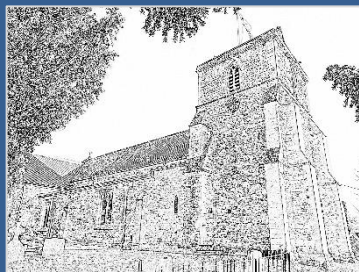


JANUARY 2025

£1.00

Parish Church & Community News



Stone | Dinton | Ford | Upton | Hartwell | Bishopstone | Aston Sandford
Parishes within the Benefice of Wychert Vale



Wishing all our readers a
Very Happy New Year

USEFUL PARISH CONTACTS

WYCHERT VALE BENEFICE



Benefice Rector
Revd Cassa Messervy



Associate Rector
Revd Canon Dr Phil Groves
01296 748390
drphilgroves@gmail.com

Associate Minister
Revd Nigel Featherston
Tel: 01296 747454
nfeatherston@btinternet.com

Curate
Revd Clare Joyce
07507 706668
revclarejoyce@gmail.com

Benefice Administrator
For all baptisms, weddings and funerals:
Benefice Office, St Mary's Centre, Station Road, Haddenham, Aylesbury, HP17 8AJ.
office@wychertvale.org | office@haddenhamstmarys.org

St John the Baptist, Stone
Licensed Lay Minister – Richard Smith | richard.smith@stonedintonhartwell.com
Churchwarden – Raymond Medhurst | raymond.medurst@stonedintonhartwell.com
Churchwarden – Sue Birrell | s.birrell@stonedintonhartwell.com

St Peter and St Paul, Dinton
Churchwarden - Rosemary Jackson | 01296 748655 | 07872 316553 |
rosemaryjackson43@gmail.com

Treasurer (Stone & Dinton)
treasurer@stonedintonhartwell.com

St Michael & All Angels, Aston Sandford
Hon Treasurer - Marilynne Morgan | 4mam.morgan@gmail.com
Churchwarden - Nick Morgan | 01844 291217 | 4nick.morgan@gmail.com
Churchwarden - Laura Macpherson | lauramacpherson52@gmail.com

Front Cover Image: *Snowy bench* by Dee James

Editorial -

What lasts?

I do not know where last year went. The years go so quickly; Christmas out of the way then Winter followed by a cold Spring, then a short Summer, and suddenly it was storms bringing in Autumn, then new storms brought early snow.

Life sometimes seems to move quickly, often at too quick a pace for us. Jesus was once being shown around Jerusalem by his followers and they were talking about the Temple and how impressive it was. He responded by saying that everything changes and will not last except one thing.

Heaven and earth will pass away, but my words will never pass away.
Luke 21 33

Perhaps he meant that what he said, he meant; and it could be relied on. The bible is packed with promises which are dependable.

Happy New Year.

School Token

This is an interesting item of local history which was discovered recently.



The mother of the previous owner used to live in Hartwell. It is made of bronze and only has a design on one side. The inscription is 'HARTWELL & STONE SCHOOL' around a cruciform design.

I have come across school tokens before which were used for bus journeys but that is unlikely in this case as most pupils would be local. I wonder if it was for some fund raising event such as a bazaar?

Photo by kind permission of Charles Riley, Coins & Medals
www.charlesriley.co.uk

Parish Services and Calendar

January 2025	St John the Baptist Stone	St Peter & St Paul Dinton*	Stone Methodist Chapel	St Michael & All Angels Aston Sandford
Sunday 5 January	9.00am Matins 10.30am Holy Communion	9.00am Holy Communion	11.00am Worship	
Sunday 12 January	10.30am Morning Worship with Explorers	6.00pm Evensong	11.00am Holy Communion	
Sunday 19 January	9.00am Matins 10.30am Family Service and Baptism		11.00am Worship	11.00am Communion Service
Sunday 26 January	10.30am Holy Communion with Explorers	9.00am Holy Communion	11.00am Covenant Service	
Sunday 2 February			11.00am Worship	

Changes/more details can be found in the churches' noticeboards and the website

Parish & Community News : News team

Editor:	David Pickup	01296 748170	david@pickupandscott.co.uk
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Readership:	Ruth Jeffery	07792 734116	ruth@computing4u.net

Parish News is a community magazine for the residents of Stone, Dinton, Ford, Upton, Bishopstone, Hartwell and Aston Sandford. We welcome news, announcements by societies and clubs, and articles on local and other issues. We do not charge for charities or personal notices such as weddings, baptisms or acknowledgments and welcome advertising by local businesses

PRINT DEADLINES FOR UPCOMING ISSUES:

If you have articles, adverts, community events, ideas for the magazine, please note print deadline dates as follows:

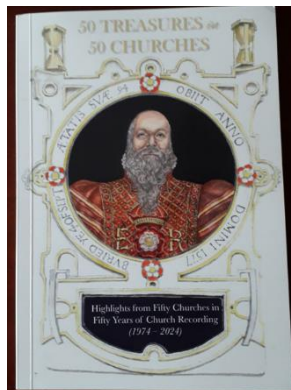
February issue : deadline for receipt of copy is
Monday 13 January



NEWSLETTER FROM ASTON SANDFORD

One day last Autumn a slim and attractive volume called *Highlights from Fifty Churches in Fifty Years of Church Recording 1974-2024*, published by the Church Recording Society, came to me in the post, sent by its editor Elizabeth Chalmers, a trustee of the Society. It is a volume which I can thoroughly recommend.

According to the introduction Church Recording started in the early 1970s because it had been realised, not least by the Victoria and Albert Museum, that no reliable record of the contents of the nation's churches existed, indeed many churches had no idea what they owned or the value of their possessions. NADFAS, now the Arts Society, took up the challenge and organised three pilot groups of novice recorders in Buckinghamshire. The trials were successful – indeed the template for the church record which emerged from the trial remains much the same today. Since 1st January 2021 the Church Recording Society has become a registered charity and the umbrella organisation for church recording in place of the Arts Society, just at national level.



The introduction explains the contents of a church record, and what happens to that record, though it does not perhaps emphasise enough the meticulous way in which church recording is carried out by volunteer recorders – they don't just record, they research too.

Since 1974 some 2,040 church records have been completed, and in celebration of those 50 years this excellent publication selects 50 churches which have been painstakingly recorded. Five happen to be in Buckinghamshire, three of them close to us - Bradenham, Great Hampden, Little Hampden - and further north Broughton, Gayhurst and, technically in Herts, Flaunden, Sir Gilbert Scott's first church (every one of them well worth a visit). It also features another nearby church in the Oxford Diocese, that at Waterperry. But actually the selection is of churches all over England, Scotland and the Isle of Man, plus one in Hamburg. Each double page spread gives a resumé of the history of the church and its treasures together with excellent photos of the church and a selection of its treasures. I was delighted to find we had visited a number of the churches, including one in Fife where a distant ancestor of my husband was Minister in the mid C17th, but who later when an Archbishop came to an untimely end....

Copies of the book are available at £7.00 plus £3.00 p&p from liz.ch.recording@gmail.com.

Marilynne A Morgan
Treasurer, Aston Sandford

Dinton News

Christmas Fayre held on Saturday 7th December raised an amazing £2000 to be shared between Florence Nightingale Hospice and the Amy Robinson Foundation. A good crowd visited Dinton Village Hall and enjoyed marvellous tea and cakes plus the opportunity to have fish and chips for lunch with the opportunity to win various raffle prizes.

Christmas Tree Lighting took place on 1 December and were switched on by Revd Nigel Featherstone with a large crowd watching and enjoying food from the barbeque. After, a quiz took place inside the Seven Stars.

Christmas Open House held on 4th December at Lilacs. New Road, Dinton was well attended and raised around £1300 to go to Crisis at Christmas, Alzheimer's Society and Helpinhands Myranmar.

Carol Service held at St. Peter & St. Paul Dinton on 8th December was well attended and the choir sang beautifully. After people enjoyed refreshments and the Turkey Hamper Draw took place.

Sunday 15th December - The Tronos Mens Choir filled Dinton Church with music and people. It was standing room only to hear their concert of Byzantine Chants and carols finishing with a hearty rendering of Jingle Bells. A surprise finale much enjoyed by all especially the children.

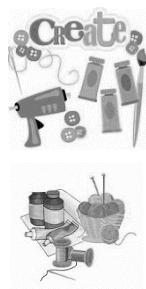
On Saturday **18th January**, time to be arranged, everyone is invited to come to hear a talk by Chris Newlands, a very entertaining specialist on the art and traditions of the Romanian Orthodox Church. This will be a very interesting occasion when we can look more closely at the historical background to the ancient iconography.

SOCIALLY CRAFTY MEETS **EVERY 3RD MONDAY OF THE MONTH** **(excepting Bank Holidays)**

10.30am - 12.30 in St John the Baptist Church, Stone

COME ALONG AND:

- **Make friends**
- **Drink Coffee**
- **Eat Cake**
- **Do Crafts if you want**
- **Learn something new**
- **Share your talents**



EVERYONE IS WELCOME

There is no commitment to come every month – just come when you can and join in.

**u3a General Meeting at Haddenham Village Hall
Tuesday 14th January 2025 @ 2.30pm**

**Trailblazer- Barbara Leigh Smith Bodichon:
The First Feminist to Change our Views
Speaker: Jane Robinson**

Jane Robinson specialises in social history through women's eyes and in this talk she introduces us to one of Victorian Britain's most influential women.

Barbara was a first wave feminist, co-founder of Girton College, Cambridge and connected to many well known Victorians.

She was a pioneer of 'modern' human rights movements including feminism, equal opportunities, diversity, inclusion, mental health awareness and Black Lives Matter. Although her name has been omitted from many history books she opened the door for more famous names to walk through later.

Visitors who may like to find out more about the local u3a are welcome to have a taster visit, before joining, at no cost.

Members are able to join any of the 30 interest groups, ranging from book clubs to walking groups, details of which can be found on the website.

To find out more about the u3a and join, please contact Elaine Parkes, Membership Secretary, membership@haddenhamu3a.co.uk, or visit our website www.haddenhamu3a.co.uk

Feed a Cold, Starve a Fever

If you did not get a pre Christmas cold or seasonal 'flu you may get a Winter chill. I hope not but there is often a nasty bug going round. This made me think of the saying "Feed a Cold, Starve a Fever" which was more popular in the past. As a maxim it has been traced to a 1574 dictionary by someone called John Withals, who noted that "fasting is a great remedy of fever." The belief was that eating food may help the body generate warmth during a "cold" and that avoiding food may help it cool down when overheated.

This is probably a myth and there is little if any truth in the saying. However the body does need nourishment when unwell and especially fluids. Unfortunately we can lose appetites when unwell. There are some traditional delights when unwell such as chicken soup or broth and egg beaten in milk was a favourite food for invalids and apparently looks and tastes disgusting. What foods did you have when recovering?

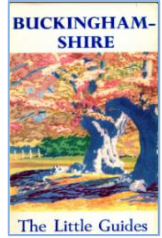


I hope you keep well and avoid colds, chills, flu and all the others. Always get professional advice and do not take any chances.

BUCKINGHAMSHIRE THE LITTLE GUIDES BOOK

First published in 1903 revised 1950

(Continuing in our series of extracts from 'Buckinghamshire – The Little Guides')



BUCKINGHAM

Buckingham gives its name to the county, and was made the capital when the Kingdom was divided into shires by King Alfred in 886. Thirty two years later we hear of Edmund the Elder lying with his army at Buckingham during his advances against the Danes. After the Conquest Walter Giffard, created Earl of Buckingham in 1070, possessed the manor, and members of this family continued the paramount lordship till Henry VIII seized it after the execution of Edward Stafford, the last duke of Buckingham of this family. In this same reign the assizes were removed to Aylesbury, and the town sank into unimportance. During the Civil Wars the Corporation took the Royalist side, but the town was never garrisoned, and sheltered Royalists and Parliamentarians alternately. Buckingham is now chiefly interesting as a good example of the typical country town of the early 19th century, for it increases but slowly in size and remains in appearance the same from decade to decade. In former times its prosperity rose or fell with the proprietorship of Stowe. The Market Square known as the Bull Ring, reminiscent of the barbaric pastime of bull-baiting, is picturesque, a notable feature being an old 'middle row' of shops and an old jail in the form of a sham castle. This building was erected by Viscount Temple at his own expense, 'the Summer Assizes being removed to this place in the year 1748'. The original front faced north but in 1839 the circular stone front was erected on the south.



The town suffered from a disastrous fire in 1725, which accounts for the rebuilding of much of it. Notable houses are No. 1 Market Hill, a fine early 16th century house containing wall-paintings; the Manor-House, in Church Street with twisted chimney of Elizabethan date; Trolly Hall, in Castle Street, of early 18th century date; and Castle House, in West Street, a good example of 18th century brickwork. This house was known also as the House of Lambard, from an early 17th century owner.



The building incorporates part of a large house of circa 1500 and has much fine woodwork of this date, and of circa 1619 and later. Richard Fowler lodged Katherine of Aragon, first queen of Henry VIII, here in 1514.



The church, finely placed on the site of the old castle, was completely rebuilt in the latter part of the 18th century, except for the tower and spire. The body of the church was again rebuilt in the mid 19th century but retains some old fittings, notably some carved desk-ends.

The St. John's Royal Latin School, founded by Edward VI is still in existence under modern conditions, though the building has been altered. Note a good Norman doorway, which once was part of a chantry founded in the 12th century, and subsequently absorbed in the school. It now belongs to the National Trust.

No account of Buckingham is complete without a reference to St. Rumbold, or Rumbald, a mythical child saint to whose shrine at Buckingham there was considerable resort, in the Middle Ages.

There are eight dedications of parish churches to him in England. According to tradition he was the son of Rumbald, King of Northumbria, his mother being the daughter of Penda, King of Mercia. As soon as he was born, at King's Sutton, Northants in A.D. 623, he declared loudly, 'I am a Christian' and demanded baptism. This rite was performed at Sutton by Bishop Wilderin and the precocious infant then preached a sermon, dying three days later. His body according to the legend at his own instance, rested for one year at King's Sutton, the next two years at Brackley, and subsequently at Buckingham for ever. There was formerly an aisle or chapel in the old parish church at Buckingham dedicated to him. Several 'Holy Wells' became associated with his name, at which healings took place. One of these was at Astrop in King's Sutton parish; three were at Brackley, and another at Buckingham, whose memory and neighbourhood are preserved in the street names of St. Rumbold's Lane and Well Street. Rumbold of Buckingham should not be confused with another Rumbold who was martyred in 775 when preaching Christianity in Germany.

A reminder that magazine subscriptions are due for 2025

*******Please note revised instructions for BACS Payments*******

We hope that you enjoy the magazine and will wish to continue this year. Due to rising print costs we have taken the difficult decision to increase the annual subscription to £10 per annum. This covers 12 issues January to December and represents good value at less than £1 per issue, delivered to your door. (The cost to non-subscribers for individual monthly copies is £1 per month.)

The magazine, which is put together by a group of dedicated volunteers, features helpful local information and articles and the proceeds from subscriptions provides much-needed funds for our local churches. Do please support us to keep the magazine in circulation.

You can make your payment via the following methods:

1. Pay by bank transfer to:

Stone Dinton & Hartwell PCC
Sort code: 20 03 18
Acc: 60823872

If paying by bank transfer please include a reference to your address only when making payment eg 12HighStDinton' as this will enable us to reconcile the payment with a delivery address. No other details are required in the reference.

Or

2. By cheque payable to :
'Stone, Dinton & Hartwell PCC'

If paying by cheque please return payment to your distributor or send to David Pickup at 12 Roundhill Stone HP17 8RD
(Please include a note of your name and address with cheques so we can reconcile payments made.)

Please let me know of anyone else who would like to take the magazine:

Name.....

Address.....

Email/telephone (optional).....

Thank you, David Pickup. Editor



Parish of Stone, Dinton and Hartwell

Wychert Vale Benefice

St John The Baptist Church, Stone
Church Electoral Roll



FOR 2025 A NEW ELECTORAL ROLL WILL NEED TO BE PREPARED. THIS HAPPENS EVERY 6 YEARS INSTEAD OF THE USUAL ANNUAL REVISION.

This means that if you wish to remain on the roll, or join it, you will have to complete a new form. As before the qualifications required still apply. These are, being resident in the Parish, baptized, 16 or over, a self declared member of the Church of England and not ordained. If you are not a resident of the Parish you need to have attended worship (at least monthly) for over 6 months. These conditions are all shown on the application form.

As a member you are eligible to vote at the Annual Parochial Church Meeting (held once a year), and to become an elected lay representative on the PCC (Parochial Church Council), if you should wish to do so.

It is important to the church for you to be represented and the numbers on the Church Electoral Roll determine how many representatives we can have on other Deanery and Diocesan committees.

Will you join us on the church roll as we would love to have you with us!

For further information and forms to complete please look here
<http://www.stonedintonhartwell.com>
or Electoral Roll Officer
✉: deeivorj@gmail.com

☎: 01296 747671

Forms must be completed and returned by 16th February 2025.
Don't be late! Do it sooner rather than later, please.



Cuddington Sunshine Club



Open to Senior Citizens in Cuddington and surrounding villages. Activities include monthly Tea and Card Games in Cuddington Playing Fields Clubhouse, bi-monthly Matinee Cinema in the Bernard Hall, Coach outings, a Summer Garden Party at Tyringham Hall and a Christmas party in the Bernard Hall.

Next events:

Monday 6 January at 2pm : Tea & card games in Cuddington Playing Fields Clubhouse

Monday 20 January at 1.30pm : Cuddington Matinee Cinema in the Bernard Hall, 'The Lady in the Van'

All Welcome

For more information telephone Angela Wenham 01844 291932
or email apdwenham@gmail.com

**WELCOME TO
FOURTH TUESDAY FELLOWSHIP
[non denominational]
MEETING monthly at METHODIST CHAPEL
each fourth Tuesday @ 2.30 p.m.**

**TUESDAY 28th January will be our usual
NEW YEAR MEETING
when we look forward to sharing each other's
favourite readings, poems, prayers and hymns
and then enjoy tea and chat
Make this your NEW YEAR'S RESOLUTION:**

Come along to

**MEET
MAKE**



**FRIENDS
FRIENDS**

PIPPA'S COMMUNITY CAFE

YOUR WEEKLY SPOT FOR GOOD FOOD, GREAT COMPANY, AND A SENSE OF COMMUNITY

A SPACE FOR EVERYONE

Our café is more than just a place to grab a drink and a snack. It's a community hub where:

- **Everyone is Welcome:** Whether you're young or old, a regular or a newcomer, you'll find a friendly face and a place to belong.
- **Connections are Made:** Build relationships with fellow community members in a relaxed setting.
- **Relaxation is Encouraged:** Take a break from your daily routine and enjoy a moment of peace with a selection of refreshing drinks and delightful biscuits.
- **Fun Activities:** Participate in engaging activities and crafts suitable for all ages.

STONE VILLAGE HALL, HP17 8PB

EVERY FRIDAY*

2PM-5PM

SUPPORTED BY EYAI - SCAN THE QR CODE TO LEARN MORE.

*KEEP AN EYE ON THE EYAI WEBSITE AND SOCIAL MEDIA FOR MORE INFO ABOUT OPENING TIMES

Food Bank Collection

The Seven Stars in Dinton has a foodbank collection box situated under the tall table on the patio adjacent to the entrance of the pub. All foodstuff will be collected by the Bernwode bus on the first Saturday of each month and delivered to the Aylesbury Vineyard Church foodbank. Please donate any kind of tinned food or food in jars. You could also give toiletries or household goods.

Little Wrigglers

At the
Jubilee Pavilion
Stone HP17 8PD



For 0–5yrs and their adults
Every Thursday (term-time only)
From 9.00am–10.30am

- free play
- Bible story
- snacks
- singing and more!

Suggested donation – £2 per family.
No need to book – just turn up!



Children remain the responsibility of their adult at all times.



SJB

Run by SJB Church, Stone – Your local church serving the community

Simply Walk in Stone, Haddenham & Dinton

Come suited & booted for whatever the weather
To **Simply Walk** for an hour or so in the countryside
Just come to our walks throughout the year from:

Methodist Chapel, Eythrope Road – **STONE**

Wednesday: 8th and 22nd January

Bradmoor Farm (rear) car park, Stanbridge Road – **HADDENHAM**

Wednesday: 29th January

Seven Stars PH, New Road – **DINTON**

Wednesday: 15th January

We meet in the morning for 10.30

It's friendly, fun and **free**

Can walk monthly, weekly or fortnightly

The choice is yours and there's coffee or tea!



✂ -----Cut Out & Keep-----

STONE, HADDENHAM & DINTON SIMPLY WALK DATES 2025			
MONTH	STONE	HADDENHAM	DINTON
January	8 th -22 nd	29 th	15 th
February	5 th -19 th	26 th	12 th
March	5 th -19 th	26 th	12 th
April	2 nd -16 th -30 th	23 rd	9 th
May	14 th -28 th	21 st	7 th
June	11 th -25 th	18 th	4 th
July	9 th -23 rd	16 th	2 nd -30 th
August	6 th -20 th	13 th	27 th
September	3 rd -17 th	10 th	24 th
October	1 st -15 th -29 th	8 th	22 nd
November	12 th -26 th	5 th	19 th
December	10 th -24 th	3 rd -31 st	17 th

Walking for Health with Simply Walk

Visit www.buckinghamshire.gov.uk/simply-walk

Telephone 01494 475367 Mobile 07802 260812.



Parish of Stone, Dinton and Hartwell
Wychert Vale Benefice

Do you have some time to give to take up a voluntary position in your community? The parish of Stone, Dinton and Hartwell is seeking someone to be our Parochial Church Council treasurer. You will work as part of a team with our book-keeper and members of our finance group. A more detailed role description can be found on the Stone, Dinton and Hartwell website <https://stonedintonhartwell.com/category/news/> Please feel free also to discuss the role informally with Richard Smith on 07584 246268 or Revd Phil Groves on 07875 438244

Parish and other websites

Parish Church	https://stonedintonhartwell.com/
Stone with Bishopstone and Hartwell Parish Council	http://www.sbhpc.org/
Jubilee Pavilion	http://www.sbhpc.org/Jubilee-Pavilion/Jubilee-Pavilion-Home
Dinton with Ford and Upton Parish Council	https://www.dinton.org/
Dinton News	https://www.dinton.info/
Wychert Vale Benefice Website	https://www.wychertvale.org/
Oxford Diocese (The Church of England serving the people of Oxfordshire, Berkshire and Buckinghamshire)	https://www.oxford.anglican.org/
Church of England	https://www.churchofengland.org/

Café

IN THE PARK



HOT & COLD DRINKS, HOME BAKED
CAKES, LITE BITES AND MUCH MORE
NO CHARGE FOR REFRESHMENTS
DONATIONS ARE WELCOME

EVERY TUESDAY
11.00AM – 1.00PM

Cakes, cheesy crumpets,
soup, jacket potatoes with
toppings and side-salad
homemade soup

SATURDAY
4th JANUARY
10.00AM – 12 NOON

Including Breakfast Rolls

JUBILEE PAVILION, STONE RECREATION GROUND
RUN BY ST JOHN THE BAPTIST CHURCH, STONE
THE LOCAL CHURCH IN THE COMMUNITY,
SERVING THE COMMUNITY



For the whole community to meet friends, make new friends or just
come and enjoy the Park while having a cuppa.

Working parties for the churchyards in Dinton and Stone will be back soon. Both churches are so grateful to everyone who has come along to keep the areas tidy through 2024. We are so grateful – your efforts have really made a difference.



Thank You

for your Kindness

Stone Methodist Chapel

Eythrope Road, Stone HP17 8PH

Minister: Revd. Hee Gon Moon
heegon5@gmail.com



Village contact: Mrs. Sue Spinks
Clowesbourne, Upton, HP17 8UA
royandsue1@btinternet.com
01296 748369

The Chapel with heart, at the heart of the village

WELCOME TO WORSHIP EACH SUNDAY @ 11 am

Village friends and amenities continue to be prayed for week by week, and following an alphabetical list of village streets these will be remembered on the four Sundays of January :

Darvill Road, Eythrope Road, Faithful Close and Griffiths Acre

* * * * *

You may be relieved that the minefield of Christmas present giving is over for another year. The problem of what to give is only overshadowed by the acting talent required when receiving a gift, generous of course but oh! so misguided! As in John Betjeman's poem –

*'...bath salts and inexpensive scent,
the hideous tie – so kindly meant...'*

But the Sixth of January is EPIPHANY, and gifts are in our minds once more – the gifts of the three Wise Men or Kings as they are sometimes called. Why three, since Matthew, the only Gospel writer to tell of them, does not specify. But he does tell us that there were three gifts – gold, frankincense and myrrh – so the conclusion has long been drawn that each brought one gift, so three present-givers. Matthew doesn't call them Kings, though, that is a tradition that grew up in the early days of the Church, supposedly because of the great intrinsic value of the gifts which only the equivalent rank of royalty could have afforded.

And their names, these gift givers? Some time in the 6th or 7th century they became known as Casper, Melchior and Balthazar, supposedly from the three continents of Africa, Europe and Asia, but who knows?

And what about those gifts? Again, tradition has it that Gold was an offering signifying the KINGSHIP of Jesus, Frankincense signified his PRIESTHOOD. And Myrrh? This is a spicy perfume used to anoint the dead and thus foreshadowed Jesus' sacrificial death.

But why is the remembrance of that kingly, Wise Men visit called EPIPHANY? Because the word means to show, to reveal. We say someone has experienced 'an epiphany' when light dawns and they see and understand something clearly. And the visit of those non-Jewish Wise Men shows the world that Jesus, whom they came to worship, is for all people, everywhere. He is God's gift to everyone, the best gift of all.

Of course, we say our thank you's to each of our generous Christmas gift givers - no-one can have too many socks! – but let's not forget to thank our Father God for the greatest gift, JESUS, and do our best with the help of the Holy Spirit, to follow him in this New Year.

HAPPY NEW YEAR



STONE THURSDAY CLUB

***Meeting in the Methodist Chapel on the
Second Thursday each month
For the over-60s – especially those who live alone
or find it difficult to get about –***

***if this is YOU do come along
Contact Dee James [747671] for transport***

***Subscriptions have been held at £2 per session since the Club opened
but overheads increase and regretfully we must now ask for £3. per session***

**FIRST MEETING OF THE NEW YEAR –
THURSDAY JANUARY 9th @ 2 p.m.**

Time to have a good chat and see the programme for the coming year

**EXTRA SPECIAL *BRING & BUY*, THEN DELICIOUS SANDWICHES, TEA AND CAKE
AS ALWAYS**

Five Ways to Wellbeing

With the New Year ahead of us, now is a good time to take stock and think about how we can look after ourselves. Over the next few months, we will inevitably spend more time inside and could potentially miss out on opportunities to enjoy the great outdoors and socialise with our fellow beings.

So, what can we do to stave off the winter blues and keep ourselves in good spirits? We hear a lot of talk around the subject of Wellbeing, so what exactly is it..... and how do we achieve it?

Quite simply, wellbeing is about being, or keeping, well. Well in mind and well in body – the two go hand in hand, they complement and feed off each other. As the saying goes, Healthy body, healthy mind....

One good way to look after your wellbeing is to connect with other people.

Company and conversation are a great tonic, without which we can feel isolated and even become depressed. Spending time with friends and family helps to raise low mood and can turn a long, dull afternoon into a time of pleasure, leaving us energised and looking forward to more good times together, connecting us on a human level and making us feel part of something greater than ourselves.

Scientific research indicates that feeling close to, and valued by, other people is a basic human need and helps us to cope and thrive in our extraordinary and complex world. A simple act such as picking up the phone to a friend or inviting a neighbour in for a cup of tea can make a huge difference to their day and, in turn, makes you feel good that you reached out and connected with them. Don't shy away from asking for help if you yourself are struggling and be prepared to offer kind support to a friend in need.

It is a well-known fact that pets are good for us. Dogs, in particular, are loyal and loving companions – there is nothing more comforting than a wam furry body curled up at your feet, keeping them warm. Stroking a pet is thought to have a calming effect and can help relieve stress or anxiety. Dogs need a daily walk and therefore provide a reason to get out into the fresh air, which is good for us too!

Be Active. With or without a dog, walking is a great way to keep fit and get the circulation going. It is important to keep mobile, whatever your age and in whatever capacity, however limited. If you are unable to walk unaided, you could try some armchair yoga. Any kind of physical activity improves our circulation and gets our heart rate up. This makes us feel happier and more positive too, because exercise releases endorphins (happy chemicals!) in our brains, giving us a mental boost and making us feel better about ourselves.

Take Notice. Be present in the moment. Look with a fresh eye at everything around you. Stop rushing around or worrying about what might happen in the future and be still, allowing yourself time to look around you and really appreciate the seasonal changes in the garden or local park. Share your observations with a friend – or even a stranger!

Give time, flowers, a listening ear..... and in all you give, do so generously and willingly. The more you are able to give out, the more you will receive back, be it pleasure from seeing a smile on the face of a grandchild for giving them a bit of undivided attention, or lending a sympathetic ear to someone going through an anxious time – as the saying goes, a problem shared...

Learn something new. There are so many opportunities to learn a new skill or, if you want a bit more of a challenge, what about signing up for a course (in person or online, depending on your preference)? Continued learning builds self-esteem and gives you a whole new topic of conversation. It also gives you a sense that you are working towards a goal, which will give your life new meaning and combat any negative feelings of boredom or stagnation. If we only look in the right way, there are opportunities to keep learning throughout our life. We just need to be curious enough.



Giles Ellerton
Right at Home Aylesbury Vale and Chiltern

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TREATING, SUPPORTING & EMPOWERING

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More recently, it opened up its services to people affected by Parkinson's and strokes.

The ethos of the charity is about helping people affected by life-changing neurological conditions to live life to the full.

It achieves this through the wide range of services it offers its 800 members, ranging from physiotherapy and hydrotherapy to acupuncture and pilates.



It also hosts a series of therapeutic leisure groups such as art, singing and social activities

In a recent survey of its members, 99% said they would recommend the Centre to people with a neurological condition.

"The Centre has been like a breath of fresh air to me and the support I've received from everyone has been second to none. The staff, volunteers and other members have all been so warm and supportive and it has made an incredible difference to my recovery."

It costs about £1.2 million every year to run the Centre, £100,000 per month or £5,000 per day.

However, only 6% of that funding comes from the NHS, the rest has to be raised through trusts and foundations, donations, sponsorship or events.

To find out more about the services offered, or to get involved and support the Centre, either through fundraising or volunteering, visit

chilternsneurocentre.org

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JANUARY COMMUNITY DIARY - A guide to what's on around you!	
1	New Year's Day
2	
3	
4	Saturday Café in the Park, Stone 10am-12 Noon
5	Sunday Church Services
6	Cuddington Sunshine Club -2pm Tea and Card Games
7	Tuesday Café In The Park, Stone 11am-1pm
8	Simply Walk
9	Little Wrigglers 9.00-10.30am Thursday Club 2pm
10	Pippa's Community Café, Stone Village Hall 2-5pm
11	
12	Sunday Church Services
13	
14	Tuesday Café in the Park, Stone, 11am-1pm Haddenham U3A meeting 2.30pm
15	Simply Walk
16	Little Wrigglers 9.00-10.30a
17	Pippa's Community Café, Stone, 2-5pm
18	Dinton Church - Talk by Chris Newlands on the Romanian Orthodox Church (time to be confirmed)
19	Sunday Church Services
20	Socially Crafty, St John the Baptist, Stone, 10.30am-12.30pm Cuddington Matinee Cinema 1.30pm 'The Lady in the Van'
21	Tuesday Café In The Park, Stone 11am-1pm
22	Simply Walk
23	Little Wrigglers 9.00-10.30am Cuddington Screen : The Critic, cert 15 8pm
24	Pippa's Community Café, Stone, 2-5pm
25	
26	Church Services
27	
28	Tuesday Café In The Park, Stone 11am-1pm Fourth Tuesday Fellowship meeting 2.30pm
29	Simply Walk
30	
31	Pippa's Community Café, Stone, 2-5pm



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