

THE Grapevine

September 2021

50p

THE NEWSLETTER OF FLACKWELL HEATH COMMUNITY ASSOCIATION



VILLAGE FETE AND PICNIC



After missing last year due to you-know-what, the village fete and picnic returned on July 18. In an otherwise unremarkable summer, the day was hot and ice creams were in demand. You could have a golf lesson, visit the mini petting zoo and hunt for bargains at the many stalls. It was good to see the village organisations back in action. Our thanks to Dave Trotter for the photos.



Flackwell Heath MONTHLY FOOD MARKET

18 SEPTEMBER 2021

9AM - 12PM

FLACKWELL HEATH
RESIDENTS' ASSOCIATIONFRESH LOCAL PRODUCE AT THE THREE
HORSESHOES PUB

VILLAGE QUIZ

Saturday 25 September
7.30pm at the Community Centre.
Bar available.

Tickets £12.50 to include supper from 01628 525317.

Caribbean Concert at Juniper Hill School

Music from the island of Trinidad rang out in Flackwell Heath, as Juniper Hill School celebrated the end of their summer term.

A steel band was brought in from east London, to provide concerts and class workshops (<https://iriesteelpanworkshops.com>) across the school. This was also the very first performance in Juniper's new outdoor theatre; this has been created by the painting of a blank wall in the playground with a mural by Helen Brady (inspired-spaces.co.uk) to make Juniper's very own "Globe Theatre".

The children filed out into the playground carrying their chairs and with much excitement the concert began with singing and clapping accompanying many dear old favourites including "Knees up Mother Brown" and even "Pack up your troubles in your old kit bag".

But as the steel band continued with "Who let the dogs out," suddenly the urge to jump up and dance was simply irresistible and the staff and pupils were up on their feet and skipping in a conga dance around the playground. The atmosphere was magical and as they sang all the worries of the past year seemed to vanish into the blue sky.

We can look forward to more of these events. Next year, Mrs Claire Garnett, Juniper's headmistress, is very keen to bring back choirs and more musical festivities, which have been so much missed during the lockdowns!

The steel band visit was certainly a huge success and just the thing to celebrate the end of term.

As we came to the last song and the children chorused enthusiastically:

"No need to worry, 'bout a thing.

Cos' every little thing's gonna be alright".

I thought how their joyful cheeriness and confidence is an inspiration to us all and you simply know in your heart, that in the end, things really will be alright!

Juliet Bates



Neighbourhood Watch

Neighbourhood Watch Schemes – Coordinators and Deputies

It is always a good idea for scheme coordinators to identify a scheme member who is prepared to act as their deputy and to be registered on the Neighbourhood Alert database. This provides – in normal times – for continuity of service in the event that the Coordinator is on holiday (I wish!), unwell or not able to temporarily support the scheme for any reason. Back in June/July, I was very grateful to be able to hand over the reins to my deputy whilst recovering from surgery. This arrangement dates back to the old 'Ringmaster' system operated by Thames Valley Police, which some of you may remember.

However, times move on, with the current Neighbourhood Alert system now allowing individual scheme members and even residents not in a scheme, to register themselves on the

database. The adoption of the new Simply Safer philosophy by the national NHW organisation, supported in our area by Thames Valley Police, reflects this arrangement.

Crime

As I write this in August, the vast majority of reported crime continues to be cyber-related, with holiday and COVID-19 related scams very much to the forefront. With many of us anxious to book a holiday at all costs, it has been imperative to be aware of the risks associated with online booking. The scammers will frequently create a website which appears to be genuine, but which is phoney. Frequently, they will ask for a deposit to be made by bank transfer. This is very dangerous as there is little hope of tracking the transaction which will also have given them your bank details, and there is little chance of reclaiming your money in the event that something goes wrong. Always double-check attractive offers using more than

one website, avoid those sites which are listed as Ads, and never pay by bank transfer. Credit and Debit Cards offer much better protection in the event that you are scammed. Far better to book via a travel agency – they will have appropriate insurance for both the holiday accommodation, and ATOL-protected flights.

COVID-19 related scams will frequently offer testing facilities at attractive prices, PPE which is frequently sub-standard or non-existent, vaccination or holiday 'certificates' at a cost. Don't be fooled – many of these things are freely available via the NHS or from reputable sources. If you do have to make a payment, follow the advice above and avoid making bank transfers.

David Gresswell

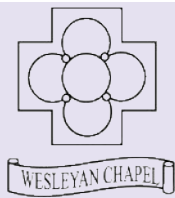
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Wendy Mulhall MCFHP MAFHP

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01628 310938 or 07746 369044

Email: toesrusfoothealth@gmail.com



FLACKWELL HEATH METHODIST CHURCH

We are thrilled that the church is open again for worship services. At the time of writing, we are scheduled to have in-person services on **Sundays 5th and 19th September at 11am**, and our monthly **Celebrate!** service on **September 26th at 6.30pm**. We are also running our popular **Saturday coffee morning** from 10 a.m. to 12 noon on alternate Saturdays - please check our Facebook page and noticeboards nearer the time for confirmation. We are following government guidelines and our own risk assessments to ensure that everybody entering our premises is kept safe.

We are planning to run our **PLAY & PRAISE** group inside the church building on Friday mornings but our **PARENT AND TODDLER (PAT) GROUP** will continue outside if it is dry, or online if wet, on Wednesday mornings. Please see the Flackwell Heath Wednesday PAT Group Facebook page for details, or contact our **Community Mission Worker, Vicky Everitt (07979 541874)**.

GIRLS' BRIGADE is now meeting back in the church. If anyone needs further information, please contact us at suzstoll@aol.com and we will put you in touch.

Our Annual General Church Meeting will be taking place in the church immediately after the 11 a.m. service on Sunday 5th September. All are welcome at this, and it's a chance to come along and find out what's happening in the church and have your say about what you would like the church to provide. We will be sharing our vision for the future as part of the Methodist Church God for All programme and we would love to have your input.

If you have specific prayer requests or need any information, please contact us on the links below; our Facebook page has regular updates.

www.facebook.com/FlackwellHeathMC
prayer.requests@fhmc.org.uk



We at Christ Church are pleased to be able to start reopening our various different groups again. **Is there something below that may interest you?**

We also acknowledge that the last 20 months have been very difficult for people. We as a church want to be there for the people of our village, so if you need a listening ear, do feel free to call our church office - 01628 533004 or admin@ccfh.org.uk

- We are excited to be starting the **Flackwell Heath Gospel Choir** on Tuesday September 14th, from 7.15 – 8.15pm. It will be fortnightly, and will be held at Christ Church. Anyone and everyone will be very welcome. It doesn't matter whether you have sung before or not, or whether you think you have a good voice or not. All you need is plenty of enthusiasm. For more information, feel free to contact me on debbiefox@ccfh.org.uk, or just turn up on the evening. (We still need to wear masks for the time being, to keep everyone safe.)

- **Do you fancy a good discussion with a drink at a local pub? Then C U @ the Pub could be for you.** We meet at The Crooked Billet Pub, on the 1st Friday of every month, from 7.30pm. We chat about moral, ethical and religious issues, discussing 'life, the universe and everything'... we would love you to join us.

- We are delighted to let you know that **Coffee Stop** will be reopening on Monday 13th September and will be open each weekday from 8.45 – 11.30am. We will be serving Fairly Traded tea, coffee and other drinks, alongside individually wrapped biscuits.

We look forward to welcoming you back to Coffee Stop, whether you are an old friend or a first-time visitor. To find out more contact coffeestop@ccfh.org.uk

- **Ever wondered about the meaning of life and where the Christian faith fits in?**

We will be running daytime and evening **Alpha courses**, alongside Flackwell Heath Methodist Church, with courses in person and online, starting week commencing 27th September. Alpha is a relaxed opportunity to ask questions, make friends and find out more about Christian faith. For more details or to book a place, contact alpha@ccfh.org.uk

- We are so pleased to be running our **Oasis** groups again, which are support groups for those who have been bereaved. We meet on the 2nd Wednesday of each month at 7pm, or on the 1st & 3rd Wednesday afternoon at 2.30pm. If you want to know more then you may want to visit the Prince's Centre, Bourne End (next to library) from 10am-2pm on 22nd September, where we will be having a stall at **'The Golden Years' free info day – Empowering older people in Bucks**, or contact oasis@ccfh.org.uk

Debbie Fox

Licensed Lay Minister at Christ Church

	01628 533004
	admin@ccfh.org.uk
	www.ccfh.org.uk
	CCFHOnline



Good news!

Girls' Brigade is meeting at Flackwell Heath Methodist Church again and is open to new members. We are meeting in 2 groups – Reception to Year 6 and Year 7 to Year 13 on Tuesday evenings starting from 14th September. We currently have a staggered start time from 6pm in order to be COVID compliant.

Activities include craft, drama, Bible Stories and games as well as special evenings for Harvest, bonfire night and Christmas.

Our emphasis is on fun and friendship as well as remaining a safe environment as the COVID pandemic continues.

So how about coming to join us?

Phone Ruth Lisle on 01628 523972 or 07802 421482 for more information and to book a place.

Car Park Planning Application

At the planning meeting of the West Buckinghamshire Area Planning Committee on 27 July, our local councillors returned a “minded to refuse” verdict on the proposed development of the Old Kiln Road car park to turn it into nine new homes (4 semi detached and 5 flats).

The COVID lockdown has seen many of us become more aware of the use of video conferencing and I watched a recording of the meeting and was heartened by the professionalism and dedication shown by our local councillors in opposing the development. The recording can be viewed at https://buckinghamshire.public-i.tv/core/portal/webcast_interactive/586440/start_time/218000.

The application was presented as “minded to accept” by the planner, but Cllrs Johncock, Watson, Barron and member of the public, Simon Carter, all spoke against the proposal resulting in a unanimous “minded to refuse” verdict.

Cllr Dave Johncock opened by saying “I don’t want to be over dramatic but the decision we take here tonight will significantly impact Flackwell Heath for ever and could be the beginning of the



end of our retail centre. In a village the size of a small town it would be devastating to not have the kind of retail centre as we would see in most town centres but in order to sustain a viable shopping centre it needs parking, and that is something that is currently in extremely short supply in Flackwell Heath”

He reminded the meeting that there is a 50-year-old condition, which has never been removed, stating that the car park is available for use with the occupation of Aries House. The planner admitted this was his understanding too and Cllr Johncock suggested that the legal status be tested.

Additionally, the unsuitability of the design of the 3 storey flats was

highlighted, with Cllr Barron describing them as a “carbuncle” and “totally out of keeping” with the surrounding buildings. He also mentioned that the nearby recreation ground car park is owned by CWPC and can be locked at any time. Cllr Johncock’s proposal that a parking survey should be conducted in Flackwell Heath was endorsed by the meeting.

A number of local residents have questioned whether the survey would be conducted at a time when parents are dropping off or picking up from Carrington Schools, and whether this would be achieved prior to the appeal. I put these concerns to Cllr Johncock who responded by saying that he would hope that the survey is conducted during school time and definitely prior to the appeal where the ultimate decision will be made by the planning inspector.

It’s interesting to look at our near neighbour, Bourne End, which has a population of just over 5000 vs Flackwell Heath at 6000. As well as a significant parking area adjacent to the shops and restaurants, there is a large public car park. Additionally, local schools are away from the village centre.

Craig Lewis

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Flackwell Heath Women's Institute

In August, the Bucks Federation of WIs finally got to celebrate its centenary, a year late, with a garden party at Waddesdon. The weather was fine thankfully and the house made an imposing backdrop to the events on the lawns.

Morning WI

At last we were able to get together at the Community Centre when 21 members enjoyed afternoon tea, sandwiches, cream scones and fancy cakes. Not to mention plenty of chat. It was also an opportunity to congratulate one member on her impending 101st birthday, as we could not properly celebrate her centenary last year.

We will be resuming normal monthly meetings at 10am Wednesday 1st September where our speaker's topic will be 'The North Bucks way in feet and stitches'.

Brenda Aldridge

Evening WI

At the July meeting, our blood was chilled by Mr David Allen, a very accomplished storyteller. He wore mutton-chop whiskers and a cravat while recounting the true tale of a Victorian murder. In 1879 Kate Webster killed her employer and disposed of the body by cutting it up and boiling it in the copper (wash-tub), before discarding the pieces. Her trial, conviction and execution received enormous publicity at the time. The victim's skull was found only in 2010, during work on a site bought by Sir David Attenborough.

In August we met in a member's garden for a buffet supper and a lot of chat. It was a lovely relaxed occasion.

At the garden party at Waddesdon, our stall had a successful day selling crafts (the outcomes of lock-down). There was a scarecrow competition, for either 'A Celebrity' or 'Recycled'. We had a lot of fun making our entry (in the Celebrity class although his components were also recycled) 'Boris'. See photo, right, taken by Barbara Dickinson. The winner was the Queen in white gown, tiara and sparkly handbag, but we did get a mention. There were also three gardening gurus, two Florence Nightingales, Dolly Parton, Michael Jackson and several others.

Flackwell Local Area History Group

To restart our talks, at the Flackwell Heath Community Library, John Gurney will repeat the popular talk

Secrets of Bucks in WWII
on Monday 11th October 2021, at 7.30pm



The talk will explain how secretive establishments in the High Wycombe area helped shorten the war by their interpretation of air reconnaissance for passing on to the military. The main topics covered will be the aerial photograph interpreters of RAF Medmenham at Danesfield House, the map makers of 'Operation Hillside' at Hughenden Manor and their links to Daws Hill USAF base and RAF Bomber Command at Walters Ash.

This is a ticketed event. The tickets are available at the library from Tuesday 7th September and are £5 (£3 to friends of FHCL). Please note that tickets will not be available on the night.

Date for your diary:

Our next talk will be on Monday 22nd November 2021 from 7:30pm – The Carringtons

Discover the history of the Carringtons, particularly in this locality, at this informative talk given by Sarah Charlton, the Carrington archivist. The tickets will be available from the library on Tuesday 19th October 2021.

Family History Research - At present there are no research sessions in the library but if you would like help or guidance please contact **Gill Kyle on 01494 436314 or by email donkyle@btinternet.com**



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Flackwell Heath, Loudwater & Wooburn Local History Group

www.localhistorygroup.org.uk

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In September, we may meet at the Community Centre, depending.....

Sue Arnautov



Boris

Highest level Pilates qualification

What is the Hundred? Maybe you think of the most recent type of short-form cricket. Or you just think 10 x 10. Read on to find out more!

Pilates is a physical activity with slow, controlled movements which aims to strengthen the body with a particular emphasis on core stability – strengthening the abdomen. It is excellent for relieving back pain.



Sue Arkle, who lives in Flackwell Heath, runs Pilates classes in the Community Centre and has just achieved her Level 4 qualification for teaching Pilates – the highest level possible within the health and fitness industry. It took her four years to complete, as she studied alongside her usual teaching and examining activities. She has been told it equates to the first two years of a university degree and it 'demonstrates an advanced knowledge and skills across a broad spectrum of clients.' Amongst other things, the further study has given her greater insight into the bio-mechanics of the body, thus enabling her to further refine personalised help for individual issues.

Sue's background is in dance and she is also a teacher and international examiner for the Spanish Dance Society.

She says that Pilates is suitable for anyone and at the moment she has people in her classes aged from 18 to 95! The benefits are that it increases flexibility, improves posture, gives greater balance and core strength and is often used as an aid to rehabilitation.

She has had people recovering from knee and hip operations, breast surgery as well as people with osteoporosis and those pre- or post-pregnancy. In fact, talking to her, it seemed she could tailor a programme to suit almost any health issue. Classes start with general exercises, but during the session, individuals can be given specific exercises to benefit them.

During the lockdowns Sue continued her classes on Zoom. She views her classes as also

being social occasions, where people can meet and make new friends, and each Zoom session began with ten minutes of social chat. But in September she is planning to re-start her classes in the Community Centre on Tuesdays (choice of times) and Thursday mornings; it will in fact be her nineteenth year of classes in the same venue. She is hoping to welcome back old clients and also to welcome some new ones. Whilst appreciating that some may be wary of meeting in this way post-lockdown, she assures everyone that all guidelines will be followed and COVID safety will be her priority.

Sue also runs classes in Marlow and

Loudwater, where she has a 1:1 clinic.

All are welcome, and if interested, please contact her on 07732 789690.

By the way, the Hundred is a Pilates movement, whereby you lie flat on your back, your legs up at 45°, and arms moving up and down in a rhythmical fashion. It is so called because you have to count rhythmically to 100 while doing this and sustaining the position. But I am assured there are much easier movements – and also much harder!

Alison Peach

**You are invited to join us for our
37th Annual
General Meeting
to be held on
Tuesday
21 September 2021
at 7.30 pm
at the Day Centre**

**Refreshments will be served
after the meeting**

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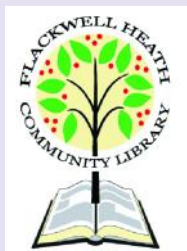


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flackwellheath@robertsonsestateagents.co.uk

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FLACKWELL HEATH COMMUNITY LIBRARY

We're getting back to 'Normal'

From 1st September we expect to be almost back to normal, though we would still ask you to wear a mask, respect social distancing and continue providing NHS Test & Trace details. Subject to any changes to COVID restrictions, the following activities will start up again.

Bounce & Rhyme starts Thursday 2nd September

Sewing Bee returns and is now twice a month

The sewing bee will now run on the second and fourth Wednesday of each month from 7.00pm to 9.00 pm. For details contact Alison on 07803 044 298 or admayall@btinternet.com

Knitting & Crochet returns on Friday mornings

The knitting & crochet group is every Friday morning from 10.00 am to 12.00 noon, starting on 3rd September. For details contact Glen Colman on 01628 520 616 or 07960 399 178

Now fully open – returning to pre-pandemic times

From Tuesday 2nd September we will be open on Tuesdays, Thursdays and Fridays from 10.00am to 5.00 pm. On Saturdays we are open from 10.00am to 1.00 pm.

Other activities

We are now able to resume room bookings for meetings and other activities outside normal opening hours.

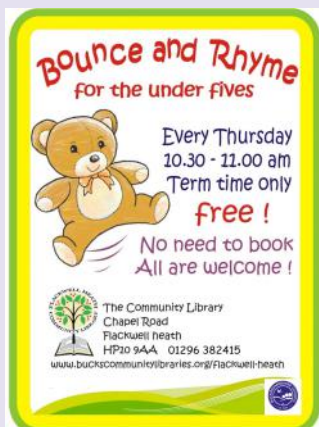
Keep up-to-date

Please keep an eye on our Facebook page or the library noticeboard for the latest library news.

Flackwell Heath Community Library, Chapel Road, Flackwell Heath, HP10 9AA

Tel: 01296 382415 email: fhcl@flackwellheath.net

web: www.bucksccl.gov.uk/libraries



GDPR

It has been suggested to us that the article in the July Grapevine could be construed as one-sided; it was certainly not our intention to downplay the benefits of the proposed database. However, you may be interested to know that the Under Secretary of State for Health and Social Care has now written to GPs indicating a deferral of data collection and some changes in the opt-out mechanism: this should address any concerns. For the latest information you should consult the NHS Digital website at <https://digital.nhs.uk/data-and-information/data-collections-and-data-sets/data-collections/general-practice-data-for-planning-and-research> (Googling GDPR should get you there.)

Bourne End and Wooburn Green Medical Practice

The surgery will be holding walk-in Flu clinics for their registered patients on

- **Saturday 18th September** at Orchard Surgery Bourne End from 8am until midday (booking not necessary). For the over 65s and clinically vulnerable (heart disease, diabetes, learning difficulties, immunosuppressed, pregnancy) .

- **Saturday 9th October** at Pound House Surgery Wooburn walk-in clinic 8am-midday (booking not necessary).

- **Wednesday 10th November** Orchard Surgery 5pm-7pm (booking essential) .

Flu is very infectious and easily spreads to other people. You're more likely to give it to others in the first 5 days. It is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours. To reduce the risk of spreading flu:

- wash your hands often with warm water and soap
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible

The flu vaccine reduces the risk of catching flu, as well as spreading it to others. It's more effective to get the vaccine before the start of the flu season (around December to March).

The Grapevine attempted to contact Cherrymead for their information, but had no reply as at time of going to press.

Have you seen the beautifully kept bus shelter at the top of Northern Woods?

Panels of neat trellis have been added to each side and little 'window boxes' sit underneath with bright red and pink geraniums and midnight blue lobelia. Carefully shaped borders surround more colourful displays and hanging baskets, laden with flowers, hang from the underside of the roof beams.

Perhaps you might have wondered who the mysterious gardener is? It's Stan, who is retired and lives locally and wishes to remain anonymous! Stan has also created the fantastic wild flower garden on the corner (which you can just see in the background). Thank you Stan for helping to make our village so welcoming.

Juliet Bates



THE COMMUNITY BOARD

This is the third and final article of my promised series since the May local election.

When the Buckinghamshire Unitary Council was being planned, it was decided that local people and organisations should be able to influence some of the decisions that are taken on local priorities. Sixteen Community Boards (CB) were established across the County and the one covering Flackwell Heath is the Beaconsfield and Chepping Wye Community Board.



Last year, the CB's were allowed to create as many local projects as they wanted and as a result, we saw a wide variation in ideas from across them all. Our CB supported a number of local projects including those dealing with COVID: also businesses, food banks and those organisations dealing with mental health problems. There were a number of

restricted parking schemes proposed and now being taken forward. However, a review over the winter of how all the CBs performed concluded that there needed to be some consistency across the County turning the working groups into Actions Groups (AGs). Consequently, this year, the Cabinet Member for Communities has set CBs the following priorities:

- Supporting Economic Recovery
- Improving the Environment
- Transport & Highways

These have now been set up and we are encouraging residents and resident organisations like the FHRA to get involved. If you're interested, please go to the following link for more information:

<https://www.buckinghamshire.gov.uk/community-and-safety/improving-your-local-community/>

Meetings still tend to be held on-line at the moment but that can make it easier for people to participate which is a good thing.

This year our CB has £374,451 to spend/commit which seems like a lot but frankly isn't! So, if you have a good idea that fits in with our priorities this year, please contact our CB Co-ordinator – Andy Chapman at bcwcb@buckinghamshire.gov.uk or myself as one of your local Councillors.

By the way, we won't have this amount every year, it's just that we didn't spend all of last year's money because of the COVID pandemic and it's been rolled forward to this year. You might also want to note that we only have about £50,000 for highways projects and this isn't a lot considering many of them from last year have been estimated at between £10,000 and £20,000 each! Also, please note that any new highways proposals for this year need to be submitted by the end of September so that they can be assessed and costed by Transport for Bucks (TfB) over the winter period. Application forms can be found on-line at:

<https://www.buckinghamshire.gov.uk/community-and-safety/improving-your-local-community/apply-community-board-funding/>

I hope this has helped but if you have any questions regarding these CBs or any other aspect of Council's business, please do e-mail Andy Chapman or me at:

david.johncock@buckinghamshire.gov.uk

David Johncock

Dates for your Diary

September

Saturday, Sunday 4,5: Festival of Football, Green Dragon Recreation Ground

Tuesday 15: First meeting of Gospel Choir at Christ Church, 7.15-8.15pm, see p3

Saturday 18: Food market in Three Horseshoes car park, 9am-12noon

Tuesday 21: Day Centre AGM, 7.30pm, see p6

Saturday 25: Village quiz at the Community Centre, see p1

October

Monday 11: History Group talk at the library, 7.30pm, see p5

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Flackwell Heath Community Association

Chairman: Chris Cramer
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Secretary: Chris Thomas
01628 520361
Treasurer: Barrie Walmsley
01628 522016

Centre Bookings

Please use bookings enquiry page
to be found on website
www.flackwellheathcommunitycentre.org.uk

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Grapevine



Contact the editorial team at
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