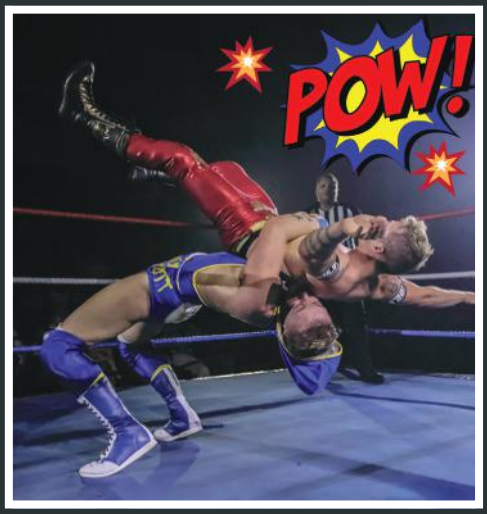
Welcome to the Sexy Circus – guaranteed to have you on the edge of your seat as the cast perform heart-racing tricks and sensational choreography.



Tony Stockwell – Psychic Medium

Monday 11th September – 7.30pm

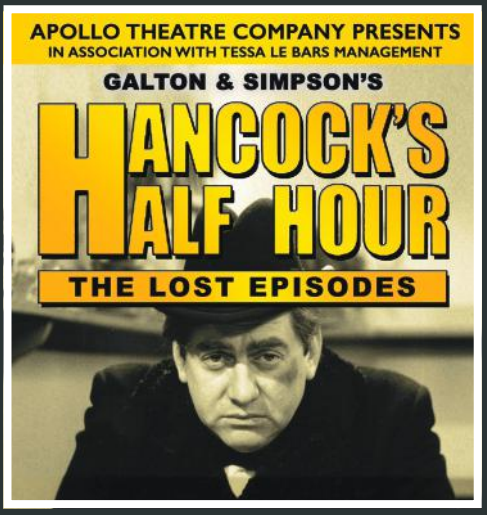
The popular star of TV's Street Psychic, Psychic Private Eyes and Psychic Academy brings his compelling show to The Elgiva stage.



LDN Wrestling

Sunday 24th September – 2pm

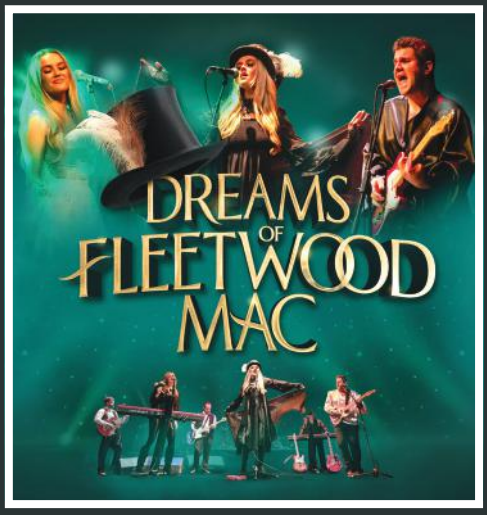
The superstars of LDN Wrestling are back in rip-roaring action, bringing a host of top wrestling stars to the ring for rip-roaring entertainment for all the family to enjoy.



Hancock's Half Hour

Friday 29th September – 7.30pm

Hancock's Half Hour has had people laughing non-stop for the past 65 years – now see the radio comedy classic performed live on stage, with three hilarious episodes.



Dreams of Fleetwood Mac

Saturday 30th September – 7.30pm

As close to the real thing as possible, successfully recreating the authentic look and sound. Packed with great songs all played with passion, energy and respect.

September 2023

Pantomime 2023: *Want to be part of the action?*

Cinderella – Open Auditions: ***Juniors***	**Panto**	**10:00**	**03/09**
Cinderella – Open Auditions: ***Seniors***	**Panto**	**14:00**	**03/09**

September Listing

Russell Brand: Bipolarisation	Comedy	19:00	02/09
Official Competition	Film	13:30 & 20:00	06/09
English Sinfonia	Music	19:30	10/09
Tony Stockwell	Evening With	19:30	11/09
Barbie	Film	13:30 & 20:00	12/09
Oppenheimer	Film	13:30 & 20:00	13/09
Matthew Bourne's Swan Lake	Live Screening	19:30	19/09
Lunana: A Yak in the Classroom	Film	13:30 & 20:00	20/09
Buckinghamshire Jobs and Apprenticeships Fair	Community	TBC	23/09
LDN Wrestling	Family	14:00	24/09
Das Rheingold – *The Royal Opera*	Live Screening	19:30	25/09
Cave Girl	Family	11:00 & 16:00	26/09
Forbidden Nights	Theatre	20:00	28/09
Hancock's Half Hour	Comedy	19:30	29/09
Dreams of Fleetwood Mac	Music	19:30	30/09





Open Auditions
Sunday 3rd September



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The Mortgage Charter could help mortgage borrowers cope with higher mortgage rates



A package of government measures to help support struggling homeowners facing soaring mortgage rates came into effect last month (July). Twenty lenders including NatWest, Nationwide, Barclays, HSBC and TSB, will now allow home loan customers to switch to interest-only payments for up to six months or extend the loan term without impacting their credit score.

To illustrate how the interest only option might affect a borrower, a £200,000 mortgage fixed at 6.39% (a common 2 year fixed rate currently available) works out to a monthly repayment of £1,336 a month on a 25 year capital and interest mortgage. Switching this to an interest-only mortgage for six months would result in this payment falling to £1,065 for that period. While this results in a short term £271 per month reduction, which could obviously help pay other bills, it also means the borrower is no closer to owning their home six-months later. And the borrower will need to decide how to pay off the additional balance of £1,626. This can be done by either making a lump sum payment at some later point, maybe when it's sold, or by increasing the monthly repayments on the mortgage for the remaining term.

The other option allows borrowers to permanently extend their mortgage term. This will lower their monthly repayments, but increase the total amount paid over the mortgage term. For example, if the same mortgage repayment of £1,336 a month which is based on a 25-year repayment term is increased by a year the monthly repayments would fall by about £20 a month. Extend it by 10 years and the saving is £143 per month. Obviously a lender will always allow you to shorten the term again should the borrower contact them at a later date but, be aware, paying back that £200,000 mortgage over 35 years rather than 25, if we assume an average rate of 4.5% for the term of the mortgage, (in the hope they will fall a little soon) will mean incurring total interest of £197,500 rather than £133,500. For many though, the short term gain may help them more than the long term pain.

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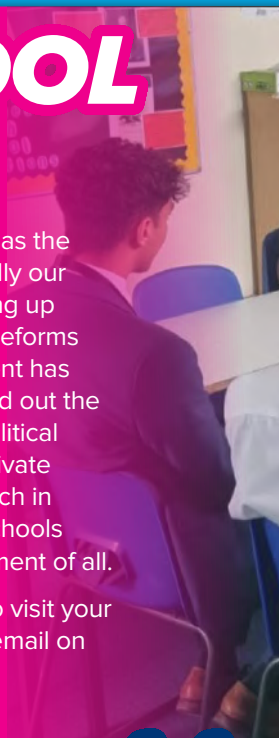
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BACK TO SCHOOL FOR GARETH



Thanks to the pupils from the politics department at Chesham Grammar School who grilled Gareth for their 'Chesham Chats' podcast.

Gareth said 'I was definitely put through my paces on a wide range of issues! They were an impressive group and a real credit to the school.'

Topics included education where Gareth pointed out that 100% of local secondary schools are good or outstanding. Our results at A-level are twice as good as the national average. Nationally our schoolchildren are climbing up world rankings thanks to reforms on phonics this government has brought in. Gareth also laid out the threats posed by other political parties to wage war on private and grammar schools which in turn will leave our state schools overcrowded to the detriment of all.

If you would like Gareth to visit your school then drop him an email on **gareth@tellgareth.com**

£16.4m Investment to our River Chess



Gareth welcomes the investment to clean up the River Chess

Work is underway by Thames Water to improve local sewage infrastructure and clean up its water systems, bringing an extra 150 jobs to its capital delivery team.

Gareth Williams, your local Conservative Candidate in Chesham & Amersham is working alongside local stakeholder groups to hold Thames Water to account on delivery of the project. Gareth said: "This investment by Thames Water recognises years of hard work and lobbying by many people to improve our precious chalk streams."

As a Board Member of Chilterns Conservation Board, Gareth is right at the heart of efforts to improve our rivers. The



Gareth joined sixth formers for an episode of the 'Chesham Chats' podcast

clean-up

funds will be split between £3.3 million set to improving flow, and £13.1 million towards removing the phosphate load in the river Chess.

Thames Water have faced criticism in recent years and were called out by Ofwat in 2022 for being one of the worst performing water companies. Our water companies must be held accountable for the sewage waste that's polluting Chesham and the wider local area – and your local Conservative team are committed to keeping our water clean.



Working for local employers

Gareth took local business champion and vice chair of the Chiltern Chamber of Commerce Andy Garnett to meet with Chancellor Jeremy Hunt in Downing Street.

Gareth is working hard with local employers and businesses to organise the second Jobs and Apprenticeships fair at the Elgiva on 23rd September.

National Care Home Open Week

Gareth was pleased to visit The Croft Care Home in Amersham for a lovely tea and chat with the residents as part of care home open week.

Gareth said 'It was great to hear about the strong sense of community in the home. I even learned all about what it was like working at Goya's perfume factory in Amersham from two former employees!'



Promoted by James Watts on behalf of Gareth Williams, both of 12 Aylesbury End, Beaconsfield, HP9 1LW.

WHAT IS DEPRESSSION?

Depression is the number one cause of disability in the Western world. Younger adults and adolescents are most affected, and increasingly at younger ages; suicide is now the second leading cause of death for youths aged 10 to 19. Mental illness is the leading cause of disability in children.

Not a chemical imbalance in the brain

In the late 1980s, serotonin imbalance was suggested as a physical cause of depression, described like a deficiency of thyroid hormone or insulin, and theoretically correctible with the new SSRIs (selective serotonin reuptake inhibitors) anti-depressants. These drugs are believed to block the reuptake of the chemical messenger serotonin into neurons to make more serotonin available to improve messages between neurons.

But a 2016 review of 13 drug trials published in the Journal of the Royal Society of Medicine "found that antidepressants double the risk of suicidality and violence, and it is particularly interesting that the volunteers in the studies we reviewed were healthy adults with no signs of a mental disorder," said the researchers - "There can be little doubt that we underestimated the harms of antidepressants".

Furthermore, no data have ever been produced to support the theory that these drugs are indeed correcting a 'chemical imbalance in the brain', and as a result the imbalance of neurotransmitters theory has now been scientifically ruled out as the underlying cause of depression.

Unexpressed emotions

All negative emotions such as grief, fear, sadness, guilt, remorse, disappointment and anger cause physical changes in our bodies and brains via our hormones. Repeated unhealthy thinking patterns can result, especially when these negative emotions are not expressed and are stored in the body. Unhealthy thinking patterns can easily lead to low mood, requiring their exploration and resolution in psychoanalysis.

Inflammation

In 2015, Canadian researchers used positron emission tomography (PET) to scan the brains of 20 patients with depression and compare them to 20 healthy control participants. They paid special attention to the activation of microglial cells that play a critical role in the immune system's inflammatory responses.

They discovered significant inflammation in the brains of people with depression, which was most severe among participants with the most severe depression. People who were diagnosed with clinical depression had about 30 percent more inflammation in their brains than the healthy controls.

Many studies have since confirmed the impact of inflammation on mental health. A new generation of integrative psychiatrists now take a functional medicine approach to mental illness, looking at inflammatory markers, and the possible sources of that inflammation (for example amino acid or vitamin deficiencies, hormone imbalances or microbial infections or imbalances). James Greenblatt, of Tufts and Dartmouth universities, is the author of the groundbreaking book: Integrative Medicine for Depression: A Breakthrough Treatment Plan That Eliminates Depression Naturally (Friesen Press, 2019). He says: "The health of the brain, or what we might call the mind, depends directly on the health of the body".

What can be done about inflammation?

Many common deficiencies that can cause inflammation can be remedied with food sources, and/or food supplements. Below are examples of the inflammatory factors an integrative psychiatrist will consider and test for:

Hormones

It is well documented that low thyroid hormone causes depression and anxiety. If needed it can be optimally supplemented in its natural form rather than as synthetic hormones.

Dehydroepiandrosterone (DHEA) is a hormone produced by the adrenal glands that wanes after midlife. A 2005 study published in the Archives of General Psychiatry concluded that DHEA is "an effective treatment for midlife-onset major and minor depression".

Minerals

Zinc is abundant in the central nervous system and is critical to hundreds of enzymatic reactions that fuel a wide range of functions, from DNA synthesis and digestion, to immune system function. A 2013 review of 17 studies found lower levels of zinc in depressed people than in those without depression.

Magnesium deficiency has been linked to nervousness, anxiety, insomnia and depression. A 2017 review of magnesium's role in neurological disorders similarly found that participants consuming just 248 mg of magnesium chloride per day for six weeks showed marked improvements on depression scores compared to those receiving no treatment.

Vitamins

A range of B vitamins - B1 (thiamine), B3 (niacin), B6 (pyridoxine), B9 (folate) and B12 (cobalamin) - are essential for neuronal function, and deficiencies have been linked to depression in multiple studies.

Diet

A diet that restricts inflammatory foods, such as red meat and refined carbohydrates, can reduce inflammation.

Healthright's aim is to help you improve your health and wellbeing naturally. Come and ask us how. We look forward to seeing you again very soon.

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Mini Entrepeneurs

Our Year 6 class have been extremely busy despite it being their last few weeks at Hawridge and Cholesbury CE School.

They held a Mini Enterprise event for pupils and parents, having developed and created their own businesses. We definitely have some future entrepreneurs, well done Great Oaks!





We are very excited that 2024 will mark the 150th anniversary of Hawridge and Cholesbury Church of England School. Lots more information will follow in the coming months but if you were a past pupil we would love to hear from you with your stories and memories of your time at the school. Please email these to **anniversary@hcschool.uk**. More details of the exciting events that we will be planning will follow soon...

Would you like to be a School Governor?

We have vacancies for Foundation governors and would particularly welcome applications from people with HR, finance, premises or legal backgrounds.

However just as important is:

- being able to share our vision for the school
- being able to work as part of a team
- having sufficient time to visit the school and participate fully in governance activities and responsibilities.

Governance experience is welcome but not essential as full training will be given.

We are a VA school so Foundation governors must be practising Christians and appointments will be approved by the Diocese of Oxford. Appointment is also subject to a satisfactory DBS check.

To find out more or to apply, please contact the Chair of Governors **SWalton@hcschool.uk**.

For more information about our school please look at our website: **www.hawridge-cholesbury.bucks.sch.uk**.

1st Chesham Scouts are Growing

In April this year, the 1st Chesham Scout Group started their Squirrels Drey (boys and girls aged 4 and 5).



The fourteen children that joined the Drey were recently invested into the Scout Group. James Williamson, lead volunteer for Buckinghamshire Scouts, and Town Mayor Councillor Wilford Augustus helped give the children their badges and scarves.

A few weeks beforehand, the children had made fruit kebabs as part of their Super Chef badge. They completed the badge by trying some new food: passion fruit, peas in a pod, and pomegranates. They also had a game where they had to set up a picnic mat, crockery, and cutlery.

The Scout Group are looking to increase the number of children in the Drey in September.

Adult volunteer Lucy said, "Volunteering with Scouts has been so positive for me. It's given me the opportunity to work with children and adults and this has built my confidence. I used my experience of working with Beavers (boys and girls aged 6 to 8) to get a job working in a Forest School. I've also made lots of friends and developed my organisational skills."

Scouting continues to grow and provides a wealth of opportunities for children aged 4 to 17. Scout Groups across the County are looking for volunteers. These roles include working with children, young people and teenagers. There are also many support roles, for example. Chair, Treasurer, fundraiser, website manager, fund raiser etc. If you would like to know more about volunteering, please visit www.scouts.org.uk/join Whatever time you can give, we will find you a role and you will learn new skills.

Chesham Environmental Group

CHESHAM ENVIRONMENTAL GROUP

Dates for your diary

Sunday 20th August - Canons Mill & River Chess Bypass: We will be clearing the bypass channel in the River Chess between The Moor and Canon's Mill. We will also be litter picking there and in the surrounding area. Tools are available but it would be useful if you could bring one or more of the following: secateurs / shears / loppers / saws. Litter picks and black bags will be provided. Please wear appropriate clothing, footwear and gloves and waders or wellies if you work in the river - there are some waders available. Meet at 10.00am at Canon's Mill, Waterside, Chesham opposite Hill Farm Road - **http://streetmap.co.uk/map.srf?X=496941&Y=200384&A=Y&Z=110**

Thursday 24th August - Town Hall Meeting: We hold 4 indoor meetings per year which provides the opportunity for our members and others to discuss new projects, update ourselves on current ones, etc. All are welcome to attend. The meetings start at 7.30pm in Chesham Town Hall - **http://streetmap.co.uk/map.srf?X=495910&Y=201586&A=Y&Z=106**

Sunday 6th September – Cleaning Up Captains Wood: This is a popular wood on the outskirts of Chesham that needs a little TLC to keep it lovely. Our task today will be clearing it of all the rubbish we can find. Litter picks and black bags will be provided. Please wear appropriate clothing, footwear and gloves. Meet at 10.00am at the parking area in front of the shops in Greenway HP5 2DA - **http://streetmap.co.uk/map.srf?X=495681&Y=203435&A=Y&Z=106**

Friends of Lowndes Park

We are in need of volunteers to help with gardening in the Park from 10.00am-12.00 noon on the second Sunday in the month.

Our August work party will be on Sunday 13th. Meet at Archena Gardens, at the lower corner of the Park, just off Church Street, HP5 1HU. Any help would be most welcome. More information at **www.lowndespark.org.uk**, or phone Joan Clark on 01494 783035.

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Help 'Fund the Fun' in Lowndes Park

If you have young children, you'll have seen the sad state of the play equipment in Lowndes Park. Half of it has been removed, and the rest is dated, deteriorating and inaccessible.

Fortunately, 'Love Lowndes', a well-organised new community group, is tackling the problem! Claire Wyatt, a local parent who is leading the project says, "Lowndes Park is the green heart of Chesham's community. It deserves a playground that's exciting, accessible, and welcoming. We're delighted to be working in partnership with Friends of Lowndes Park and Chesham Town Council to create it."

Extensive research and consultation have been undertaken to make sure the new playground will be in the best place and serve Chesham's community today and in the future.

You may have spotted the 'Love Lowndes' banner at the park entrance and playground. And the group was recently fundraising at Chesham's Schools' Carnival and Hats Off Festival.

'Love Lowndes' needs to raise £150,000. It's a big ask. Chesham Town Council has committed £35,000. Corporate and Grant fundraising have begun. But it's simply not enough. The group needs local people to volunteer and donate. And just as importantly, they need local businesses to take up vital sponsorship opportunities.

Claire Wyatt again: "We need the whole town to support us. There'll be loads of ways to help 'Fund the fun' over the coming months: a kids' comedy show, a stand-up comedy night, a Halloween Pumpkin Parade in the park and more. Please follow us on social media **@lovelowndes** to spread the news!"

Donate today at our Crowd Funder: **crowdfunder.co.uk/love-lowndes**

If your business can help with sponsorship, if you want to find out more, volunteer your time or expertise, please email: **Lovelowndes@gmail.com**

A super easy (and FREE!) way to support us is through Easy Fundraising. Each time you shop, we get a donation from the company!
www.easyfundraising.org.uk/causes/love-lowndes/



Chiltern Film Society

Chiltern Film Society's 2023/24 Season (our 55th!!) will begin next month at The Elgiva.

For details about the films to be screened and how to join, go to **www.chilternfilmsociety.org.uk**.

Chesham Allotments Open Day

Take a wander round to find out what we grow, buy some fresh produce, have a cuppa and a slice of cake whilst enjoying the wonderful view over Chesham.

Tea, coffee, homemade cake, raffle, produce sale.

Saturday 12th August 2023, from 10.00am to 1.00pm at the Cameron Road Allotments. **www.cheshamallotments.org.uk**.

Chesham & District Transport Users' Group

Chesham TUG are pleased to announce that our next meeting will be held in Chesham Town Hall on Tuesday 1st August at 7.30pm.

If you're unhappy with train, bus and taxi services in Chesham, Amersham, The Chalfonts and the surrounding areas please come along and let us know and we'll do all we can to help sort out any issues.

Our next meeting after that is on Tuesday 19th September, same time, same place. Look forward to seeing as many people as possible and you'll all be made very welcome.

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Amersham Photographic Society (APS)

Amersham Photographic Society was formed in 1951 and has been active since that date.



The club meets every Monday evening throughout our season (September to May) with competitions and a variety of speakers. Our membership ranges from beginners to highly qualified amateurs and professional photographers, so whatever your experience you will feel at home.

The club also has five Special Interest Groups for specific genres or projects. They are the Monochrome Group, the Colour Group, the Beyond Group specialising in creative projects and photographic art, the PiC (Photographers in Camera) Group encourage and support members working on projects or towards a Royal Photographic Society award. Ask APS is a tutorial/interactive group for members to learn more about photography. It covers a wide range of genres and techniques as well as encouraging members to look beyond club photography and seek awards from the Photographic Association of Great Britain. These groups are open to all members and, with the exception of the PiC Group, are free of charge. We do not forget the social aspects of club membership and organise Photographic outings and regular social gatherings at Amersham Coffee outlets.

New members are always welcome, have a look at our website, contact the Membership Secretary or just come along to the new Drake Hall, Chiltern Lifestyle Centre at 8.00pm on a Monday evening and see what we are all about.

We have held an exhibition every year since 1953 and, 70 years later, in 2023 the exhibition it to be held in St Michael and All Angels Church, Sycamore Road, Amersham from Tuesday 26th to Saturday 30th September. Entry is FREE.

Photographs shown here are:
A WISTFUL MOMENT by Nigel Longman (left)
ANYONE'S BALL by Geoff Walker CPAGB (below)



Chiltern Voice

Have you tuned in to Chiltern Voice's new "Local & Live" show, every weekday afternoon from 4.00-7.00pm?

"Local & Live" is a celebration of what's going on in and around the Chilterns, from highlighting local events, to show-casing new local musical talent, then this is the show! It's a great way for you to stay up-to-date with what's happening in the area and to discover new artists, venues, and events that are happening.

It also features our usual range of great music, and as well as utilising our existing presenters that you will hear elsewhere during the week we also use it to allow some of our newer presenters to make their first steps on live radio, guided by an experienced hand.

So, if you've got something interesting happening that we should be featuring on "Local & Live", or your charity is interested in free advertising for our "Charity of the Month"? Then simply email **local@chilternvoice.fm** for more details.

Overall, the "Local & Live" show is a fantastic example of community radio at its best. It brings people together, celebrates local talent, and helps to foster a sense of community pride.

So whether you're a music lover or just looking for a way to stay connected with your community, tuning into 107.4FM on weekday afternoons, or simply saying "Hey Google / Alexa – stream Chiltern Voice FM", is a great way to do it.

Waterside Primary pupils launch new books

Staff and pupils from Waterside Primary held a brilliant book launch in the town on the 18th July, which was attended by the Mayor.



They have been working with the Roald Dahl Museum in Great Missenden and professional picture book-maker Rose Feather to create 5 picture books inspired by their local community, including Chesham High Street and the River Chess. To make the books, the pupils discovered how Roald Dahl looked at the world around him "with glittering eyes" to find the inspiration to create his stories and characters.

The event took place in the High Street where a specially designed pop-up library cart has been installed. The books are available to borrow throughout the school summer holidays. The Museum and school have been working with Chapter Two bookshop, Good Earth Gallery, Chesham Town Council and Buckinghamshire Council to install and maintain the library.



Waterside Matters

Welcome to this month's contribution from the Waterside Community Association (WCA).

The committee met in June, and amongst a busy agenda, we wanted to update you on 3 key items:

1. The River Chess

Many residents contact the WCA about the state of the Chess which flows through Waterside. The WCA has reached out to the Chiltern Society to understand how the WCA can practically help to improve the river - This could involve volunteer work parties to help remove self-seeding trees and rubbish. The WCA have also offered to financially support with the purchase of shrubs as part of the Chiltern Society design project on the Moor which seeks to improve the river channel and remove some of the concrete walls.

2. WCA Community Small Grants Scheme

The WCA community small grants scheme is open for applications. Any project benefiting or improving the Waterside community will be considered, and anyone living in Waterside can apply via email. Applications of up to £250 will be considered and the scheme is open all year round when funds allow. For more information email **secretary@watersidecommunityassociation.org**.

3. Waterside Play Areas

The WCA has a keen interest in improving facilities in Waterside. Fundraising continues to renew the much-loved play area at Bois Moor Road. We are also pleased to report that after lobbying local Chesham Town Councillors, a replacement fence for the Woodland View play area is due to be installed. A GoFundMe page has been created to fundraise for a new Bois Moor Road play area if you are able to financially support.

If this is a local project you would be interested in supporting in any way, please contact: **chairman@watersidecommunityassociation.org**.

Membership of the WCA is free and open to anyone living in Waterside, Chesham. To join, simply email **secretary@watersidecommunityassociation.org**

Follow the WCA on Facebook at: **www.facebook.com/groups/watersideca**.

Please support the Waterside Community Association to renew the Play Area at Bois Moor Road

Cricket Round Up – August 2023

What a fascinating cricket season this is becoming.

Following three pulsating and exciting men's Ashes test matches completed, at the time of writing it is 2-1 in favour of the Aussies but who knows what the outcome will be by the time this publication reaches you. The Women's series has been equally enthralling; sadly however, Australia have retained the Women's Ashes.

One recent damper has been the Independent Committee's long winded and gloomy report on the state of the game, in theory at all levels although I do not think it really reflects on club cricket, which in my experience does not seem to suffer from most of the issues allegedly affecting the first class game.

The local league season is now well past the half way point and positions are becoming clearer as we approach the nitty gritty part when titles, promotions and relegations are decided. Rather sadly, other than the mighty Chesham 4ths, no local team appear to be in a position to challenge for honours but several are fighting to avoid relegation.

Home Counties League - Division 2

Great Brickhill have established a useful lead but have just suffered there first defeat and Cumnor appear to be bound for relegation. Our local clubs are both at present locked in a tightly packed mid table. Both have suffered from fluctuating availability which does not help consistent progress. After eleven rounds Amersham have won four games, lost five, drawn one with only one abandonment. Following recovery from injury, Michael Payne has reassumed his good form in the middle order and Mo Chaudrey has made useful contributions with bat and ball. Lacking Sam Helm as spearhead of the attack much of the time, Madhuka has as usual been the leading wicket-taker. Chesham have won four and lost four but have been unfortunate to suffer three games abandoned. Henry Moore has been the most consistent batsman in the last month, with Kamran Khan and Ollie Anderson the most successful bowlers. In recent games the side has fielded three promising under sixteen year olds, including new leg spinner Simardeep Singh, which bodes well for the future.

Thames Valley Leagues

In Div 2a, Chesham 2nds continue to struggle near the foot of the table, with most of their opponents being 1st elevens. A recent victory over Hounslow, with a swashbuckling 95 from Theo Weatherall, promises better times to come. All rounder Jamie Anderson has shown good form and young Sam Harris shows promise. Constant depredations following late calls up by the 1sts do not help.

In Div 3b, Amersham 2nds are also finding life difficult and sit close to the foot of the table. Even their recent victory over Ickenham 2nds owed much to 'guest' appearances by Andy Viney (97) and Sam Helm (5 for 47). Nevertheless they too have a number of promising and improving youngsters in the ranks., including Agastaya Baimini and Dan Ishaq, but one should not forget the continued contributions of elder statesmen Chris Fleming and Graham Rance.

One time leaders of Div 5a, Chenies and Latimer 1sts, have slipped back slightly and recently suffered the indignity of being dismissed for a miserly 31 in defeat by High Wycombe 3rds. Alex Martin hit a century against Maidenhead and Bray 2nds. Chesham 3rds finally won two games, but still languish close to the bottom of the table. Matt Watson and Phil John have hit recent half centuries.

In Div 6a, Amersham 3rds are currently bottom, in spite of a recent win against OMT 2nds, in which Joe Suttle hit 89 and Matt McInley took 5 for 39.

In 9b, Chenies 2nds sit comfortably in mid table. Old faithfuls Mike Picard and Ian Gilmour have both hit half centuries as has Jeeva. Div 10b is at present headed by Chesham 4ths, who have lost only one game. Mo Asuaf has hit a century and batted consistently, backed up by Ollie Haymes, Mudasser and Ben Shepston. Chesham 5ths, in spite of two recent victories in which Andy Spinks and Ben Holmes each hit half centuries, sit near the foot of the table, as do Amersham 4ths, for whom Ramesh Sistla scored 71 against Kew 4ths.

Berks, Chiltern and Mid Bucks Leagues

In the Championship, Ballinger Waggoners have at last experienced the joy of two victories, one being particularly satisfying over local rivals Ley Hill, in which Kiera Patel hit 56 and Max McIver took 6 for 42. Patel also hit 66 against Emmbrook. In the last month Ley Hill have won one and lost three. The consistent star has been Raheel Khan, who hit a century against Great Kingshill. In the Chiltern Premiership, The Lee continue to underperform and

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with only a solitary win to date they sit at the foot of the table. Winchmore Hill are comfortably placed in the Chiltern Div 1. Chris Edwards continues to bat well ad Gordon Clarke took 5 wickets against Little Marlow. Nice to see the evergreen Stuart Banham hitting a ton against Denham. In spite of winning four games, Hawridge and Cholesbury are currently bottom of Mid Bucks Div 1, not helped by some penalty point deductions.

Bucks County Cricket

Following earlier elimination from the NCCA T20 competition the team have suffered a similar fate in the NCCA One Day Competition, their solitary victory being over Staffordshire, with the assistance of a kindly Duckworth Lewis decision. However, much more promising has been the start of their 3 day Championship campaign when they comprehensively defeated Norfolk by 5wickets at Tring. AJ Woodland with two half centuries and Conner Haddow with two 5 wicket hauls, were the star performers for Bucks. The next home game is against Lincolnshire at Chesham starting 6th August followed by the final game away to Suffolk at Copdock starting 20th August. Before these is the One Day Challenge game against Sussex at Hove on 1st August.

With so many Over 50s, Over 60s and even Over 70s games having been played during the past month I can only highlight a few performances. Unfortunately the only two Bucks victories have been by the O60 1sts against Cambs and the O60 4ths against Sussex. Nevertheless, there have been some impressive batting performances including those by Nigel Field and Mark Haines who have both hit three half centuries so far. In the last month George Nelson has hit 79, Doug Marriot, A Peshavaria 67*, Temur Alam 64, Steve White 62*, Steve Rimmer 62 and Paul Cooper 60. There have been numerous other half centurians.

Women's Cricket

I have received no reports of either Bucks or local club cricket activities during the last month. I understand that Bucks have forthcoming home fixtures against Oxon on 11th August at Marlow and against MCC on 23rd August at Chesham.

Junior Cricket

In addition to the on going inter club age group leagues there have been an incredible number of inter county representative matches in the last month. There must be concern that there are almost too many, some of them being comparatively meaningless, meaning that some of the youngsters, particularly the faster bowlers, could be in danger of burn out.

General

The series of walks organised by Ron Hedley in order to raise cash for the Bob Willis Prostate Cancer Fund has continued successfully. The June walk around the Getty estate at Wormsley was particularly memorable and included a visit to the famous Walled Garden, rarely open to visitors. For further details of the future programme or to join in contact Ron on **rjhatters@yahoo.co.uk**. Donations to **www.bobwillisfund.org/ronsmarch**.



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Summertime @ Stags

There's been another very successful Touch Rugby tournament at Chesham Stags this summer.

The eight week competition took place on Tuesday evenings and involved twelve teams, they included The Untouchables, Sinkholes, Pumba Who? and Hawaii Try 0, the tournament winners were No Women, No Try.

Touch Rugby is a non contact game which will continue to be played at Stags every Thursday evening between 7.00pm and 8.00pm, new players are always welcome, no previous playing experience is necessary. If you'd like to take part in these fun sessions please email: **president@cheshamrugbyclub.com** for more details.

The Club's senior squads have begun pre-season training in preparation for the start of their fixtures in September.

Stags Women's first league match is at home on Sunday 17th September, they'll be kicking off at 2.00pm against Welwyn Ladies RUFC.

This will be the first season for their newly appointed Head Coach Chris Dodd, he's aiming to use his vast experience to help his players build on last season's successes. He'll be assisted by Tom Hirst, this will be his 3rd season in the role having previously coached in the Club's Mini and Junior section.

Tom also plays for Stags 1st XV whose Head Coach Tom Courtney is looking forward to seeing his players continue to improve as he starts his 2nd season in charge. Their first league match is away to Didcot RUFC on Saturday 2nd September, a week later Gosford All Blacks



RUFC will be travelling to Stags' home ground at the Chiltern Hills Academy, HP5 2RG, both matches kick off at 3.00pm.

New players of all abilities are always welcome at Chesham Stags, contact details can be seen in the two adverts on this page.

To coincide with the new season Stags launched a brand new website on the 1st August, this contains information about all sections of the Club: **cheshamrugbyclub.com**




Touch Rugby team Pumba Who?

Chesham United FC

The Chesham United management have been working hard on pre-season, arranging friendly fixtures and securing players for the new season.

Most of the play-off reaching squad has been retained: Players Player of the Season Eoin Casey & Club Captain Steve Brown are back for their sixth seasons at the Meadow, with the versatile Lewis Rolfe joining them as part of a strong back line. Left-back Jack Connors is another of the defence who is returning for the 2023/24 season looking to add to his 30 appearances in a Chesham shirt. We move into midfield next with the retention of the box to box midfielder Jordan Gibbons, our British Virgin Islands international T'Sharne Gallimore and Ronny Mfinda who is back for his 6th season at the club. And at the top of the pitch, in the attacking third, we've retained an array of attacking firepower with Brad Clayton, Zak Joseph and Shaquille Hippolyte-Patrick all returning to terrorise full-backs. Ricardo German, Jordan Edwards and last season's top scorer Karl Oliyide all return as well looking to add to their double figure goal returns from last season.

Departures: Every summer, we have to say goodbye to players as they move on for higher levels or changing circumstance, this year is no exception as we say goodbye to Jeanmal Prosper (Slough Town), Sam Beasant (Beaconsfield Town) and Frankie Sutherland (retiring).



New signings: Utility player, Calum Webb, has returned to The Meadow from Beaconsfield; left-back, Luke Warner-Eley, has also returned, after a spell playing at a higher level; Centre-back Callum Adebiyi joins from St Albans; Connor Roberts (defender) joins from Banbury Utd; Midfielder, Harry Rush from Hanwell Town. As I write this, several trialists have performed well in the pre-season friendlies and further new signings are expected.



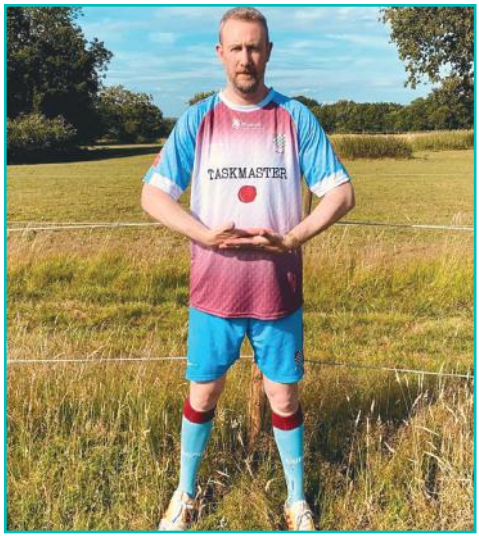
Friendlies

Preparation began at Bedfordshire side, Sholton, where the generals recorded a 3-0 victory.

Berkhamsted 0 Chesham 0: a close fought local derby ended goalless. Local rivals Berko won their league by a canter, last season to join Chesham at Step 3 in the non-league pyramid. Unfortunately, Berko have been placed in the Southern Central League, so there will be no A41 derby games in the League, this season. Welwyn GC 1 Chesham 7: The Herts side – who play in the league below – were trounced by Chesham, as players looked to impress. Goals from Edwards, Germain, Gibbons and 2 from a trialist saw off Welwyn. Leighton Town 2 Chesham 3: The Generals faced a tough test when they travelled to Leighton Buzzard to face the newly promoted side. Chesham dominated the game with neat passing and managed to provide most of the squad with some match time. Goals came from Shaquille, Oliyide and a trialist. Everyone is now looking forward to the visit of Premier League, Luton Town in a friendly on the 25th July.

League fixtures begin on 5th August; Chesham travel to West London to play Hanwell Town. Our first home game will be the following weekend, 12th August, when we welcome Hungerford Town to The Meadow. Hungerford were relegated from Conference South last season and will provide tough opposition. We complete our opening run against the with a midweek trip to play Hayes & Yeading the following Tuesday.

Replica Shirts



We have had a massive response to the new Taskmaster sponsored team shirts. UK orders were despatched on 17th July and overseas, on 24th July. Thank you to everyone who has bought this season's Chesham Utd kit. Please use Twitter and tweet us a picture of you wearing it in your hometown and on

holiday (or wherever – the stranger and more exotic the better) and you might appear in one of our excellent matchday programmes as we introduce a new feature – Around the World with Chesham United! Please use the hashtag **#CUFCTaskmaster** and see who else is wearing their shirt and where. Let's see how far and wide we can spread our club colours. If you are not on Twitter, email your pictures to **press@cheshamunited.co.uk**.

We are now also in position to announce details of our next event – We are holding a very special evening on Thursday 14th September 2023, hosted by our very own comedian and Taskmaster host, Alex Horne, with guest speaker the legendary Ian Holloway. The evening will include a fish and chip supper plus 2 free drinks for every guest. Full bar facilities will also be available. The format will consist of tables of eight and the ticket price is £60 +VAT (per head). We are currently in conversation with our commercial business partners about booking tables, but any individuals interested in reserving a place, please contact **commercial@cheshamunited.co.uk**. Ian Holloway has a reputation amongst football fans for his Bristol accent, off-the-wall interviews, and amusing answers to questions from the media. Ian is seen by many as the perfect after dinner guest speaker, best known from his time as a manager of clubs including Queens Park Rangers, Plymouth Argyle, Leicester City, Blackpool, and Crystal Palace. As he did with Blackpool three years earlier, Holloway managed Crystal Palace to promotion to the Premier League in May 2013, but after the club had won only one of their opening eight games he left, by mutual consent, on 23rd October 2013 after less than a year in charge. It promises to be a fantastic night.

Ian Ellis

Chesham United were very sad to hear of the death of Ian Ellis, who has driven the Youth Section forward for several years. Everyone involved in the Club knew Ian and his enthusiasm and commitment to Chesham United Youth was unrivalled. He worked hard to connect the youth teams to the first XI. Coaching young players and general organisation of many age groups takes much time. Ian dedicated himself to Chesham United; his volunteering provided exercise, teamwork and camaraderie for many children. Ian's efforts were immense and will be sorely missed by all in the Chesham area involved in Youth Football. We offer our deep condolences to Ian's young family.

Upcoming Fixtures at The Meadow

12/08/2023	Hungerford Town	3.00pm
19/08/2023	Plymouth Parkway	3.00pm
28/08/2023	Beaconsfield Town	3.00pm

Chesham United Ladies FC

New to football - why not join our FA Weetabix Wildcats?

Off the back of this summer's women's World Cup, we would love to encourage more girls to start playing football at our Wildcat sessions.

These will restart in September for girls aged 5 to 9 years on Tuesdays 5.50pm-6.50pm at Chiltern Hills Academy, just £3 per session, or £20 per half term.

Please contact **Bucksgirlsfootball@yahoo.com** to register your interest.







Chesham 1879 Tennis Club

Chesham 1879 Tennis Club visited our twin town Houilles, in France, in June.

On 23 June, after several months of planning, 31 members of Chesham 1879 Tennis Club, including 13 juniors and our coach, Nick Brooks, set off from Chesham tube station to catch the Eurostar for a weekend visit to Chesham's twin town Houilles. Houilles lies just outside Paris and has been twinned with Chesham since 1986 with the aim of promoting international friendship and understanding by means of cultural and sporting exchanges and we were delighted to accept an invitation from the Houilles Tennis Club.

Any apprehensions about speaking French, negotiating the Paris metro system or correctly pronouncing "Houilles" were soon put to rest by the warm welcome we received from our hosts who met us at Gare du Nord station and escorted for the few stops on the RER train to our accommodation that they had arranged in chalets at a lovely campsite by the river Seine at Maisons-Lafitte.

We were picked up by coach the next day to be taken to Houilles town centre where we enjoyed a leisurely morning stroll through the local Saturday market, enjoying coffee and pains au chocolat etc in the town square under the glorious sunshine. Walking back to the tennis club we passed the twinning office with its sign informing us that we



Chesham Bowling Club

Despite the changing weather from sun to rain, CBC are having a great Summer Season so far!

We played the second Leg of the Princes Risborough Jubilee Cup at home on 2nd July, when we stayed strong after a draw back in May and won by an overall total of 171 to 127, thereby winning back the Cup after several years!

The CBC Ladies team continue to shine brightly – on 15th July they played Chalfont St Giles in the Quarter finals of The Bucks County Burnham Plate competition and won by 12 to 9!

They now move up to the Semi Finals to be played at Aylesbury Town on 30th July – their opponents still to be revealed.

If there are any ladies out there who fancy a new past time, why not come and have a go at one of our free Saturday mornings. You don't need any experience to join up and learn how to play.

Results from our friendly matches against other clubs in Bucks since mid June are:

Chesham 86 – Ad Finem 79 ; Chesham 90 – Broadway 56; Chesham v Berkhamsted 'cancelled'.

And more celebratory news comes with the results from the Watford Veterans Bowls Gala which was hosted by Kings Langley bowls club on 13th July. First and 3rd place were won by the CBC Red and Green teams respectively, with 2nd place going to Herts bowls club. The Winners from CBC were presented with the Shield and a photo of the winning team is shown opposite.



And as if we haven't been busy enough, on 11th July CBC hosted the Bucks Mens & Womens Triple Semi Finals. Some great bowling was served up along with some very tasty bacon rolls!

The Chesham Pioneers – blind and partially sighted bowlers – continue to meet at CBC every Tuesday morning from 10.00am-12.00 noon. If you know anyone who is sight impaired and looking for an outdoor past time with a friendly bunch of people, please make them aware of The Chesham Pioneers. Their details are also on our web site and no previous experience is needed.

New members are always given a warm welcome by the main club and by the Pioneers. We have a great clubhouse which is surrounded by the lovely Lowndes Park and we have plenty of free parking.

Don't forget – FREE Saturday morning sessions for non and new members – 10.00am – 12.00 noon – during August. If joining is of interest to you just scan our QR code.

were 368 km from Chesham (endearingly spelled "Chescham"). Back at the club, we were treated to a splendid multi-course lunch which our hosts had prepared, followed by an enjoyable afternoon of tennis for those of us who hadn't eaten too much.

In the evening our hosts treated us again to more delicious food in the form a barbeque and we presented the Houilles Tennis Club and the Twinning Committee with 2 framed aerial photos of the Chesham 1879 club which they were delighted with and promised to install on their office walls.



On Sunday morning, our hosts treated us to a Bateaux Mouches river cruise to see some of the famous sights of Paris and this just left time for a walk, lunch and a few more drinks in the city centre before catching the Eurostar back to London.

Everyone agreed that it had been a fantastic, fun-filled weekend and we are extremely grateful to the lovely people from Houilles for their incredibly generous hospitality and for making us so welcome. We are looking forward to inviting our new French friends over to "Chescham" for a return visit in the not too distant future.



Chiltern Harriers headed to Hamburg for the World Triathlon Championships

Chiltern Harriers AC had not one, but three athletes in action at the recent Age Group Sprint World Triathlon Championship in Hamburg, 13th-16th July.

The Sprint triathlon sees athletes cover 750 metres swimming, 20 kilometres on the bike and 5 kilometres running, with the total time also including the time spent in 'transition' between the disciplines.

Friday 13th July proved to be a lucky day for Maddie Hughes and Frankie Baxter, competing in the 16-19 age group. Maddie was crowned world champion for her age group, in a time of 1.09.40, while Frankie was not far behind in a very credible 6th position out of 43 in 1.11.24. Meanwhile, in the 50-54 age group, Neil Turner was 18th and third GB athlete home out of a total of 112 finishers.

Closer to home, you'll regularly find Chiltern Harriers athletes at local parkruns and races. Club members are always happy to have a chat if you're interested in joining.

The next club race is the picturesque Shardeloes 10K, which will take place on September 24th. More details can be found on the Chiltern Harriers website - **www.chilternharriers.com**.



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