

SPRING/SUMMER/AUTUMN/WINTER



**DOWNLEY
COMMUNITY**

Village News



Features

- Local Events
- Local Societies
- Lifestyle
- Downley Diary *Pull Out Section*
- History
- Poetry Corner
- Letters
- Contributions from Advertisers

Issue 98 / March 2014





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Editorial

I'm back as a one-off "guest editor" for this edition, so apologies if there's a slightly different look and feel this time.

You should already have seen some initial publicity about the forthcoming Up! Downley Festival scheduled to happen between Downley Day (21st June) and Concert on the Common this year. The organising committee has been hard at work lining up some headline performances and now they need the locals to step up to the plate to fill in the gaps. If you, or your group (club, society, institute, business etc) have any ideas that would contribute, such as a performance, workshop, demonstration, competition, or anything that could involve the wider community then they want to hear from you – contact info@downley.org as usual. But remember, your event is yours to organise, not to palm off onto somebody else. The Festival website is on its way and in the meantime the Downley Community facebook page contains lots of information.

Traffic has been a topical subject over the last few months with the works at the bottom of Plomer Hill intended to improve the flow of through traffic along Chapel Lane but inevitably impacting congestion up Plomer Hill itself. Further works are planned including resurfacing and road closures which, while temporary, will be disruptive. Take a deep breath and grit your teeth! The parish council are planning a study of traffic issues around the village encompassing issues such as congestion, parking and speeding to try to address what is believed to be a deteriorating situation. Anyone interested in being involved should make themselves known.

Finally, the editorial team wish all residents a happy Easter (whether you celebrate it or not) and the hope that the forthcoming season brings a little less rain.

Bill Thompson



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Downley Parish Council News

Downley Parish Council have 2 vacancies for new Members who can be co-opted following a successful interview process. If you are a Downley resident and are over 18 years of age and are interested in this opportunity, please contact the Clerk to the Council.

Please note that the 9 Parish Council notice boards can be used to display notices for Downley based organisations provided that at least **4 weeks notice is given**. Please drop off notices at the old post office in an envelope addressed to Downley Parish Council. **Please ensure that A.5 size notices are supplied.**

Street Lighting

If anyone wishes to report details of street light repairs needed in the following roads, they need to phone Ringway Jacobs (lighting

contractors for Bucks County Council) on 0845 2302882.

Plomer Hill, Downs Park, Hillfield Close, (Hithercroft Road and Pastures from junction with Tinkers Wood Road up to Bellfields), Westover Road, Sunnycroft, South View, Woodcote Green, Pheasant Drive, Southfield Road, Middlebrook Road, White Close and Merry Down. There are no “scouts” employed to do spot checks of lights that are not working in these areas, so the contractors have to rely on members of the public contacting them with details.

For all other roads in Downley, please report outages to the Clerk to the Council.

To contact the Clerk to the Council telephone 01494 462195 or email downley_pc@tiscali.co.uk

Downley War Memorial Hall

Saturday 8th September 1923 saw another event at the Memorial Hall with the 5th Annual Cottage Garden Show and a host of entertainments on the Common.

Perfect weather saw a large attendance with visitors from all around the local area.

Entries to the Show were restricted by both the lateness of the season and the adverse weather during the summer and some classes had no entrants at all. Nevertheless, there was sufficient quality amongst the rest and this was supplemented by blackberries from the hedgerows and wild flower displays provided by local children.

For the first time scholars from the Council School, some as young as six years old, staged exhibits of their efforts including freehand drawing, clay modelling and basketwork.

Meanwhile, on the common there was skittles, coconut shies, croquet, swing boats

and ball and board games. Small animals were also on show including rabbits, chinchillas and poultry

Mrs Mines sold home-made ice-cream to complement the tea available from the lower rooms.

The Committee raised a substantial sum towards clearing the outstanding debt on the Memorial Hall the final cost of which “will be in the neighbourhood of £1200”

On 9th December 1923 the new War Memorial Hospital was officially opened and this was immediately followed by the unveiling of the War memorial in the churchyard.

Back to the present day and the work on the Eastern side has been completed with a new entrance to improve access to the ramp and steps leading down to towards the rear of the building. This work has required the removal of some old Yew trees and the planting of replacements.

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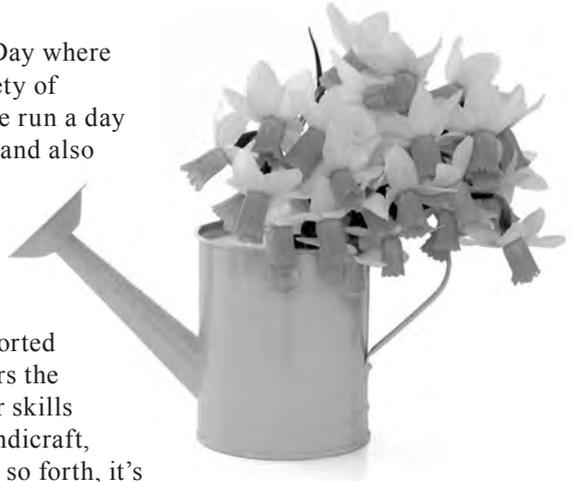


Downley Gardening Society

We are a friendly group of happy gardeners who meet throughout the year at St James' church hall to be entertained by professional speakers covering all aspects of the flora and fauna and gardening in general, followed by light refreshments.

Our society supports Downley Day where we have a stall selling a large variety of plants donated by our members. We run a day trip to a national garden each year and also visit a local garden on a summer's evening, finishing off with tea and homemade cakes.

The highlight of the year is our Autumn Horticultural show in September which is very well supported by both adults and juniors and offers the opportunities for us to show off our skills in what we grow, bake, make in handicraft, wine making, flower arranging and so forth, it's something we can all do and enjoy. Just think, you can have all this for just £5 per year for seniors and £8 for a family, what a bargain! Give me a call on High Wycombe 524622 or come along to one of meetings where you will be very welcome.



Future events:

- Monday 17th February 2014 talk by Keith Broadey – Walled gardens and bee keeping
- Monday 17th March 2014 talk by John Tyler – The glow worm
- Monday 14th April 2014 talk by Rod D'Ayala - Butterflies
- Monday 19th May 2014 talk by John Tyler – Life in a Nutshell
- Monday 2nd June 2014 visit to local garden
- June 2014 Date TBC – day trip to Loseley Park, Surrey
- Saturday 21st June 2014 plant stall at Downley day
- Saturday 13th September 2014 Autumn horticultural show
- Monday 20th October talk by Rod D'Ayala – All about ponds
- Monday 17th November talk by John Tyler – countryside in Autumn
- Monday 8th December 2014 talk by Betty Page – comic monologues using hats: let me entertain you: props and prose – followed by mulled wine and mince pies

Ken Thompson. 01494 524622



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Downley Community Orchard

The Downley apple orchard received lots of care and attention from the newly formed 'Downley Orcharders'; a group of local families who came together for the first time in January.

After the recent strong winds, we staked the trees and then pruned them, guided by John Willson. It was a pretty chilly morning but John helped us along with a nip of home brewed apple cider!

The children kept very busy collecting the last of the windfall apples and working the scrapper and presser making apple juice. Although, unfortunately, we couldn't sample the juice as the apples were, let's say, a bit 'ripe', they had lots of fun discovering how apple juice is traditionally made.

On 9th Feb a further session resulted in four cider apple trees, a quince, a medlar and a hazel

filbert nut to add to the trees already there.

We hope to meet each month to tend to the trees and our next planned meeting will be in March (see www.downley.org for confirmed date) to do some more maintenance.

We are also planning a blossom picnic at 2pm on 11th May with fun and games for all of the family.

If you like the idea of becoming a 'Downley Orchardier', please come along or contact: John Willson on 01494 525966 or email: handjwillson@btinternet.com or Sonia at downleyconnect@btinternet.com



*Sonia Workman
on behalf of the Downley Orcharders*

Vicar's Voice

As I write this, it's a beautiful day outside, it's not raining for once and it makes me long for spring.

I can't wait to see Downley in all its glory, as new life appears with buds on the trees, spring flowers and a sense of freshness all around.

Still I'll have to be patient, and get on with my work here and in the town, as I'm not only vicar of St James, but Lead Workplace Chaplain to Wycombe. In the few months I've lived here, what amazes me most, is that no one seems to know where St James Church is! Well for those who don't know where the parish church is, it's on the brow of Plomer Hill, turn left into the driveway just after The Pastures, there you will find the Church and behind it the Church Hall, which has clubs and organisations in it most of the week. I have to admit St James doesn't look like your average church, no grand tower, or

steeple, no beautiful gothic architecture, no ancient pews or church mice! But what it has got, is a modern font and altar, 2 beautiful stain glass windows, seats that are comfortable, a sense of peace and people who will give you a very warm welcome.

Lent begins in March, and with it a few new beginnings in St James. On the 12th of March we will begin our Lent course based on the film 'The Way' starring Martin Sheen. Then on the 16th of March we begin a new 'Kids Club', which will start at 10.30am, this is for children of all ages and will include refreshments, crafts, stories, games and lots of fun. So much to look forward to, maybe I'll even see you at St James. No excuse for finding it now!

Revd Alison Finch Vicar at St James



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The Coffee Stop

Our Coffee Stop outing to the Centre in Bicester in November was a great success, there are other franchise shops there so we patronised Pavers, Lakeland, and Bon Marche as well as the delights of the garden centre in all its Christmas finery; the restaurant was good too. Thanks to Pat for organising the coach and the weather!

Christmas was celebrated in our normal fashion with an appropriate raffle, a gorgeous cake made by Jean, entertainment by the Fernie Fields Four and our own wonderful children from the Downley School – there wasn't a dry eye in the kitchen when they sang. It was heartening to hear that our donation to the school last year had been put to good use and was much appreciated. It is worth mentioning that we do not run to make a profit but other events and donations from customers build up a sum that we use every year to support a local charity or enterprise. If there is some cause dear to your heart that is local please let us know so it can be considered when we are making our choice.

Disraeli Downley Youth Club the “Missing Ingredient”

The members of the Disraeli Downley Steering Group are reluctant to announce that the Youth Club is currently suspended.

The Youth Club has a venue, excellent equipment and activities, a great Youth Club Leader and as you know, plenty of local children.

What it does not have is any volunteers from the local community who are prepared to give a couple of hours of their time once a month to support the Youth Club Leader.

On Monday 28th April, at 7.30pm the Steering Group will arrange an Open Evening at St James Hall – for anyone interested in finding out more - a final attempt to encourage some support for the Youth Club.

Disraeli Downley Youth Steering Group

Chair, Patrick Crotty 07711 107975 patrick@crotty.co.uk

Secretary, Margaret Williams 07743088009 m-williams26@sky.com

On the subject of generosity, some of our customers were kind enough to give Christmas gifts to the helpers.



In order to be fair we have decided to raffle these amongst us at our annual get together lunch which is being held this week, everyone's name will go in the hat so thank you very much on behalf of all of us.

Home-made soup was welcomed back after the Harvest lunch and continues to be popular, although you seem to have gone off bacon butties and jacket potatoes – is it the weather or boredom? We are always open to any suggestions for the menu as it can be difficult shopping and guessing what will be used as all the food is freshly bought on the day.

Thank you to all those who help us to continue this organisation in whatever capacity, we are most grateful for your support.

Ann Buxton
pabuxton@hotmail.com





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News from Downley Pharmacy

The Earlier, the Better

A new campaign called the earlier the better was launched by NHS England on the 20th January. The aim of this campaign is to encourage people to seek help early on from their local pharmacist, if they are feeling under the weather.

It is especially important over the winter months that elderly people tell a friend, family member or carer if they have a bad cough, cold or sore throat to prevent it getting worse. The campaign asks those caring for or visiting the elderly to get advice from their local pharmacist or www.nhs.uk/asap to prevent a minor illness developing into something more serious. It is hoped that by seeking advice in this way it will help reduce the number of emergency hospital admissions especially via A&E departments, where beds and trolleys become full.

Professor Keith Willett, Domain Director for Acute Episodes of Care at NHS England said "Its easy to forget that our local pharmacists can provide expert guidance on how to manage long term conditions, or give advice on the best treatment for a cough or cold"

We at Downley Pharmacy are always happy to give help and advice for any age group on coughs, colds and other minor ailments and injuries. Simple remedies or first aid and home treatments are often all that is needed, avoiding waits at the GP, minor injuries or Stoke Mandeville A&E, although we will always refer if we suspect something needing more care or attention. We have a consultation room for those who prefer or need a little privacy.

Are you fed up with queuing and waiting at GP surgeries?

We are all aware how busy all the surgeries, their car parks and reception staff are. Help cut the queues by registering for our prescription collection service. We visit all High

Wycombe surgeries daily to drop off repeat prescription requests and collect the prescriptions. Why do the journey yourself when we are visiting anyway. For certain medications we can set our system to re-order the items automatically at appropriate intervals and send a text message once the prescription has been filled ready for collection. If you prefer, you are welcome to continue ordering the items you require via surgery on-line systems, simply tick the Downley Pharmacy to collect box as you request. For all people wishing to make use of the collection system please call in and speak to any member of staff about completion of our authorisation form. Until the surgeries receive the form they may not release prescriptions to us. It also gives us the opportunity as to which service method best suits each person, and confirm we have the appropriate details recorded.

**We look forward to seeing you soon
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Fiona, Marie, Louise, Jacqui and Marie,



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Downley Common News

Mannings Pond

We've finally made a start on the restoration of Mannings Pond. Readers may recall that we have had a survey of the animal and plant life inhabiting the pond (which revealed crest-crested newts and a shortage of beetles) and have drafted a management plan, the first stage of which was to remove most of the overhanging trees which were dropping leaf litter into the pond and choking it.

Our contractors have been in and removed most of the offending trees as can be seen in the photo. Some of the cuttings have been woven into crude barriers to try to inhibit dogs charging



in and stirring up all the silt and a lot of the leaf mulch has been raked out. At the time of writing we were about to start pulling the sweet grass out of the southern section in an attempt to revive the starfruit that is alleged to live in it

The trunk of a large oak tree has been left lying across the causeway separating the two halves of the pond;



this will serve as a habitat for wildlife so please don't regard it as a free source of firewood! We will also be cutting back some of the small holly and cherry trees that are encroaching so as to encourage the heather and gorse which exists in small patches around the margins.

This will continue as a work in progress so anyone who wants to get involved, feel free to come along on the first Sunday morning of every month, but not always at the pond.

New Posts

We have also embarked on a gradual replacement programme of the posts that surround much of the common in order to keep vehicles from straying where they shouldn't. Some of the oldest date back about 25 years and the ones at the top of Butterfly Bank were getting quite rotten. Those, plus a few others have been replaced and the access points requiring lockable posts have also been renewed.

Bill Thompson DCPS



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Downley Evening WI

Happy New Year!

Well! Christmas has come and gone and we are now getting stuck into the new year. Since we last spoke, Downley Evening WI has enjoyed our annual presentation in early December of Christmas-themed music and readings courtesy of Angelicus, directed by Louise Child. It was a lovely way to start the Christmas celebrations and we followed it swiftly with our December meeting entitled 'Christmas Crackers', presented by Joan Dark. No, we were not wielding scissors, glue and coloured paper! In fact, it was a funny, laugh-out-loud, sometimes irreverent programme of poems, stories and songs. We all went home with a smile on our face.

We are settling well in our new venue at St. James' Church and over the coming months, we will be travelling (mentally) to Antarctica, learning about chocolate (yum!) from a master chocolatier and celebrating our 51st birthday. In addition, we are planning an evening of 10 pin bowling in February and a Pictionary evening

on Wednesday 19th March at Downley Old School (it actually helps if you can't draw!) Bucks Federation of WIs is offering us an interest day on 'Investigation and Discovery' in early March: this will cover subjects ranging from forensic science and new cancer treatments to a study of Saturn and the science of weather forecasting. It should be most informative with expert speakers. Our normal activities continue alongside these special events, of course – cribbage, craft, bridge, literary lunch – so I forecast a busy and interesting Spring for our members, whatever the weather! Why don't you come along and see for yourself? You can be sure of a warm welcome. 7.45 pm on the 2nd Tuesday of each month at St. James' Church.

For further details, contact our President, Rosemary Byrne, on 01494 538966 or email her at mike.byrne@btinternet.com

Downley Village Art Show 2014

We have moved and been adopted so big changes for the Art Show. Well not really, just confirmation of how well the show has been received over the last two years. We have moved in the calendar (from June to July) and are now part of the Up! Downley Village festival.

Collection of work will be Saturday 5 July with the exhibition showing: Monday evenings 7 July – Friday 11 July and daytime Saturday 12 July. The change of dates takes the show out of a clash with Bucks Open Studios which always made the securing of display screens difficult. On the additional show day of Saturday we will be joined by a crafts fair in the Oak Room adding a further creative dimension and audience. The fair will offer work for sale which might also be of interest to some of our exhibitors.

If you have taken part before you will recognise the qualifying categories; Juniors; 4 and under, 5-11 and 12-16. Adults; Beginners, Students (or those with modest experience) and Experienced. The choice of media also remains the same; Drawing, Painting & Crafts, 3D, Photography and Poetry. More details will appear in the next edition of the Village News but do visit facebook.com/Downley.Community for posts. Meanwhile do get to work and if you have any questions mail; festival@downley.org





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CIEH Food Safety Training Level 2

A Downley Old School Community Association (DOSCA) and Downley Parish Council (DPC) Sponsored Course. Saturday, 7 June 2014

CIEH Food Safety in Catering, Level 2 Award, is a nationally recognised Qualification which will benefit anyone in a situation where food is prepared, cooked and or served. It is relevant to all catering establishments which include local community sports clubs and voluntary sector groups such as Guides, Scouts, WI etc

As part of their community engagement plan, DOSCA and the DPC are jointly sponsoring a one day course, for Food Safety training. Usually the course fee is £60 per individual, however, we are offering the training at a cost of £10 each for individuals representing Downley community groups;

This training will take place at the **Downley Community Centre on Saturday, 7 June, between 0930 and 1500 h**, depending on completion of testing and marking, and presentation of the award on successful completion of the course. The training will be provided by experienced food safety inspectors from *Wycombe District Council Environmental Health Services*, who will endeavour to address issues raised by any participant.

Although refreshments will be available, course participants will need to bring their own packed lunch should they so need. Vacancies on the course are limited to a maximum of 15, so should you wish to enrol and have not already registered, please do so immediately by contacting: **Chris Hamilton, the Clerk to Downley Parish Council, either by phone on HW 462195 or by e-mail to downley_pc@tiscali.co.uk** Final details of the course will be sent direct to you when they become available.

Downley Parish Council and Downley Old School Community Association are committed to serving the needs of the Community

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Downley Descants Sing Again

Christmas seems an age away now and hopefully we've left the rain and wind behind for another year.

People do seem a little low in the post Christmas period but not us intrepid members of Downley Descants who bravely tackle the elements to get our weekly boost that comes from singing together in a group. We have much fun and usually leave with a smile on our face.

The Christmas period was a busy time for the choir with three performances in two weeks. As usual we dedicated these events to local charities. This year we decided on lesser-known local charities benefiting young adults both of which have special significance to two of our members, namely Karen's Big Smiles and Social Link.

Our first performance was at a local retail outlet at which we were allowed to place our collection buckets near the tills. We collected £13.26 plus 2Euros. Undaunted we proceeded with a performance at a residential home in Beaconsfield and then our annual Christmas concert both warmly received by their audiences. In all we were able to donate £370 to each of the charities. All well worth the effort !

At the moment, we are concentrating on two new but very different pieces: the Irish Blessing and, in complete contrast, a medley from West Side Story, our first attempt at singing in a foreign language (Puerto Rican American!).

Plans are well underway for our summer performances at Downley Day and our joint venture with the Wycombe Concert Band as part of the Up! Downley Festival, which we are all looking forward to. Apart from our rehearsals and concerts we are also planning a social event and a quiz to raise funds for future projects.

Don't forget, if you would like to join our happy band (or should it be choir !) we welcome anyone, you don't even have to read music. You get two free trial evenings to see if you enjoy the choir, then if you decide to join, a modest subscription becomes payable. This works out at less than the price of a glass of wine or a pint of beer per evening so is really good value and it does you more good as well.

If this seems the right thing for you, please contact Lyn on 01494 436063 or e-mail grannyandbobby@tiscali.co.uk

Bob Cook





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View of Library

The library has a constantly changing stock of about 5000 books. This number is split approximately 50:50 between adult and children's books. The library has many non-fiction children's books that cover the present school curriculum. Why not come along and have a look at our selection. If we haven't got the book you need we will do our best to get it in for you providing the cost is not too high. In addition we have wide range of children's books to suit all ages. So why not bring your children to visit your local library?

Computer & Internet Facilities

The library has two computers for member's use, both with internet connection. This facility is free. We also have a copier/printer available. Charges are 10p for a monochrome and 25p for a colour copy. We can also laminate your prints, up to A4 size, for a cost of 75p per copy.



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jillburrell@rocketmail.com



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Community Plan Report

Speed monitoring

Wendy Mallen has generously donated some of her slush fund – er sorry, “discretionary budget” to fund a mobile speed detector sign that can be set up at different locations to gently remind people what speed they’re doing. Speeding traffic is always going to be a long term campaign and this will be a hopefully effective tool in the armoury to try and reduce overall speeds through the village. We will need volunteers to help relocate at intervals – hands up those who are interested (info@downley.org)



Allotments

The original survey in 2010 highlighted the interest in more allotments and there has been a steady waiting list of about 30 applications ever since. We have investigated a number of possible sites to no avail and the latest idea is to try and extend the existing site to add a few more plots. Before that happens, we need to check how many additional people still want a plot, so if you are seriously interested, please contact Chris Hamilton on downley_pc@tiscali.co.uk.

Streetlights

Has anyone noticed the new streetlights around the Common? All four of the old streetlights installed many years ago have now been replaced with new LED-type lamps which use far less power, last many times longer and require less maintenance than the old type which are no longer available. This translates to less money that the parish council has to spend and savings of about 60% can be expected in the electricity bill which at about £17k represents one of the larger bills of the year. The rest of the 150 streetlights in the village will be gradually replaced as they wear out.

Skate Park

For all you skateboarding enthusiasts out there, we haven’t forgotten about you. The current plan is to put up a temporary facility (location to be decided) for a period in the summer holidays and maybe arrange some tuition/demonstrations to gauge the amount of interest. After all, this is going to cost money so we want to make sure it’s used by more than just one or two people.



Keep those emails coming in to info@downley.org indicating your interest and support. We’ve had a few, but need a lot more to demonstrate to the Council that this facility is needed, otherwise the money will go to something else.

Bill Thompson, Chairman

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Chapel Lane Road Works Update

Following the successful completion of realigning the A4010 Chapel Lane and A40 West Wycombe Rd junction during Phase 1, further work is due to commence during week commencing 17 February, with completion of Phase 2 expected within 7 weeks. Phase 2 will comprise:

- Upgrading the existing traffic signals at the A40 West Wycombe Rd and Plomer Hill.
- The inclusion of a pre-signal along A40 West Wycombe Rd on the westbound approach to Chapel Lane.
- The addition of a pedestrian refuge to the west of Chapel Lane.
- Upgrading the existing street lights along West Wycombe Rd between Chapel Lane and Plomer Hill.
- Resurfacing of the West Wycombe Rd between Chapel Lane and Fryers Lane.
- Resurfacing of Plover Hill up to the railway over-bridge.

Variable Message Signs will be used to advise drivers of the temporary arrangements. Weekly bulletins, Twitter and website updates will also be used to inform residents and encourage road users to plan their journeys and seek alternative routes to help reduce the impact of these works.

To accommodate a road crossing at the junction of Plomer Hill and the A40, a closure of Plomer Hill will be required between 0800 and 1800. To mitigate the impact of the closure, work will take place on a Sunday during the middle of March. A diversion route will be in operation with traffic being routed via The Pastures. More details relating to this activity will be provided nearer the time.

Despite the need for additional road crossings across the A40 West Wycombe Road, further road closures will not be required; however Sunday working will be necessary to avoid congestion.

To minimise the impact on traffic flows, resurfacing of the A40 West Wycombe Rd together with the installation of a pedestrian refuge and pre-signal traffic island will be carried out under a night-time road closure between 1900 and 0600. This work has been programmed to take place over a period of 12 nights towards the end of March and will be divided into 2 stages:

- Stage 1 will include a closure of the A40 West Wycombe Road from the Pedestal Roundabout to Fryers Lane. A diversion route will be in operation with traffic being routed via Bradenham, Naphill, Hughenden and vice versa. It is currently anticipated that this closure will be in operation for 3-4 nights.
- Stage 2 will follow on from Stage 1 and include a closure of West Wycombe Road from the east of Chapel Lane to Fryers Lane. A diversion route will also be in operation with traffic being routed via the A4010 via Cressex, Marlow Road, Desborough Avenue and vice versa. It is currently anticipated that this closure will be in operation for a further 8-9 nights.

Information signs will be erected on site, confirming the dates planned for the closures and road users will be required to follow the signed diversion routes. Access for local residents will be maintained during the works.

Downley Community Centre

The Old School

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News from the District

Cllr Paul Turner

By the time this issue of Downley Village News is published, all residents should have received notification of a consultation on the new Local Plan for Wycombe District, and information on what we, as a District, have to consider looking forward to 2031 in terms of housing, infrastructure and employment. All your views are important and I encourage as many responses as possible before the end of the consultation deadline. There is more information on www.wycombe.gov.uk/newlocalplan or contact me, see contact details below.

Work on the new Sports and Leisure Centre at Handy Cross is progressing well with the major contracts expected to be signed during January. The synthetic turf pitch has been successfully re-located and work is under way on the new running track. The existing sports centre will remain open throughout the re-development.

You may have noticed the rear building at Queen Victoria Road Council Offices being advertised by Wycombe District Council for letting. This was due to the reduction in staff numbers over the past few years particularly following the transfer of housing to Red Kite. The successful relocation of the office accommodation into the remaining two buildings during 2014 will see future savings in the cost of operating from Queen Victoria Road and an income from the letting. The future reduction in overheads and the income earned will more than offset the cost of the relocation of the offices within the buildings and contribute to the aim of Wycombe District Council to work more effectively at lower cost, allowing more to be spent on front line services.

The commitment by Wycombe District Council to become a greener district saw

a new waste collection service come into operation at the end of 2013. Before the new service, Wycombe recycled 40% of its waste, the new service aims to raise that to 60% of our waste either recycled or composted by 2015. Despite some initial teething problems, the new service is now settling down with more kerbside recycling than before. In addition to the increased recycling, the new contract will see savings in excess of £500,000 per year, diverting funds into other much needed services, If you are experiencing difficulties please contact the waste team at wasteteam@wycombe.gov.uk or 01494 586550. Alternatively please contact me using the contact details below.



WDC is commemorating the centenary of the First World War, for updated details of what is happening around the district please see www.wycombe.gov.uk/ww1-centenary.

The Compair Site (Hughenden Quarter) has been chosen as the proposed location of a Day Opportunities Centre, one of six in Buckinghamshire. If the planning application is successful, it will be a another step in completing the re-use of this long empty site and will complement a proposed retirement village and care home also planned for the site, alongside the increasing student accommodation off Hughenden Avenue. Work has also started on the adjacent site (once Harrisons) and therefore the realisation of the completion of the 'green corridor' from the Morrisons roundabout through to Hughenden Park and the upgrading of the footpaths and enhancement of the stream.

Cllr Paul Turner,
07825 842292
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Downley Diary events

Your pullout section to what's on in the village.
From the weekly clubs and society sessions to the big annual events, you'll find them all here!

CLUBS societies go DATE concert TALKS GIG display exercise FETE art starts people BOOKS

Round-up of Weekly Activities

Aerobic	Tues 6.30pm, Sat 9.30am	Community Centre
Art Club	Thurs 9.30am	St James Hall
Art Group	Mon 10am - 12.00	Community Centre
BCC Parenting Course	Tues 9am	St James Hall
Bible Study Group	Wed 7.30pm - 9.30pm	Community Centre
Bridge Group	Thurs 7.15pm	Community Centre
Chipmunks Woodcarving	Wed 10am	Community Centre
Circuit Training	Wed 6pm	St James Hall
Coffee Stop	Mon 11am - 1pm	St James Hall
Community Library	Mon, Sat 10am, Thurs 3pm	Community Centre
Dance Classes for Young People	Mon pm & evening	Sunnybank Hall
Dance Classes	Beginners Tues 8pm Intermediate 9pm	Community Centre
Dog Training	Tues 6pm	St James Hall
Downley Descants	Thurs evening	Sunnybank Hall
Downley Evening WI	2nd Tues 7.45pm	St James Hall
Downley Wine & Beer Club	2nd Wed 8pm	Community Centre
Downley Village Evening WI	1st Tues 7.45pm	Community Centre
Downley Youth Club	Mon 7pm	St James Hall
Fencing Training	Wed 5.30pm	War Memorial Hall
French Circle	2nd Fri 7.30pm	Community Centre
Greatest Hits Choir	Tues 8.15pm	St James Hall
Happydoodle Children's Art Club	Mon 3.45pm - term time	Community Centre
Homecare meeting	Tues 1.30pm	St James Hall
Karate	Wed 7pm, Fri 7pm	St James Hall
Karate (Shotokan)	Wed 7.30pm	War Memorial Hall
Lace Making - term time	Thurs 12.45pm -2.45pm	Community Centre

Round-up of Weekly Activities ...continued

Line Dancing	Tues 12.45pm, Fri 10.00am	Community Centre
Links Lunches	Fri 10.30am	St James Hall
Mums & Toddlers Group - term time	Mon 9am	Community Centre
Nozee Parka	Wed 10am	St James Hall
Patchwork Craft Group	1st Tues 10am - 12.00	Community Centre
Philatelic Club	Alternate Thurs 7.30pm	St James Hall
Pilates for beginners - term time	Wed 9.30am & 12pm	Community Centre
Pilates - term time	Thurs 6.30pm	Community Centre
Simply Walk	Mon 10am	Community Centre
Sing & Sign	Thursday 9.45am & 11am	Community Centre
(Downley) Spiritual Centre	1st Fri 7.30pm	Community Centre
Tai Chi – for Arthritis (term time)	Wed 10.45pm	Community Centre
Tai Chi	Wed 6.45pm	Community Centre
Tai Chi	Thurs am	Sunnybank Hall
Tiger Martial Arts	Mon 5pm	War Memorial Hall
Weightwatchers	Thurs 5.30pm	St James Hall
Yoga	Fri 9.15am (Starts September)	War Memorial Hall
Zest for Life	Mon 8pm	Community Centre
Zumba	Mon 8pm	War Memorial Hall

Clubs Societies Schools - Promote your event here for FREE!

Downley Parish Council Dates

2014 diaries:

Sun 25th May - Annual Downley Walk starting at 2.00 p.m. from the War Memorial Hall.

Sat 21st June - Downley Day at Commonside starting at 1.00 p.m.

Sat 12th July - Concert on the Common starting at 7.00 p.m.

Wed 5th Nov - Torchlight Procession and Bonfire on The Common starting at 6.30 p.m.

Sun 9th Nov - Remembrance Day Service at Downley War Memorial Hall at 3.00 p.m.

Wed 31st Dec - Lighting the Millennium Beacon at Commonside at 11.45 p.m.

Wanted

A local group to do the teas at Downley Day.

The organising committee is inviting applications to perform this valuable fundraising service so as to give everyone a chance.

Contact: d.stagg@tesco.net if interested.

Downley Parish Council Meeting Dates

All meetings are on the 2nd Tuesday every month.
Up to 30 minutes are allowed for public questions.
Agendas are posted on the Parish Council notice boards at least 4 days in advance.

Held alternate months at:

War Memorial Hall 7.45 pm

January, March, May, July, September and November

Downley Community Centre, School Close 7.45 pm

February, April, June, August, October and December

Agendas are posted on the Parish Council notice boards at least 4 days in advance. Copies of the Parish Council's Minutes are available at the Downley Community Library for residents to read. They are also included on the Parish Council Website.

**The Clerk (Chris Hamilton) can be contacted on
H.W. 462195 Or by email at : downley_pc@tiscali.co.uk**

Downley Village Evening Women's Institute

We meet at Downley Community Centre on the first Tuesday of each month at 7.45pm. We have a wide variety of speakers, meet for social activities, fundraising activities and join other WIs from group and county.

It is an opportunity to make new friends, catch up with old ones and have some fun. We welcome visitors and new members. Information about meetings can be found on village notice boards or by ringing our president Pat Heath on: **01494 535998**

Mill End Voices

We are a recently formed 'Come and Sing' adult mixed choir - men are always welcome - meeting at Millbrook Combined School on every second Sunday of the month. Directed by Patrick Gazard, the choir sings a wide variety of repertoire, focusing on songs from musical theatre and film as well as some light classical works. The atmosphere is very relaxed, and no previous experience is necessary. There is no membership or annual subscription: you just pay £10 on the door.

All adults welcome: 18 - 80!

We meet on the second Sunday of the month 2.30 pm - 5 pm

**Millbrook Combined School, High Wycombe,
HP12 4BA**

For further information: patrickgazard@gmail.com

The Lace Makers

We are a group of bobbin lace makers who have been together for over 20 years. We moved to Downley Old School Community Centre in April 2013 and meet in term time on Thursdays from 12:45pm until 2:45pm. We are a self help group and some of us also knit, do cross stitch, patchwork, quilting and beading.

If you would like to join us please come along and meet us, you will be most welcome.

**For any further information needed please phone:
Frances Butcher on 01494 524835**

Art Group

Every Monday 10.00-12.00 at Downley Community Centre teaching a wide variety of subjects, predominantly using water colours, pencils and pastels. Pen and ink are also used.

Contact Judy Maynard: judy@wellwatered.org

Up & Coming... *Please visit Downley.org for all the latest and up to date events and news.*

- Mar** 15 Live music from by Amir at The Bricklayers Arms from 8:30pm
- 17 Downley Gardening Society 8pm at St James Hall talk by John Tyler – The glow worm
- 20 Open Mic with Matt Hulbert at The Bricklayers Arms from 8:30pm
- 22 Singer Songwriter night with Kirsty Fuller at The Bricklayers Arms from 8:30pm
- 22 The best of Rock & Pop with MFU at the LeDe from 9pm
- 29 Live and unplugged Stephen Button at The Bricklayers Arms from 8:30pm
- April** 3 Open Mic with Charley Docker at The Bricklayers Arms from 8:30pm
- 5 The Steph Willis Jam Session at The Bricklayers Arms from 8:30pm
- 6 Downley Common Preservation Working Party at the Old Dairy at 10am
- 8 Parish Council meeting at the Downley Community Centre
- 12 Live music from Charley Docker at The Bricklayers Arms from 8:30pm
- 12 Elvis & Neil Diamond tribute at the LeDe from 9pm
- 14 Downley Gardening Society 8pm at St James Hall talk by Rod D’Ayala - Butterflies
- 17 Open Mic with Matt Hulbert at The Bricklayers Arms from 8:30pm
- 19 Live music from the Wizards of Westwyc at The Bricklayers Arms from 8:30pm
- 26 Live music with C.J. Quinn at The Bricklayers Arms from 8:30pm
- May** 1 Open Mic with Charley Docker at The Bricklayers Arms from 8:30pm
- 3 Live music with C.J. Quinn at The Bricklayers Arms from 8:30pm
- 4 Downley Common Preservation Working Party at the Old Dairy at 10am
- 10 Live music with Laura Williams at The Bricklayers Arms from 8:30pm
- 15 Open Mic with Matt Hulbert at The Bricklayers Arms from 8:30pm
- 17 Live and unplugged, Steph Willis at The Bricklayers Arms from 8:30pm
- 19 Downley Gardening Society 8pm at St James Hall talk by John Tyler – Life in a Nutshell
- 24 Live music from Alex Kew at The Bricklayers Arms from 8:30pm
- 25 Rogation Walk Meeting at the Memorial Hall at 2pm
- 29 Open Mic with Charley Docker at The Bricklayers Arms from 8:30pm
- 31 Dicky’s Blues Jam at The Bricklayers Arms from 8:30pm
- June** 2 Downley Gardening Society with a visit to local garden
- 20 Family Disco in the marquee on Commonsides at 7pm till 9pm
- 21 Downley Day on Commonsides 1 - 5pm

News from Wycombe and Westminster

Steve Baker MP



I am sure you know there has been a great deal of concern over pay-day lenders and the excess interest they charge borrowers. They often lend to people who do not have easy access to credit. A few months ago, the Archbishop of Canterbury said he wanted to compete pay-day lenders out of existence with credit unions. For quite some time it has been clear there was a need for a good community bank and a number of High Wycombe people explored how one could be established. Their hard work was realised at the end of January when I was asked to formally launch the South Buckinghamshire Community Bank. The bank is based on co-operative principles so it is run by local people to meet the needs of local people.

I hope you will join me in opening an account in this Community Bank. You can have confidence your money will be safe as there is deposit insurance just like a high street bank. It being run by M4Money Credit Union which has a good history, and everyone involved has been vetted by bank regulators. The bank is receiving support from both Wycombe District and Bucks County Councils. It is intended people will save sums of £5 or £10 a week for special purchases such as a car, holiday or Christmas. The average loan is £900 which attracts interest at a maximum of 2% per month. Full details are available on www.mformoneycreditunion.org or at the Wycombe District Council offices.

For many people, a new year is often a time for reassessing their financial priorities and it is no different for politicians. George Osborne has a harder task than most in Government trying to ensure the nation does not spend

more than it can afford. Unfortunately, the task of balancing the country's finances is not over and the Chancellor is looking for a further £25bn of savings from public spending.

Such savings will be tough to achieve, particularly because the Government has continued to ring-fence spending on the NHS and schools and to protect pensions. At the moment, the UK is borrowing around £100bn a year - and paying half that money each year in interest just to service the debt.

If you are reading this, you are obviously interested and concerned about what happens in our community. I'd like to hold a public meeting to discuss the state of our Town, our District and our Country in the spring. I want to hear from normal people – those of you who don't much like politics and don't usually attend such meetings. You can express an interest at: www.stevebaker.info/contact/meeting.

Please feel free to let me know your views on national issues, of if you would like help with a local problem. You can contact me by emailing: steve.baker.mp@parliament.uk or by writing to the House of Commons, London SW1A 0AA. Alternatively, you are welcome to ring my West Wycombe Road office on: 01494 448408.

Steve Baker, MP

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Ever thought about volunteering?

Do you feel passionate about heritage ? Are you a keen gardener or do you enjoy working outdoors? Do you like meeting people and chatting to them ? If the answer is yes to any of the above, you should consider becoming a National Trust volunteer.

The Hughenden, West Wycombe and Chiltern property group of the National Trust are holding a **Volunteer Open Day on 15th March, 10am -1pm at Hughenden Manor.**

Whether your interest lies with history, gardening, helping with events or the countryside, we have the right volunteering opportunity for you. It is a great way to make new friends, learn new skills or to develop new interests. We are looking for enthusiastic volunteers for a variety of roles such as room guides for Hughenden Manor (open throughout the year), the home of Victorian prime minister and author Benjamin Disraeli and the secret location for British map making during WW2.

Volunteers help maintain the extensive gardens at Hughenden and are developing

the Walled Garden as a lesson in sustainable gardening. Why not come along on the 15th to find out more, meet some of the team and have a look around. We'll even throw in some tea and biscuits. No need to book, just turn up on the day.

We also look after West Wycombe Park, one of the finest Palladian Houses in the country which is open to the public during the summer months. In addition we care for acres of stunning Chilterns countryside, including West Wycombe and Coombe Hill.



THE NATIONAL TRUST

If you would like some further info, contact Helpingout@nationaltrust.org.uk or call 01494 755573.

Wycombe Talking Newspaper

You probably know about talking books but have you heard about talking newspapers? These have been in existence for many decades and are usually recordings of the local newspaper made by a team of volunteers and distributed at no cost to the listener.

The Wycombe Talking Newspaper is a recording of selected articles and features taken mainly from the Bucks Free Press each week. The editors select the items from the paper and these are recorded on Friday evenings then copied onto CDs or memory sticks and put in the post on Saturday mornings. Originally intended for blind and other visually impaired listeners the recordings are nevertheless available for anyone experiencing difficulty in reading a paper for themselves. The paper can also be heard on our website at:



www.wycombetalkingnewspaper.org.uk.

In addition to the weekly edition we also produce magazine editions at Christmas, Easter and in the summer which feature articles, prose, poetry and music appropriate to the season.

If you would like to receive the Talking Newspaper or know someone who would then contact Harry Wheate on: 01494 534215 or our Chairman, Ray Moorin, on: 01494 533147



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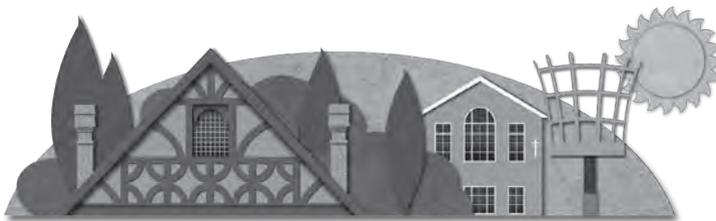
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Up! Downley's Village Festival 2014

The Downley Village Festival aims to highlight the creative and social activities of the Village, be fun and to entertain. To really make it work we need the people of Downley to be part of it and with lots planned there are plenty of way to get involved.

- To promote the festival we want to populate the village with scarecrows (sporting UP! signs). They can be in gardens, shop windows and garage roofs and be themed to represent your club, school, business or just for fun. The aim is to have them in place in the week prior to the festival for maximum publicity. Make contact to hear more!
- In the marquee on Downley Day evening there will be a 'Downley's Got Talent' night. Have you got an act, do you sing, dance, juggle or have a flair for comedy? Then lets hear from you. Locals Heather Morgan and Lucy Newell are bringing MAOS their Musical Theatre Society to host proceedings and they just need the talent to present!
- Below and overleaf is a brief outline of events. The annual events are well established and our professional acts are booked in. Some events are work in progress but all would benefit from support whether to actively help stage or by being there on the day. Fancy being involved? Then please get in touch.

Family Disco Friday 20 June.
Marquee Commonsides.

Digital Camera Tips From Wycombe Photographic Society Saturday 21 June.
Memorial Hall & Commonsides. Then make your record of the Festival.

Downley Day Saturday 21 June. Commonsides.

Downley's Got Talent Saturday 21 June.
Marquee Commonsides. If you have an act then we would love to hear from you.

Thanks Giving Service Sunday 22 June.
Marquee Commonsides. A suggestion for a multi church service.

Open Gardens Sunday 22 June.
Would you like to get involved?

Dog Show Sunday 22 June. Commonsides.

Its a Knockout Sunday 22 June Commonsides.

Art on the Common Monday 23 June.
Enjoy painting outside with expert guidance with sessions for adults and children.

Circus School Monday 23 June.
Katy Kartwheel's Circus School Workshop in the Marquee Commonsides. Spinning plates, devil-sticks, diabolo, juggling and much more.

continued overleaf...



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continued...

Work Out On The Common

Tuesday 24 June. Marquee Commonside.
Come along and join in our mass work out.

Jonny and the Baptists Thursday 26 June.

Memorial Hall. *'Musical comedy's rising stars'* Sunday Times.

Downley Descants and the Wycombe Concert Band Concert Friday 27 June.

Downley School.

Downley Dynamos' Sports Day

Fun Saturday 28 June. Mannings Field. Football matches, penalty shoot outs, wacky races but also live music, inflatables, stalls and a fun run.

Downley's Wine & Beer Clubs Festival Night Saturday 28 June. Memorial Hall.

The Moonrakers Sunday 29 June. Memorial Hall. Be sure to catch this fine acoustic group. *"exquisite music"* BBC.

Downley School's Shakespeare Production Wednesday 2 July.

Downley in Photos Wednesday 2 July. A presentation from the Wycombe Library Collection with a WW1 theme, live music and a quiz.

Le De Spencers Arms' Beer & Cheese Festival Friday 4 July – Sunday 6 July.

Downley Village Art Show Monday 7 July – Saturday 12. Community Centre.

Bec & Toms Awesome Laundry Saturday 5 July. Downley School.
"...hilarious sketches, games and stories."
Five Star Edinburgh Fringe Show.

Downley School Concert Thursday 10 July.

Magicians Morgan & West

Friday 11 July. Memorial Hall.
They fooled Penn and Teller and now they are Up to dazzle Downley.

Festival Craft Fair Saturday 12 July.

Community Centre. A chance to show your creative skills or visit admire and buy handmade crafts.

Concert on the Common Saturday 12 July.

Commonside. Subrosa5 headline with Fluke in support.

Tea Dance Sunday 13 July. Memorial Hall.

Roll back the years and glide across the floor to the sounds of Glen Miller.

These are bare details only at this stage but I hope you get a flavour of what the UP! Festival is about. You will find posts on facebook.com/Downley.Community and our website festival.downley.org is under construction. We do need you of course so do get in touch to get involved, ask a question or make a suggestion.

festival@downley.org



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J. Heartycough's Horticultural Hints - Spring 2014

Wal, here we are again me old mates, and let's hope there's a spring in yor steps, eh? (Spring, spring—get it...?). And after all that rain in January I've invested in frogman's flippers and a snorkel mask, but it does make diggin' difficult! Doesn't time whizz by- and it seems like no time since the blackberry vodka was supped by the winter's fire. (Quite poetic that bit, ses Mrs H..).

But let's get on with the H.H.'s... (Someone said they'd seen a bloke on the Nappel plots, fork in hand, scratchin' his head and looking like he didn't know where to start,—what he needs to do is read this page. (Wal, it was Nappel, enough said!)).

'Ave you got your seeds assorted out yet? And how about yor geraniums, did you get them cuttings on the go in the winter? If you did then it'll be time to pot 'em on, 4" pots or bigger, with fresh compost (not last year's, that's tempting I know, but all the goodness has gone so just chuck it on the veg. plot for a bit of humus). And make sure the frosts have gone before putting 'em out. Don't forget that you can move pots around, even in the borders, if you don't like the first place then shift 'em, to go with the colour scheme, geraniums keep flowering for months if you keep taking off the old blooms, so you'll always have plenty of colour, the best I reckon are the scarlet ones. (Wal, that's what Mrs H. ses, so no argument there, eh?!).

Of course you'll be thinking about my froggy cousin Jean d'Artichoke, wal he said he'd already got his pommes-de-terre and broad beans up, eating lettuces and other exotic things I can't pronounce, he said were we down to our last raw turnip for supper? I'll have to give him a bottle of my cider, that'll shut him up---ha ha!

Anyway, now's the time to put yor 2014 grand garden plan (yor wot?) into action, and I hope you've got yor biodiversity ideas in place,---wood pile, insect house, mini meadow, maybe a pond, and chucked away any pesticides still lingering in the shed. Oh,

and get diggin' out the compost heap and spread it on the veg. plot, lots of mini beasts in the compost, all doing their bit for the garden or alloment. So get out there a'sowin' everything you can, some things work, others don't- but if you don't sow 'em they're not going to grow, are they? And give yor missus a treat by getting' an 'erb garden a'goin' by the back door, we've got one of them 'Belfast' sinks stuffed with 'erbs, they makes a nice smell when you brushes against 'em.

By the way, I reckon Monty Do Da is as good as any for weekly advice, though his seed beds do look as if they'd just been tipped out of compost bags, not quite like Downley clay, eh?

So let me know how yor getting' on, and maybe see you up at the alloment for a chat, that's what they're there for, after all!

Keep a'diggin' A bientot and cheerio,

J.H Sent from my iSpade.





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Grandad Turner & the Great War Downley Ancestors part 7

Family history is more than just trees, dates and names. Family anecdotes, personal letters and other sources can all add the most important element of all; how our ancestors lived, what they did and how their lives fitted into the social and historical context of the time. It gives insights about previous generations that we can pass on to our descendants and adds a poignant touch that would otherwise be forgotten.

Alfred James Turner b.1888 was in the first wave of 100,000 volunteers following Kitchener's appeal for recruits. He enlisted in the 11th Royal Scots in 1914. The 11th battalion moved to France in mid-1915 and fought in several battles before the following report appeared in the local newspaper. It included excerpts of a letter sent by Alfred to his Mother Florence.

"Well Mother, we left for the trenches on 23rd September for the big battle, which we had been waiting a long time for, and I must tell you it was the most awful experience I have gone through since coming to France, it was all a dreadful sight and I am lucky to be back again, even as a cripple. Do not worry in the least about me as I am alright. I expect to be here about six weeks or longer as I cannot walk at all but perhaps shall soon with the help of a stick. Thank goodness we gained a victory at last. Hoping you are all well, from your very lucky son."

The battle referred to in his letter was the Battle of Loos. The article also reported that the eldest brother George Turner b.1884 had been wounded at Ypres the previous November.

In October 1916 another article appeared:

"Lance-Corporal Alfred Turner (now part of 13th Royal Scots) has for the second time been wounded in action and has seven severe wounds to his head and body. He

had returned to the front only two months ago and during that time he has been in severe fighting."

The action referred to was the battle of Flers-Courcelette, part of the battle of The Somme. The article went on to say 'Mrs Turner's third son was wounded two months ago and is in hospital in London.' The following week it was reported that the third son of Mrs Turner, William Gilbert Turner (Gilbert) b.1892 had lost his memory and did not recognise his Mother or Sister when they visited him in hospital.

Alfred wrote many letters home to his fiancée who was living with her publican parents at The Red Cross Knight in Temple End, and to his Mother who was living in Abercromby Avenue. Alfred's Father had died in 1912 and therefore his Mother was a widow when her three sons left for France.

All three brothers survived the war, although Gilbert suffered the effects of shell shock or gassing or both for the rest of his short life. My Grandad, Alfred, always had problems with his leg after the injuries sustained in 1915. He married his fiancée, my Grandma, Ethel West and died aged 82, the letters and cards written during the war years from the front and hospital still kept safe all those years later. George returned home to his wife whom he had married only two years before the outbreak of war.

The above brief account of the events in one ordinary family's experience of WW1 was happening all over Europe, in all communities, in every town and village.

In this centenary year of the start of the conflict, we should remember and commemorate all those who fought and also remember those left at home, hoping and praying and grieving for their loved ones sent to war. So many of whom never returned.

*Paul Turner
District Councillor for Downley & Plomer Hill*

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Poets Corner

Do you enjoy being a dad?

By Allistur Cranston

The voice, my son, which cracks through the membrane
Piercing stillness, emanating forth like
A razor blade through misty waters, lain
Across my face then scraped down downy cheek
Replacing all that's been before with soft
Unfettered skin, a little blood, and shock
And awe that such a creature spluttercoughed
And spoke so I could hear my own tick-tock.

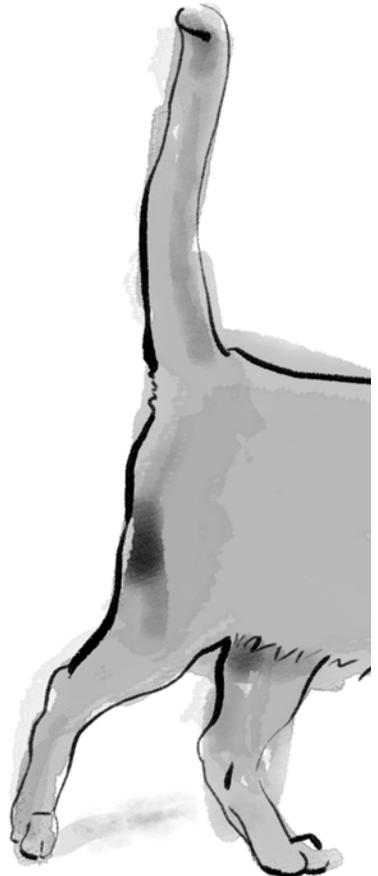
The head, now out, he turns around and smiles
And looks towards the razor's edge and not
What's fell below but at the growth beneath,
The harvest hair, ready to stretch its' miles
Forever forward, 'til we have begot
A full grown beard, a man, his warm sweet breath.

Sun Ra

By Allistur Cranston

It's the stink of him I miss already,
As he lies now settled in the garden
Six inches below ground; the dry, hard earth
Determined to create as much distress
As the once a hole's occupant caused me
When alive. The grave, now trod shall harden
Like his carcass will and for what it's worth
It's the stink of him I miss, I guess.

We ordered a curry for our dinner,
From Kashmir but had no care to revel
In our new found freedom from his pawing
Mews for bits of meat. The air felt thinner
(Like his stricken body had become) all
Stale but lacking where his odour should've been...





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Letters

Recently lots of people were very upset when the West Wycombe Garden Centre closed down for good, and I shared this feeling – but it also made me think about our local shop – the Starlight Stores – and how much we would miss it if it closed. It has had a sign reading ‘USE US OR LOSE US’ up for quite a while now.

If you mostly use the shop for emergency supplies like milk and butter, as well as the bottled drinks, sweets and newspapers you would expect to find in every corner shop, do take some time to look at what else they have on offer.

And for people who live on the other side of the village who don’t get to visit this oasis of cooking supplies very often, I would say give it a try – you will be amazed at the massive range of beautiful fresh fruit and vegetables available within walking distance of your house. And they don’t just have lovely fresh produce – the brothers also stock herbs, spices, dried goods and free range eggs from a local farm . And all of this they will deliver to your door. Ali and Ilke who run the shop also always have good advice to give on many subjects: which are the best grapes; how to cook that exotic looking plant you’ve just bought; where to find a good Turkish restaurant – and, if you are planning a trip to Turkey, which are the best places to visit. They have lovely Turkish bread and on high days and holidays various family members come round to help make delicious borek – flat bread stuffed with spinach, cheese onion or potato – delicious.

It really is easy to eat healthily when this shop is on your doorstep. I’ve just looked at the recipe supplement from last Sunday’s paper and apart from the meat, it is only the most exotic ingredients that you won’t be able to find at Starlight . (Ok I do love the shop but even I have to admit I have never seen pomegranate molasses there – but then again, I’ve never seen pomegranate molasses anywhere).

I’m not against Tesco – I’ve been known to go there for the odd item, but the fruit and vegetables from Starlight really are in a different league . So next time you’re shopping, try out some of the best fruit and veg you will find in Wycombe.

Philippa Brewer



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What are Cracked Heels

Happy Feet Foot Clinic

What are cracked heels?

Cracked heels are splits or cracks in the skin, found most commonly around the rim of the heel. They occur most commonly if the skin is dry or thick. The skin then loses its suppleness and elasticity which can split under pressure. If the cracks are superficial they may not cause any discomfort, but if they become deep this can result in bleeding and can be very painful.

What are the causes? There are many reasons why you can develop cracked heels.

Verrucae are spread either directly from person to person or indirectly if a person walks

- Age. As you get older the skin becomes drier and less elastic therefore an older person can be more susceptible to cracked heels.
- Ill-fitting shoes. Shoes such as flip flops and open backed sandals cause the feet to slide around and due to the friction, result in a build-up of hard skin, which can lead to cracks. Also, these types of shoes dry out the skin. Another reason why to avoid these types of shoes is because the heels aren't supported from expanding sideways therefore the skin is stretched under pressure, causing cracks.
- Genetic. Excessively hard skin can be hereditary.
- Infections or other conditions affecting the skin. Foot infections, such as the fungal infection Athletes foot, can result in cracking of the skin. Likewise so can conditions affecting the skin such as Psoriasis and Eczema. It is therefore important to treat any underlying problems affecting the skin, such as applying Canesten for Athletes foot. Diabetes can also be a cause for cracked heels.
- Being overweight. This causes the fat pad to be pushed out on standing, stretching the skin which can lead to cracks.



Should I treat cracked heels? Yes! It is best to treat them as early as possible to prevent them getting deeper.

How do I treat cracked heels?

- Wash with warm soapy water and dry thoroughly, ensuring to dry between the toes.
- Using a foot file (like a giant emery board), or pumice stone, carefully remove dry, dead skin and reduce thick skin.
- Apply a foot cream containing Urea such as CCS or Flexitol moisturising cream twice a day. These creams are available from the chemist. At night it can be helpful to wear a pair of cotton socks after applying the cream. If the cracks are deep, use a heel balm such as Flexitol heel balm twice daily for a week and then continue with the moisturising foot cream to keep the feet in good condition.

If the cracks are bleeding, apply an antiseptic and cover with a dressing to prevent an infection. If the cracks are very painful, skin closure strips can be used to hold the cracks together until they heal.

Heel cups made of silicone can be worn which stop the heel pad from expanding excessively and also keep the heels moist.

If you are experiencing cracked heels and feel you need help with removing dry, thick skin to leave your feet feeling soft and smooth, please contact Jenny Cranshaw at the Happy Feet Foot Clinic on 01494 639994 or 07891 084012

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Collecting the Voices and Experiences of Healthcare Users

That 2013 was a year of massive change in the NHS won't have passed you by. Readers may have observed new health sector jargon like "Clinical Commissioning Groups" and "Health and Wellbeing Boards". You may well wonder what they actually mean to you, when all you really want to know about is how quickly you can make an appointment with your GP, pick up a prescription or whether a 999 call will get you an ambulance as swiftly as you need.

Another piece of the jigsaw is the newly formed Healthwatch organisations – established to become the "consumer champion" for patients and social care users across the country. We have our own local one called Healthwatch Bucks and they are really keen to hear from you.

Healthwatch Bucks, a not-for-profit organisation, came into existence just six months ago. With a voluntary board of expert trustees, partnership with a range of charities like Citizens Advice and Carers Bucks, and over 1200 volunteers and subscribers already on board, it has been working hard to understand how best to gather the views of patients and social care users in Buckinghamshire in order to influence policy and practice to achieve service improvement now, and in the future.

Responding to what they have heard so far from service users in the county, Healthwatch Bucks is already prioritising in-depth surveys in the following areas:

- Seeking the views of residents using health and social care transportation;
- Examining the range of experiences related to the subject of Dignity in Care;
- Analysing feedback from users of Accident and Emergency facilities

If you have something to say about these subjects, or indeed on any health and social care related objective -whether super feedback about a recent hospital stay or a disappointing experience following a medical procedure – please don't hesitate to contact Healthwatch Bucks and give them your opinions. They are also recruiting volunteers who are passionate about improving local health services

Healthwatch Bucks wants to receive, co-ordinate and monitor all of the views of patients and social care users across Buckinghamshire, both good and bad. Their website www.healthwatchbucks.co.uk is the place to post your views by clicking the Speak Out button, or you can give your feedback over the phone on 0845 260 6216. Don't hold back, contact Healthwatch Bucks today and share your experiences: with your views on board, Healthwatch Bucks will be better equipped to champion the views of health and social services users in Buckinghamshire.



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Production Assistance Wanted for Downley Village News

The Village News is produced by a team including the editors (who looks after the words) and a layout designer who puts the articles and adverts together and lays it out to make it look good using desktop publishing software. Articles are sourced from the community at large.

The current layout designer wants some help with the layout and would like to hear from anyone local who has ability in this area who might be interested in helping out. In addition we need a local "correspondent" who can chase regular articles and ensure that event listings are up to date.

Interested? Contact info@downley.org.

List Of Advertisers

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Joel Akinsipe Computer Problems	48	The Window Doctor	30
JR Travel. Private Hire	55	The Painted Kitchen Company	28
K the DJ	40	The Professional Building Company	54
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M Hunt Painting & Decorating	20	Zumba	18
Mark Braisher Mortgages	24		

Credits

Editor

Simon Scott at editor@downley.org

Layout

Pat Weedon at news@downley.org

Advertising

Clive Beard: dvnaccounts@yahoo.co.uk

Distribution

Coordinated by Des Ryan. Volunteers to deliver locally are always needed. If interested contact Des on: desmond.ryan@tiscali.co.uk or 01494 520938

Rates

Half Page £30 | Quarter Page £20 | Eighth Page £15

Deadlines

The Village News is published quarterly in November, February, May and August. The deadline for adverts and copy for the next issue is 30 April 2014.

Copy

Please send text in editable format such as *.txt, *.rtf, *.doc, .docx. Photographs to accompany the text should be sent in as high a resolution as possible in any common graphics format. Copy should be sent to editor@downley.org. Any copy or photographs sent to this address may also be used on the downley.org website and facebook page: [facebook.com/Downley.Community](https://www.facebook.com/Downley.Community)

Steering Committee

The Downley Communications Forum set up as part of the Community Plan, provides oversight to the Village News, the Village enews and the downley.org website.

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