

Cheddington Village Newsletter

No. 498 – DECEMBER 2019

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CRA NEWS.

Seasons Greetings. The Residents' Association Committee would like to wish all the villagers and our advertisers a Merry Christmas and Happy New Year.

Litter Pick. At the end of October CRA organised another litter pick. Eleven people braved the damp conditions and collected litter for two hours. In total we collected 24 bags of rubbish, five sand bags, one hub cap, two number plates and one metal diversion sign with frame. These were all collected by AVDC from the car park at The Three Horseshoes. Thanks to Jules for letting us store the rubbish there again.

It would appear that the rubbish throwers round here prefer lager to bitter, are particularly fond of Budweiser, drink vodka and large quantities of soft drinks and consume lots of snack food. As usual the majority of the rubbish was found beside the four roads leading in and out of the village. This time there was more than normal rubbish along Long Marston Road, near the site entrance. So we approached Charles Church and they immediately wrote to all their sub-contractors, made people on the site aware and ordered extra rubbish bins for the site. Hopefully this will help to reduce the litter there.

We will undertake our next litter pick in May, details to follow in due course.

ORCHARD MANOR UPDATE. As we went to print Charles Church was hoping that by the time you read this they have been able to start having a sales presence on the site. They got up to roof stage on some of the plots last month and are working on getting their show home ready for a Christmas opening.

NEWSLETTER ADVERTISING RATES. Our advertising rates will increase slightly with effect from 1st January 2020. See details on page 23. The email address for adverts has also changed. Please now use chedd.advertising@gmail.com.

DISTRICT COUNCILLORS NEWS.

WhizzFizzFest to return bigger and better for 2020! Aylesbury Vale District Council (AVDC) is excited to announce the return of WhizzFizzFest on Saturday 27 June 2020. Festival goers can expect another whizzfizzingly wonderful day as the eagerly-anticipated family-friendly literary and arts festival returns to Aylesbury for 2020. Following on from last year's tremendous success, WhizzFizzFest will be brimming with exciting celebrity author guests, engaging county-wide workshops and the ever-popular giant puppet parade of local school children through the town centre. With many ticketed and free events to attend, the family-friendly festival will offer returning favourites and new and exciting things to see

and do, all helping to shape the day into another spectacular celebration of children's art and literature.

As always, WhizzFizzFest is made truly spectacular by the support, involvement and contributions from the local community. Whether you're a local school, organisation or club or would just like to be involved in this year's WhizzFizzFest there's a whole host of opportunities available on the website: whizzfizzfest.org.uk/get-involved. Will Rysdale, AVDC Assistant Director - Community Fulfilment, said: "Every year WhizzFizzFest continues to grow, attracting fantastic crowds into Aylesbury and building on the town's amazing community spirit. This year's event is promising to bring even more family-friendly fun and we can't wait to be able to announce the line-up for WhizzFizzFest 2020. Be sure to save the date and keep your eyes peeled for all the latest information and updates!" More details, including WhizzFizzFest's special guests, will be announced in the New Year with tickets being released on Thursday 5 March to celebrate World Book Day. For more information and all the latest festival announcements and updates, please follow @WhizzFizzFest on Facebook, Twitter and Instagram or visit whizzfizzfest.org.uk.

Vale of Aylesbury Local Plan – Main Modifications consultation.

Consultation to run from 5 November to 17 December, 2019. Following the examination hearings in July 2018, the Inspector has now asked that consultation be carried out on the Proposed Main Modifications to the Vale of Aylesbury Local Plan (VALP). The consultation will run for six weeks from 12:00 pm on Tuesday 5 November until 5:15pm Tuesday 17 December 2019 and the Proposed Main Modifications document, the accompanying Sustainability Appraisal Addendum and Habitats Regulations Assessment, as well as other supporting documents, can be viewed electronically on Aylesbury Vale District Council's website and in hard copy at 11 venues across the district and two in neighbouring Milton Keynes.

The consultation is limited to only the Proposed Main Modifications, and the accompanying Sustainability Appraisal Addendum and Habitats Regulations Assessment, that the Inspector has identified as necessary to make VALP a 'sound' plan. Any comments about the new evidence to support the Proposed Main Modifications should be made against the relevant main modification. The Inspector is not inviting comments on issues not covered by the Proposed Main Modifications. All publication material is available to view and download from AVDC's website

<https://www.aylesburyvaledc.gov.uk/section/vale-aylesbury-local-plan-valp-2013-2033>.

Documents can also be viewed during usual opening hours at:

The next Residents' Association committee meeting will be on Tuesday January 14th at 8pm in the Methodist Hall. Please come along to give us your ideas how we can improve the village.

- AVDC Customer Service Centre, The Gateway, Gatehouse Road, Aylesbury
- Aylesbury Library, Walton Street, Aylesbury
- Beacon Villages Community Library, Old Town Hall High Street, Ivinghoe
- Brill Memorial Hall, 19 Church Street, Brill
- Buckingham Library, Verney Close, Buckingham
- Haddenham Community Library, Banks Park, Banks Road, Haddenham
- Long Crendon Community Library, High Street, Long Crendon
- Steeple Claydon Community Library, Queen Catherine Road, Steeple Claydon
- Wendover Community Library, High Street Wendover
- Wing Community Library, Village Hall, Leighton Road, Wing
- Winslow Community Library, Park Road, Winslow
- Bletchley Library, Westfield Road, Bletchley, Milton Keynes
- Westcroft Library, Wimborne Crescent, Westcroft, Milton Keynes

A free USB stick containing consultation documents or paper copies of the consultation material (for which there will be a charge), including VALP Proposed Main Modifications and comments forms can be obtained by calling Planning Policy on 01296 585308 or email localplansconsultation@aylesburyvaledc.gov.uk.

Comments about the Proposed Main Modifications document, or the accompanying Sustainability Appraisal Addendum and Habitats Regulations Assessment, can be made online, by email or in writing: Electronically through the online consultation portal (this is the preferred method) <https://aylesburyvaledc.jdi-consult.net/localplan>.

Using the response form that can be downloaded from <https://www.aylesburyvaledc.gov.uk/section/vale-aylesbury-local-plan-valp-2013-2033> and emailing the completed form to localplanconsultation@aylesburyvaledc.gov.uk.

In writing, by sending a completed response form to: VALP Main Modifications consultation, Planning Policy, AVDC, The Gateway, Gatehouse Road, Aylesbury.

At the close of the period for consultation, comments made will be passed to the independent Planning Inspector for consideration. He will then decide whether the plan can be found sound. Exceptionally, further hearings may be necessary. At the end of the examination process the Inspector will present his final conclusions in a report, it will then be adopted by the council. VALP will remain in force until it is superseded by a new plan for the county that will be prepared by the new unitary Buckinghamshire Council.

Councillor Carole Paternoster, AVDC Cabinet Member for Strategic Planning and Infrastructure, said: "I appreciate that the production of the local plan is a long and complex process and we are delighted at the high level of interest and engagement to date. I would encourage anyone with any comments on the main modifications to participate in this important consultation exercise and submit any comments they might have, for consideration by the Inspector." Once the Inspector publishes his final report it will be binding and the plan will then be adopted by the council, providing a strong framework to guide future planning decisions until a new plan is prepared.

Local students invited to be a part of Paralympic history! Aylesbury Vale District Council (AVDC) is offering an amazing opportunity to students from Buckinghamshire, aged 12+, to become part of Aylesbury Vale's Paralympic history. Students with a keen eye for design and engineering are invited to help create a truly dynamic and dramatic cauldron that will be centre stage at the fourth Paralympic Heritage Flame Lighting Ceremony at Stoke Mandeville Stadium on Thursday 20 August 2020.

A new, specially commissioned Paralympic Heritage Flame Cauldron is to be created for the 2020 event, and future, Paralympic Heritage Flame Lighting events at Stoke Mandeville Stadium. AVDC is calling for talented, local students to get involved in the design process in two sessions this Autumn run by outdoor arts company, Festive Road, and attended by the National Paralympic Heritage Trust (NPHT). Selected students will then have the opportunity to participate in the manufacture of the cauldron at a Festive Road workshop in Milton Keynes.

Taking place at the birthplace of the Paralympic movement, the Paralympic Heritage Flame Lighting Ceremony promises to be another spectacular outdoor celebration and will form part of the five-day-long official Tokyo 2020 Paralympic Torch Relay. The cauldron will be an integral part of the ceremony and wider heritage celebration event for the Tokyo 2020 Paralympic Torch Relay and future Paralympic Torch Relays. Positioned in pride of place, the cauldron will be used to light the Paralympic Heritage Flame which is then virtually passed to the hosting country.

In Tokyo, groups of three torchbearers will transport the flame to three regions in Japan. The flames will visit: schools, hospitals and facilities connected with the Paralympics, and this year a digital flame has been approved for sharing on social media. The flame will then return to Tokyo to be brought back together to form the Paralympic Flame. The number three is symbolic of the Tokyo 2020 Paralympic Games, the objective of which is to work towards a: "fully-inclusive society that celebrates our different values and potential – regardless of age, gender, nationality, or impairment. To find out more about the Paralympic Heritage Cauldron project, please contact AVDC's Communities Team on 01296 585298 or email communities_team@aylesburyvaledc.gov.uk.

Details of further engagement projects inviting the local community to get involved will be released throughout the run-up to the celebration. The Paralympic Heritage Flame Lighting Ceremony partners include AVDC, Wheelpower, More Leisure (operators of Stoke Mandeville Stadium), The International Paralympic Committee, British Paralympic Association, and the Tokyo 2020 Paralympic Games organisers.

Refill Aylesbury: official launch. Refill, the national campaign to reduce plastic pollution by encouraging people to use refillable water bottles and local businesses to provide free tap water refills, is officially launched in Aylesbury town centre this Saturday (19 October). Aylesbury Refill organiser, Michael Fryer, and other supporters will be at the market on Saturday from 9:00am to 3:00pm – talking to people about the scheme and encouraging them to download the Refill App and see where their nearest Refill Station is. There are already 39 Refill Stations across Aylesbury identified on the App and other

CONTINUED ON PAGE 6

Back following a break of 5 years!

Manor House Music

An evening of seasonal music,
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St Giles' Church Cheddington

Friday 13th December

7.30pm (doors open 7.00pm)

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Have you thought about your estate and what would happen in the event of your death?



If you don't plan ahead, you could be donating a large slice of your hard-earned money to HMRC rather than your loved ones.

Death is not an easy subject, but it's an important one if you want to make sure your family are in the best possible situation should the worst happen.

-
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businesses are joining the campaign all the time. Aylesbury Refill organiser Michael Fryer said: "the initial response from local business has been great but we want more to join. Together we can keep people hydrated – which is really positive for general health and wellbeing – and also help reduce the amount of plastic waste we generate in Aylesbury". Diane Fawcett, Aylesbury Town Centre & Regeneration Manager said: "the Town Centre Partnership is fully behind this campaign. A significant proportion of the litter and waste we collect in the town centre is discarded plastic bottles. If we can encourage the use of refillable bottles this will help keep the town centre an attractive area to visit for shopping, dining and leisure purposes.

By joining the Refill campaign businesses will be seen to be working towards the change we all need to see in the world and potentially encourage prospective new customers into their premises". Councillor Julie Ward, AVDC Cabinet Member for Civic Amenities, said: "this is a great initiative, started by a concerned member of the community, and fully supported by AVDC.

It is another example of the different ways the council, its partners and members of the community can work together to bring about real improvements to the local environment and at the same time respond to global challenges".

Finally can we wish you all a Happy Christmas and a successful New Year.

Derek Town

01296 661637 dtown@aylesburyvaledc.gov.uk

Sandra Jenkins

01296 668587 sjenkins@aylesburyvaledc.gov.uk

District Councillors - Pitstone & Cheddington Ward

PARISH COUNCIL NEWS.

Next Meeting of the Parish Council. The next meeting of the Parish Council is scheduled to be held on Wednesday 5th December at 7.45 p.m. in the Methodist Chapel Schoolroom.

There will be an 'open public forum' at the start of the meeting for residents to address or ask questions of the council. The agenda for the meeting is put on the Parish Notice board on The Green and the Council Home page of the Cheddington Website on the Friday before the meeting.

BUSES FROM CHEDDINGTON.

The times of buses leaving Cheddington are listed below:

Buses to Aylesbury on route **164**, operated by Redline Buses (01296 426786): The buses leave The Green every day except Sunday at the following times:

07.17 (in school hols) or **07.30** (on school days) or **07.47** (on Saturdays), **09.07**, **10.45**, **12.31**, **14.06** and **16.31**.

On Tuesdays only there is a **167 service**. It leaves at **09.28** and arrives at Leighton Buzzard at **09.50**. The return bus leaves LB at **11.45** and arrives back at The Green at **12.08**, before carrying on to Ivinghoe. This service is operated by Star Travel (01296 422225).

More information on all routes can be found at www.travelsoutheast.org.uk or call 0871 2002223. Or try www.buckscc.gov.uk/transport.

Residents are most welcome to attend the Parish Council meetings.

Planning Matters:-

Applications received via AVDC:-

19/03595/APP - Land West of Mentmore Road, Partridge Close and Barkham Close - 19 – The Parish Council had initially **OPPOSED** but as the developer has now confirmed that the signage will be more in line with the rest of the village signage the opposition was removed.

19/02593/APP - 1B Church Hill Rear Balcony (retrospective) and 1st Floor side extension over carport – **NO OBJECTIONS**.

Determinations by AVDC:-

19/03020/APP - Variation of Condition 2 relating to the approved plans (retrospective) - Beechwood 10 Mentmore Road Cheddington Buckinghamshire LU7 0SD – **APPROVED**

When it comes to food, are we Spoiled Rotten in Bucks?

Waste Partnership for Buckinghamshire/BCC. At a time when environmental issues are quickly climbing the national agenda, it's sobering to be reminded that 7.1 million tonnes of food is wasted every year in UK homes. That's not only a massive waste of the Earth's resources, but a waste of money too – about £230 per person annually in the UK.

That's why the Waste Partnership for Buckinghamshire is joining the national 'Spoiled Rotten' campaign that asks people to consider ways they can act to reduce their own food waste, through: Only buying what's needed, Storing things properly, Ensuring everything gets used.

Even if you live a busy life, a few simple tips can make a big difference.

Check your fridge and your food cupboard regularly so you know what needs eating up and what's running out – especially important when you're heading off to the shops.

Make sure everything's stored properly so that it lasts as long as possible – if something's nearing its date, find a way of using it or – where appropriate – freeze it.

Make a shopping list, and when buying fruit and veg, be realistic about what you can eat – maybe it's better to buy one or two loose rather than a whole bag.

A lot of Bucks residents are really good at this already. Waste Partnership for Buckinghamshire are running a competition from 28 October to 7 December that gives residents the chance to submit their favourite tips, hints and ideas to reduce food waste through buying and storing food properly.

The best tip will win the big prize of a £100 hamper of Zero Waste goodies, with 10 runners up receiving a food waste survival kit. You can enter at www.recycleforbuckinghamshire.co.uk/spoiled-rotten-competition.

Drinking Sensibly in Bucks. While we all know the Christmas season is only a few weeks away, and many of us enjoy a nice glass of mulled wine or other seasonal drinks, Buckinghamshire County Council is encouraging residents to think about their habits around alcohol and increase their understanding of safer drinking levels. While many of us in Buckinghamshire enjoy drinking alcohol – to celebrate, relax or just through habit, too much of a good thing can have adverse health impacts.

This is really just a seasonal reminder to keep the health

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risks of alcohol to a low level; the Chief Medical Officer recommends it is safest not to drink more than 14 units of alcohol per week. This should be spread over several days with some alcohol free days in between. The Chief Medical Officer also recommends that children should have an alcohol free childhood.

Whether you like the occasional drink, have a couple of glasses of wine with dinner most nights, regularly go out drinking with friends or drink at home, you can lower your risk of conditions such as heart disease, strokes, cancer and dementia by taking simple steps to reduce your alcohol intake.

There are lots of apps that can help you keep track of how much you are drinking, give you tips to help cut down and point you in the right direction if you need one to one support. The Bucks Drink Checker website has a really good app – check it out for yourself at <https://buckscc.drinkchecker.org.uk>.

However, if you're regularly drinking more than the recommended amount or you feel you can't manage without drinking alcohol, you may be experiencing signs of alcohol dependence. Please seek the advice of your GP or a local support service such as One Recovery Bucks (<https://onerecoverybucks.org/>) to help you safely cut down on the amount of alcohol you're drinking.

More than 1 in 4 adults in the county (that's over 100,000 people) drink at levels above recommended guidelines. Unfortunately, due to different size measures and strengths it can be difficult to know how much alcohol is actually being consumed, and some people may be harming their health because they don't realise they are drinking too much. Apparently, drinking more than 14 units a week is highest in older age groups in Bucks. Drinking above the Chief Medical Officer's recommended level is also more common among more affluent people and men.

Although fewer young people are drinking more than previously it is important to think about the messages we give our children about alcohol by what we say, and equally importantly what we do, as parental influences play a key role in young people's drinking habits.

To read the full Buckinghamshire Director of Public Health Annual Report visit <http://www.healthandwellbeingbucks.org/jsna-dphar>.

The Parish Council wishes you all a very happy Christmas.

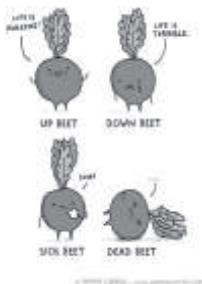
Cheddington Allotments.

Available in Quarter Plots. A few allotments have become available for rent at the Cheddington allotments near the Village Hall. Join a lovely group of people enjoying the outdoors. Go on give it a go!

For more details contact: Pam Cruse, Cheddington Allotment Warden 01296 661873 / 07850 733662 or email: pamela.cruse@btinternet.com.

The Parish Council would like thank everyone who organised and attended the Remembrance Day services at St Giles Church and at the War Memorial. **THANK YOU!**

Contact Details. The Parish Clerk, Roz Roberts can be contacted by email at cheddingtonparishcoun-



cil@gmail.com or on 07885 442643.

Web site. Please visit the Parish Council pages on the Cheddington Village Website www.cheddington.org.uk or CheddingtonParishCouncil on Facebook.

COUNTRYSIDE NEWS

by Julie Gaymer

So as I write on November 8th 2019 we have dreadful flooding happening in our country againhow devastating this must be. I cannot imagine a home full of water and my precious possessions spoiled. In addition to this, if you are a farmer, you have flooded fields, barns and yards with animals to move and to feed. And fields of crops covered by water. We must understand that this will affect the food supply and affect ourselves as consumers. However it is also a time for communities to pull together and support each other. That's a good thing! We read so much anger and dissatisfaction in the media that I feel we must try to see the good things in our lives. There are many!

Christmas is coming! And so, once again, I need to remind you of my contact list of the local farmers, farm shops and butchers who have online ordering and information for you. Please support our local producers.

www.potashfarmfoods.co.uk (home produced at Gublecote)

www.groomsfarm.co.uk (home produced at Ivinghoe)

www.pemeadandsons.co.uk (excellent farm shop at Wilstone)

www.strattonfoodhall.online (Leighton Buzzard butcher)

www.watrigatefarmturkeys.com (the lambing day farm at Hockliffe!)

www.morrisofhoggston.co.uk (home produced on the farm)

www.meadopenfarm.co.uk

www.pecksfarmshop.co.uk

www.parrott-bros.co.uk

And Ben Mason's Christmas Trees ! At Aston Clinton HP22 5AH. Look on Facebook for his contact details. Shop open as I write.....



And now some Good News...The Department for the Environment, Food and Rural Affairs (Defra) has launched a £50 million tree planting scheme. Successful participants will be able to sell Woodland Carbon Units to the Government for 35 years. The Government has pledged to support the planting of 11 million trees by 2022.

I think it is important to point out that farmers have been

JULIAN MEETINGS.

The Julian Group meets in the Methodist Chapel at 9.30 a.m. on the fourth Friday of every month. The Julian Meetings are half an hour of quiet prayer and a time for contemplation. The movement is worldwide and is named after Julian of Norwich, an English fourteenth century mystic. Meetings are non-denominational and everyone is welcome to join anytime. If you wish to know more, please phone Sarah Miles on 660427.



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planting trees on farms for decades. There has been a government scheme to encourage this. Here we have inherited wooded areas on the old Mentmore estate and have planted a number of new small woods around the farm which are well established. Michael has been planting trees since his arrival here in 1976 of which I am very proud. Most recently an avenue of oaks has been planted at Betlow, Long Marston.

More Good news...Defra also has a business growth programme. This provides start-ups for businesses and helps with purchasing of state of the art farm equipment and machinery.

For example a Sheffield based dairy 'Our Cow Molly' received £160,000 to invest in a new processing unit, which allowed two brothers to produce higher quality fresh milk and ice-cream.

The cash pot will be increased if there are enough 'high quality' applications.

More Good News....Red meat exports defy Brexit uncertainty. Exports of fresh and frozen beef saw an increase of 18 per cent from January to August, with sheep meat up 20 per cent. Last piece of Good NewsThe Responsible Use of Medicines in Agriculture Alliance have announced that sales of antibiotics for use in food producing animals has reduced by 53 per cent between 2014 - 18. Now one of the lowest in Europe. More than a billion farm animals are reared and managed in the UK every year. A more proactive and preventative approach to animal health and welfare is what it is all about. So watch out for the reassuring red tractor on British products in the supermarkets but best of all BUY LOCAL!



THE JUBILEE CLOCK. Did you know that the clock at the School is actually called the Jubilee Clock? It was bought with money raised in the village to celebrate the Golden Jubilee of Queen Victoria's reign in 1887.



The Earl of Rosebery gave his consent to the clock being placed in the west wall of the schoolroom. As it has two dials it serves two purposes, that of a clock for the School and also as a clock for the public thoroughfare. The clock must have been installed the following year as it has the wording "Field & Son Aylesbury 1888" on it.

When the Cheddington Town Lands Trust was established in 1895 one of its responsibilities was the "repairing and keeping in repair the Parish clock". Nowadays these costs are split between the Parish Council and the Town Lands Trust.

You will have noticed that the clock has not been chiming this summer. This was due to Jackdaws nesting in the tower which affected the striking mechanism. The Jackdaws have now fledged so the nesting material has been cleared out and the tower 'Jackdaw proofed' with wire netting. So we can now look forward to another 131 years of hearing the clock chime.



NOTICES

FUTURE LUTON EXPANSION CONSULTATION:

Making best use of our runway. London Luton Airport Ltd is currently scheduled to consult on its expansion proposals from 16th October - 16th December 2019. The proposals will allow the airport to handle up to 32 million passengers a year by 2039, up from nearly 18 million today.

Do please come along to a consultation event for the chance to ask your questions directly to the airport representatives and to learn more about the consultation process. In our area these are as follows, although the complete list can be accessed via the link below.

- Thursday 14 November – Aylesbury The Gateway, Gatehouse Road 4 – 8 pm
- Wednesday 4 December – Tring, Nora Grace Hall, Faversham Close 2 – 8 pm

<https://futureluton.llal.org.uk/wp-content/uploads/LLAL-consultation-dates.pdf>

Can you help local families spend their final Christmas at home together?



Rennie Grove Hospice Care is planning ahead so that it can give as many patients as possible a family Christmas at home together. The charity, whose nurses provide specialist 24/7 responsive hospice at home care to adults and children in Bucks and Herts, is asking its supporters if they would be willing to make a donation towards the costs of its nursing care over Christmas.

Without your help Rennie Grove could not provide its specialist care in patients' homes at any time of the day or night. So the charity would like to ask for your help this Christmas. Please can you spare whatever you can afford to make a difference to families preparing for their last Christmas together?

£25 will pay for one of hour of nursing care for a patient. Rennie Grove needs to find £21,000 every day to help all those who need them and your help towards this will make a real difference.

You can donate securely at renniegrove.org/christmastgether19 or by calling 01442 890222 if you prefer to donate over the phone.

With your help Rennie Grove can make every moment matter for its patients and their families this festive season. Thank you.

Copy for the next issue to chedd.newsletter@gmail.com by January 15th



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Victims First launches video to help young people spot the signs of relationship abuse.

Victims First, which supports victims of crime and abuse across Berkshire, Buckinghamshire and Oxfordshire, has today (5/11) launched a video to raise awareness of coercive control and emotional abuse in relationships. Following on from Victims First's 'Know It Isn't Love' campaign launched in February this year, the video, 'Don't Disappear' highlights the red flags to look out for in a relationship which can be the warning signs of controlling behaviour and abuse.

Coercive control became a criminal offence in 2015 and involves an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse by a perpetrator that is used to harm, punish or frighten their victim. Although many people associate domestic abuse with physical violence, coercive control recognises the damaging impact of other forms of abuse in relationships as well.

'Don't Disappear' follows the story of Jamie and Emma, from the seemingly loving early stages of their relationship, to the development of abusive behaviour.

Although anyone can be a victim of coercive control, 'Don't Disappear' is particularly aimed at younger people who may have less experience of relationships or people who are at the beginning of a relationship, to raise awareness of the red flags which at the time, may be missed or misinterpreted as acceptable behaviour. The video covers a range of controlling behaviours exhibited from Jamie to Emma including:

- Jealousy and possessiveness including accusations of flirting and cheating
- Isolating her from her family and friends
- Controlling the use of her phone and social media
- Constantly checking on her whereabouts
- Sudden outbursts of anger and mood changes, and
- Love bombing - showering her with excessive affection and attention in order to retain control

Although in this example Emma is the victim, both men and women can be victims or perpetrators of coercive control which can take place in heterosexual and same sex relationships.

Other examples of coercive control include, depriving someone of basic needs, monitoring their time and activities, taking control over aspects of their everyday life such as where they can go or who they can see, humiliating, degrading or dehumanising someone, controlling their finances and making threats or intimidating behaviour.

Matthew Barber, Deputy Police and Crime Commissioner said "The impact of coercive and controlling relationships on victims can be damaging and long term; affecting their health, wellbeing and future relationships. "Controlling, manipulative and bullying behaviours are not present in healthy relationships. These behaviours can escalate so it's important that we continue to raise awareness of

these red flags to help people recognise them and where necessary seek support.

"If anyone does feel that the behaviour they are facing in their relationship is abusive I would encourage them to contact Victims First on 0300 1234 148."

Nazia Ahmed, Victims First Officer said "Since our 'Know This Isn't Love' campaign, we've supported many people who have contacted us about abuse in their relationship. We've listened to their needs and provided emotional and practical support to help them to move forward with their lives.

"Coercive and controlling behaviours can develop gradually and because of this some people can find it difficult to recognise their relationship as abusive. If you're not sure if what you're experiencing is abuse, or if something just doesn't feel right, you can contact us. We know it can be hard to describe what you have been experiencing but we will listen to you and we will work with you to get you some support." Don't Disappear can be viewed on the Victims First website www.victims-first.org.uk, on YouTube at <https://youtu.be/d6rt8w5HBWw> or on the Victims First Facebook page @VictimsFirstTV.

Victims First is managed by the Office of the Police and Crime Commissioner for Thames Valley. It provides free emotional and practical support to all victims and witnesses of crime or abuse, as well as family members of victims. It is available across Berkshire, Buckinghamshire and Oxfordshire and can provide help regardless of whether or not the crime has been reported to the police.

To speak to a member of the Victims First team and to receive support please call 0300 1234 148. You can also find more information or make a referral for support online at www.victims-first.org.uk.

ST GILES PARISH CHURCH.

INTERREGNUM NEWS. The interregnum continues; there has been no response to the latest advert for the House for Duty post. The situation has been discussed with Bishop Alan and Archdeacon Guy, the best way forward is under discussion.



In the meantime, for all enquiries, please contact Team Rector Philip Derbyshire 01525 240287 or Churchwarden Lin Knappitt 01296 668568.

SERVICES FOR DECEMBER AND JANUARY

December

Sun 1st	10.30 am	HC with St Mary's St Giles
Thurs 5th	09.15 am	Mid Week Communion St Giles
Sun 8th	09.00 am	B.C.P. St Giles
	10.30 am	SERVICE AT Methodist Church
Thurs 12th	09.15 am	Mid Week Communion St Giles
Sun 15th	NO	HC SERVICE AT ST MARY'S
	10.30 am	Holy Communion St Giles
	5.00 pm	Nine Lessons & Carols
		St Mary's
Thurs 19th	09.15 am	Mid Week Communion St Giles
Sun 22nd	10.30 am	Morning Worship (LL) St Giles
	5.00 pm	Nine Lessons & Carols St Giles
Tues 24th	7.00 pm	Carols on the Green The Green
	11.30 pm	Midnight Mass St Giles
Wed 25th	09.00 am	Holy Communion St Mary's
	10.30 am	Family Communion St Giles
Thurs 26th	NO	MID WEEK COMMUNION TODAY
Sun 29th	COMBINED	SERVICE WITH METHODISTS
		Methodist Church

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January

Thurs 2nd	09.15 am	Mid Week Communion	St Giles
Sun 5th	10.00 am	Team Service	Soulbury
Thurs 9th	09.15 am	Mid Week Communion	St Giles
Sun 12th	09.00 am	B.C.P.	St Giles
	10.30 am	Service	St Giles
Thurs 16th	09.15 am	Mid Week Communion	St Giles
Sun 19th	09.00 am	HC	St Mary's
	10.00 am	HC	St Giles
Thurs 23rd	09.15 am	Mid Week Communion	St Giles
Sun 26th	10.30 am	Morning Worship	St Giles
Thurs 30th	09.15 am	Mid Week Communion	St Giles

February

Sun 2nd	09.00 am	HC	St Mary's
Thurs 6th	09.15 am	Mid Week Communion	St Giles

CAROL SERVICE. St Giles Festival Choir will be leading the singing for the carol service at St Mary's, Mentmore, at 5pm on the 15th of December and also at St Giles at 5pm on the 22nd December. Please come and join us for a truly atmospheric and festive occasion.

CHEDDINGTON METHODIST CHURCH. Minister Rev Donna Broadbent Kelly - Tel: 01525 240589

We welcome everyone to come along to our church to share in our worship and other activities. Services begin on Sundays at 10.30 unless otherwise stated. The church is also open for prayer before each morning service.



"THE TOAST" – FOR PARENTS, CARERS and LITTLE ONES. For all parents/carers of pre-school children and babies, join us in the Chapel schoolroom on Monday mornings 9.15 – 11.00 during term time for a gentle start to the week. There are toys, activities and refreshments (including toast!) and a warm welcome. Tel Janet 660205 for more information.

LOOP SYSTEM. For those people with hearing aids, we have an induction loop system installed and working in the chapel.

SCHOOLROOM BOOKINGS. For all enquiries, please contact Janet and Peter Banham j.banham@btinternet.com

OPEN DOORS – Friday morning 10.30 a.m – noon at the Methodist Chapel. This is an opportunity for village people to meet/socialise each Friday morning and have a cup of tea/coffee and a biscuit/cake. Contact Jeanne 662876 for more information.

SERVICES FOR DECEMBER

1 st	Mr Paul Thomas
8 th	Rev Donna Broadbent Kelly - Christingle
15 th	Rev Richard Atkinson – Communion
22 nd	Mr Paul Thomas – Carol Service
29 th	Rev Donna Broadbent Kelly – United Covenant Service

SERVICES FOR JANUARY

5 th	Mr Arthur Sara
12 th	Aylesbury Creativity Group
19 th	3.30 pm Rev Donna Broadbent Kelly – Messy Church
26 th	Rev Donna Broadbent Kelly - Communion

Beacon Villages Community Library. Christmas and New Year opening:

Tuesday 17th December.	2-5pm
Wednesday 18th December	10am - midday
Thursday 19th December.	2-5pm
Friday 20th December.	2-7pm
Saturday 21st December.	10am - 1pm
Tuesday 24th December	Closed
Wednesday 25th December.	Closed
Thursday 26th December.	Closed
Friday 27th December.	Closed
Saturday 28th December.	10am - 1pm
Tuesday 31st December.	2-4pm
Wednesday 1st January.	Closed
Thursday 2nd January.	2-5pm
Friday 3rd January.	2-5pm
Saturday 4th January.	10am-1pm

During this period your book loan period is extended to 4 weeks, and don't forget about the ebooks and audiobooks you can borrow from home using your Library card and pin. For more information contact the Library on 01296 387890.

Merry Christmas and Happy New Year to all our users.

SOCIETIES

WOMENS INSTITUTE



Christmas Party on 5th December in the side room of The Village Hall. Leighton Buzzard young farmers are cooking for us this year and they will be donating the profits to their 2019 charity. It is always a great evening and looking forward to seeing everyone. Don't forget your Secret Santa.

For more details about W.I. please call Mandy Bunce on 660261 or Nova Strange on 291421 Guests and new members welcome and why not kick off the New Year and join us on 9th January 2020.

Monday 20th January

- The Wicked Lady.

Talk by Neill Sankey about a local 17th century English gentle woman and heiress. According to popular legend, she was also "Wicked Lady" a highway-woman who terrorised the county of Hertfordshire. We meet at 8 p.m. at the Methodist Church by the Green in the village High Street. Visitors are welcome



CCC CHEDDINGTON COMMUNITY CHOIR.

If you love to sing (whether in tune or not) then your village choir needs you! All are welcome to our friendly singing group (over 16's). No prior musical knowledge is required. Our informal sessions start with some entertaining warm ups & vocal exercises, then we sing pieces from a well known & varied repertoire. Singing is known

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to lift your mood & reduce stress levels. Please join us to feel the benefits of singing with friends.

We meet every fortnight on a Wednesday evening in term-time. Future dates are found on our FB page. 11th Dec.

Venue: Methodist Chapel.

Doors open at 8pm for prompt start at 8.15-9.15pm.

£3 per session.

Let's get together, have fun and sing. Contact details: Nicola Rose 07709807085, 01296 663835.

Cheddington Community Choir (please like, share & follow for information).



NEIGHBOURHOOD WATCH - Tips on purchasing goods:

- * paying by credit card offers greater protection than other methods
- * shield your PIN number from prying eyes or cameras. Cover the keypad with your spare hand.
- * check the payment page when buying on the internet is secure. A padlock is in the browser, the web address starts 'https:' 's' stands for secure.
- * check the sellers terms and conditions including privacy and returns policy. Some companies may charge you £50 to return an item.
- * Check the web address is legitimate and has not been altered by a slight change such as co.uk or .org and is not the official website.
- *if it is too good to be true, it probably is! If it doesn't feel right ask questions.
- *do your research. Are there any reviews about the company?
- * do not use publicly available WiFi networks for purchasing goods and banking.
- * When out shopping prevent someone scanning your contactless card by keeping two cards together or using a protective sleeve.
- * use strong passwords made up of 'three random words' and always download the latest software and app updates, that can protect your devices from cyber criminals.

Door-to-door fraud. Criminals knocking on your door unexpectedly offering products and services are very convincing. Their work is overpriced, poor quality or is not even carried out! They may use intimidation and pressure you to make quick decisions.

Keep the door chain on if there is a stranger at your door.

Have the confidence to be firm and say no. NEVER let them into your house.

For government endorsed and Trading Standards approved companies look for the following kite marks - Trustmark, Checktrade and Buy with Confidence.

Never give out your details - Tell them you will check with your family or Neighbourhood Watch.

AMATEUR DRAMATICS - CADS.



Cads was formed over 40 years ago when the new Village Hall was built. We welcome new members. We meet on Tuesday evenings throughout the year and stage two plays a year, November and May, and are al-

ways keen to and give everyone a chance on and off the stage.

So if you are over 18 why not come and meet us and hopefully get involved.

Tel. Tony 661342 or Linda 668582.

SPIRIT OF YOUTH. The group, currently comprising 34 members between the ages of 7 and 16, are led by local drama enthusiasts Colin Bryer, Tamar Walker, Gray Pledge, Emma Russon, Ian Hale and Matthew Minors.

Spirit puts on a full scale production every year at the Village Hall. Previous productions include Buggy Malone, Peter Pan, Treasure Island and Arabian Nights. Throughout the year the members enjoy games and improvisations that encourage self confidence, teamwork, discipline, quick-thinking, self expression, good communication, creativity and much more.

Established in 1995, Spirit meets every Wednesday in term time at the village hall, between 6.30 and 8.00pm. The group is fortunate to have a host of talented adults who help to put on the shows. Some are parents and many are involved with CADS, Cheddington Pantomime Group, MASH and other local drama societies.

Young people are welcome to visit and see whether they would like to become full members, although there is usually a waiting list. Spirit is always on the lookout for adults to help with everything from set building to make-up. Contact Colin on 07817 847099 or Tamar on 07966 278463 to discuss.

CHEDDINGTON PANTO GROUP.

We are well into rehearsals now and the Snow White cast are working hard to bring you a wonderful show! We're serving up a real treat for you, packed with songs you'll know and love with a panto twist, lots of jokes and silliness and a whole lot of fun! We're sure you'll enjoy watching it as much as we will enjoy performing it! We can't wait for you all to come and join us for lots of family fun.

Tickets are selling fast so don't delay, go online today to reserve your seats!

Show dates and times are as follows:

Friday 21st Feb @ 6pm

Saturday 22d Feb @ 1pm and 5pm

Sunday 23rd Feb@1pm

Adults £11, children £9

Book online www.cheddingtonpanto.com.



1st Cheddington Scout Group.

November has once again been a busy month for us with the Village Fireworks and Remembrance Day Parade. We would firstly like to say a big thank you to everyone who supported our stall at the village fireworks. Despite the weather, trade was brisk and with some great teamwork we managed to ensure all customers were satisfied. The Scout Group also held our own small fireworks show for section members and their families on Nov 5th, again this was really well supported. Many thanks to the leaders who were involved in setting this up.

The Remembrance Day parade was extremely well supported again this year with over 140 young people and leaders from the Scouts and Guides parading to St Giles and then up to the War Memorial for the laying of the



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Hatha, Yin and Restorative Yoga classes and Gong Baths in Cheddington, Mentmore, and Linslade.

Tuesday - Recreation Rooms Linslade
6.00pm - 7.30pm
Wednesday - Mentmore Village Hall
9.15am - 10.45am
Thursday - Mentmore Village Hall
6.45pm - 8.15pm

Classes suitable for all levels including beginners as postures can be modified to suit everyone.

Gong Bath

Once a month on a Friday evening at Cheddington Village Hall at 7.00pm - 8.00pm

Restorative Yoga

Once a month on a Friday evening at Cheddington Methodist Hall 6.45pm - 8.45pm

Yin Yoga

Once a month on a Saturday Morning at Mentmore Village Hall at 9.00am - 11.00am

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wreaths. This was a fantastic turnout by everyone involved and they really were a credit to the village. We have received lots of feedback on the brilliant attendance and behaviour of all the children involved and would also like to say a big thank you to all involved in making the event a fitting tribute to those who have given the ultimate sacrifice.

Scout Christmas Post. As ever at this time of year, we will be delivering Christmas Cards to raise much needed funds for the group. This year, we have teamed up again with the scout group in Ivinghoe & Pitstone and so are able to deliver cards in any of the surrounding villages, (Cheddington, Horton, Slapton, Ivinghoe, Pitstone and Marsworth). You will be able to purchase our exclusive stamps at a cost of £1.50 for 10 from the Top Shop in Cheddington and any of the cub leaders. Then put these stamps on your cards for your friends and neighbours (only from the villages above please) and post them in the special boxes which can be found at the Top Shop and the Methodist Chapel in Cheddington, plus a number of locations in Ivinghoe and Pitstone. The boxes will be available between 16th Nov and 20th Dec with the cards being delivered on 21st and 22nd December. Thank you to everyone especially the local businesses for supporting this. Please help to promote Scouting for the young people of the village by buying a strip of stamps.

Christmas Quiz. The highly popular (and often frustrating!) Christmas quiz is back again this year for local residents. It will be popping through your door soon. If you want to take part, just drop the completed answer sheet to 6 Hillside by 6th January; only £2 to enter and a prize for the best answers.

Christmas Tree Disposal. Ever struggled after Christmas with what to do with your old Christmas Tree? We are, once again, offering to take away your old tree and dispose of it for you. Please follow instructions on the flyer that will be coming through your door soon and we will come and collect the tree on 11th January. All for a donation of between £5 and £10.

Finally – The Scout Group would like to wish everybody in the Village a very Merry Christmas and a successful 2020.

Group Details. 1st Cheddington is a thriving Scout Group, offering challenge and adventure to young people of all ages, helping them learn to take responsibility for themselves and for others while having fun and taking part in a wide range of activities. The Scout Group continues to grow and plays an active part in village life. We have four sections, all of which are open to both boys and girls:

Beavers (6 to 8 years) – Mondays 18:30 – 19:30 / Thursdays 18:00 – 19:00

- Cubs (8 to 10½ years) – Tuesdays 18:30 – 20:00 / Wednesdays 18.30 – 20:00
- Scouts (10½ to 14 years) – Thursdays 19:15 – 20:45
- Explorers (14 to 18 years) – Mondays 20:00 – 21:30

Meetings are held in our headquarters in Station Road.

All sections are extremely popular with the three younger sections all currently running waiting lists. For further information about any of the sections, or to put your name down on our waiting list (we recommend at least a year before they are old enough so that places can be made available) please see the contact page at www.cheddingtonscouts.org.uk.

With our numbers continuing to grow, we do have a number of opportunities to join in with the fun, across both the Group Exec and Leadership Team namely:

Trustees – to join the Exec, who meet 4 – 6 evenings in a year.

Quartermaster - to manage, administer and maintain our Group equipment.

Section Leaders – Monday Explorers.

Assistant Section Leaders - Monday Explorers, Monday Beavers, Wednesday Cubs, Thursday Scouts (although all Sections would welcome your help).

We can also offer the opportunity for 5 Young Leaders (aged between 14 and 17) to support a younger section whilst developing their own skills - they can already be an Explorer Scout keen on starting their own leadership journey or a young person outside of scouting who is working towards the voluntary element of their Duke Of Edinburgh Award.

Cheddington Scouts now has a dedicated Admin email for any enquiries you may have, this may be for hiring the hut or general questions relating to scouting in the village. Please use admin@cheddingtonscouts.org.uk. Please note DO NOT use this for registering your child to join - please follow as advised above.

1st IVINGHOE & PITSTONE WITH CHEDDINGTON GUIDES

are usually aged between 10 and 14, although some Guides like to stay until they are older and are more than welcome to come along. Any girl over the age of ten can become a Guide as long as she is able to understand and wants to make the Guide Promise.

Being a Guide is all about belonging to a group, learning new skills, making new friends and helping others. Each Guide is encouraged to achieve her own personal goals through a progressive programme with the opportunity to work for a wide variety of badges.

So if this sounds like something you would be interested in taking part in, or even helping out with, please come along and give it a try.

SAMARITANS. We offer free and completely confidential help to the lonely, the distressed and the despairing. Anyone needing this help can ring Amersham (01494) 432000 or Milton Keynes (01908) 667777, 24 hours a day, seven days a week, including Christmas Day and Bank Holidays. The branches are at 149 Station Road, Amersham or 161 Fishermead Boulevard, Fishermead, Milton Keynes, where you can call between 10am and 10pm every day without an appointment. Samaritans also answer letters.

While the Residents' Association endeavours to ensure the accuracy of all material in this Newsletter the views expressed by contributors are their own and not necessarily the views of the Residents' Association. Inclusion of an advertisement in this Newsletter does not imply endorsement by the Residents' Association and purchasers of any goods or services advertised are advised to satisfy themselves of the suitability of the advertiser for their needs.

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If you would like any further information then please contact Rebecca Capron on 07545 347787 or visit the Guiding UK website on www.girlguiding.org.uk. We meet at The Hub in Ivinghoe.

Girls can be registered on the Guide Waiting List from their 9th birthday. Cheddington residents will be given priority although girls from the surrounding Cheddington area are also welcome to register but cannot be guaranteed a place.

1st CHEDDINGTON BROWNIES

Brownies is an exciting group giving girls between the ages of 7 and 10 the opportunity to experience and learn new skills and activities in an all girl environment as part of Girlguiding UK. At Brownies we aim to give the girls a fun programme where we can encourage the girls to achieve goals whilst working towards badges and achieve personal goals too. Being a Brownie is about having fun, making new friends and helping others. All part of the Brownie Promise. We meet every Monday during term time at Cheddington Village hall between 5.15pm and 6.45pm. If your daughter would like to join us then please register your interest by visiting www.girlguiding.org.uk/interested. Your details will then be automatically added to our waiting list. Alternatively speak to one of our unit leaders

Tamar Walker 07966 278463 email tamar.w@sky.com

Kim Miles 01296 660193

Brownies is open to all girls in Cheddington and the surrounding area. We also have a waiting list so we encourage you to register your daughter's interest from their 5th Birthday.

RAINBOWS. The First Cheddington Rainbows Unit meets on Mondays in the Village Hall side rooms from 4-5 pm, just before Brownies, and is open to girls aged between 5-7 yrs. If your daughter would like to join or would like more information please contact either

Chris Joyce on 6612 87 cj1955joyce@gmail.com.

Deborah Clark 07768492499.

We are volunteers with a wealth of experience in Girl Guiding in the village and are members of the Trefoil Guild. You can register your daughter for the waiting list from the age of 4.

BABY & TODDLER GROUP.

A friendly and popular group with lots to offer. We meet every Friday during term time at Cheddington Village Hall 9.30-11.30.

The group has a wide variety of toys for under 4's, ride on toys, weekly craft, book corner, separate baby & crawler area, dressing up, unlimited tea & coffee and snack-time for the children. Toy library available.

Entrance fees: 1 child £2.00, 2 or more children £2.50. If you'd like to help us open up from 8.45 am then entrance is free! Contact details: Kristie Smart

Email: committee@cheddingtontoddlers.org.uk.

Tel: 07775510815

SPORTS & FITNESS



TENNIS CLUB. We're your friendly local club and always keen to welcome new members. We have sessions and events to suit individuals and families of ALL ages and standards – from complete novices through to experienced league players. Come and try us out for FREE at our Tuesday Club Nights (see below) – we'd love to meet you!

NEWS. Our club coach, Bex, is offering children from Cheddington a FREE coaching 'Taster Session'. It's limited to one session per child and is on a first come, first served basis. Contact Bex Stanley at bexicloud@icloud.com for details.

It's a great time to join us as we are having our courts resurfaced this Spring (see website for exact dates www.cheddingtontennis.co.uk).

DIARY DATES. Tuesday 10th December – Mulled Wine Club Night.

CLUB NIGHT. Throughout the year on (most) Tuesday evenings, we hold a relaxed club night for members of all abilities, starting at 6.30pm. It's also a great opportunity for potential members to come down and try us out before joining. For further information/to check if it's on, contact Tiffany Richards at thetiffanyrichards@hotmail.com.

DAY TIME TENNIS. If you're around during the week (Mondays & Fridays) and fancy playing some social tennis, we have a thriving day time group. If you'd like to try this out, have a chat to our daytime co-ordinator, Mike Buckle, on 07938 721554.

JUNIORS & COACHING. Bex Stanley is our LTA registered coach. She runs a variety of tailored coaching for adults and children of all ages, on a group or individual basis. Coaching can help increase the confidence of those who are new (or returning) to tennis, as well as improve the technique of more experienced players.

Tennis is great for developing hand/eye co-ordination in children of any age. Bex runs a variety of sessions for children, including "Tennis Tots" for 3-4 year olds,

NSPCC CHILD PROTECTION HELPLINES

If you are concerned about a child at risk of abuse call, free of charge, on

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through to junior coaching for teenagers. She holds regular holiday Tennis Camps, which are open to non-members. Don't forget to take advantage of her free 'Taster Session' (see 'News' section). For more information about coaching or junior tennis, contact Bex Stanley on 07854 004285 or bexicloud@icloud.com.

MATCHES/CASUAL TENNIS. For those keen to play slightly more competitive tennis, we run a number of teams in the Aylesbury Vale and Milton Keynes Leagues. Please contact our Club Secretary (see details below), who'll put you in touch with the appropriate captain.

Before you head to the courts for social tennis, please check the "Events tab" on our website to see if there is a match on (matches typically last around two and a half hours).

FURTHER INFORMATION. So if you'd like to get fit, have fun and improve your game, please contact Club Secretary, Vanessa Chadwick, on 01296 292244, email vanessa.chadwick@friedfrank.com or visit www.cheddingtontennis.co.uk.

MID-WEEK RAMBLES. These take place on Wednesday mornings every other week, the responsibility for organising these walks is shared between the W.I. and Mick Chandler. We meet at The Green at 9.15am and travel to the walk starting point by car, lifts are available for anyone without transport. We normally take a not too strenuous walk of 4 to 5 miles and return to the village at between 12.30 & 1.00pm. Everyone is welcome just turn up in footwear suitable for a ramble in fields, hills and woodland.

For more information Contact: Mary Peacock 662620 (W.I.) or Mick Chandler 662593.

NIFTY FIFTIES PLUS. Our instructor Roy Haynes, at the Village Hall, Thursdays 10.00am to 12 noon.

Who are we? A group of people aged 50 – 80+, who want to stay fit and meet others.

We do exercise for about 40 minutes, which can be modified for those seated. Then cup of tea or coffee, chat and pay £5.

Next, a selection of games including soft ball tennis or badminton, table tennis and indoor bowls.

If you are over 50 years old, you will be very welcome and the first time will be free.

For more information please contact Chris Hall 01422 824350. Come and give it ago.

LONG MARSTON CC.

Long Marston CC played host to their first ever 10k Fun Run on October 20th, an extraordinary successful day for the club as more than 100 runners took part. A key fundraiser for the club, it was great to see so many different faces in the pavilion both before and after the run, which took place over the fields behind the club.

The run itself was won by Harry Bowles in a very quick time of 36mins 55secs - Harry is both a former LMCC colt, 1st XI captain and is the son of chairman Chris. Nicholas Stallman came second, while Cory Dyck was third. Jessica Creak was the first female home in an impressive time of 44:38.

A huge thank you must go to Tracy Beesley, who was the organiser and chief driving force behind the first event.

Her tremendous work saw all the runners comment how much they enjoyed it, and they hoped we'd do another one next year - more on that later.

As well as Tracy, we must thank Malcolm Miles, who let us use his field alongside the cricket club to park cars, the Gaymer family who kindly let us run through their fields, meaning an entirely off-road course and lastly The Happy Egg company and the Dean family. Their sponsorship was vital, the free eggs given out to runners at the end was welcomed and their support for our club never taken for granted.

Get 25th October 2020 in the diary, as the second LMCC fun run has already been confirmed for that date. More info to follow in later newsletters.

Back on the cricket pitch, winter nets have been confirmed for early 2020. From Sunday 9th February 2020, we'll be running them at Chesham Prep School between 10am and Middy. Anyone is welcome to join, whether an experienced cricketer or picking up a bat for the first time.

We're also always on the lookout for people who want to get involved but might not be able to play - umpires and scorers both welcome. For any info on either call Lee Beesley on 07923 462037.

The pavilion is always available to hire too, contact Matt Storey on 07918653473.

BADMINTON CLUB. We play social non-competitive badminton every Thursday (except the 26th this month) between 8pm and 10 pm in the Village Hall. We start back after Christmas on the 9th January. For further details about the club please phone Kim on 07778279109

JUNIOR BADMINTON CLUB. New junior members are welcome to come down at 6pm and Ray will fit you in to the appropriate group, places are secured on ability and not on age! Junior Badminton starts again after Christmas on the 9th January Please phone Ray on 662148 for further details about Junior Badminton.

CALENDAR

DECEMBER

- 5th Parish Council Meeting. 7.45pm. Meth. Chapel
 - WI Christmas Party. 7.45pm. Village Hall
 - 11th Community Choir. 8.15pm. Meth. Chapel
 - 13th Manor House Music Concert 7.30 pm at St Giles
- No Tea and Cake this month

JANUARY

- 04th Choir Twelfth Night concert, 7 pm at St Giles
- 20th History Society meeting. Methodist Hall. 8pm
- 29th Tea and Cake 2.30 pm at the Methodist Hall

FEBRUARY

- 21st Panto. 6pm. Village Hall
- 22nd Panto. 1pm and 5pm. Village Hall
- 23rd Panto. 1pm. Village Hall

FREE TO COLLECT The CRA are offering a facility on the back page of the Newsletter for villagers to offer free to others to 're-use' any useful items they no longer need. If anyone has items they wish to offer free to the collector please summarise the details in about 20 words (or less). There will be no charge for this.

CHEDDINGTON NEWSLETTER ADVERTISING RATES.

with effect from 1st JANUARY 2020

Boxed display rates (based on A4 size paper)

Commercial Rates

1/2 page (13 x 19 cm landscape) - **£29 per month**
(£232 per year)

1/4 page (13 x 9.4 cm portrait) - **£15 per month**
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Line by line advertising rates:

£1 per line for a single issue

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To place an advertisement or if you have any queries please contact the Advertising Manager:

**Christine Fee, 14 Church Lane, Cheddington,
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Tel. 01296 661759

Email chedd.advertising@gmail.com

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Thursday 2.00pm-5.00pm

Friday 2.00pm-7.00pm.

Saturday 10am-1pm



cheddington.org.uk
the village web site

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Hillside, Long Marston Road, Manor Road,
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Rest of the village - **None (Next collection
5th February)**

For the latest news see the AVDC web site-
www.aylesburyvaldc.gov.uk

**No garden waste collection in
December and January**