

SPRING/SUMMER/AUTUMN/WINTER



**DOWNLEY  
COMMUNITY**

# Village News



## Features

- Local Societies
- Around the Area
- Lifestyle
- Downley Diary *Pull Out Section*
- History
- Letters
- Contributions from Advertisers

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and a Happy NEW YEAR*

Issue 105 / November 2015





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## Editorial

Welcome to another cranberry Christmas issue....sorry I meant crammed Christmas issue. Yes this Winter issue is packed full of fascinating and informative articles to keep us going through the dark nights. It also happens to be the Collins 'word of the year' season and some on offer I include here for your pleasure (you might need to look them up though. I know I did).

To all of the daddbods, mumbods and bingewatchers in the village, please take time out of the schedule to read through this issue and don't forget that Downley has many excellent local businesses which will need your support so do take a moment to look through the adverts too. Perhaps the dark nights will get you clean eating in preparation for the Christmas food binge or out exercising at the various exercise classes held around Downley.

A warm welcome to the acting head teacher at Downley School, Mrs Hadaway. Unfortunately due to the timing of this issue we always miss the trick or treat festivities, touch light walk and bonfire so I can only say I do hope you all thoroughly enjoyed them and read about them inside.

*Simon Scott*  
Editor



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# Downley Bonfire and Torchlight Procession

*Another successful, if slightly damp bonfire and torchlight procession was held on 5th November.*

The bonfire itself was one of the highest we've built in recent years thanks to all the pallets provided by Chiltern Wood Recycling and stacked by all those too many to name volunteers who responded to our campaign for more help. A big thank you should also go to Andy James of Manor Estates who piloted his shiny new tractor to pile up all the green waste on top of the bonfire. The guy came courtesy of the Montessori nursery school.

Apologies to all those who were caught by surprise by the early closing of the bonfire site, but there was so much material arriving that we were concerned there would be insufficient time and people to pile up what remained. As it turned out this was just sufficient to complete the build but any more material would have been a problem.

The torchlight procession was as spectacular as usual and this year we have to thank Beaumont Forest Products who very kindly provided the wooden sticks for the torches. The use of tin cans

must be going out of fashion because we seem to accumulate less of them than in the past, so much so there we needed to put out an appeal for more which was generously answered by the parents of Downley School. Finally, of course, we shouldn't forget the numerous individuals around the village who assembled all these components into a functioning torch that would light your way through the darkness across the common.

Downley Dynamos did their usual efficient job of keeping the crowds fed and watered and the Parish Council generously funded the security team from Adams Park who ensured everyone had a good time without any trouble or bad behaviour.

In response to the many facebook requests to know when the event was to take place, please make a note in your calendar for next year on the 5th November at 6.30pm; it's the same every year.

*Bill Thompson  
Downley Common Preservation Society*



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## Downley Day

The Downley Day AGM was held on 20th October and a healthy surplus of £1786 for the year was reported which will be available for disbursement to local charities and voluntary organisations.

The following organisations were awarded grants from the surplus:

- Coffee Stop
- Moor Lane Pre-School
- Downley Wine & Beer Club
- Alzheimer's Society
- War Memorial Hall
- Downley-Disraeli Youth Club
- Downley Orchard
- The Downley School



The next event in the Downley Day calendar will be the Community Carol Singing to be held on Monday 21st December at 4pm at Jubilee Green (opposite MyLocal) where a Community Christmas Tree will have been erected the week previously. Mince pies and mulled wine will be available afterwards at about 5pm in the Community Centre.

For those wanting to fill in some dates for next year, Downley Day 2016 will be on Saturday 18th June with the Family Disco the evening before, the Downley 5K fun run will be on Sunday 19th June and Concert on the Common will be on Saturday 9th July 2016.

*Bill Thompson, Downley Day Chairman*

## Downley Theatre Group

*Not just a Theatre Group!*

2015 has been an incredibly busy year for the Group with trips to “Top Hat” and “The Curious Incident of the Dog in the Night Time” in Oxford; “Jersey Boys”, “Gypsy”, a double to “Miss Saigon” and “Sunny Afternoon” in the West End plus days out at the RHS Spring Show, Malvern; Highgrove Gardens, the home of HRH Prince Charles; and Hampstead, including a visit to Kenwood House. We have outings arranged for the Making of Harry Potter Warner Brothers Studios, a Thames Christmas Cruise and Lights and Sights Tour then our traditional visit to Christ Church Cathedral for the splendid Carol Concert. That makes 11 outings this year, with a shared coach to “Beautiful” and “Les Miserables” in March 2016 we are fast approaching our 100th trip and are

trying to think of something super special for that milestone.

There are currently 243 members, quite incredible, and more are very welcome. There is no charge to join and no obligation to participate. The coach leaves from Cross Court, Plomer Green Avenue, and drops passengers as close as possible to our destination: simples! Do email or call for more information.

A note to existing members: if you haven't heard from us in a while, please check we have your correct contact details – thank you.



*Alan and Claire Baker*

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## The Downley Village News is only as good as it's content.

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# The Downley School

*There is no escaping the headlines these days about the increasing financial difficulties that schools and other public services are facing and The Downley School is no exception to this.*



Schools, like ours, are having to take a more 'business like' approach and find innovative ways to ensure they are sustainable in the future.

The local community really benefits from having The Downley School as part of the community and we are currently Ofsted rated 'Outstanding' which was recently validated by a Bucks Learning Trust review.

The Governors, Senior Leadership Team and Staff continually work really hard to strive to meet this ever increasing criteria, but do not only want to be viewed as Outstanding by Ofsted, but by everyone who experiences our school. With increasing demands, but also increasing budget constraints, the School Governors launched a campaign earlier this year 'Keeping Our School Outstanding' (KOSO) to engage the school community and wider community to help find innovative ways to generate income and support the school in other ways such as volunteering. As a result of this we have had some great feedback and many projects are now in progress:-

The school has various ideas to generate this needed income. Some of these are:-

- Expand the use of the premises. Maybe as community sports facilities, a filming location and installing solar and/or other sustainable energy.
- The 'sponsor a brick' concept.
- Camping and community events.

The school has been supported by the Downley 5k fun run, Up! Festival, Downley Day Committee to whom we are most grateful.

But now we turn to the wider community, we have the support of the Parish Council in looking to develop the premises, is this the kind of project you have an interest and/or experience in and would like to become involved with?

Or are you a member of our community, maybe retired, who could spare some time volunteering in school? If so we would love to hear from you.

Please contact [office@downley.bucks.sch.uk](mailto:office@downley.bucks.sch.uk)

*Sonia Workman  
Vice Chair of Governors / KOSO Lead*

## The Downley School awarded STARS in London

*The STARS award is a national scheme run by the not-for-profit membership organization, Modeshift, and supported by Buckinghamshire County Council.*

It recognizes Schools that have demonstrated excellence in forms of sustainable travel to and from School.

*continued on page 11*



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“We,” who come together to create the DVN need more volunteers to deliver the DVN magazines around the distribution area within Downley. Normally this consists of one street or part of one if the street is very long. It takes only about an hour of your time. At the moment we have no reserve volunteers to cover for holidays or sickness.

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*...continued from page 9*

The Downley School won the award for promoting walking after increasing the number of pupils walking to school by five per cent in one year – from 49 per cent in 2013 to 54 per cent in 2014, while Stoke Mandeville School collected the award for promoting road safety.

Downley School teaching assistant Nicole Matei organized several events throughout the year to encourage walking and worked with a parent volunteer team and pupils to create walk-to-school passports, which were stamped when they walked to school.

Downley's acting head teacher, Helen Hadaway, said: "I am extremely proud that the Safer Routes to School Group's hard work has been acknowledged and rewarded. I greatly appreciate and thoroughly support their efforts to make the roads safer as keeping our children safe is The Downley School's number one priority."

So far Modeshift has accredited 72 schools in the county and next month 16 more will receive accreditation. Mark Shaw, Buckinghamshire County Council Cabinet Member for Transport, said: "These are brilliant achievements and I congratulate school staff, parents and pupils.

"Doing their bit for sustainable travel and road safety awareness has the extra benefit of bringing the whole school community together."

*Safer Routes to School Group*

## **Be Health wise this Winter** *A few tips for staying healthy this winter.*

1. Keep colds and other bugs at bay by washing hands regularly. This destroys bugs you may have picked up by touching surfaces such as doors, handrails etc.
2. Get a good nights sleep 7-9 hours are recommended especially during the cold, dark winter months.
3. Have a healthy diet- don't be tempted to fill up on unhealthy comfort food. Try and eat 5 portions of fruit or Vegetables daily. Winter vegetables make excellent soups! Eat a healthy breakfast, porridge is great topped with fresh or dried fruit, it also keeps you full for longer so avoiding those mid morning snacks.
3. If the winter vomiting bug (norovirus), strikes remember to drink plenty of fluids to avoid dehydration. Once again hand hygiene is essential to stop it spreading.
4. Joint pains such as arthritis are often worse in the cold, damp months. Keeping active to boost mental and physical well being is essential, why not try swimming or joining a simply walk group?
5. Dry skin can be a problem moisturising cream or lotion works by locking in the skin's natural moisture and is best applied to damp skin immediately after a bath or shower, and at bedtime.

It is not too late to pop in for a flu jab – free to over 65's and those in the at risk groups. No appointment needed.

For other advice and remedies why not pop into Downley Pharmacy – we are always happy to help. Our opening times are 9am – 6pm weekdays and 9-1pm on Saturdays.

At Christmas we will be closing at 6pm on Christmas Eve, and will be closed on the following days- Christmas Day, Boxing Day Saturday 26th, Sunday 27th, and Bank Holiday Monday 28th re-opening as usual on Tuesday 29th- Thursday 31st. Closed New Years Day Friday 1st and open again on Saturday morning.

**We would like to wish everyone a happy and healthy Christmas and New Year.**

*Fiona, Jacqui, Louise, Marie and Sue, Downley Pharmacy*

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## Coffee Stop News

*Regular customers may have noticed that we have bought some new crockery; several people have remarked on it and all are happy with our choice which is encouraging. As well as looking better the cups also stack properly which makes a great deal of difference to storage and will hopefully reduce breakages.*



enjoyed by those of us who usually have to drive ourselves.

As always, I have to attach a few pleas! The Coffee Stop is organised completely

voluntarily and is open to absolutely everyone in the village – not just for old people, so please make a note that if you need reviving after a walk, or are at a loose end on a Monday morning, to call in for elevenses and a chat. My other plea is for someone to volunteer to be our treasurer, it is not too onerous if you are used to figures and mainly involves banking the takings after our Monday session and paying out the expenses and rent and keeping the records in order. If there is anyone “out there” who could offer to help us we would be extremely grateful. Anyone interested in joining our happy band of helpers is also most welcome, it’s a great way to get to know people and find out what’s going on in the village.

*Ann Buxton*

*pabuxton@hotmail.com*

## DOWNLEY VILLAGE EVENING WI

*Downley Village Evening WI meet the 1st Tuesday of the month at the Community Centre School Close at 7.35 pm.*

We have booked speakers on a variety of subjects most months. Our 2016 speakers are all booked and we look forward to another exciting year full of interesting topics.

During the summer we held our popular bottle tombola stall at Downley Day, meals at a local pub and events in member’s homes, several visits to the Swan were also enjoyed. We are ending the year with our annual birthday party, a pre booked meal is planned for members to enjoy.

Our County Federation has outings in Bucks and beyond most months and are well worth attending.

**Phone 01494 535998 or email [patheath@virginmedia.com](mailto:patheath@virginmedia.com).**

**Check out the posters around the village updated every month.**

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[www.theacupuncturepoint.org.uk](http://www.theacupuncturepoint.org.uk)

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## St. James Voice

*Most families in Downley will be getting ready for Christmas. Christmas preparations can be exciting or stressful or both. For many it's a joyful time when families and friends gather together, for others a time of loneliness and isolation.*

At St James's Parish Church we are also making preparations. November 29th is the first Sunday in Advent - a time of preparation in the church calendar. Advent begins on the Sunday nearest to St Andrew's Day, November 30th, and lasts until midnight on Christmas Eve. It's the beginning of the church year and the time when we get ready for the celebrations of Christmas. We have been busy preparing a range of services to suit everyone, from regular church attenders to infrequent or new visitors. We hope that in the services we have prepared there will be something for everyone in Downley, including you!

Advent is a time to celebrate light in a time of darkness. Advent services include the lighting of candles on an Advent Wreath. The traditional themes for the four Sundays of Advent are; God's people, The Old Testament prophets, John the Baptist and Mary the mother of Jesus. A candle is lit each Sunday to represent Hope, Peace, Love and Joy. The fifth

candle, in the centre of the wreath, represents Jesus, the Light of the World.

Our Christmas Hamper Raffle starts on Advent Sunday and will be drawn on December 20th. Tickets are available at coffee after our morning service, which usually start at 11.00 each Sunday. In addition to our Sunday services we have an active social calendar and everyone from the community is welcome to all our events. The next social event is a Murder Mystery Evening on February 27th 2016.

St James's Parish Church may be hidden away at the top of Plomer Hill, but you are guaranteed a very warm welcome this Christmas and throughout the year.

There is a service every Sunday morning. The first Sunday is usually a family or "all age" service. Coffee and tea are always served after Sunday services.

*Jo and Susan, Churchwardens,  
on behalf of the congregation of St James*



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## IT Course in Downley a Resounding Success

*Want to learn how to email, use the internet or do some word processing?*

Downley Community Centre has just successfully completed its first ever IT course under the Bucks County Council Adult Learning programme. With all the equipment provided for any student who needed it the course was so well received that we hope to run it again.



**If you would like to find out more or join a class please contact Susan Cunningham at Bucks Adult Learning: 'scunningham@buckscc.gov.uk' or ring Cathy Price on 07580 953181**

## Downley Evening WI

*By the time you read this, the end of the year will be bearing down upon us, with Christmas and New Year festivities being planned and anticipated. So as I write, I'm in reflective mood*

This year has been another great year for Downley Evening WI, with lots of interesting and stimulating talks and activities. We've had a varied programme of speakers and our customary range of fun social events. But on the national level, 2015 has seen the Centenary celebrations of the founding of the WI in the UK and attention has been focused on the achievements of the Women's Institute and its impact on the lives of its members. You may have seen Dr Lucy Worsley's entertaining BBC 2 programme about our history. We have celebrated the whole spectrum of women's contribution to society over the last 100 years, as increasing emancipation and recognition of women's abilities have enabled us to take a greater role in how our country functions. Whilst the social position of women in 2015 is vastly different to that of the early 20th century and their needs have changed, in the light of the demands of modern living, at heart, women are still people who enjoy getting together and making a difference to the lives of those around them.

**theWI**  
INSPIRING WOMEN

Downley Evening WI embodies both those aspects. As a group, we are sociable, we enjoy each other's company and we laugh a lot. But we also care - about our families, our community, our nation. We engage with the big questions of the day whilst never losing sight of the needs of the individual.

So with the New Year in mind, as you draw up your list of resolutions, I invite you to consider whether 2016 could be the year when you join this wonderful organisation which has stood the test of time and whose band of inspiring women continues to inspire, enable and educate.

**We meet on the second Tuesday of the month at 7.45pm in St. James' Church, Plomer Hill. You'll find a warm welcome and lots of new friends. Come along and get your year off to a good start with us. For further information, call Frances, our president, on HW 524835. We're looking forward to meeting you.**

*Angela Taplin*

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## We Wish You a Merry Christmas

*Well, here we are almost at Christmas again although when all the shops have been decorated and twinkling with fairy lights since October maybe we are all looking forward to the Day itself and the thought of getting back to normal again in the New Year.*



That's not the case with Downley Descants because although we have been singing Christmas pieces since September when some people have still been on their summer holidays, we are all enjoying perfecting our pieces for the festive season and aiming to give a good performance at our annual concert on Thurs 17th December at St James' Church.

As always we will donate the net proceeds to two local charities.

It may interest you to hear that since we started in 2012 we have donated almost £2500 to a variety of good causes. This is part of what makes belonging to Downley Descants so uplifting.

It has been proved that singing is beneficial for both your mental and physical health and being able to help those less fortunate than us whilst thoroughly enjoying ourselves really adds to the 'feel-good' factor.

As you know we were formed in September 2012 and from our current membership of 45 we have 15 who have been members from the outset. Although like all groups we have members that join and members that leave we have been able to maintain our average membership at around this level. Everyone agrees that the social aspect enhances our singing and makes Thursday evenings so enjoyable.

For more details about the Annual Concert or to enquire about membership, why not have a look at our website [downleydescants.org.uk](http://downleydescants.org.uk) or contact:-

**Lyn Cook - Chairman 01494 436063 ([grannyandbobby@tiscali.co.uk](mailto:grannyandbobby@tiscali.co.uk))**

**Julian Grigg - Secretary 01494 440430**





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# Chameleon Singles Group

*Autumn is already upon us and we have already made our bookings for Christmas events.*

Once again this year we will be going to a Saturday evening dinner/dance and also have a lunchtime event for those who would prefer not to be out into the small hours. With some milder days promised for November we shall be going on a short day trip to Didcot to visit the Railway Centre. A coffee morning at the garden centre and visit to the Rebellion Brewery will both get us into the festive spirit and give an opportunity for a bit of Christmas shopping to.

Several of our members are interested in live music, cinema and theatre. This year we will be going to the Wycombe Swan for the Peter Pan Pantomime just after Christmas. Events over the last few months include an afternoon boat trip on the Thames from Henley, Take-away evening and bowling at Hollywood Bowl in High Wycombe. There is always a lot going on with several events each month offering something for virtually everyone. All events both at home or a local venue are organised by members acting as hosts. To them all we are very grateful as no organisers would equal no Chameleon!

Our regular events each month continue to include the popular Lunch Club on the first and the Pub Night on the last Friday of each month. For those interested in live music we also visit Dusty's at least once most months for some great live bands at the Holmer Green Sports Club. Coffee mornings have also proved popular and it is likely we will do more of these both at home and at venues such as Garden Centres during the winter months.

All our events are open to new members with the Pub Night a great place to meet up. You would be very welcome to come along and join us for a drink on the last Friday of



the month (except December when it's on Wednesday 30th!) at The Crown, Amersham Road, Hazlemere from 8pm. There is food available if you wish to skip the cooking at home and many members take that opportunity!

Single, 40 – 60's, and looking for a great social life and new friends then why not give us a try? There are no strangers at Chameleon, just new friends to be made in a social group run by and for its members. We have several local people from Downley, West Wycombe, Sands and surrounding areas in the group and you would be very welcome too. **To find out more call one of our membership secretaries:**

**Heike 01494 459 246 or:**

**Joyce 01494 817 895 or e-mail:**  
**chameleon\_bucks@tiscali.co.uk**

**Visit us on-line at:**

**www.bucksvoice.net/chameleon**

**for more information and an events listing.**





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# Become a Downley CFR

## **What does a Community First Responder do?**

Community First Responders (CFRs) use life-saving skills, such as the use of the automated external defibrillator (AED), to provide early and often vital intervention for patients suffering life-threatening emergencies in the immediate vicinity of where they live or work.

Once an ambulance crew arrives at the scene, CFRs work alongside a clinically qualified practitioner

## **How do they know what to do?**

Community First Responders are trained by us to provide life-saving treatment at a recognized level and they are always backed up with the nearest available ambulance. Every six months, there is a compulsory training to refresh skills. There is also an opportunity for CFRs to have monthly refresher training on skills or treatment .

Types of calls a Community First Responder might attend:

- Cardiac arrest
- Heart attack
- Strokes
- Choking
- Diabetic emergencies
- Traumatic emergencies (not road traffic collisions)
- Breathing difficulties
- Patients suffering from seizures
- Chest Pains
- Unconscious patients
- Pediatric and children aged one year and over.

## **Why are CFRs so valuable and vital?**

In case of cardiac arrest, for every minute that passes without cardio-pulmonary resuscitation (CPR) and defibrillation, a patient's chances of survival decreases by 14%. Community First Responders answer calls in their neighborhood, therefore, the potential for them to arrive on scene before an ambulance, especially in rural areas, is vital in providing immediate life-saving treatment. These extra minutes do help to save lives.

## **Interested in becoming a CFR?**

**Then telephone 0800 587 0207 or email [cfr@scas.nhs.uk](mailto:cfr@scas.nhs.uk)**

**Marc Lister**

**SR Paramedic**

**Community Liaison & Training Officer (East Node)**

**South Central Ambulance Service NHS Foundation Trust**



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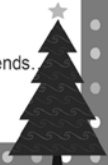
Date: Sunday 6th December

Time: 12pm – 3pm

Address: Woodland Pre School, The Guide & Scout Hut, Coates Lane, Downley, High Wycombe, Bucks HP13 5UZ

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# Downley Diary events

*Your pull out 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!*

societies CLUBS show NO art starts BOOKS  
go you TALKS display exercise people  
DATE concert FETE

## Round-up of Regular Activities

Downley Community Centre

Aerobics	Tues 6.30pm
Alzheimers Carers Support Group	3rd Wed am
Art Group	Term time Mon & Tues 10am - 12.00
Ballet	Term time Fri 4pm - 8.30pm
Bible Study Group	Wed 7.30pm - 9.30pm
Bridge Group	Thurs 7.15pm
Chipmunks Woodcarving	Wed 10am
Community Library	Mon & Sat 10am Thurs 3pm
Craft Group	1st Tues 10am - 12.00
Dance Classes (ballroom and Latin)	Tues 7.30pm & Weds 8pm
Downley Village Evening WI	1st Tues 7.35pm
Downley Wine & Beer Club	2nd Wed 8pm
French Circle	2nd Fri 7.30pm
Lace Making	Term time Thurs 12.45pm
Line Dancing	Tues 12.45pm and Fri 10am
Mums & Toddlers Group	Term time Mon 9.30am
Pilates - term time	Wed & Thurs 7.30pm
Pilates for beginners	Term time Wed 10am
Simply Walk	Mon 10am and Thurs 11am
Sing & Sign	Thurs 10am - 11am (12 Coffee)
Spiritual Centre (Downley)	1st Fri 6.30pm
Tai Chi – for Arthritis	Term time Wed 10.45pm
Wargamers	Mon 6.45pm
U3A Ukulele	4th Thurs 10am - 12pm

## Round-up of Regular Activities *...continued*

### St James Church Hall

Art Club	Thurs 9.30am
Assisted Scrabble	Last Friday of month 2.pm - 4.pm
Coffee Stop	Mon 10.30am
Dog Training	Tues 6pm
Downley Evening WI	2nd Tues 7.45pm
Downley Gardening Society	3rd Mon of Month 8pm
Greatest Hits Choir	Tues 8.30pm
Karate	Wed 7pm
Links Lunches	Fri 10.30am
Louise Dance Class	Sat 9.30am
Natalie's Meditation Class	Wed 8.30pm -10.30pm
Philatelic Club	Alternate Thurs 7.30pm
Weightwatchers	Thurs 5.30pm

### Sunnybank Methodist Church Hall

Dance Classes for Young People	Mon pm & evening
Downley Descants	Thurs evening at 8pm
Tai Chi	Thurs am

### Downley War Memorial Hall

Fencing Training	Wed & Fri 5.00pm
Karate (Shotokan)	Wed 7.30pm
Sunshine Montessori	8.30am Every Day
Yoga	Wed 9.45am
Yoga	Term time Fri 9.15 am
Zumba	Mon 8pm

## Clubs Societies Schools - Promote your event here for FREE!

### St James - Christmas Services 2015

29th November 11.00am <b>Advent Sunday, Holy Communion</b>	December 24th 4.00pm <b>Family Crib Service</b>
December 6th 11.15am <b>Family Toy Service. New toys brought to the service are donated to Saunderton Lodge</b>	December 24th 11.30pm <b>Midnight Mass</b>
December 13th 11.15am <b>Holy Communion</b>	December 25th 11.00am <b>Christmas Day Eucharist</b>
December 20th 11.00am <b>Nine Lessons and Carols led by the congregation</b>	December 27th 11.00am <b>Morning Prayer</b>
	We would love to see you at any of our services, and wish you a very Happy Christmas and a peaceful New Year.
	<b>Jo and Susan, Churchwardens, on behalf of the congregation of St James</b>

## ASSISTED SCRABBLE

Do you like Scrabble but struggle to play without help? Assisted Scrabble takes place at St. James Church, Plomer Hill, Downley on the fourth Friday monthly from 2.30 to approx. 4pm

It is for those unable to play on their own, to participate in a friendly game, with the aid of a partner. Each player needing help can have a friend to assist with reading the letters available to them and/or placing words on the board. You can bring your own helper, or we can try to find someone to assist. If you would like to play but need no partner do come. If you can also lend your own scrabble board we would be grateful!

Volunteers to help in this fun afternoon are very welcome.

### Further information & to reserve a place:

**Barbara(BucksVision) tel: 01494 564019 email: rippbrip@gmail**  
**or Joe Arthur 01494 534582 email:joe.arthur30@gmail.com**

### Are you able and interested in working with Young People in Downley?

Two of our local facilities are looking for assistance Downley Guides and Stouts contact:

**Margaret Stagg on 01494 530736**  
**email: Margaret.stagg@tesco.net**

Disraeli Downley Youth Club contact:

**Rowena Drewitt**  
**Email: rowena\_patrick@hotmail.com**

### 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 (Chettina Masters) can be contacted on 01494 444683**  
**Or by email at : downley\_pc@tiscali.co.uk**

### Downley Art Group

We are a group of amateur artists who work, generally, without a tutor and devise our own programmes. We meet at St James church hall every Thursday from 9.30 a.m until 12.00. This term is running until July 23rd. If you would like to spend the morning with friendly artists creating a variety of work, please come along or contact Lorna:

**Murray.lorna@ymail.com**  
**telephone 01494 638236**

### 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 via phone on H.W. 444683 OR via "e" mail to downley\_pc@tiscali.co.uk

### Downley Parish Notice Boards

Any notices for the Parish notice boards need to be left at the Community Centre in the wooden box in the oak room in an envelope for the attention of the parish clerk. Notices must be received one month in advance of the event. Notice boards are updated on the first and last Monday of each month only. All notices must be for local non profit organisations.

**Please ensure that A.5 size notices are supplied**

**Up & Coming...** *Please visit [Downley.org](http://Downley.org) for all the latest and up to date events and news.*

- Dec**
- 6 Downley Common Preservation Society Work Party meet at the Old Dairy
  - 6 Toy Service at St James Church at 11am
  - 6 Woodlands Pre School Christmas Fayre in the Scout & Guide Centre at 12pm
  - 8 Parish Council meeting at the Downley Community Centre at 7.45pm
  - 17 Downley Descants Annual Concert at St James' Church at 7.30pm
  - 20 Lessons and Carols at St James Church at 11am
  - 24 Crib Service at St James Church at 11am
  - 24 Midnight Mass at St James Church at 11.30pm
  - 25 Christmas Eucharist at St James Church at 11.30pm
  - 27 Alternative Christmas Morning Prayer at St James Church at 11am
  - 31 New Years Eve Beacon lighting on Commonsides
- Jan**
- 3 Downley Common Preservation Society Work Party meet at the Old Dairy
  - 12 Parish Council meeting at the War Memorial Hall at 7.45pm

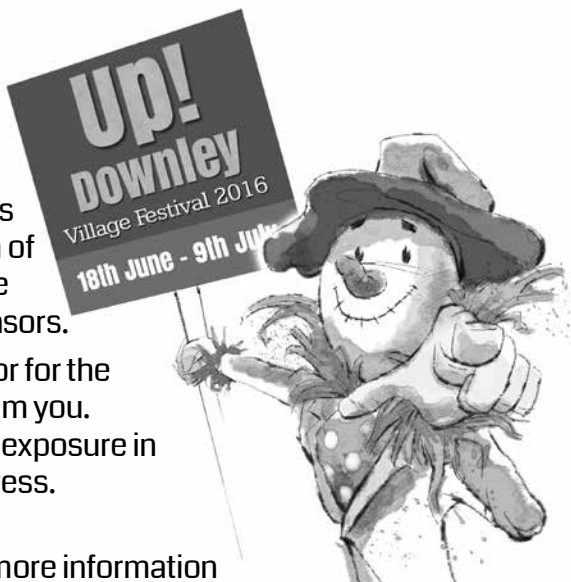
## Be a Part of Next Year's Festival

Firstly a big thank you to all who took part and shared in the success of the last two UP! Festivals. Much of that success would not be possible without the generosity of our sponsors.

If you are UP for sponsoring again or for the first time, we would love to hear from you. In return we will provide maximum exposure in print, online, at events and in the press.

Contact:

**[festival@downley.org](mailto:festival@downley.org)** for more information



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Saturdays 10-12:00pm

There is a charge of 20p per book for up to three weeks loan and a 20p charge per week is made for each overdue item up to a maximum of £3.00. The loan period may be extended by phoning the library during opening times. There is now a free loan on all children's picture books.

Email: [enquiries@downleylibrary.org.uk](mailto:enquiries@downleylibrary.org.uk)

Downley Day 2015



The **Wycombe Decides** competition run in the summer by BCC and WDC awarded the Downley Parish Council £750 for improvements to the library. This money will be spent in creating more space in the library by removing four of the movable bookcases and replacing them with five wall mounted types. The increase in space will enable the library to accommodate more comfortably visits from local children's groups and for other extra curricular activities.

In addition we intend to replace two of our aged computers, the oldest of which was purchased nearly 10 years ago! Also our barcode software will be incompatible with the new computers so will also be updated.

It goes without saying books will also be purchased with the remainder of the money!

## 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.

**We are looking for new committee members. If anyone is interested in joining the committee or willing to help in the library would they please contact John Morris on 01494528683 for more information.**



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### THIS THAT AND THE OTHER

Saturday 12th Dec from 9pm

### THE WEST WYCOMBE BRASS BAND

Wednesday 17th Dec

Christmas Carols from 9pm

### CHRISTMAS OPENING HOURS

Christmas Eve 12-11pm

Christmas Day 11.30-4pm

Boxing Day 11.30-11pm

New Years Eve 12-7pm

### CHRISTMAS DINNERS

From Tuesday 1st December Until

Tuesday 22nd December

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# From Wycombe to Westminster

**Steve Baker MP**

*The last few months have been very troubling on the international stage. We have witnessed unrest in many parts of the globe, and as a result have seen the migration of refugees to Europe particularly from the Middle East and Africa.*

I know many of my constituents take a close interest in what goes on in the world and compassionately try to alleviate suffering both in this country and abroad, contributing to worthy causes giving time, money and effort to help those in need. I believe David Cameron's position of helping refugees in the Middle East rather than in Europe is the right one. I am working with various government departments and local councils to discuss how to best support the 20,000 Syrian refugees the Prime Minister has offered asylum in this country. As yet, we do not know the number of refugees which are to be settled locally, and I am conscious of balancing compassion for those fleeing war and persecution with the needs of people living in Wycombe and not overstretching local public services.

Wycombe's motto is "Industria ditat" – industry enriches. I think that is exactly right: productive work in the service of other people is a crucial part of a flourishing life and society. From time to time I learn of instances where the planning system has positively prevented business from prospering. I would like to hear from planning experts, business people, and members of the public working for firms with knowledge of this to contact me with their relevant experiences and constructive proposals, which I can then draw together to try and bring about appropriate change.

It is at this time of year that the cycle of civic remembrance begins. In September I attended a service in All Saints Church to honour those men who fought and died in



the Battle of Britain. With the proud and strong connection between the Royal Air Force and High Wycombe it is an honour to remember those RAF pilots and air crew who showed such bravery at a critical point in our country's history. I was also present at the launch of the Royal British Legion's Poppy Appeal and will lead the prayers on Remembrance Sunday. I know many people from all backgrounds wish to remember those who have been members of the Armed Forces, particularly those who have died serving their country. This is done in many ways from watching the BBC's coverage of the Royal British Legion's Festival of Remembrance or by attending wreath laying services, or by simply buying a poppy from a local seller. However we remember, we must never forget.

**Although I know it is very early, I should like to send you my very best wishes for Christmas and the New Year. If you would like to comment on the Government's programme, please email me at: [steve.baker.mp@parliament.uk](mailto:steve.baker.mp@parliament.uk). If you despair of the bureaucracy of government and would like my help with a particular issue, please phone my constituency office on 01494 448408.**

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# News from the District

*Dear residents,*

I am writing this slightly belatedly on a very wet November 5th and just hoping the rain eases off before the torchlight parade and bonfire this evening (all now past by the time you are reading this letter).

It is now only two months away from the opening of Wycombe's new Sports and Leisure Centre. The pools have been water tested and are ready to go. Waitrose, on the same Handy Cross site will hopefully be open in time for Easter 2016 and the new coach way park and ride will also be operational around the beginning of next year.

Construction of the Westbourne Street link, part of the alternative route around the town centre has been causing some traffic issues, but it will not be too long now before it is finished! Wycombe District Council successfully negotiated complete closure for only four days, when the contractors were originally suggesting that the A40 would need to be closed off completely for six weeks.

The roadworks at the bottom of Hughenden Avenue have also been an issue, but with night working, the length of time the traffic controls have been in place has been less than it might have been. The end result will be a new road from the Morrison's roundabout right out to Hughenden Park. The new road will be a green corridor, with wide pedestrian and cycle friendly paths, planted along its whole length with trees and wide green verges; a welcome alternative to Hughenden Road for local pedestrians and car users alike. Once the junction

has been completed where Hughenden Avenue meets the new road, the re-surfacing of Hughenden Avenue will be completed.

The last piece of the jigsaw for the Hughenden Quarter (Broome & Wade/ Jewsons site) might be fitted into place shortly, subject to planning approval. Marston's Brewery plan a family dining pub on the site closest to Morrison's.

... and lastly, Costco are proposing to build a retail warehouse in Wycombe, on the site vacated by the temporary park and ride facility when it moves into its new permanent home at Handy Cross.

I hope you all have a Very Merry Christmas and Happy New Year.



**Cllr Paul Turner**  
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## J. Heartycough's Horticultural Hints Winter 2015

*Wal, 'ello me old mates, it's winter, and wot with the dark evenins and mornins it gets a bit of a bind to creep out and do summat usefule, 'Summat usefule!' ses Mrs H, 'That'd be the day', but you gardeners understand I'm sure, it's just that sum people DON'T understand the hours of real thinkin mental energy that gose on as yor sipping yor tea about 11 o'clock, it gets quite tiring, then after the daily walk round the gardin or up to the plot it gets to a bit of summat to eat, then time to meditate a bit thinkin of the sweet birds a'singin' and soft April sunshine.....'*

Wot's he writin now? He don't even know which side of a duster is which, and I gets more from Starlight Stores in an hour than he brings home in a year!' Ses you know's who. Oh well, wot is it about the winter, winter blues, wot they needs is a good bit of digging on a cold, windy day, a'spreddin muck with sleet on yor face, that's livin properly I reckons!

You know, it's really good to see them new faces up the plot, kids runnin' about, (Oy! git orf my leeks), but yes, perhaps they'll get to like it up there, a'stone pickin' at 10p a bucket is the way to get 'em interested, that's wot mine did, but why did they concrete over their garden now they've got their own place, I dunno, I blames the pollytishuns and the goggle box.

Adn't you better put in some 'ints' ses Mrs H, so I suppose I'd better or they 'll stop me writin' this vital stuff, so wait for a dry day, and 'ave a good old bonny, the ash is great for roses and greens, and gets rid of loads of bugs. Then turn over the ground agin to put some air in, and give the over wintrin slugs a bit of a headache, plant some over wintrin' onions, and try yor luck with broad beans, wash 'em in

white spirit first, the mice don't like that..Keep pullin leeks, and if we gets a hard winter make sure yor veg is properly netted, them pidgins will be a'starvin. ....And don't forget yor seed orders, lots of good deals on the interweb, but don't forget to count the seeds in the packets, it gives you summat to do, and keep out of trouble on a wet day stuck in the house. ('As he gone barmy? Ses Mrs H).

I've got nothin' from cousin Jean D'Artchoke in frog land except dozens of pikchers of 'is marrows and squashes, bunches of grapes, peaches, olives, garlic and other froggy stuff, and 'im and Madame J.D'A, sittin' in their garden, in November, a sippin' their cider and nibblin' the local farmer's fromage, wot ever that is. ....

I'll finish up with quote from Gilbert White's diary (Country parson)...December 1789....'Neighbour shot a ring dove, and when his wife picked and drawn it, found its craw stuffed with the most nice and tender tops of turnips. These she washed and boiled and so sate down to a choice and delicate plate of greens'. So watch out pidgins, I'm sure Mrs H. would love to 'ave a go at this!

See you in the Spring,  
Cheers and a'bientot.

*J.H. sent from my iSpade*



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## Downley War Memorial Hall

*Doubtless there was relief in Downley 100 years ago with every passing day that did not bring news of further casualties. Whilst there may have been villagers wounded during this quarter in 1915 there were no deaths so I will concentrate on what was happening in the town and mention, as promised in the last issue, Corporal Ernest George Smith.*

A year ago when I started this series of articles I came across the news of Corporal Smith's death in the local paper referring to him as the youngest son of Mr and Mrs Thomas Smith of Spriggs Cottage Downley. For a few weeks I thought that he had been missed off our memorial but further digging brought to light the fact that he had been living with his sister, Mrs Hatt, in Upper Marsh. Whilst there is no evidence that he ever lived in the Village I thought it worth mentioning his death. If any of you know the whereabouts of Spriggs Cottage I would be please to hear from you.

Corporal Smith joined the Grenadier Guards on 15 February 1912 and was posted to 2nd Battalion on 12 August 1914. He was wounded at Soupir during the first Battle of the Aisne and died a few days later on 25 September 1914. Coincidentally, the same day as Leonard Maunder, Downley's first fatality, who was also at Soupir.

The number of men from Downley serving in the War had risen to 95 according to a list in the edition on 24 December supplied by Mr Bridgwater Spriggs.

Elsewhere, there was news of meetings between Mr Gomme, Town Mayor, and Mr Healey, both owners of furniture factories, with officials from the War Office. Under discussion was a cheaper, easier to construct Windsor chair as the Army wished to place a further order for 50,000 of them. Two examples were produced featuring a lath back and in discussion with other manufacturers in the town plans were put in place to increase production by individual factories specialising in just one element of the design whilst others built the chairs from the various components.

On Christmas Eve news came that the order had been agreed with delivery by the end of March. In addition, the 28,000 chairs outstanding from previous orders were to be delivered as soon as possible.

The claims for patriotism had moved on to two brothers from Wycombe Marsh who, between them, had nine sons and sons-in-law in the armed forces!

Two former members of Marlow Rowing Club were recovering from wounds. One had lost an eye but was back with his regiment but serving in the UK. The other had 15 wounds had already undergone nine operations including the amputation of a leg.

Another member of the Club had received a Royal Humane Society award for saving the life of a soldier who had fallen in the docks at Le Havre.

Peace, Jones & Co. of Queens Square was offering a range of Christmas Packs to be sent to the Front. For five shillings (25p) you could get 1 pair of mittens, 2 pairs of socks and 3 handkerchiefs whilst a Guinea (£1.05) would provide a shirt, gloves, scarf, belt, 4 pairs of socks and 6 handkerchiefs.

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*alanbaker49@btinternet.com*  
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# Letters

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3. The assessment process takes about 4 months.
4. There are different types of fostering – short term, emergency, long term.
5. You do not have to be married or have your own children to foster, just experience of caring for children professionally or personally.
6. Foster children should be included in family life and activities as you would with your own children.
7. Foster families are fully consulted about the children being considered for them.
8. Children come from all backgrounds – wealthy and deprived, boys and girls, all ages 0-18 years, different cultures, religions and ethnicities and a whole range of different needs – we need foster families just as diverse!
9. Fostering is a professional career and many of our foster parents gave up unfulfilling jobs to make a difference to a child. Foster families receive a generous allowance to cover the costs of caring for the child and a professional fee.
10. Next Step Fostering provides a high level of support, supervision and training – you will meet other foster families and be part of a team!

Would you be suitable?

People often worry that they won't be suitable to be considered as foster carers, based on things they have heard from friends or the media. I would encourage anyone thinking about fostering to speak to us directly. We can answer all of their questions about the type of people we are looking for and what fostering is like.

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## Living With The Seasons “Winter”

*As an Acupuncturist living in Downley it is easy to appreciate our beautiful surrounding and the changing of seasons.*

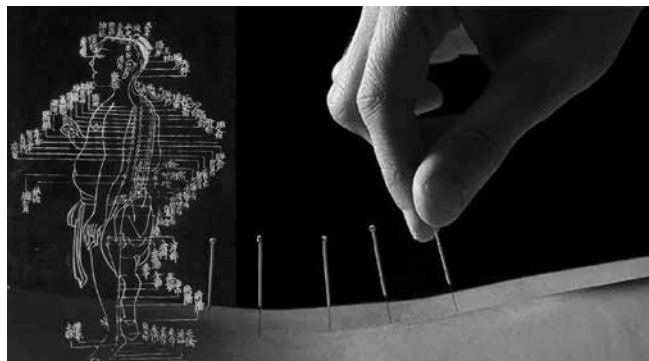
One of the wisest recommendations of Chinese Medicine is to live harmoniously with the seasons. As the weather changes, so should our daily practices. Such as changing our diets to favour what's in season and going to bed earlier with the sun. While the summer months were a time to be more active, the fall season is a time to be more introspective

Chinese Medicine relates seasons to the energy of the organs of our body. The Autumn season is associated with the Lungs. The lungs include the nose and throat. Autumn is the time we tend to be first affected by colds and flu. Winter is the season of cold and is associated with the Kidneys. We should try and eat with three things in mind to benefit the Kidneys and fend off the cold: emphasize gently warming spices (ginger and cinnamon, not cayenne and chilli peppers). Eat foods that nourish the Kidneys (beans, root vegetables, seaweeds, dark leafy greens and walnuts), and eat foods that are very dark in colour (Black is the colour of winter in Chinese Medicine), like black sesame seeds, blueberries, beets and black beans. It is also the time to avoid cold or frozen foods in general.

As Winter is the season of stillness, we should try and moderate our exercise habits for the time being. Instead of heavy sweating and intense exercise, try tai chi or yoga, Pilates or swimming. These all help to increase our movement but are less demanding on our joints. If we can find that stillness to help recharge ourselves, we will have the renewed energy to burst forth into spring.

If you would like any more information on Acupuncture and Nutrition during the seasons please contact:-

Louise Day Lic Acu.  
[www.theacupuncturepoint.org.uk](http://www.theacupuncturepoint.org.uk)  
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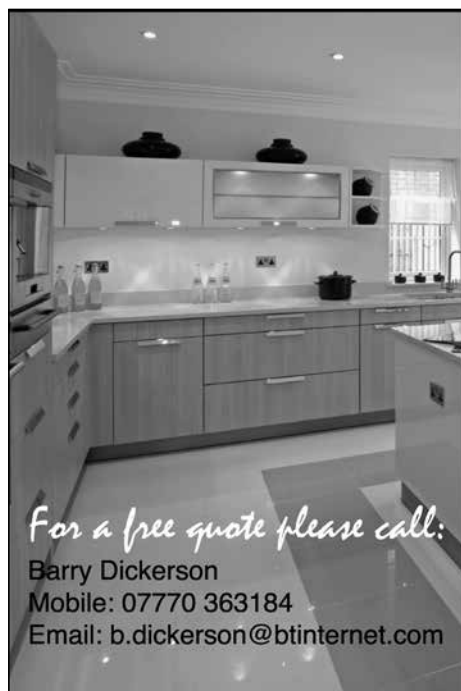
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Please send text in editable format such as \*.txt, \*.rtf, \*.doc, .docx. Photographs to accompany the text should be sent in as high a resolution as possible in any common graphics format. Copy should be sent to editor@downley.org.

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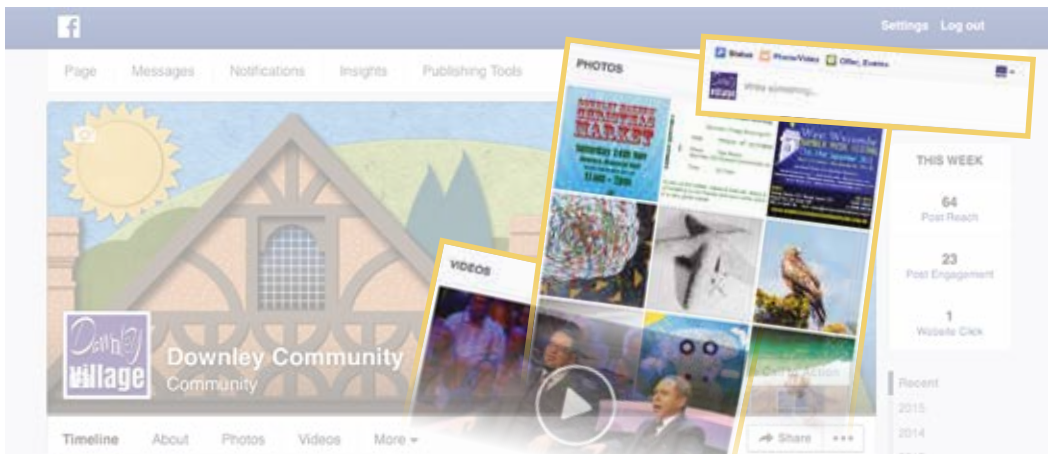
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## It's Good To Talk

### **FACEBOOK.COM/DOWNLEY.COMMUNITY NOW HAS OVER A THOUSAND LIKES & DESERVES MORE ATTENTION**

With this number of users Downley facebook page has the potential to be a valuable resource for the village, delivering news and information as well as sharing fun, views and pictures.

We are looking for volunteers to help post information, monitor and respond to messages and notifications with the aim of delivering a current and engaging timeline.

**If you enjoy using Facebook and can find the time  
we would love to hear from you at:  
info@downley.org**

The Downley Communications Forum are responsible for the Downley Village News, the village website at downley.org and the village facebook page.

Tell us a story, have your say  
and send us your photos to:  
news@downley.org  
Facebook.com/Downley.Community  
downley.org

