



# Coldharbour News

The Coldharbour Parish Council Newsletter

October 2018



## *See inside for:*

- *Keeping Fairford Leys Tidy*
- *Christmas Tree Festival*
- *Last British Dambuster 'Johnny' Johnson*
- *Forthcoming Events*
- *Pictures of Fair in the Square and Music in the Square*



# Coldharbour

## Your Coldharbour Parish Councillors

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## Coldharbour News

We hope you enjoy this edition of Coldharbour News. The October edition is always full of pictures, taking us back to Fair in the Square in the summer and the more recent Music in the Square. We also try to include updates on what the parish council is doing, news of local charities and interesting articles from residents. However we have found that, in January, when we need to put the February edition together, people are only just getting over Christmas and looking forward to the new year ahead. It has therefore been decided to omit the February edition in future, but we will still be bringing you up to date in June and October as usual.

## Parish Council Facebook page

In addition to the Newsletter, the parish council is launching its own Facebook page. <https://www.facebook.com/ColdharbourParishCouncil/>. This will enable people to contact the Clerk to the Council, the Chairman and the Fairford Leys Centre more easily and will keep you up to date with what your parish council is doing in the community and hopefully answer some of the questions that residents would like to ask.

## Cllr Sally Pattinson Editor

## Riverine Corridor Land Transfer

We are now at the stage where we are about to sign the transfer of land agreement for the first phase of the riverine corridor land. This means that we will be able to officially/legally start to maintain the land as we want to. We have plans for various cutting back of vegetation and tree management. Please bear with us as we start this work because everything won't happen over-night. Once the works start and we clear away some of the overgrown hedging and bushes etc., it will be easier to maintain the whole area. We are also in discussion with the district council to take on all the other parts of the riverine corridor.



## Tree Works at Kingsash Road and Trebah Square

Soon we will be planting the new trees on Kingsash Road, removing the overgrown trees on Trebah Square and replacing them with new trees more suitable for the space. These trees should not have been planted as they will continue to grow much taller and wider and the roots could cause damage. We are to replace them with a smaller type of silver birch tree which will look good in these areas.



## In This Issue:

Keeping Fairford Leys Tidy	4
Christmas Tree Festival	5
Last British Dambuster	7
Village News and Events	10/11
Fair in the Square	12/13
Music in the Square	14/15

If you have any interesting articles for inclusion in the next edition please send them to [sally@buskrigg.co.uk](mailto:sally@buskrigg.co.uk)

Front cover picture by Terry Pattinson

## Advertising Rates and Copy Deadlines

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**¼ page £55 ½ page £85 Full page £115\***

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Copy deadlines for the June edition are:

**Advertising Friday 17th May 2019**  
**Articles Friday 24th May 2019**

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# r Parish Council News

## New Road Affecting Aylesbury Vale

### Cambridge - Milton Keynes - Oxford Expressway Corridor B announcement

Highways England has announced that Corridor B is its preferred route for the proposed Cambridge - Milton Keynes - Oxford Expressway, following a programme of stakeholder engagement. This is the first of a number of key decisions that will be taken in respect of this locally and nationally important project. The councils will now want to understand more about the government's plan for the county and area to understand the potential implications. The expressway is just one of the components of the government's strategy for the Cambridge - Milton Keynes - Oxford growth corridor and approximately 70% of the new road will pass through Aylesbury Vale. Parish Councils will need to keep an eye on how this proposal will affect our community and local and wider communities will expect Highways England to engage with us in the critical next stage of this project that will be focused on determining the detailed route.

## Crime and Anti-social Behaviour

Fairford Leys still remains a low crime area and we want to keep it that way. Unfortunately we, like other communities, are targeted sometimes and we all need to be vigilant and report matters to the police



on 101. Please remember that unless we report matters, however minor we think they may be, there won't be a profile built up of the types of crime or anti-social behaviour taking place and we are not likely to get the proper assistance we need to deal with these matters. The parish council installed cameras in the main village square and the police have used the evidence from these cameras to successfully identify offenders and also as evidence in court in order to successfully prosecute. Please continue to help us keep our community safe.

## Litter

Unfortunately, we still have to deal with large amounts of litter across the village. We clear the main areas but we do not have the resources to carry out litter picks across the whole village every day. Please help us by putting all litter in the many bins provided or taking it home.



We have a real problem with litter on Coldharbour Way as people throw their litter from their cars onto the highway – many are takeaway food bags and leftover food which also attracts the wildlife for all the wrong reasons. See Cllr Baughan's comments on page 4.

The parish council will be organising further litter picks; please volunteer on the day. For dates and times, please see our new Facebook page <https://www.facebook.com/ColdharbourParishCouncil/>.

**Keith Gray**  
Clerk to Coldharbour Parish Council

## Grounds Maintenance Update

The summer baskets have been in full bloom for summer months and we hope you have enjoyed them, we will be taking them down shortly and will be starting our winter planting.

Sadly we are experiencing fly tipping in certain areas, we do our best to remove any unwanted items as quickly as we can, because it seems the longer it stays there the more it is added to; if you see anyone dumping rubbish, please report this to the police and the parish council.

The maintenance of the parks are on-going, all the works reported by ROSPA has been completed, hedges and general works will be continued over the winter months.

We have been strimming and cutting the weeds down as part of our work



schedule, we will continue this work throughout the winter.

We would like to hear from anyone who has any questions, or just wants to find out more about what we as a parish council do for all the residents. Please feel free to contact us at the Fairford Leys Centre, or speak with the team when you see them around, we are always happy to help.

**Steve Webb**  
Senior Grounds Maintenance Officer



## From Your Chairman

Welcome to the October edition of the Coldharbour News

This has certainly been a long, hot summer full of events both locally, nationally and globally! The unusually hot weather created many challenges for both our Grounds Maintenance Team and some parish events. A huge thank you must go to the grounds team for their work in maintaining the planting around our village and, once the weather broke, keeping on top of the inevitable weeds. It is important to remember that these are the people that empty all the bins, both litter and dog waste, in all of our parks, maintain verges and keep our village looking brilliant. They are currently fighting a battle against the amount of litter discarded along Coldharbour Way.

We started the summer with our annual Fair in the Square. This is a well-supported community event and this year was no exception. But, the world cup semi-final and extreme heat did impact on numbers during the afternoon. Regardless, this event will return next year. For me, the summer was book-ended by Music in the Square at the start of September. Another brilliant day for weather meant that conditions were perfect for this parish council funded event.

Adoption of the riverine corridor has been an on-going saga for the past 15 years and pressure has been applied by our County Councillors, District Councillors and Parish Clerk. Despite a last minute change to the contract which, as a parish, we could not accept, there was frantic work behind the scenes to reach the stage where we are adopting the riverine in phases. The first part is ready for transferring and we are pushing for the remainder to be transferred as quickly as possible.

**Our Parish Council Facebook Page** is now live. <https://www.facebook.com/ColdharbourParishCouncil/> Please use this to direct your enquiries to the right person on the council and keep up to date with the events coming this winter. We have another community clean-up organised, see details on the Facebook page. The Remembrance Sunday service at the Church on Fairford Leys will be from 10:30am on the 11th November and Christmas in the Square on Saturday 8th December.

I hope to see many of you there enjoying these community events. Don't forget if you have any issues or questions for the council you can contact individual councillors or attend our public meetings, they are the first Thursday of the month at 8:00pm in the Fairford Leys Centre.

**Cllr Adam Poland**  
Chairman of Coldharbour Parish Council

# Keeping Fairford Leys Tidy

## Preventing Litter

Having lived in Fairford Leys for the past 13 years I have had the pleasure of watching it grow in many ways. We are so lucky to live in a rural area and yet have so much nature around us. This week alone I have seen foxes, a deer, two badgers and many squirrels. The variety of plants, trees and shrubbery is also vast. The landscaping around the village is well considered and maintained. Those who live here take pride in being a part of a friendly community that looks out for each other and our environment.

It therefore saddens me to see an increasing amount of litter in and around the village. There seem to be a few individuals who continue to empty their vehicles of rubbish on our highways and verges. We at the parish

council are considering methods to reduce the litter. We are always happy to arrange community litter picking days; however these would need to be wider with more volunteers to cover the whole of Fairford Leys.

This bag of rubbish was collected by our maintenance team from one stretch of Coldharbour Way, coming into the village. This is done 2/3 times a week and there is always this amount of litter!!

If you can offer any solutions or assistance in helping us keep our lovely village litter free we would welcome your support and ideas. Please help us to keep our village clean.

**Cllr Caroline Baughan**



## Unsung Heroes of Fairford Leys

Most residents of Fairford Leys love living here and appreciate the clean and tidy environment that we live in. However, some people do complain about litter being dropped by inconsiderate people. So residents, Martin and Jenny Whitfield decided to do something about it.

Dressed in high visibility jackets and armed with bin liners and litter picking sticks they set out once a week to tidy up different areas of Fairford Leys. No-one has asked them to do this and I guess they receive little appreciation from residents, but I can assure them that what they are doing is a valuable service to the community. So if you see them, give them a wave and say hello.

Martin and Jenny bought their first house on Fairford Leys in 2000 and later moved on to a larger home in Rixons Meadow. They are both very busy retired people and carry out voluntary work at College Lake Nature Reserve at Bulbourne. Jenny has also had 2

novels published "The Long Journey Home" and "The Sky Blue Tee Shirt". Jenny says, they are stories set after the Second World War and both have a happy ending. The books are available at College Lake or telephone Jenny on 01296 295063.

I do know that there are other people who do litter picking and make other contributions to keeping the village tidy, so a big thank you to Martin and Jenny and to everyone else who plays their small part in keeping Fairford Leys a pleasant place to live. If you know of anyone, please let me know and I will try to include them next time.



**Cllr Sally Pattinson**  
Editor

# Christmas Tree Festival at the Church on Fairford Leys



I usually have a strict rule not to think about Christmas until the other Autumn activities are completed. We are still (at the time of writing!) enjoying summer-time weather, and thoughts of snow and roaring fires are a long way off. Harvest, Remembrance (100 years since Armistice day) and Advent are important occasions at this time of year, not to be passed over by the all-consuming end of year preparations.

But this year I want to give you plenty of time to think about a rather different festive event. We would like to invite you to participate in the first ever Fairford Leys Christmas Tree Festival and competition. The aims are to promote local businesses and groups, to raise money for charity, to celebrate Jesus' birthday, and to have some fun!

The idea is that each participant (individual or group) will display a fabulously decorated tree of their choosing in the Church hall and then, during the evening of Christmas in the Square, you will all be asked to vote for your favourite. The winner will then be declared the Christmas Tree champions!

Decorate your tree any way you want (so long as it isn't offensive...), or even go crazy and construct a tree in an alternative way: knit one, weld one, fold one out of paper, 'upcycle' one... The more imaginative the better, and the more it will stick in people's minds when it comes to voting. The trees will then stay up over the remainder of the Christmas season (8th Dec – 5th Jan) so that they can be admired at the Saturday morning coffee sessions, the Christingle, Carol and Christmas services, and of course by all the groups that meet in the building.

There is limited space, so applicants will be accepted on a first come, first served basis, as will positions in the hall on the day they are put up. Trees will not be provided, and artificial or alternative trees are preferred as we can't commit to remembering to water any live ones, sorry! We will not be able to put up or take down trees on your behalf, so a representative of your group must be available to come to the hall on the 8th Dec and 5th Jan. Power may be available if you wish to use lights, but we must be informed in advance so that arrangements can be made.

We are asking for an entry fee of £20, all donations will be sent to The Children's Society, the organisation we support each year through our Christingle service. If you want to enter, or need further information, just drop a line to [enquires@fairfordleyschurch.org.uk](mailto:enquires@fairfordleyschurch.org.uk)

**Revd Anthony Howells**  
The Church on Fairford leys



## The Church on Fairford Leys

### Christmas Programme 2018



<b>2nd Dec</b>	9.15 am 10.30 am	Quiet Communion All Together Worship
<b>8th Dec</b>	5.00pm	Christmas in the Square, Outdoor Nativity and opening of Christmas Tree Festival
<b>9th Dec</b>	10.30 am 4.00 pm	Holy Communion & Gifts Service Christingle Service
<b>16th Dec</b>	9.15 am 10.30 am 6.00 pm	Quiet Communion Family Service Carols by Candlelight
<b>23rd Dec</b>	10.30 am	Holy Communion
<b>30th Dec</b>	10.30 am	Carol Praise
<b>Mon 24th Dec Christmas Eve</b>		
	4.00 pm	Crib Service
	11.30 pm	Holy Communion
<b>Tue 25th Dec Christmas Day</b>		
	10.00 am	Family Communion



**We invite you and your family to join us for worship over the Christmas season.**



# Fairford Leys WI

theWI  
INSPIRING WOMEN

Autumn is well and truly here, Fairford Leys is looking beautiful with all the colours of the trees. Its hard to remember the heat of the summer as the nights draw in but Fairford Leys WI has had a busy time throughout the summer months. The Fair in the Square on the 7th of July was well attended despite the heat but went quieter in the afternoon; it could have had something to with England playing a game of football. We had a tombola which proved to be very popular. Our speaker at our July meeting was a representative from the Thames Valley Air Ambulance. It was such an interesting talk covering the amazing work that they do. There was also merchandise to buy which helps their funding.



The August meeting was our summer social and we had a Spanish themed evening. The food the music and the heat of the evening made the occasion very authentic.

We also had a trip to Windsor in August with a few hours of shopping then we picked up a boat and sailed down the Thames which included an afternoon tea. It was absolutely lovely.

At the September meeting we had Tracy Blaney come to give us a talk. Tracey is a Milliner and has been making ladies hats for her clients for a few years now, including some for recent Royal Weddings. She brought lots of samples of her work with her and it was fun trying them all on. October is our Annual general meeting which is a very important part of the WI calendar. We look back on our year and look forward to the next.

In November's meeting we look forward to a talk called "Medieval to Mississippi" which sounds interesting, and on the 24th November we have a trip to Birmingham

Christmas Market which is a great way to start feeling Christmassy and get a few gifts. I'm sure there will be a couple of glasses of mulled wine too.

Our December meeting is a festive social, a chance to sit and relax, have a bite to eat and drink, have a good chat and a chance to wish all our members a very happy Christmas. Fairford Leys Christmas in the Square is on the 8th December and the WI will be in the Fairford Leys centre providing much needed refreshments of mulled wine and mince pies while you sing carols and see Father Christmas.

I'm very much looking forward to next year; we've got another great programme planned. If you want to come and join us we meet on the 3rd Thursday of every month, it'll be lovely to see you.

**Jane Rice**  
President of Fairford Leys WI

**FREE ENTRY**

## THANK YOU to the World War I generation

**SUNDAY 11th NOVEMBER 2018**  
**1pm to 4pm**  
**The Gateway, Aylesbury HP19 8FF**

**Family friendly event featuring:**

- WORLD WAR I EXHIBITIONS & STALLS**
- AFTERNOON TEAS**
- WARTIME RATION LUNCHES**
- LIVE MUSIC**
- WORLD WAR I POETRY READINGS**

**For more information and to book your free tickets visit:**  
[www.bucksc.gov.uk/wwi-event](http://www.bucksc.gov.uk/wwi-event)

**Alternatively tickets can be collected from:**

- Royal British Legion Pop In, High Street, Aylesbury**
- Main Reception, AVDC Offices, The Gateway, Aylesbury**

## Christmas Gift Fair

**11 - 3pm 10th November 2018**

**A beautiful selection of gifts including Christmas decorations, jewellery, food, homeware and more...**

**The Gateway Conference Centre, Aylesbury, HP19 8FF**  
**FREE PARKING**  
**Entrance £3 / Concessions £1.50**

**Pace** Pace is a charity providing an outstanding education and first class therapy for disabled children.  
[thepacecentre.org](http://thepacecentre.org)  
Charity No. 1011133

# Fairford Leys resident meets the last British Dambuster, George 'Johnny' Johnson

Some of the early residents of Fairford Leys will remember Tony Whittaker, a founder member and Vice Chairman of the Fairford Leys Community Group. In 2001 he was elected Vice Chairman of Coldharbour Parish Council where he served until 2015. What you may not know is that his late father Ivan Whittaker participated in the famous 617 Squadron's epic raid on the Ruhr dams in May 1943. This is Tony's account of an historic occasion; I hope you find it interesting.

**Cllr. Sally Pattinson - Editor**

On 20th May 2018 I was invited to attend an event honouring the 75th Anniversary of 617 Squadron's epic raid on the Ruhr dams during 16th/17th May 1943, I was fortunate to meet and talk to 'Johnny' Johnson who is one of only two crew members still alive from the original 133 eclectic mix of national's, the other being Fred Sutherland a Canadian, who were tasked to fly on that mission. I am on the left foreground of the photograph taken at the celebration.

My late father, Ivan Whittaker, also participated in that mission, as the Flight Engineer, on board a specially modified Lancaster four engine bomber, AJ-P, P for 'Popsie', piloted by 'Micky' Martin, as crew in one of the first wave of three aircraft to fly very low over the North Sea, the Dutch Coast and hinterland to the German industrial regions and onward to the target area, the Mohne Dam.

My father enlisted as an apprentice at RAF Halton, near Wendover, as part of the 37th intake after Lord Trenchard set up the apprentice training scheme in 1922. He spent the first three years of the 2nd World War as groundcrew. As the war intensified, he volunteered for the new aircrew category of 'Flight Engineer'. This came with the advent of four engine heavy bombers such as the Lancaster and he was soon posted to 50 Squadron. He met Flight Lieutenant 'Mickey' Martin, later Air Marshall Sir Harold Martin and after the Dams raid flew with him on some 44 operations, this was a partnership that endured for most of the conflict, during which time he was awarded the DFC and Bar.

During the latter part of 2013 I was invited to apply for the post of Trustee and Treasurer of the Halton Apprentice Association a charity based at RAF Halton, near Wendover and officially became a Trustee for them, later in 2014. In March 2017, I became a Trustee and Treasurer of the Apprentice Association's sister registered charity, the RAF Halton Apprentice's Trust whose aim is to further the legacy created by Lord Trenchard.

**Tony Whittaker - Resident**



# Gentle & Therapeutic Yoga

Beginners  
Welcome

## Relax Mind & Body

Practise gentle and therapeutic yoga incorporating breathing and relaxation techniques with the gentle movement of yoga postures. My classes are designed for relaxation, de-stressing and gentle stretching. This is not a strong physical workout and is suitable for beginners and those who do not want a strenuous class. Improve your flexibility and restore your sense of calm and energy levels.

### Tuesday Evening

6:30 to 8:00pm at

**The Fairford Leys Centre,**  
Fairford Leys, Aylesbury.



I am a qualified Yoga Teacher with the Yoga for Health Foundation

Tel: 07775 531502

Email: [john@johngrimesyoga.co.uk](mailto:john@johngrimesyoga.co.uk)

[www.johngrimesyoga.co.uk](http://www.johngrimesyoga.co.uk)

### Fergie's Fitness

## Exercise to Music / Pilates Classes

### Great 'all-round' fitness classes

Work comfortably at your own level – enjoy great music  
Have fun – Get Fit – Stay Fit! Burn Calories!

### **Mondays** – Fairford Leys Centre

7pm Pilates

### **Tuesdays** – Weston Turville Village Hall – 7pm

Exercise to Music – All levels

### **Wednesdays** – Bedgrove Pavilion

7pm Pilates

8pm Exercise to Music

### **Fridays** – Bedgrove Pavilion

1.15 pm 50+ Exercise to Music

2.30pm Pilates

### Pilates

Pilates is a combination of Matwork Exercises  
Incorporating flexibility and strength work,  
looking at Body Awareness, Posture and  
Core Stability – working on those muscles which support the spine – great  
abdominal workout!

£5 per class

Call or email for more information or just come along

01296 338140

[sandbar1942@yahoo.co.uk](mailto:sandbar1942@yahoo.co.uk)

YMCA/RSA – Pilates Institute

Member of the Zumba Instructor Network – Level 3 Reps

# Amy's Professional Foot Care

Amy Rowbotham

Mobile: 07813672753 | Email: [amy@apf.care](mailto:amy@apf.care)



My name is Amy and I am a qualified Foot Health Professional (FHP) with a Diploma in Foot Health.  
I trained at The SMAE Institute where the course has been credit rated by Queen Margaret University Edinburgh.

I am a Member of the College of Foot Health Professionals (MCFHP) and a  
Member of the British Association of Foot Health Professionals (MAFHP). I provide a friendly  
and professional service in the comfort of your own home.

#### Treatments available include:

Diabetic Foot Care  
Corns  
Callus (hard skin)  
Cracked Heels  
Fungal Infections  
Toenail & Fingernail Trimming  
Nail Thickening Reduction  
Athletes Foot  
Verrucae

Treatments are £30 per visit and last approximately  
one hour depending on your individual needs.

Discounts for groups and reduced  
price for regular Verruca care



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THE SMAE INSTITUTE



# Fairford Leys Centre News



The centre continues to offer a wide range of classes for residents of all ages. For the more mature members of the community we have the Monday Contact Group which meets every Monday (the name may have given that away!) the group meets from 10:00 am to 2:30 pm and offers a drink and toast or crumpets on arrival. At lunch there is a hot two course meal followed most weeks by live entertainment.

On a Friday afternoon 1:30pm – 4:00pm we have a friendship group who play board games chat and indulge in a hot drink and cakes.

At the other end of the range for the pre-schoolers there are

Weeniebeans on a Friday morning and Busy Bees parent and toddler group on a Wednesday morning. ZKS martial Arts, Claydon's Dance Academy, Seido Karate and Monday Night football offer something for those of school age.

For those with time on their hands in the day we have JBD Fitness, Post-Natal Pilates and our new Kettlercise class all offer something different to pass the time. The evenings offer Slimming World, Weight watchers, Meditation class, Pilates, Hatha Yoga, Swing Dance class and Gentle and Therapeutic yoga

In addition on a monthly basis we have the WI and host the monthly parish council meetings.

This year's Remembrance Sunday service on 11th November will start in the church at 10:30 am before moving in to the square at 11:00 am for the Two Minute Silence. Refreshments will, be available in the centre following the service. I would like to take this opportunity to thank the Co-op who have kindly donated this year's refreshments

Christmas in the Square on Saturday 8th December, which you will have read about elsewhere in the newsletter is hosted by the parish council together with the Church on Fairford Leys.

Hopefully there is something there for everyone so we look forward to seeing you sometime a timetable of these classes is available so please do not hesitate to contact me on [andy@fairfordleyscentre.org.uk](mailto:andy@fairfordleyscentre.org.uk) or 01296 422800 for more information.

**Andy Barnett**  
Fairford Leys Centre Manager



Join the Revival of Vintage Dance:  
Lindy Hop and Charleston Classes

## SWING DANCE MK

"Laugh as you learn"

The Fairford Leys Centre,  
Aylesbury, HP19 7HT.

Doors open 8pm with first  
class beginning at 8.15pm.

£5 for 1 class, £8 for 2.

Every Tuesday.



All welcome, no previous experience needed, no need to bring a partner.

Call 07918167217 to claim 2 for 1 entry on your first night.




[www.swingdancemk.com](http://www.swingdancemk.com)

# Village News

## FORTHCOMING EVENTS DATES FOR YOUR DIARY

### Annual Remembrance Service Sunday 11th November 10:30 am



Join Councillors and members of the community for this Annual Service of Remembrance. The service begins at 10:30am in the church and is followed at 11 o'clock in the Square by The Two Minute Silence and the laying of wreaths by Chairman of the Council Cllr Adam Poland and other representatives of the Fairford Leys Community. This is a particularly important occasion as it marks 100 years since the end of the First World War. Do come and pay your respects and join us afterwards in the Fairford Leys Centre for refreshments.

### Honey Bee Fairford Leys Sunday 11th November from 11:00 am

Why not visit the Honey Bee pub after the remembrance service where they are offering a free drink and a small sandwich buffet to all Service Men and Women, to say thank you for their service. The offer applies to all military and ex-military personnel. ID is required in the form of medals, discharge papers or ID for those still in service. Live wartime music will be played between 1:00pm and 3:00pm

### Christmas in the Square Saturday 8th December from 5:00pm

Following on from the success of the Outdoor Nativity staged by the Church on Fairford Leys which even included live sheep we hope that the performance will be repeated this year. It is an opportunity for us all, adults and children alike to remember the real meaning of Christmas and to sing some familiar carols accompanied by the Aylesbury Concert Band.

As an additional attraction this year, the Church on Fairford Leys is organizing a charity Christmas Tree Festival. See full details on page 7

This event is lovely beginnings to the Celebration of Christmas so do come along, bring the family and enjoy the festivities.



After a short break to enjoy some of the stalls or a glass of mulled wine and a mince pie, served by the Fairford Leys WI, there will be a general sing along and a rendition of Jungle Bells to encourage the arrival of Father Christmas.



## Fergie's Fitness

Exercise to Music • Shape UP & Tone

### Keeping fit with Sandra

We all know that we should be exercising on a regular basis as well as looking after our nutrition. We can always find time to eat healthily, but finding time to improve our fitness? Surely we are lifting heavy objects throughout the day; we know that gardening is the 'green gym' and that walking briskly or dancing for at least 10 minutes a day is good for us. We all enjoy these pastimes; they are great not only for physical fitness, but also for lightening the mood.

I have been an exercise to music teacher for almost 40 years. I have seen many forms of keeping fit come and go. Lots of conflicting research over the years has made it clear that it doesn't matter how we exercise as long as what we choose is safe effective and fun! Pilates has come along and has definitely improved our strength, flexibility and posture. This form of exercise together with whichever form of aerobic exercise we choose is a wonderful combination.

You may not know that I have been running classes at the Fairford Leys Centre for several years and now hold a Pilates class on Monday evenings at 7pm together with classes at 2 other venues. I am a YMCA/REPS Level 3 instructor and a Pilates Institute PureStretch Instructor. For more details or to book a place, please telephone 01296 338140 or email sandbar1942@yahoo.co.uk.

**Sandra Ferguson - Fergie's Fitness**

# and Events

## Do you have, or do you know someone who has, sight and/or hearing loss and are struggling at home?



We at Action on Hearing Loss deliver Bucks Integrated Sensory Service on behalf of Bucks County Council. This is a free service and we work with children, young people and adults who have sight loss, hearing loss or dual sensory loss. Our offices are based at Riverside house, Wedgewood Street, Fairford Leys.

A member of our friendly team can visit you at home and complete a specialist assessment, which looks at how your sensory loss affects you day-to-day. We can offer information and advice and small pieces of equipment which can help you stay safe and independent at home. Some examples of this equipment include extra loud/flashing

doorbells, smoke alarms with vibrating pads, talking clocks and watches, portable daylight lamps and a range of sticks and canes.

As well as looking at sensory needs, our holistic assessment will pick up any other needs you may have and we will refer you, with your consent, onto more appropriate services which may be able to help.

We offer mobility training for visually impaired children, young people and adults. This is where we can support people with sight loss to learn long cane skills and a number of routes for safe and independent travel. We also offer Sensory Training Awareness for groups and businesses to assist them when dealing with a client who has a sensory loss, please contact us for details. Finally, we register people with



a sight or hearing loss on behalf of Bucks County Council and provide people with a registration card.



If you would like to learn more about the service or would like our support, please call us on 01296 479970, text us on 07918 904664 or email us on [bucks@hearingloss.org.uk](mailto:bucks@hearingloss.org.uk)

**Tracey-Jayne Collins**  
Engagement Officer

## Bespoke beer for Florence to launch at 25th Beer Festival

The Florence Nightingale Hospice Charity has teamed up with the Hillfire Brewing Company to launch a bespoke beer celebrating 25 years of the Aylesbury Beer Festival this October. Hillfire owner Neil Coxhead says this new ale will be extra special because it's brewed in partnership with Florence Nightingale Hospice Charity using the Brewery's own hops grown organically in Buckinghamshire.

The Festival will take place on Friday 26th and Saturday 27th October, offering

real ale fans the chance to try local beers as well as award-winning ales and ciders from further afield, whilst raising vital funds for Florence Nightingale Hospice Charity.

CAMRA's David Roe will be selecting the ales to include a range of old favourites and seasonal novelties. Festival-goers can suggest favourites they would like to see at the Festival by commenting in the event on the Charity's Facebook page.



As well as over 35 beers, ciders and perries to taste and judge, a new feature this year is the 'Local Gin Showcase', with gins made by distilleries within a 25-mile radius of Aylesbury. The Festival also features gourmet sausages courtesy of Kings Farm Shop in the Sausage Festival on Saturday afternoon, while local caterer Alena Winter's homemade classics will be back on Saturday evening to provide some ballast for the alcohol.

Tickets are just £6 in advance or £8 on the door and include a souvenir Festival pint glass and programme. To book, and for more information go to [www.fnhospice.org.uk/beer-festival](http://www.fnhospice.org.uk/beer-festival) or call 01296 429 975



# Fair in the S

A blazing hot summers day, fairground rides, lots of stalls and a community bar and BBQ. Things looked set for a perfect Fair in the Square. To be honest, the England Football team did not help us. Due to a freak of scheduling the first England Semi-Final in World Cup final history since 1990 took place bang in the middle of our event. We noticed a significant drop in numbers during game time but busy periods both before and after.

The eagle-eyed amongst you may have noticed there was no Ferris wheel this year. This was due to a scheduling error by the ride operator. We were just as disappointed by the no-show as many of you were.

A lot of hard work goes on behind the scenes to run this event. Examples include the work by our Clerk in organising road closures, the contracts with the ride operators and ensuring all of our paperwork and insurance is compliant and in place.

Our Grounds Maintenance and centre team, who close off the square, organise the placements for rides and stalls, sell tickets and keep on top of the litter. They are often there till gone 8pm after the event tidying up. Finally the Leisure Committee and their families from the parish council who spent time organising, sourcing and ultimately running a community bar and BBQ.

We take pride in Fair in the Square and love the fact it is a well-established community event. We are always looking for ways to improve, so, if you have any ideas then please contact us to give suggestions for improvements or ideas to try out.

Take a look at the pictures to bring back memories of a hot sunny day in July.

**Cllr Adam Poland**  
**Chairman of Coldharbour Parish Council**



\*\*



\*\*

## Allotment Competition Winners

The Chairman presented the prizes to the winners of the 2018 Allotment Competition. First prize was won by 1st Mr McNicholas, second by 2nd Mr Applegate and third by 3rd Mr Crawley.

Many thanks to everyone who worked hard to prepare their plots and to the judges for making difficult decisions.



First Prize winner - Mr McNicholas

\*



Third Prize winner - Mr Crawley

\*\*

# Square 2018



# Music in the



Music in the Square is the late summer community charity event organised by Coldharbour Parish Council. DJ Dan Blaze takes over the arrangements for the music and the charity donations and the council arrange for the necessary licences and insurances etc. This year the parish council Leisure Committee took over the running of the bar and provided a steady stream of burgers and hot dogs. Many thanks for all the hard work involved in this.

A record number of people attended this year's event and just over £1,200 was raised for this year's charity Young Carers Bucks. Grateful thanks to the sponsors, Gerald Low and Co – Heating and plumbing , Buckinghamshire provincial Grand Lodge and Axonpublish.com. Also to the acts and bands who all performed at greatly reduced fees to help with the charities fund. It was a beautiful, warm evening and everyone seemed to enjoy the music and dancing and by the end of the evening, the dance area was full of people of all ages coming together as a community to enjoy themselves.



# Square 2018



As always we have to say a big thank you to Keith Gray, Clerk to the Council and Cllr Adam Poland for their organisation, to Dan Blaze and to the Fairford Leys Centre staff who work hard in the background to keep the evening running smoothly.

Take a look at the joyful pictures to enjoy some memories of a lovely evening.

**Cllr Sally Pattinson**



*Pictures by Randall Cheney*

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**[www.starveallturkeys.co.uk](http://www.starveallturkeys.co.uk)**



## Volunteering at Fairford Leys Youth Club

I have been a volunteer at our local Youth Club since spring 2013. I enjoy the company of young people, I like to help and guide them in chats and decision making skills. It is a lot of fun and I love some of the jokes I am told, for instance, "Why do bumble bees have sticky coats? Because they use a honey comb!"

Karen, the Youth Club Leader and Amanda, Youth Club Worker have a stupendous amount of ideas for activities, and are totally committed to the young members. The Young Leaders are a breath of fresh air and take their roles seriously, they are always there with an ear and if necessary a shoulder.

We're always looking for Volunteers. If you would like to join in the fun, please contact Karen on fairfordleysyc@hotmail.co.uk or Tel; 07460510295

### Rio Harper - Youth Club Volunteer

The following is from Grace, aged 13, Year 8 one of the youth club members and speaks for itself.

"On a Friday night, many young people in the area such as me enjoy meeting here at The Fairford Leys Centre. To relax, do arts and crafts and chill out with friends we may not see through the week. A lot of us come here for the company and the wide range of activities. Next week we will be playing with the Sumo Suites.

If you or your child (ages 10-16) would love to enjoy an evening of Sports, Crafts, Snacks or Chilling with mates, then this Youth Club is perfect. When we reach Year 9, we have the wonderful position to take part in the Young Leaders Course. This gives us the opportunity to gain work experience and to volunteer for the

evenings.

As well as all that, parents/ carers get two hours free to do as they wish. On occasions we also do team-building exercises, to remind us that we are part of a community.



This place is perfect for any child from any background".

### And from Abigail:-

"Why I like to come to Youth Club.

1. To see my friends.
2. To play games.
3. To sing.
4. To dance.
5. Mess about.
6. Make new friends."



## *Membership from September 2018 - July 2019 Fairford Leys Residents have priority over membership*

The youth club intends to run most Fridays, including school half terms, but may not run all through July, August and December due to holidays.

**First session is 6pm to 8.00pm - ages 10 to 14 school years 6 to 9**

**Second session is 8.00pm to 9pm - ages 15 to 18 school years 10 to 13**

(Second session will be based around development of Young People to become Young leaders)

### Annual Membership Fees for First Session only

Annual Membership fees cover our overheads including the use of the hall, insurance, affiliation to Action4Youth and admin costs. From September 2018 the following one-off fees will apply:

If you join between September 2018 & December 2018	£15.00
If you join between January 2019 & March 2019	£10.00
If you join between April 2019 & June 2019	£7.50
If you join during July 2019	Weekly non-members fee

**Weekly Members Fee . . will be £3.00 per week First Session £2.00 per week Second Session**

Weekly members' fees cover equipment, insurance, themed events, ingredients, art and craft, hire of Action4Youth and other outside attendance e.g. street dance, martial arts, drums, first aid, discos.

We rarely ask for additional funds towards activity costs on a Friday evening in the centre and would only do so for exceptional events with prior warning. Outside activities eg coach trips to various places, entrance fees, residential and courses will attract

additional fees. If cost is ever a reason for a young person being unable to attend then please speak with the Youth Leaders. It is neither the policy nor ethos of the club to see any young person excluded due to financial constraints.

**Non-members will be charged £4.00 per week.** (If you have friends or family with you one Friday evening, you are welcome to bring them along as a visitor, but there will be a charge of £4.00 per person. You must however have text the Youth Club mobile to make us aware for ratios and there is no guarantee non-members will be allowed in.)

**A Membership Form with Medical Information and photograph consent is to be completed and returned with the annual membership fee. Please send in a photo of each member for our records to put with the membership form.**

Please email the Youth Club email address fairfordleysyc@hotmail.co.uk with your name and your child's name to allow us to keep you informed on any changes or any other relevant information, and also as to your availability to volunteer. **Parents are asked to volunteer for a maximum of 2 Fridays in any one year to help us maintain our ratios and it is not as scary as you may think!! Please ask us about your role.**

Additional forms including confidentiality, members agreed Code of Conduct, and acknowledgement of policy and procedures will also be provided on request.

**Most importantly** the Youth Club belongs to the Young People and the main intention is to provide somewhere fun and safe for a Friday night . . . . feel free to let us know if we are not achieving this . . .

**Karen Tofté  
Leader in Charge**

**Amanda Ewers  
Youth Worker**

**Fairford Leys Youth Club Mobile: 07460510295**

# Changes to the Silver Rider bus service

From the 30 September, Red Rose Travel took over the operation of the Silver Rider bus service. The new service runs between Fairford Leys and Aylesbury town centre and passengers can enjoy the following benefits:-

- A new Sunday timetable operating every 30 minutes
- Frequent buses running up to every 15 minutes on weekdays
- Free travel to and from the railway station for monthly or longer Chiltern Railways season ticket holders.
- Dedicated Silver rider week and monthly tickets at £12 and £36 per adult
- Family day ticket for £5

For those wishing to travel on to other parts of the town, there is a new Red Group Aylesbury Zone day, week, month and family tickets available which will be valid on the Silver rider and the following Redline bus services within Aylesbury: -

- Route 2 to Quarrendon,
- Route 4 to Berryfields,
- Water rider 6/7 to Watermead and Buckingham Park
- Route 11/11A to Lavric Road and Southcourt
- Route 14 to the Coppice and Elmhurst.



The fares start at £7.80 and £15 for a child and adult weekly fare. For more information about the fares and times please visit [www.redrosetravel.com](http://www.redrosetravel.com) or ask your driver. For more information about local bus services please visit [www.buckscc.gov.uk/travelinfo](http://www.buckscc.gov.uk/travelinfo)



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The advertisement features a green apple and a slice of orange. The apple is cut in half, and a slice of orange is placed next to it. The text is written in a casual, handwritten style.

# Winter Highlights at Aylesbury Waterside Theatre

Fly away on a spectacular adventure to Neverland this Christmas with **Peter Pan** at **Aylesbury Waterside Theatre** from **Fri 7 – Mon 31 Dec**.

Starring **John Michie** as the villainous Captain Hook, **Andy Collins** as Smee, **La Voix** as Mrs Smee and **Holly Atterton** as Tinker Bell, this year's swashbuckling extravaganza is set to get you hooked! Meet the Lost Boys, Tiger Lily and acrobatic pirates, **The Nitwits** in this fun-filled family extravaganza full of out-of-this-world flying effects, galleons of laughter and the hungriest of crocodiles!

Looking for Christmas present inspiration? Give the gift of theatre and treat your loved ones to a showtastic stocking filler. From family fun with **Cat in the Hat** (31 Jan – 3 Feb), laugh-a-minute antics with **The Comedy about a Bank Robbery** and musical sensation **Dirty Dancing: The Classic Story on Stage** – there's plenty to look forward to in the New Year.

Book today at the **Box Office**, call **0844 871 7607** (bkg fee.) Calls cost 7p per min plus your phone company's access charge or visit [atgtickets.com/aylesbury](http://atgtickets.com/aylesbury) (bkg fee).



## WINTER 2018 at Aylesbury Waterside Theatre:

• Peter Pan	Fri 7 – Mon 31 Dec
• Santa's Christmas Party	Fri 21 Dec (Second Space)
• Comedy Club	Fri 28 Dec
• Johnny Cash Roadshow	Fri 4 Jan
• Motown's Greatest Hits: How Sweet It Is	Sat 5 Jan
• The ELO Encounter	Sat 12 Jan
• Vampires Rock with Sam Bailey	Wed 23 Jan
• The Chicago Blues Brothers – Motown Mission	Fri 25 Jan
• The Cat in the Hat	Thu 31 Jan – Sun 3 Feb

# Feline Friendly Cat Clinic at Watermead

We are very happy to announce our new cat clinic at our Watermead branch, from the 11th September, with our dedicated feline friendly vets.

We offer a dedicated cat only clinic, with no barking dogs, to make vet visits as stress free as possible. We have a separate waiting area for cats, with an area for cats to be placed above floor level, and not able to make eye contact with other cats.

With longer consult times, we find cats have more time to be acclimatised to the vets, and don't have to rush with getting the cat out of the carrier - often after a couple of minutes we find they come out and say hi by themselves. We are also able to offer more services, such as blood taking and blood pressure monitoring.

The cat clinic is ideal for those older felines over 12 years of age, more likely to get age related issues (usually being able to identify those earlier can help prolong a happy healthy life), or those first kitten visits, to teach them that the vets isn't a scary place.

## Common health issues in older cats:

**Kidney disease** – is common in cats over 12 years. There are many causes, such as infections, cancers, toxins or attack from their own immune system. This is diagnosed by blood and urine tests. The most common symptom is drinking more, although cats can be discreet, so weight loss is often the first sign, followed by dehydration, poor appetite, to generalised weakness. There is no cure, but treatment is aimed to minimise any symptoms and to slow the rate of the kidneys getting worse. Often if caught early, cats can go on to live a long normal life with minimal changes at home.

**Hyperthyroidism** – is when the thyroid gland is overactive, and producing too much hormone. This causes the metabolism to speed up, so cats tend to eat plenty but still lose weight. Their heart rate and blood pressure can also go up. It is diagnosed by a simple blood test. It is controlled by medication or surgery.

**High blood pressure** – is linked to kidney disease and hyperthyroidism. Failing kidneys produce chemicals then constrict the vessel and retain water in the circulation, both increasing blood



pressure. High blood pressure can affect the back of the eye, causing blindness, can worsen kidney disease, and causes the heart to work harder. Medication can be given for high blood pressure, and regular blood pressure monitoring is advised.

If you have any questions or concerns, please don't hesitate to get in touch, or come visit our new clinic.

**Our dedicated cat clinics are open Tuesday evening 4-7, Thursday morning 9-11.30 and Friday afternoon 1.30-4.**

**Kelly Gore  
Hampden Veterinary Hospital**

**01296 745371**



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# Butterflies on Fairford Leys

Some of you may remember Dennis Dell who lived on Fairford Leys from 2002 but moved to Sheffield 7 months ago. I hope you find this article interesting and if you would like to help with the reserve, please contact the Fairford Leys Centre on 01296 422800.

**Cllr Sally Pattinson - Editor**

I am pleased to contribute an article for Coldharbour News, because we have very happy memories of our 15 years in Fairford Leys.

When we moved to Fairford Leys in 2002, I was very impressed by the green spaces, especially the banks of the streams. I have been interested in butterflies since 1949, and I realised that, managed appropriately, these green spaces could become a haven for wildlife generally, and butterflies in particular. I was delighted to get to know Steve Webb, who is also very interested in promoting nature. He allowed me, with enthusiastic practical support, to cultivate a small area on the stream bank near Swallow Lane for wildflowers, and I chose plants which I knew would be attractive to butterflies. This proved to be a great success, and, over the years, I have counted 25 species of butterfly in Fairford Leys. Impressive, as we have 55 species in the whole of the UK!

Many of you have seen me working at this area and have engaged me in conversation, and your interest has been motivating for me. Steve has also been planting interesting wildflowers in different places in FL.

Since we have moved away, Steve Webb has agreed to look after 'my nature reserve', although he is a very busy man, and if any resident would like to take over this not very onerous work, it would be much appreciated.

**Dennis Dell - Former Fairford Leys Resident**



## Jonathan Page play Centre

AFTER SCHOOL CLUB & HOLIDAY PLAYSCHEMES

### Fantasy Half Term

22 – 26 October 2018



**This half term Playscheme is all about Fairy Tales, Princes and Princesses and ghastrly dragons.**

The team have been busy planning great craft activities such as Zig Zag Dragons, Shape Castles, designing your own crown and shield plus lots of fun fantasy games.

Weather permitting the children can also play outdoors utilising the go-kart track and climbing frames or stay indoors where they can choose from a great variety of toys and games.

**HOURS AND PRICES (per child, per day)**  
8am-6.30pm £30 8am-3.30pm £22.50 8am-12.30pm £16 12.30pm-5pm £16  
Playscheme is for all children from the age of 4 up to their 13th birthday.

To make a booking please visit our website or Facebook page and click on **BOOK ONLINE** or call the Centre on **01296 336413**  
We can accept childcare vouchers as payment

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Ofsted Registration: EY13666



## Jonathan Page play Centre

AFTER SCHOOL CLUB & HOLIDAY PLAYSCHEMES

### Christmas Playscheme

20 December 2018 – 2 January 2019  
(excluding bank holidays 24, 27, 28 and 31 Dec)



**It's all things Christmas and New Year for this Playscheme.**

The children will be making cards and Christmas decorations with plenty of sparkles and smiles. We will be making New Year's resolutions together with the children and celebrate the New Year with a disco.

There will also be plenty of singing and dancing and games throughout this festive Playscheme.

**Fingerpint Elves**



**HOURS AND PRICES (per child, per day)**  
8am-6.30pm £30 8am-3.30pm £22.50 8am-12.30pm £16 12.30pm-5pm £16  
Playscheme is for all children from the age of 4 up to their 13th birthday.

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## Neighbourhood Watch

I have been out and about with two co-ordinators this month and the following areas will have new NHW street lamp signs in a few weeks after Planning Permission is granted. I have done this to be as aesthetically pleasing as possible. Only two lamps were next to properties and when asked, the residents were more than willing to have the signs next to their homes.



New areas are; Knightsbridge, Kingsgate, Phillips Road, Windmill Close, Parmitter Close, Shereway, Stubble Hill and Fairford Leys Way. Please contact Rio for details Also, there is a willing, possible new co-ordinator for Chelsea Road and Hampstead Close.

There has unfortunately been a recent burglary in FFLs, which I can't share the details of as it's an on-going investigation, however this is linked to similar M.O.s in Aylesbury Vale and the Police are expecting to make arrests shortly.

I have also reported two incidents of dangerous driving, both near Hampden Square. Residents need to be mindful of their driving and parking in close proximity to shops and amenities.

**Rio Harper - Neighbourhood Watch Co-ordinator for Fairford Leys - 07709500770**

## Useful Numbers

**Arriva Buses**  
0871 2002233

**BT Fault Line**  
0800 800151

**Childline**  
0800 1111

**The Church on Fairford Leys**  
01296 424980

**Clerk to Coldharbour Parish Council**  
01296 422800

**Doctors Surgery**  
01296 424488

**Eastgate Dental Practice**  
01296 433222

**Electricity - Power loss**  
0800 3163105

**Fairford Leys Centre**  
01296 422800

**Fairford Pharmacy**  
01296 485050

**Gas - Emergency**  
0800 111999

**N.H.S. Out of hours**  
111

**Silver Rider - Red Rose travel**  
01296 747926

**Stoke Mandeville Hospital**  
01296 315000

**Thames Valley Police**  
101

**Thames Water**  
0800 714614

**Train Times**  
08457 484950

### Dates for the next full council meetings

Meetings are held at the Fairford Leys Centre at 8pm. Everyone is welcome but please check the Parish Notice Board or the website to ensure that no last minute changes have been made.

- **Thursday 1st November**
- **Thursday 6th December**
- **There is no meeting in January**

And then the first Thursday of every month in 2019  
[www.coldharbour-pc.gov.uk](http://www.coldharbour-pc.gov.uk)

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