

See inside

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Published by Buckingham Park Parish Council



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## Chairman's Note

Welcome to the Autumn edition of Park News. The Parish Council has now reconvened after the traditional August break with lots to do.

With the day light rapidly diminishing we are providing Taylor Wimpey with an up to date survey of the broken street lights so that they can be repaired. This is of course a never ending task as more will likely fail as soon as other are repaired. However, if you do see a broken street light please do report it to us and we will update the list that we provide to Taylor Wimpey.

We will also continue to press AVDC, Buckingham County Council, and Taylor Wimpey to work productively together to secure the completion of our remaining facilities, and in particular the green space behind the Community Centre, as well as



the surfacing of the roads that are no longer being used by construction traffic.

We have been waiting all Summer for the opening of the link road to Berryfields. As I write this article in early September, the road is finished and undergoing checks before being certified safe and ready for opening. There is much talk of an opening "within weeks" so hopefully the first cars will have used it by the time you read this......fingers crossed. However, judging by this morning's (9th September) traffic and grid lock around Prince Rupert Drive and Colonel Grantham Avenue we need to be conscious of the additional traffic the link road may generate. If you do leave Buckingham Park during peak times in the morning please remember to leave gaps for the bus so that it can get through. It will make the traffic flow well and we can all get to where we need to be sooner.

There are a number of events to look forward to over the next few months with a children's Halloween Party at the Community Centre (which is usually sold out so get your tickets early) and I am pleased to confirm that negotiations with Santa are at an advanced stage so we are expecting him to tour the streets of Buckingham Park again in December.

## **ADVERTISING**

If you wish to place an advertisement, please contact Councillor Ray Towle (01296 336038).

The current fees are:

£ 35 Quarter page (portrait) £ 60 half page £100 full page A4 £120 full page A4 (back cover)

Fees must be pre-paid at the Community Centre office with cheques made payable to "Buckingham Park Parish Council".



## JOIN US FOR OUR HALLOWEEN PARTY!!

DATE: FRIDAY 31<sup>ST</sup> OCTOBER

TIME: 6PM - 7:30PM

PRICE: ADULTS £3.50 & CHILDREN £2.50

TICKET INCLUDES BEASTLY BURGER OR

HORROR HOTDOG & SPOOKY PUNCH

PLUS LIVE ENTERTAINMENT

ADVANCE TICKET PURCHASE ONLY

THERE WILL BE NO ENTRY WITHOUT A TICKET.... TICKETS ON SALE NOW!!



## Members of the Parish Council

(Back row L to R: Cllr. Tony Poth, Cllr. Adrian Cooper, Cllr. Peter Agoro, Cllr. Ray Towle) (Front row L to R: Cllr. Hina Pancholi, Eric Martin, Cllr. Anders Christensen (Chair), Keith Gray (Clerk) and Cllr. Alison Looker (Vice Chair).

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# **Community Centre**

DRIVING OVER AND PARKING ON THE PUBLIC FOOTPATH IS AN OFFENCE

By the time this quarters magazine drops through your door sadly summer will be over. Last year the six week holiday kept us busy with breakfasts & lunches for builders who were building the shops it's hard to believe that it was only a year ago.

The summer for the Centre has been full of so many children's activities that we haven't noticed it was holiday time. It was sad to say good bye to so many of the preschool children moving over to the "Big School" as they call it having had many of them for nearly 2 years. As a new term begins and with it brings new, shy children who don't stay shy for very long and it's so lovely watching them develop and grow and we wish them a very happy time with Big Top and us.

The Centre has taken over the running of the Parent & Toddler group which many of you have joined and we have changed the times to help accommodate other siblings going to school and young Mums & babies. It is now 9.30-11am every Thursday and is still £2.00 per family.

Our Computer Cafe is starting in a week or so along with Homework club.

We would still like to see more of you at our Fun for over 40s on Thursdays - those that have come regularly are enjoying lunch & Kate from Kasso's gentle fitness regime. Don't forget 12.30 till 3pm, if you don't want lunch come at 1.30 for fitness. All are welcome.

## Hope to see you all over the next few months - the coffees always on!

**P.S.** Thank you to all of you who sent cards, messages and gifts etc I have made a full recovery and am back to work now full time.

Jan Turner

Centre Manager

## **Diary Dates**

restriction on numbers.

Our famous children's Halloween Party on Friday 31st October 6.00pm to 7.30pm - tickets on sale from October 1st. This is ticket only, no entry on the night due to

Carols in the Square - 19th December. This includes a visit from Santa and 2 reindeers in the square for the children to feed and stroke. The Rotary Santa float will travel round the village on the same evening.

For bookings and enquiries: Telephone 01296 435239 or Email: janet.turner@aol.com



## **BUCKINGHAM PARK COMMUNITY CENTRE TIMETABLE**

DAY TIME

## HIRER/ACTIVITY

Monday	08:15 - 12:45	Big Top Pre-school
	10.00 - 12.00	Sing & Sign (10-11 6 mths - 14 mths/ 11-12 6 wks - 6 mths)
	16.15 - 17:00	Kandeez Competition Squad Under 8's (by invitation only)
	17:00 - 17:45	Kandeez Junior Team Under 12's (by invitation only)
	17:45 - 18:45	Kandeez Competition Squad age 8 - 11 (by invitation only)
	18:45 - 19:30	Kandeez Competition Squad Over 16's (by invitation only)
	19.30 - 20.30	Kandeez Competition Squad 12+ (by invitation only)
	20.30 - 21.30	Kandeez Intermediate Tap Adult 18+
	18.00 - 22.00	Benson James Wellness Services (Starting 15th Sept)
Tuesday	08:15 - 14:15	Big Top Pre-school
	09:30 - 10:30	Body Works Pilates (Starting Sept 8th for 7 weeks)
	10:15 - 11:45	Baby Massage/ Post Natal Group
	13:30 - 15:00	Weigh, Stay & Play
	16:00 - 17:30	ZKS Martial Arts
	17:45 - 19:00	Beavers
	19:15 - 20:30	Cubs
	19:00 - 23:00	Ace Bridge
	18:00 - 22:00	Benson James Wellness Services (Starting 15th Sept)
Wednesday	08:15 - 14:30	Big Top Pre-school
	09:15 - 09:45	Kandeez School of Dance - Melody Bear Baby Ballet (18 mths - 3yrs)
	09:45 - 10:15	Kandeez School of Dance - Boogie Babies (18 mths - 3yrs)
	13:45 - 15:00	Sounds Tastic 13.45-14.15 Babies only/ 14.20-15.00 0-4yrs (Starting 10th Sept)
	18:00 - 22:00	Mellowland Therapies (twice a month)
	16:30 - 17:40	BP Football training
	18:00 - 22:30	Respect Martial Arts Academy
	18:00 - 21:00	Buckingham Park Youth Club
Thursday	08:15 - 14:30	Big Top Pre-school
	09:30 - 11:00	Buckingham Park Toddler Group
	12:30 - 15:00	Over 40's Fun Thursday's (Starting 4th Sept)
	17:30 - 22:00	Oasis Community Church
	17.45 - 18:45	Kaso Studios - Zumba
	19:00 - 23:00	Ace Bridge
Friday	08:15 - 12:45	Big Top Pre-school
	09:30 - 13:30	Slimming World
	15.30 - 16:15	Kandeez School of Dance - Ballet & Tap age 3 & 4
	16:15 - 17:00	Kandeez School of Dance - Ballet & Tap age 4 & 5
	17:00 - 17:45	Kandeez School of Dance - Ballet Conditioning age 12+
	18:00 - 21:00	Hope Baptist Church Youth Group
	18:30 - 22:30	Respect Martial Arts Academy
Saturday	09:30 - 13:00	Kandeez School of Dance - Ballet & Tap (Various ages)
	11:00 - 12:00	Samba F.C.
	13:30 - 23:00	Available for Private Hire
Sunday	08:30 - 13:00	Deeper Life Church
	08:30 - 13:00	The Oasis Community Church
	08:30 - 13:00	Church of Christ
	13:30 - 17:00	Hope Baptist Church
	14:00 - 16:00	The Oasis Community Church
	13:30 - 23:00	Available For Private Hire



**Ticket Prices** 

Adult = £25 Child = £10 Family of 5 = £75

7.30-12pm



## 31st December 2014

Nowhere to go? Come and let the New Year in with your friends. This will be an event for residents and families in the Buckingham Park community. Ticket price includes entertainment, buffet, and room hire. Drinks will be charged for separately.

JUBILEE SQUARE, PRINCE RUPERT DR, AYLESBURY, HP19 9DZ 01296 435239

avanti

Book Now 01296 488138



## Your First Appointment\*

\*New Customers Only

When booked with a cut & style or style. Remember to mention this offer when booking an appoinment. Please bring this advert with you. Only one offer may be used in any one appoinment

Avanti Hair and Beauty I Watermead Village Piazza I Aylesbury I Bucks I HP19 OFX



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Aylesbury
Bucks

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E·extentionmarquees@yahoo·co·uk www·extentionmarquees·com

- · Marquees from 10 people to 1000
- · Weddings, Anniversaries, Birthdays & Corporate
- . Tables, Chairs & Crockery
- · Linings in a variety of colours
- · Choice of coloured carpet on boarded floor
- · Heating lighting and external electrics
- · Outside budget or luxury toilets

# Berryfields Medical Centre



## **New Site**

We would expect to start work on the permanent site at Berryfields in Spring next year all being well.

## **Practice News**

We have recently been assessed and accredited as a GP training practice which is a real achievement for a practice of our size.

We are currently training Foundation Year 2 doctors who are assigned to the practice for 4 months on their training rotation, as well as medical students. From August next year we will be training GP registrars.

## Flu season vaccinating will start in early October

Those eligible for a free vaccination:-

All over 65's

Women who are pregnant

Patients suffering from chronic conditions: Asthma, Diabetes, COPD, heart, lung and kidney conditions etc.

Full time carers

Patients in nursing homes

Patients can ring the practice reception to book an appointment or for advice.

## **Buckingham Pharmacy**

1, Jubilee Square, Buckingham Park, Aylesbury, HP19 9DZ

Telephone: 01296 332901



Your friendly local pharmacy team

Opening times: Monday-Friday 09.00am to 6.00pm. Saturday: 09.00am to 1.00pm.

The pharmacy offers a free delivery and collection service and has a separate consultation room.



## Nurserytime has been established at Watermead, Aylesbury since January 1991 and offers the following for young children:

- Quality childcare in large, safe,
   Biometric fingerprint recognition secure landscaped gardens with private car park
- Awarded Buckinghamshire Quality Assurance Award 2007
- July 2009 Ofsted Inspection rated GOOD
- High quality key staff : child
- entry system
- Nurserycam CCTV in operation internally and externally
- Nutritious freshly cooked meals daily by qualified chef
- Open Mon to Fri 8am to 6pm (extendable by arrangement)

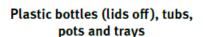
For appointment to view please telephone 01296 397407 clients@nurservtimeltd.co.uk www.nurserytimeltd.co.uk



## YES PLEASE! RECYCLE THESE

Items go in loose, not bagged. Wash and squash cartons, plastics and cans; flatten cardboard to get more in your bin.







Tins, cans and aerosols



Newspapers, magazines and shredded paper



Seminder Sconn Constitution of the Seminder

Paper, envelopes and phone directories



Milk, juice and soup cartons



Glass bottles and jars (lids off)



Foil, clean and scrunched up



Cardboard, greeting cards ar wrapping paper (without for or glitter)

## X Items that DON'T recycle include...

- Plastic plant pots or toys
- Sharps/needles
- Plastic foil or glitter
- ✗ Containers for engine oil or paint
- × Pet bedding or litter

- X Nappies
- Carrier bags
- X Broken glass or china
- Polystyrene eg food trays or cups
- Textiles and bedding

For a full list of what you can and can't recycle in your bin, go to our website, www.aylesburyvaledc.gov.uk/recycle

### **IMPORTANT NOTE:**

Items found in your recycling bin that we cannot recycle, such as carrier bags or nappies, means we will not empty the bin. We leave a notice to ask you to remove the item(s) from the bin before your next collection two weeks later.

"When your bins have been emptied please put them away/ out of sight"

# Quiz Time!!

## **Football Quiz**

- 1. They put X in savings would be Halifax
- 2. Wild Dogs?
- 3. Glass Mansion?
- 4. Male Meadow?
- 5. Animals Car?
- 6. Push a weight?
- 7. Males together?
- 8. Steel City Day?
- 9. Always one hundred?
- 10. Home for some Pensioners?
- 11. Not an eastern dies?
- 12. Detectives need these?

- 13. Famous football brothers?
- 14. Opposite of dull?
- 15. Cows private land?
- 16. Smashes up cars?
- 17. Robin lived here?
- 18. Keeps the fire burning?
- 19. Bottom of a ship?
- 20. Organ of a small lake?



Quiz answers below.

# **FOOTBALL ACADEMY**

# The football academy is getting on GREAT! Loads of boys are taking part and practising their

football skills.

We're also **STARTING A FOOTBALL TEAM** for **Buckingham Park!** 

So if you're **aged between 9-14** and want to 1) train with us and/or

2) Be a part of the football team...

Then please contact Peter on: <u>07930274746</u> or email him at peter.agoro@houseoflightsassembly.org.



An Oasis Community Initiative of the House of Lights Charity



**Where:** @ Buckingham Park Community Centre

When: EVERY WEDNESDAY

Time: 4.30pm to 6pm

Entry Fee: £1 (per person)

# Dog Fouling

We continue to receive complaints of dog owners not picking up their pets poo. While the dog bins do get full at times this should be no excuse to not pick up after your dog. We also regularly find bags of dog poo in the litter bins we installed which is disgusting. Please remember the bins are emptied by members of our community and

not some faceless contractor. Put dog poo bags in the correct bins or take them home and dispose of them. Letting your dog foul public areas is punishable with a fine up to £1000.



If you cannot train your dog...



Please bag the poo yourself! Thanks

# COMPUTER CAFÉ OPENING SOON...





## @ Buckingham Park Community Centre

For more info. please contact Carole or Nike on 07852583648/07958723578

# Let's celebrate our Cultural Diversity in Buckingham Park

Buckingham Park community is not just a building site any more. People are now settling down in our new habitat. For us to grow as a community, and get the spirit alive, it's always nice to get to know each other. We would like to invite people from all different cultures to come together and celebrate our diversity and strengthen our community. This would be a great platform for us to exchange interesting facts and learn from each other. If you have specific skills or ideas, please get in touch.

**CIIr Hina Pancholi** 

## Quinoa Wrap with Black Beans, Feta and Avocado

#### Ingredients:

1 cup of dry quinoa

2 cups water

1 cup black beans boiled and, drained

1 ripe avocado

6 - 8 spinach leaves

Feta cheese to taste

Large (9-inch) multi-grain or spinach tortilla - You could also skip the tortilla and wrap it in lettuce or collard green, or just mix the quinoa mixture with some spinach leaves sea salt and black pepper to taste

Serves: 1 persons

Preparation time: Approx 20 min.

#### Method:

Bring the 1 cup well rinsed quinoa and 2 cups water to a boil in a medium sauce pan. Once the quinoa has come to a boil, give it a stir, cover it, and reduce the heat to simmer. Cook the quinoa until all the water is absorbed, about 10-15 minutes. Note: Please check your package of quinoa for cooking instructions, as they all vary.

The quinoa is done when its tender and you can see the little quinoa curlicues.

Take the amount of quinoa that you want to put in your wrap and put it in a small bowl, add in some black beans.

Get out a tortilla and place it in a dry skillet over medium heat. Add to one half of the tortilla feta cheese.

Take the cheesy tortilla and place it on a plate. Top the tortilla with some spinach.

Add the quinoa mixture and then top it off with some fresh diced avocado.

Sprinkle salt and black pepper.

Wrap it up like a burrito and enjoy!



# A Message from Thames Valley Police



## **Update for September**

Here is the latest neighbourhood update from your Aylesbury North Team (Elmhurst, Watermead, Buckingham Park, Berryfields and Weedon village).

Please be aware of theft of bikes - we have recently dealt with the theft of several bikes in this area.

Please consider the following crime prevention advice that may help keep your bike SAFE & SECURE:

- 1. Chain your bike to a non-movable item, bike rack or lamp-post
- 2. Lock your bike in a well lit area
- 3. Use a good quality chain or D-Lock
- 4. Always lock your bike at home even when it is in your garage or shed
- 5. Always lock your bike even if you're only leaving it for a couple of minutes
- 6. If you have quick release wheels, lock them up too
- 7. Remove lights from the bike and take them with you
- You can get your bike postcode marked and signed up to Bike Register at Aylesbury Police Station or visit www.immobilise.com

## **Have Your Say Meetings**

We have decided to revisit our 'Have Your Say' meetings in order to maximise our opportunity to speak with residents of Aylesbury North. To this end, we shall be trialling HYS meetings on some local buses! If you happen to be on board a local bus and you are joined by a uniformed PCSO – please say Hello!

"Have Your Say" meetings are an opportunity for you to discuss any issues you may have regarding crime prevention advice, anti-social behaviour concerns or if you just want to meet your local police team in your area. No appointment is necessary. Further meetings will be publicised locally and on the force website at www. thamesvalley.police.uk

## **Buckingham Park**

'Have Your Say' meetings will be held at the **Community Centre** on the following dates:

Thursday 30th October 2014 from 2.00pm until 3.00pm with PCSO Dawn Alderson

Thursday 27th November 2014 from 2.00 until 3.00pm with PCSO Dawn Alderson

### **Buckingham Park Bus (Silver Rider)**

Thursday 2nd October 2014 from 10.45am until 12.00pm with PCSO Dawn Alderson

Wednesday 12th November from 10.45am until 12.00pm with PCSO Dawn Alderson

#### **Events**

Buckingham Park – Community Centre 1.00pm until 2.00pm Housing Surgery, last Wednesday of every month. Representatives from the following Housing Providers will be attending to discuss any concerns you may have:

Thames Valley Housing, Catalyst Housing, Sovereign Vale and Aldwyck Housing

A member of the Aylesbury North police team will also try to attend.

## **Contact Information –**

You can contact Thames Valley Police in several ways.

#### In emergency telephone 999.

For less urgent and routine enquiries, please call 101 and ask to speak to officers from the Aylesbury North Policing Team.

If you have any questions that you would like to ask the police or indeed share with your local community—please feel free by emailing us at the following address. AylesburyNorthNHPT@thamesvalley.pnn.police.uk (this email cannot be used to report crime or for urgent enquiries).

TVP force website - www.thamesvalley.police.uk

Follow us on Twitter @tvp aylesbury

If you have information about crime or anti social behaviour in your area but you do not want to speak to the police, call the Crimestoppers charity on **0800 555111** or online at www.crimestoppers-uk.org

Please remember, we rely on information from you. If you know of something going on, tell us about it. Don't assume we already know, or that somebody else will tell us.... If we don't know it's happening, we can't do anything about it!

# Slimming World Buckingham Park

## It's our first Birthday

Promoting Healthy Lives @ Buckingham Park Community Centre



Being overweight is a public health issue. Data released by Public Health England (2014) has shown that nearly two thirds of people in England are now classed as overweight or obese.

Based at the heart of the local community our local Slimming World group is perfectly placed to help, we support individuals and families and have a scheme that offers 12 weeks free membership (via referral from a health professional) to those who fill certain criteria.

We help people to succeed in their weight loss journey, providing on-going help and support to take those positive first steps. Each week members exchange tips and advice including how to eat well on a budget and where to get the best food bargains!!

Since we opened our Buckingham Park Group in Sept 2013, we have had 1462 member attendances (including younger members from the 11-15 age group) and welcomed 145 new members, who have lost an amazing total of 1768lbs (126.5st). This is equal to 3 welsh ponys (1200lb), 4 two month old horses (400lb), a newborn giraffe (130lb), plus 3 bald eagles (36lbs) – great results all round.

So many members have benefited from reductions in medication, reported general improved health, and one member no longer requires planned surgery. What a fabulous success story.

Further information about Slimming World Groups is available from Buckingham Park Community Centre

## AYLESBURY CHURCH OF CHRIST

We meet every Sunday in the small hall in the Buckingham Park Community Centre, Jubilee Square.

#### **FAMILY SERVICES**

Come and join us for our services that are for all the family especially the children:

5<sup>th</sup> October at 11.00am Sunday 2<sup>nd</sup> November at 11.00am Sunday 7<sup>th</sup> December at 11.00am And stay and enjoy a fellowship lunch with us afterwards.

## MORNING WORSHIP & COMMUNION

(not on family service days)
Sundays at 11.00am.
Bible Club for children aged 5 and over at 10.15am

#### **BIBLE DISCUSSION**

Informal, mid-week studies in homes in Aylesbury.

Contact: 01296 670568 or via our website: www.aylesburychurchofchrist.org



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and pre-school

music classes

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# Booking online now!

New classes starting on Wednesdays from 10th September



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## Piano and Music Theory Tuition

Classically trained musician with more than ten years' experience teaching in schools and private tuition

Qualifications: MA, PGCE,PG Dip., ARCO

CRB checked

Professional and experienced music teacher providing piano and music theory tuition on Buckingham Park

Individual lessons for all ages and abilities - beginners welcome

All styles covered, from classical through to rock, pop and jazz

Learn just for fun or work towards exams

Call Anthony on 07792 897672 for rates and further information

