

Village Life

The community magazine
for Aston Clinton, Buckland
and Drayton Beauchamp
No.88 August / September 2026





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Village Life is funded with support from Aston Clinton Parish Council.

The Editor is always pleased to receive local news of people, clubs and events.

Village Life

The bi-monthly community news magazine for Aston Clinton, Buckland and Drayton Beauchamp

At the time of writing, we're all still in the grip of Wimbledon, the World Cup – and the heat. Exciting sporting events played out under endless sunshine. A perfect summer.

We may still complain about blistering temperatures, but the certainty long, dry periods give us allows for a plethora of outdoor activities to take place, right here on our very own doorstep (or just a little further afield in some cases). The point is, our villages are enjoying an incredibly active summer.

We've had our own sporting triumphs from the Colts to cricket. There's been camping out, ringing out, and diving down, music and dancing under stars (and in the park), bouncing and bowling for the young, all starting and finishing with the hugely and equally successful Family Festival in June and St Michael's Church Fête in July.

For any events to take place, or clubs and societies to be available and ongoing, it takes many people. From the leaders, organisers and committees, to helpers, supporters and attendees. It is fantastic that there are so many in our villages prepared to be one or more of these. Looking ahead, Aston Clinton u3a and the Horticultural Society celebrate anniversaries in September, with an exhibition and show respectively. In addition to showing our flowers and produce, the Society invites local organisations to represent themselves through a floral display – Village Life is definitely giving it a go!

Their advice to those veg growers downing tools to go on holiday made me smile. They recommend harvesting as much as possible before leaving and asking a friend or neighbour to water while the deserter is away. My son did just that. He gave me my instructions for allotment-sitting and urged me to help myself so things didn't get out of hand. I'm fully on board with the watering and now, thanks to official Society advice, look forward to guilt-free harvesting. I've got my eye on some beetroot, lettuce and perhaps a few French beans.

Enjoy the beautiful weather – one thing's for sure, you know it won't last! *Lindy Butters, co-editor*

Chatty Café at St Michael's

We are excited to announce that the Rhubarb Café in St Michael's Church, Aston Clinton now has a Chatter & Natter table at every Monday café (excluding Bank Holidays) between 2 and 3pm. A kind volunteer will be available every week to offer a warm and inclusive place with a friendly face, a listening ear and connection to the local community.



The Chatty Café Scheme is the UK's leading non-profit social enterprise tackling loneliness and social isolation. The Chatty Café creates simple, welcoming opportunities for people to connect in everyday places to offer conversation, company and help people feel more connected to each other and to their community.

If you've thought about coming along to the Rhubarb Café but not yet given it a try, this is a lovely way to start. A warm welcome awaits.

Roisin Stewart,

Chatty Café and Rhubarb Café volunteer

St Michael's Quiz Night

*We're looking forward to a huge response to our next Quiz Night on **Saturday, October 24** in the Anthony Hall.*

Although we'll be following the same format as before (bring your own snacks and drinks), we will be using the long tables rather than the round ones in order to fit more tables in comfortably. This does mean teams will be limited to a maximum of eight per table – but larger groups, don't worry, just increase your numbers and take two tables! 'Simple!'

We are hoping that the team from The Oak will be there to defend their Championship and other previous winners – The Bellringers and the Lucy Clark Scottish dancing teams – will also join us to give us all a run for our money (£10 a head).

Please book your places now with *James Adam* at james@jamesadam.co.uk or by phone on 07860 236904.

We are both looking forward to seeing you again for an evening of fun and teasing questions.

Phil Storr and James Adam



Village Life is funded with support from
Aston Clinton Parish Council

St Michael and All Angels Aston Clinton, All Saints' Buckland and St Mary's Drayton Beauchamp

On this page you will find the regular church services and community events that happen within our three churches.



REGULAR CHURCH SERVICES

St Michael's, Aston Clinton	9.15am Family Eucharist every Sunday 6pm Evensong every 1st Sunday
All Saints', Buckland	8am Holy Communion every 2nd and 4th Sunday 10am Midweek Communion every Wednesday 11am Messy Sunday every 2nd Sunday

MONTHLY SUNDAY SERVICES

St Mary's	Blessed Virgin Mary Communion. Sunday, August 2, 11am Holy Communion. Sunday, September 6, 11am
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WEDDINGS & BAPTISMS

You can hold your wedding at any of our wonderful churches. Baptisms every 3rd Sunday 11.30am at St Michael's church and 1.30pm at All Saints' church, time tbc for St Mary's church. Please contact *Natalie Fieldhouse*.

OPENING TIMES

St Michael's and All Saints' are open daily 9am to 4pm and St Mary's is open every Saturday and Sunday 10am to 4pm for private prayer.

CONTACT DETAILS

Rev Sally Bottomer 07961 259791,
Rev Jane Nash 07562 672481,
Natalie Fieldhouse, Benefice Administrator
07961 259791 email all on: Benefice3@gmail.com

Facebook: *Aston Clinton Benefice with Buckland and Drayton Beauchamp*

Website: www.achurchnearyou.com search for:
St Michael's, Aston Clinton, All Saints' or St Mary's

Benefice Website: www.ac-buck-db-churches.org

REGULAR COMMUNITY EVENTS

Gentle Stretch Class at St Michael's

Monday 10 – 11am, £5.00 per person

Rhubarb Café at St Michael's

Monday 2 – 4pm (Closed Bank Holidays)

St Michael's Little Angels Toddler Group

Thursday 9.30 – 11am

Aston Bridge Club at St Michael's

Friday 2 – 4.30pm

Coffee & Produce Stall at All Saints'

homemade cakes, bacon rolls
& preloved books on the

1st Saturday every month 10 – 11.45am

Repair Café at St Michael's

bring along your broken items on the
2nd Saturday every month 9 – 12 noon.
Refreshments available.

Aston Clinton Baptist Church



Question time?

From the new book 'Middling', I learnt that the bible records that Jesus was asked 183 questions. He directly answered three. He was silent before Pilate, drew in the dust with the adulteress, mostly he answered questions with a question.

Jesus asked over 305 questions in the Gospels. Rather than always providing direct answers, he frequently used questions to make people think, to challenge assumptions, reveal the motives of his listeners, and invite personal reflection, challenging their framework for imagining the world, and understanding of themselves and others.

Most were rhetorical or hypothetical; not there to gather information but to promote a reaction. Often the questions were framed negatively "have you not read/heard?"

The answer might be "No" or "Yes, but now I need to read or hear differently." This teaching through questions rather than hard conclusions opened space for reflection.

His enquiries can be organised into several key themes and you may like to consider some outlined below.

Identity and Faith

Jesus frequently questioned what people believed about him and their level of trust in God.

"Why are you so afraid? Do you still have no faith?" (Mark 4:40)

"Why do you doubt?" (Matthew 14:31)

For a digital version of Village Life please visit our website.

acvillagelife.co.uk

Life and Priorities

He posed profound questions about what truly matters in life and how individuals value their own souls.

"What good is it for someone to gain the whole world, yet forfeit their soul?" (Mark 8:36)

"Why do you worry about clothes?" (Matthew 6:28)

"What are you looking for?" (John 1:38)

Action and Compassion

Jesus challenged people to look at their actions, their hypocrisy, and their duty to others.

"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own?" (Matthew 7:3)

"What do you want me to do for you?" (Matthew 20:32)

Perhaps the most profound questions we must all answer are on Jesus' identity and response to that.

"Who do you say I am?" (Matthew 16:15)

"Do you love me?" (John 21:16)

My prayers for your answers

Rev'd Nick Harris



REGULAR EVENTS AT THE BAPTIST CHURCH

*All services are live-streamed and available for viewing via catch up on the church YouTube channel. Follow the links on the website:
www.ACBC.church*

Sunday morning worship 10.45am – 12 noon.
The Junior Church caters for children dropped off by parents/carers; pick up from the church.

Sunday@6 encountering the Holy Spirit.

Monthly afternoon service 'Oasis' - first Wednesday of each month 2 – 3pm in the hall with familiar older hymns, companionship and a short reflection.

Various **Homegroups** meet regularly for Bible study, fellowship and prayer.

Lunch is served in the hall every Wednesday 12.45 – 1.30pm.

The Craft Club runs on alternate Wednesday mornings 10.30 – 12.30pm.

All-sorts after school club with craft, games etc; weekly on Wednesdays during term time 3.30 – 5pm in the hall.

Noah's Ark Baby & Tots runs Tuesdays during term time 9.30 – 11am.

The Foodbank is most active on Friday morning (preparing parcels) and Saturday mornings (delivering parcels).

Men's Full English Breakfast every first Saturday of the month 9 – 10am
Numbers are currently limited to 20.
Booking is required.

A bereavement group meets alternate Wednesday mornings from 11.30 – 12.30pm.

Youth group meeting weekly on Fridays 7 – 9pm during term time.

The hall is available for private hire.
Please see website or call for more details
01296 631824 or 07972 770361

French conversation has moved



The French Conversation Group moved back into the village in July after meeting at the Crow's Nest since Covid. We are enormously grateful to the management and staff who made us feel at home there.

We can now be found at the Bell Hotel for coffee and conversation between 10am and 12 noon on Wednesday mornings. There is no fee, just the cost of your coffee. New members are always welcome. French is *de rigueur* up until midday, though there are always exceptions!

If you would like to know more, contact **Katy** on **07398 700977**. *Katy Todd*

Aston Clinton Ladies Group

We meet in the Baptist Church in Green End Street, Aston Clinton, with meetings starting at 8pm.

Wednesday, September 16 –
Games night/Beetle Drive – with raffle.

Non-members are always more than welcome to come along in the evening and join our friendly group – £3.00 on the night to cover the cost of tea and biscuits.

Wendy Perkins
ladyperkins27@aol.com

Aston Clinton Parish Council



The annual Family Festival in the park is the largest event of the year for the parish council, and a huge amount of planning and work goes into making the day run smoothly. This was the event's fifth year and on Saturday, June 13, we welcomed an even larger number of visitors to the park for the afternoon. The weather was kind to us again and visitors made the most of the day, enjoying picnics and a wide range of food and drink on offer, whilst listening to the fantastic Ellesborough Silver Band playing from the balcony of the Red Kite Pavilion.

Zorbs, a bouncy slide and funfair rides (which were free up to 4pm) provided the entertainment, along with an animal petting farm, Punch & Judy shows, face painting, Scottish dancing, Morris dancers, JDSA dance displays, vintage cars and more! A fantastic dog show was sponsored and run by Carly of Clips Dog Grooming, supported by her generous sponsors who made this fun competition even more special. Food and drink was available

from a wide range of concessions in the park, although the ice cream vendors appeared once again to have the longest queues on a very warm afternoon.

The community groups also did well with their fundraising activities, ranging from penalty shoot-outs, crockery smash, plants, cakes and other products on sale. Our charity partner was local cancer charity Kirby's Herd, who sold raffle tickets throughout the day, raising an amazing amount from the generous prizes kindly supplied by local businesses, all mentioned on our thanks banner displayed at the event, here in Village Life and on our website.

These events cannot function without volunteers. In addition to the Events Team at the parish council and supporting councillors, we must also thank the following for their invaluable support. Set-up helpers, Kevin, Chloe, Bryony, Natalie and Jon who assisted stallholders by unloading cars and setting up gazebos, also managing traffic and car parking until the marshalls arrived. Our relief park keeper Jason did a sterling job, keeping the park tidy, and helping with setting-up.

Events to look forward to in the next few months include two play sessions in the park on August 10 between 9.30am-12pm – a 'messy imaginative play' session for younger

ASTON CLINTON PARISH COUNCIL WOULD LIKE TO THANK THE GENEROSITY OF THE LOCAL BUSINESSES BELOW WHO HAVE KINDLY SUPPORTED, OR DONATED RAFFLE PRIZES FOR THE FAMILY FESTIVAL EVENT IN ASTON CLINTON PARK ON SATURDAY 13th JUNE 2026. ALL PROCEEDS FROM THE RAFFLE WILL BENEFIT LOCAL CHARITY, KIRBY'S HERD.



children (up to 12 years) and a teen/pre-teen session (11-16 yrs) – both run at the same time, but in different areas of our park. Check out the poster here in Village Life, and on our Facebook page and website for further details and a QR code to book a place on this free event – early booking recommended as places are limited on both sessions.



In September, ACPC is arranging a film night with fish and chips for older residents (over 65s). Please keep an eye out for further updates and to book via our website and noticeboards.

Early autumn will see the return of the AC community groups' Scarecrow Trail – run in conjunction with AC churches and the wonderful Reverend Sally, in support of Aylesbury Foodbank, and in celebration of Harvest Festival 2026. Planned for Saturday/ Sunday, October 3-4, watch out for posters and more information on our Facebook page and website.

Turning now to planning matters: an important planning document prepared by Buckinghamshire council, the Draft Local Plan for Bucks, was published at the end of July, and there is now a six-week period for residents to read it through and make any comments before it is submitted to the

Planning Inspectorate for independent examination. This new county-wide Local Plan will be put in place to guide housing, economic growth, and infrastructure up to the year 2045. Driven by a government requirement to accommodate over 90,000 new homes across Buckinghamshire over the term of the Plan, there will be implications for every parish to take an amount of development and the parish council will be discussing these implications and the Draft Local Plan at both our planning and council meetings over the next few weeks. Planning matters can be complicated and sometimes confusing, and our planning committee is always happy to answer residents' queries and discuss applications, so please come along to one of our planning or council meetings and we'll do our best to help. A summary of our discussions and decisions will be available in the meeting minutes, which are published under the Meetings section of our website.

With regards to our planned Digital Support Sessions, our survey is up and running to help us plan how these sessions might best support residents. We are keen to understand how residents access information and online services so that we can improve communications, ensuring that nobody is 'left behind' with technology. To take part in the survey, visit our website and click on Digital Support Survey. Paper copies are also available, and if you would like help completing the survey or have any queries, please contact or visit the parish office where staff will be happy to assist you.

Finally, we do still have a vacancy for a councillor, so if you have a few hours a month to spare and would like to help make a difference in your local community, please do get in touch or come along to a Council meeting and see us in action.

Aston Clinton Parish Council
www.astonclinton-pc.gov.uk
 01296 631269

Guides

1st Aston Clinton



This has been a busy term for us. We celebrated St George's Day with each patrol putting their own interpretation on the origins of the story with plays and drawings. This was followed by a very messy evening making citrus bird feeders by filling hollowed out oranges with lard and seeds. There should be some very happy birds in the area.

We have taken advantage of the warmer, lighter nights with a visit to the park to try our hand at Kho Kho – not sure we fully got the gist of the game, but fun was had by all! We also visited Braidwood Scout camp and had a go at one-match fire lighting followed by Promises around the camp fire.

We had two brilliant nights at Phasels Wood Scout camp where the Guides tried their hand at Cresta Run carts and Human table football. The England Women's team would be proud of the scoring ability of a couple of our Guides!

Hot weather put paid to a planned chip hike. Instead, we had a chip taste test, trying several portions from local shops against some supermarket chips cooked in the hall.

A great session on meditation was led by our fab new Unit Helper, helping the girls to learn to relax around exam time.

Finally, during half term 21 Guides and four Leaders spent two nights at Windy Sayles Guide site near Whipsnade. At the time this was the hottest weekend of the year, so there were some tired, red-faced Guides/Leaders who spent five magical hours wandering round the Zoo. We also tried our hand at Tomahawk throwing, and spent some time relaxing and reflecting at the Tree Cathedral.



We are always keen to hear from anyone interested in volunteering - please go to www.girlguiding.org.uk/get-involved/become-a-volunteer/register-to-volunteer.



1st Aston Clinton Scout Group at the Village Family Festival

A huge thank you to everyone who supported 1st Aston Clinton Scout Group at this year's Village Family Festival.



It was wonderful to see so many people visiting our stalls throughout the afternoon. From trying their luck on the tombolas and coconut shy to smashing crockery and splatting the rat, there was plenty of fun to be had by all ages.

The event was a fantastic success, with our stalls taking around £1000 on the day. Once expenses have been deducted, the proceeds will help fund activities, equipment, camps and adventures for the young people in our Scout Group.

Events like this are only possible thanks to the generosity of our local community. We'd like to thank everyone who donated tombola prizes, soft toys, old crockery and plants, as well as the leaders, Scouts, Explorers and parent helpers who gave up their time to help set up, run the stalls and pack everything away afterwards – and again, everyone who came along to support us.

We love being part of such a supportive community and look forward to seeing everyone at future village events.

Claire Walker

Hidden Gems



Have you spotted last issue's gem while walking the dog, or jogging through the park?

It is this memorial, erected thirty years ago by the Royal British Legion to commemorate their work remembering and supporting members of the armed services and their families. The memorial can be found at the edge of the copse at the top end of Aston Clinton Park, close to the border with the Green Park land.

How about the next hidden gem, any idea?



See the answer in the next issue.

Richard Vincent

ACSA

Our Bouncy BBQ on Friday, July 3 brought our school community together for a fantastic afternoon of food, bounce-filled fun, and fundraising. Thanks to the incredible support of ACSA, our families, volunteers, and staff, the event was a resounding success.



Alongside the inflatables, we had face painting, tombola, football darts, basketball shootouts and some garden games.

As always, the bar and BBQ were a huge success and, run by our amazing volunteers, helped raise over £1000 on the day. *Thank you.*

Through ticket sales, tokens, food, and the bar, the event raised a grand total of £3885. Every penny raised will go directly towards funding new computing equipment for the children.

A massive thank you to the staff who supervised all the inflatables and to everyone who flipped burgers, supervised the games, or came out to support our school!

After the success of last year's event, we are hosting our second Aston Lights event on Saturday, October 17. This is going to be bigger and better than last year! We have already secured the brilliant Elastic Cats to perform, five food trucks, a longer and even more spectacular laser show and larger fairground rides! Come and join us from 5 - 8pm at Aston Clinton School for a fun-filled evening.

Thank you to our first sponsor, Twenty Four Hair, for being a silver sponsor for us. If you'd like to sponsor us please contact us on astonclintonschoolassociation@gmail.com.

Tickets are on sale now via the Aston Lights website with an early bird 10% discount available using the code SUMMER10OFF at the checkout until August 31. Go to www.astonlights.co.uk or scan the QR code on the poster. *Thank you!*

A final thank you to Jacqui Pearson who must have painted every face in the school over the years. Her youngest is leaving the school this summer; she has been a dedicated, dependable and proactive member of ACSA and we will miss her greatly. She is welcome back any time!

We hope everyone has a lovely summer and we look forward to another successful year of fundraising from September!

Aston Clinton School Association

Associationastonclintonschoolassociation@gmail.com

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New organisation to secure Tring theatre for future generations

A new charity, Tring Community Theatre, has been established to secure the long-term future of the theatre as a welcoming, independent and sustainable cultural venue for Tring and the surrounding area.

Led by directors Liz Raba, Lindsey Booth and Robert Breakwell, the organisation has begun a two-year period of fundraising, planning and community engagement. The fundraising target is expected to be around £1 million, covering both acquisition of the building and future improvements. The aim is to protect the theatre for public benefit and create a venue that belongs fully to the community it serves.

A particular focus will be on supporting young people, giving them opportunities not only to perform, but also to develop practical theatre, technical and wider life skills both on and off stage. Liz Raba said, "This is about securing the future of a theatre that already means a great deal to many people, and opening it up even further. We want to create a thriving community theatre where people can create, learn, participate and connect for generations to come."

Over time, the organisation plans to include a community café, improved backstage facilities, upgraded technical infrastructure, and wider use for cinema, conferences, meetings and other community events. Fundraising will involve applications to national grant funders, trusts and foundations, alongside support from local businesses, community groups and individual donors.

Until acquisition, the theatre will continue to be operated by DEMBE Theatre Services, while Tring Community Theatre focuses on fundraising and planning for the future.

Following acquisition, the venue will be run by a small paid leadership and administration team supported by volunteers and mentors. Lindsey Booth said, "Liz, Robert and I are giving our time, skills and experience voluntarily, and have already been overwhelmed by the pledges of support. Once charitable status is in place, we will be able to formally accept donations and launch the fundraising campaign. In the meantime, we want to hear from anyone who would like to support, volunteer, advise or champion the project."

Tring Community Theatre is now inviting individuals, businesses and organisations to register their interest and sign up for updates. Visit www.tringcommunitytheatre.org or via social media [@tringcommunitytheatre](https://www.instagram.com/tringcommunitytheatre) to connect with us.

*Liz Raba, Lindsey Booth & Robert Breakwell
Trustees, Tring Community Theatre*

Tring Choral Society

Keyboard Kaleidoscope: Saturday, October 3, 7.30pm, St Peter & St Paul Church Tring

A magical evening of musical virtuosity with organ, piano and keyboard skills pushed to the limit by the fabulous fingers of Anna Le Hair, Margaret Flanigan and Colin Stevens - with Ian Lynch hitting the high notes with his sensational trumpet. Hear familiar pieces with an entirely new slant and discover some gems as our intrepid artistes push the "anything you can do..." challenge to the limit. There will also be a special performance from Aldwickbury School Chamber Choir directed by Anna Stevens.

Tickets £20 inclusive of wine from Grahame Senior at **01442 822770** or gseior@seniorpartners.co.uk.

All proceeds and donations in aid of the Save our Walls Appeal for the church.

Members' Day highlights exciting future at Chiltern Forest Golf Club

More than 100 members and their families gathered for a lively day of golf, entertainment and community spirit at Chiltern Forest Golf Club's increasingly popular Members' Day.



A total of 104 members joined a midday shotgun start, with added excitement from hole-in-one competitions offering prizes including £5000, new clubs, and an electric trolley.

The top prize nearly went on the first attempt when David Lloyd's 155-yard tee shot lipped out, just missing the £5000 jackpot. Although no one secured an ace, 13 members beat Head Professional Kiel Sagers in the nearest-the-pin challenge.

The day continued with a busy family social evening featuring a hog roast, live music, putting and chipping competitions, and a packed clubhouse. New franchisees Damien

and Kirsty kept the celebrations going with a late bar and a giant screen showing the England match.

Prizes included golf clubs, hampers and the £700 monthly Members' Draw. Master of Ceremonies Dave Young also led a successful fundraising auction, encouraging generous bids. The club thanks everyone who made the day memorable, especially Alex Jackson of Tring Brewery, Damien and Kirsty, and the volunteers who supported the event.

Members' Day reflects ongoing progress at the club, including extended bar hours, with the clubhouse now open to golfers and non-golfers until at least 10pm, and a growing restaurant offering.

Further investment includes upgrades to the clubhouse to enhance its Chiltern views, a new Performance Studio for coaching and simulator play, and an expanded professional shop.

Limited memberships remain available, along with Summer Afternoon Green Fee offers, making it an ideal time to visit, play, dine or relax.

With a welcoming atmosphere, scenic surroundings and continued improvements, Chiltern Forest Golf Club offers more than just golf. *Steve Moran*

The Art Exhibitionists Present the Lindengate Festival of Art & Gardens 2026

The Art Exhibitionists are delighted to announce the launch of the Lindengate Festival of Art & Gardens, a unique four-day event taking place from August 28-31 at Lindengate Charity's beautiful therapeutic gardens in Wendover.

Taking place daily from 10am-4pm, the festival will bring together art, nature, music, creativity and community spirit to transform Lindengate

into an immersive outdoor gallery, showcasing a carefully curated collection of original fine art, sculpture, ceramics and contemporary craft.

Alongside the exhibition, guests can enjoy live music performances every afternoon, artist demonstrations, delicious food and refreshments, and a variety of creative experiences designed to engage and inspire visitors of all ages.

A programme of masterclasses and workshops will also run throughout the weekend, giving attendees the opportunity to learn directly from talented artists and makers. The 2026 festival will also mark an exciting milestone for Lindengate – be amongst the first to experience the charity's newly created Japanese Water Garden and brand-new café.

Every ticket purchased will directly support the work of Lindengate, with 50% of all admission revenue being donated to the Charity, helping to fund its life-changing work supporting mental health and wellbeing through nature-based therapeutic programmes. Admission is £8 in advance and £10 on the gate, with children under 16 admitted free of charge. The ticket price includes full access to both the six-acre Lindengate gardens and the Festival of Art.

Whether visitors come to discover exceptional art, wander through beautiful gardens, enjoy live music, learn a new creative skill or simply spend time in inspiring surroundings, the Lindengate Festival of Art & Gardens promises a memorable Bank Holiday experience for all.

For further details, workshop schedules and booking information, please go to www.theartexhibitionists.co.uk/collections/exhibitions.

Please mention Village Life
when responding to our advertisers.

acvillagelife.co.uk



Come together this summer to support local hospice care

Local residents are warmly invited to come together, have fun and support a vital local cause – Florence Nightingale Hospice Charity – at one of its vibrant summer events.

On Sunday, **August 2** the community will take centre stage at the **Aylesbury Waterside Theatre** with a special production of **Fame**. Featuring over 100 talented local children, the show promises to be a joyful and inspiring highlight of the summer, with both matinee and evening performances available.

This is a fantastic opportunity for local people to connect, celebrate and make a real difference. Every pound raised will help to provide compassionate care for patients and their families at Florence Nightingale Hospice in Aylesbury, Butterfly House in High Wycombe, and in peoples' homes across Buckinghamshire and its borders.

Tickets for Fame can be booked by visiting <https://atgtickets.com/aylesbury>.



**Berkshire
Buckinghamshire
& Oxfordshire**
Wildlife Trust

News from your local nature reserves

So far, 2026 has been a summer of extreme weather events with unusually high temperatures. Just what the impact is on our wildlife remains to be seen. The orchid numbers overall at Aston Clinton Ragpits were lower than in previous years but given the challenging conditions, perhaps they showed remarkable resilience.

Every summer in mid-June, we invite volunteers to help count the number of orchids at this site. The count is always a rough estimate, but it is a useful citizen science approach which sheds light on the population fluctuations over time. Once again, a big thank you to all the volunteers who helped to count on June 13. The numbers were: Common Spotted Orchid 3879, Chalk Fragrant Orchid 8491, Common Twayblade 985, Pyramidal Orchid 134, Greater Butterfly Orchid 35, Bee Orchid 3 – a Grand Total of 13,527.

It does look as if Twayblades in particular were fewer this year – perhaps hit by the severe May heatwave. I did a count of the two earlier flowering species of orchid on May 23 and found: White Helleborine 104 and Greater Butterfly Orchid 70. This is still an impressive number of plants and the visual spectacle of so many flowering orchids remains an attraction for many visitors.

Local stories by local people

We have also seen relatively high numbers of summer butterflies on the wing lately. There have been lots of Marbled Whites, Meadow Browns, Ringlets and more recently Gatekeepers – showing there are still plenty of nectar sources to be found. Now that the peak orchid flowering period has passed, the reserve is a riot of colour with wildflowers such as Greater Knapweed, Field Scabious, Perforate St John's Wort, Marjoram, Wild Basil and Burnet Saxifrage. We will soon be looking out for the Chalkhill Blue butterfly, one of our specialities at the reserve.

There is a notable bird species that has been a regular visitor throughout spring and early summer. The diminutive Firecrest, weighing a mere 5.4g, has been described as a 'souped-up Goldcrest'! First breeding in the UK in the early 1960's, a population has long been known to exist in nearby Wendover Woods. Every weekend that I visited the Ragpits earlier in the year I would hear the song of the Firecrest and was lucky enough to see them (with binoculars) feeding on insects among the Yew trees. They are stunning little birds with a bright orangey/red stripe on their head, and their population seems to be expanding here in the UK.

This beautiful reserve is open all year round and there is always something interesting to see, so please come along and visit.

If you would like to experience a BBOWT organised guided walk and enjoy some of the autumn specialities at the Ragpits, do join our event on Sunday, September 27. Details of this and other events at our local reserves can be found on the BBOWT website at www.bbowl.org.uk/events.

Phil Townsend

Volunteer Warden at Aston Clinton Ragpits



Left: White Pyramidal Orchids, Chalkhill Blue butterfly – Phil Townsend, Female Marbled White on an orchid, Common Spotted Orchids – Mick Jones



Below: Longhorn beetles on a Common Spotted Orchid, Malachite Beetle with pollinia from a Twayblade stuck to its head, Female and male Marbled Whites on Knapweed – Mick Jones

Aston Clinton Colts



Well, that's it – another season done and dusted for Aston Clinton JFC – and what an incredible year it's been for the club, our players, and the wider village community who support us so generously.

As the whistle blows on the final matches and the pitches get a well-earned rest over the summer, we wanted to take a moment to look back at this season, celebrate our successes and say a huge thank you to everyone who has made it possible.

League Success – A Season to be Proud

It's been a season of real progress and hard work across the club, and two of our squads in particular deserve a special mention.

Our U12 Whites battled brilliantly all season long to finish as runners-up in their league. It's a fantastic achievement that reflects the hours of training, team spirit, and dedication shown by every single player and coach throughout the year.

Not to be outdone, our U14 Whites went one step further, finishing the season as league winners. To come out on top of a competitive league is no small feat, and it's a brilliant reward for the commitment shown by the squad every single week.

Huge congratulations to both teams – we couldn't be more proud of you all.

Of course, league position isn't the only measure of a good season, and every single one of our teams across the club, from our youngest mini kickers right through to our oldest age groups, should be proud of the progress they've made, the friendships they've built, and the fun they've had along the way.

End of Season Celebration – Bringing the Community Together

We marked the end of the season with our much-loved family fun day. We're particularly proud of this event because it's completely free for families to attend, ensuring that everyone in the village, whether connected to the club or not, can come along and take part. It's always a wonderful afternoon, filled with laughter, football, and that real sense of community spirit that makes Aston Clinton such a special place.

It also gave us the perfect opportunity to recognise and thank the people who make Aston Clinton JFC possible, and shine a light on just some of what it takes:

Our volunteer coaches give up their evenings and weekends, season after season, to train and mentor our players, often juggling this alongside their own jobs and families.

Our committee works tirelessly behind the scenes – from organising fixtures to managing the day-to-day smooth running of the club.

Our group volunteers take care of everything else that often goes unnoticed – marking out the pitches before matches, maintaining and updating our website, managing our social media presence, and keeping on top of the club's accounts.

It genuinely does take a small army of dedicated people to keep a club like ours going, and every single one of them deserves recognition. If you've ever thought about getting more involved, even just for a few hours here and there, we'd absolutely love to hear from you. No experience necessary, just enthusiasm!

The Grand Finale – Our Annual Tournament

If the end of season fun day is the warm-up, then our annual tournament is always the grand finale. Once again, it lived up to its reputation as one of the highlights of the local calendar.

Teams and families flooded in for a brilliant day of football and so much more. The atmosphere around the grounds was fantastic, with something for everyone, including live music to keep spirits high throughout the day, bouncy castles to keep the little ones entertained, a sizzling BBQ serving food all afternoon, our licensed bar for the adults to relax with a drink, slushies to keep everyone cool in the sunshine, and our café, serving up refreshments and snacks throughout.

It really does turn into a proper village occasion, and we're so grateful to everyone who came along to support it.

We also appreciate that an event of this scale brings extra traffic and activity to the area, and we'd like to say a sincere thank you to our neighbours and residents on Park View Lane for their continued patience and understanding over the weekend.

The tournament always raises a substantial amount for the club, with every penny going straight back into supporting our players, whether through funding equipment, pitch costs, trophies, or future club events. We'll share the final figure raised once all monies have been counted.

A Massive Thank You to Our Sponsors

None of what we do would be possible without

the incredible generosity of our local sponsors. Their support throughout the season has helped fund trophies and medals, given our kids fantastic reversible kit to play in, kitted out our coaches so they look the part on the touchline, and helped cover the costs of running our events. Please do take a moment to recognise these brilliant local businesses and, where you can, support them in return.

***Kit Sponsors:** Mason Grab Hire, Aston*

Commercial Cleaning, Hardings

***Coaches' Kit Sponsor:** KMS Kindell Motor*

*Services. **Tournament Sponsors:** Bucks College,*

Griffin & Sons, Aylesbury Signs, Diamond

Window Cleaning, Durans Hair Studio, Coffee

108, Café in the Park, Arla, HPL Insurance,

Klargester, Aston Clinton Beer Festival.

To every single one of our sponsors – thank you. Your support means more to this club than you probably realise, and it's businesses like yours that allow us to keep giving local kids the opportunity to play, learn, and grow through football.

Thank You, Aston Clinton

Finally, and most importantly, a huge thank you to everyone who has been part of this season – from our amazing parents and supporters who stand on the sidelines week after week, rain or shine, our players who bring energy and enthusiasm to every single session and match, and to our coaches, who give so much of their own time to help these kids develop both on and off the pitch.

It's been a season filled with hard work, achievement, and most importantly, fun, and that's exactly what grassroots football should be about. Enjoy the summer break, Aston Clinton, you've all earned it. We'll see you back on the pitches before you know it, and we can't wait for what promises to be an even better season ahead!

Aston Clinton JFC

Raising the profile of bowls in the community



Bowls is an activity for anyone and everyone and recent events have proved this to be true. The Aston Clinton Bowls Club (ACBC) has been proactive this year in raising the profile of bowls within the community. The results have been encouraging.

One Saturday morning, ACBC hosted a group from the Aston Clinton U12 Colts for an introduction to bowls and team-building exercise. The boys thoroughly enjoyed it (especially the competitive element), as did the coaches and some of the parents in attendance. None of them had tried bowls before and some even talked about attending the weekly informal roll-up sessions on Tuesday evenings. We're hoping that they will encourage other Colts' age groups to give it a try.

The Family Fun Day in June also attracted many people to the club, with volunteers being kept busy throughout the day. It seemed that it was the children who were encouraging their parents to have a go and once they did, they enjoyed the experience, staying longer than they originally intended.

ACBC has also been instrumental in the creation of an Aston Clinton u3a Bowls Group, attracting 24 members. The two-hour sessions are on the afternoon of the second and fourth Tuesday of the month throughout the outdoor bowls season which lasts from late May to late September. Unfortunately, some of the sessions were cancelled due to the very hot weather.

While we continue to try to attract more people to the world of bowls, those already involved through ACBC membership continue to enjoy success in regional and county competitions. Neil Dixon had an excellent run in the Bucks Bowls Association Championship singles where he lost in the third round. Neil and Geoff Hyde had good results in the Over 60s Pairs competition until beaten in the regional quarter finals. Neil Dixon and Gill Cheesbrough reached the quarter finals of the Foundation Pairs competition. Meanwhile, competing in the BBA Championship Fours, the BBA Senior Fours and the Mid Bucks League Cup Knockout series proved somewhat less successful. There's always next year!

Andrew Andersz

Join the Superpower Netball Community!

Superpower Netball is proud to be bringing people together through sport at Aston Clinton Park. Whether you're looking to make new friends, get active, build confidence, or simply enjoy being part of a welcoming local community, we'd love to see you..

Our sessions are led by a qualified coach in a fun, friendly, and supportive environment where everyone is encouraged to take part, regardless of experience or ability. From children discovering the game for the first time, to adults returning to netball or trying Walking Netball, there's something for everyone.



Our weekly sessions are:

- Walking Netball – Mondays at 11:00am
- Junior Netball (School Years 5–7) – Mondays at 4:00pm
- Ladies Netball – Mondays at 8:30pm

We're passionate about creating positive, inclusive sessions where local people can enjoy being active, make lasting friendships, and be part of a supportive team.

To join us or find out more, contact

Lucy@superpowernetball or 07814420855 or superpowernetball@outlook.com.

We look forward to welcoming you to the Superpower Netball family!

Lucy Prestedge

Buckland & Aston Clinton Cricket Club

The first couple of months of the 2026 season have been eventful at the cricket club. After moving to the Cherwell League this year, both of our Senior teams were unbeaten and top of their respective divisions as we hit the halfway mark.

The hot and dry weather has made life tricky for the groundsmen and this has been reflected in some bare patches around the outfield and the lack of bounce in our home wickets.



The Senior midweek team recovered from losing their opening match of the Village T20 competition to stand on the verge of qualifying for the Finals Day at the time of writing. As holders, we are hosting this year on August Bank Holiday Monday. The weekend before will also see the return of the Kirby Cup Village 6s Tournament, so it promises to be a busy and exciting end to the season.

As with previous years, our All Stars programme for five to eight year olds has been fully subscribed under the guidance of Activators Jack and Nick. Anyone wanting to book for next year is advised to get their name on the waiting list as soon as possible.

The Under 11s and Under 13s have struggled for game time as it seemed to rain really heavily just around their match days. We also had matches called off due to red weather warnings and also had a couple of opposing teams being unable to raise a full side.

The Under 15s have had more cricket than the others, and have also seen several of the squad feature regularly for the Senior teams. It has been a tricky year for results, but with the majority of them actually under 14, they will no doubt come back stronger and more competitive next year.

Phil Samuels

Aylesbury Green Park Sub Aqua Club



Scouts' Try Dive and Diving in Italy

5th High Wycombe Scouts

How do you give 30 scouts and their leaders a quality Scuba experience when you have limited equipment, can manage about 10 in the pool at one time and only have a handful of instructors available? When 5th High Wycombe Scouts asked if we could manage the whole troop, we thought it could be a challenge – but a solution was found.



The scouts rotated through three different one hour diving-related activities. In the pool, group one learned to surface-snorkel before advancing to 'duck-diving' and clearing snorkels whilst surfacing. They then swam through underwater hoops and collected treasure from the bottom of the pool – some diving to over three metres.

Meanwhile, the other half of the pool group were learning how to breathe off a regulator whilst carrying an air tank on their back, safely secured to a buoyancy control device (BCD). By the end of the session all had finned their way around the pool and were able to adjust their buoyancy and depth simply by controlling their breathing.

Out of the pool, the second group learnt how to set up Scuba equipment – putting hoses, cylinders, BCD and weights all together before turning on the gas! 'Buddy Checks' were completed before the team exercise (in blacked-out masks) designed to demonstrate how a group of divers would lay a line at depth and in poor visibility to ensure they could safely return to their start point. En route they collected 'fish', 'ducks' and other surprises.



Meanwhile, group three remained poolside to explore water safety, the role of the lifeguard, and the importance of water testing. They created a swimming pool environment with 'nasties' such as faeces, urine, body and other oils (not literally, of course) and then attacked the bacteria with chlorine, learning how the highly toxic chemical works to destroy germs. Finally, they used a comparator to test for free, combined and total chlorine before testing the pool's pH level to ensure a clean but comfortable environment in which the chlorine could work best. From comments received, the solution worked – "Absolutely loved it and can't wait to do it again." "The teaching was amazing." "Great fun and a unique experience." "Tried something new...and loved it!" In September, we will welcome around 24 cubs from 1st Aston Clinton for a snorkelling experience. We hope they will enjoy it as much.

Phlegraean Fields (Campi Flegrei – The Flaming Fields)

In the early summer, Club members experienced Roman ingenuity, architecture and art both above ground at Herculaneum and below the water at the Bay of Pozzuoli near Naples. We made six dives to explore the remarkable remains of the ultimate luxury seaside resort of the Roman elite, the Phlegraean Villas.

Constructed 2200 years ago, the holiday homes of Emperors Claudius, Julius Caesar, Nero, and Hadrian featured private thermal baths, marble statues, and intricate mosaics, the remains of which can all still be clearly seen.

Whilst Vesuvius was responsible for the destruction of Pompeii and Herculaneum, these playgrounds of the rich had a less catastrophic demise. Volcanic activity in the area caused the gradual sinking of the Roman Villa into the sea around 1500 years ago. At an easy depth of between four and six metres



the foundations, walls, pillars and doorways are still easily discernible. Most astonishing are the completely intact marble mosaics, revealed by waving a hand to disperse the thin layer of sand and grit lying above them.

Eleven club members were fortunate enough to experience unforgettable diving on the site of a massive active volcanic caldera. Paradoxically, the geological phenomenon of ongoing shifting of the Earth's magma chambers continues to push long-submerged Roman ruins back to the surface as well as submerging them below.

For more information or enquiries about Try Dives for individuals or groups, text or phone **07857 868234** or go to our website aylesburydivers.org.uk.

Kelvin Bagley, Club Secretary

MUTS

Hits the heights with big bonus for Hector's House

'Music under the Stars' (MUTS) returned to Buckland for the 19th time and the generosity of the people who came was overwhelming.



More than 250 supporters enjoyed sunshine and music and helped raise a heart-warming and MUTS' record-breaking £5300 for Hector's House and £200 for Animal Angels, as well as contributing toiletries for the Women's Refuge and Homeless Action Group in Aylesbury.

The event, held at Lower Farm, Buckland, featured a spine-tingling performance from 16-year-old singer Carmen Schafer and an accomplished set from singer/guitarist Nick Atkinson, whose rendition of Tennessee Whisky was peerless. They made their MUTS debuts, as did chorale singers, The Knights Of



Jack Tilley, with family band, the Haydays, The Ceilidh, Saxophonist Peter Walker, Charlie Williams and Maddie Bennett behind the bar.

Harmony, an award-winning amateur group from Chesham, and the Blue Moons, who delivered a rocking set of fifties and sixties numbers.

Another newcomer to the stage was Jack Tilley, making his first appearance in public with the family band and long term supporters of MUTS, the Haydays.

The Ceilidh, with caller Keith Day, Jack's Grandad, and violinist Richard Partridge, prompted a rush to the dance floor, which was occupied for most of the evening and jam-packed by the close.

The Valentown Band returned with another stirring Americana set with Frank Walsh on vocals and guitar and Robin Boulton on lead guitar, before an imminent tour of the States with Howard Jones, supporting Rod Stewart.

They were joined by Gary Mead on bass, Ivor Spencer on rhythm guitar, Richard Peel on drums, and on the choruses for Knocking on Heaven's Door and Sweet Home Alabama, by Lizzie Billington and Jo Jo Nowosad from the Haydays.

Closing the evening on Saturday, June 27, were band members from the Haydays and the Valentown Band, with Peter Walker from the Soulfools band, adding depth and excitement with his saxophone solos.

Thanks go to Patrick from JHAudioMK for the sound, Dayla, Mercedes Benz Hemel Hempstead, Lee Moran Hair Salon, Ivinghoe Golf Club, Compass Twenty Car Workshop, SoundAct, Jane Brace PR, David Jenkin, Guy and Abbi at the Half Moon, Ali at the Spice Garden in Wendover, Tesco Aylesbury, and Tring Brewery for their donations and contributions to the raffle and silent auction. The final 'Music under the Stars' will be held next year on Saturday, June 26.

Richard Peel



Flicks In the Sticks A new series of Friday movie nights starts this autumn at Buckland Church. Save the dates:

**30th October, 27th November
18th December, 29th January &
26th February**

More details to follow...

		6			9			
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	3					9		1
		5	9	4			6	2
6			2		5			9
7	9			3	1	8		
1		7					2	
2			8		7		3	
			5			4		

Sudoku

All you have to do is fill in the squares so that each row, column and the nine small 3 x 3 squares contains the numbers 1-9.

(SOLUTION ON PAGE 35)



Happiness is Scottish Country Dancing



We put our 'best feet forward' with our demonstration at the Aston Clinton Family Festival in June. The team included two of our newer dancers who performed well and really enjoyed the experience. Of course, we were particularly pleased that members of the audience joined in the last dance with great enthusiasm and everyone left with a smile.

The final evening of our dancing year was also the hottest so some adjustments to our plans were required in the shape of five industrial fans, World Cup-style hydration breaks and a shortened programme. The enthusiasm of our dancers was matched by that of our musicians – The Strathallan Band – and it turned out to be a memorable event leaving us all with a post-dance buzz. There's nothing like it!

We had another reason to celebrate a successful year – not only on the dance floor – but in our fundraising efforts for our Charity of the Year. I was delighted to present Adrian Hatch, CEO of Workaid in Chesham, with the sum of £1371 raised to support their work with young people and adults with mild to moderate learning difficulties.

Our new term starts on Thursday, September 10 with our AGM followed by some social dancing. Classes for Beginners and Intermediates will start on Thursday, September 24 in Wendover Memorial Hall. If you are interested in joining, please complete the 'Join Us' form on the website and we'll be in touch with all the necessary details.

*Liz Mitchell, lucyclarkscottish@gmail.com
www.lucyclarkscottish.org*

Buck Pub 2026 Thank You



Our huge thanks to everyone who volunteered and worked so hard to make this year's Buck Pub a success. We welcomed close to 300 people to the village hall over the three days and were able to donate around £1500 to local charities including Hector's House. As the Buck Pub is a 'community event' rather than a 'charity fundraiser', local engagement and participation numbers are critical.

Friday night was really busy, managing to drain the bar of rosé wine! The quiz on Saturday night was packed full; we were delighted to welcome Suze from Hector's House who gave a very emotional talk about the work of the charity. Finally, Sunday's music festival attracted well over 100 visitors, all enjoying a lovely sunny afternoon.

I've had some very kind and positive feedback, particularly saying how welcome people felt, and commenting on the high quality of the food provided. *Well done all.*

Next year we're going back to July to avoid the weekends in mid-June when there are so many other local activities taking place. So make a note, provisional dates are **July 9 to 11, 2027.**

Nigel Kippax

Aston Clinton cleaning business reaches national awards final



Dust Bunnies Cleaning Ltd, based in Aston Clinton, has been named a finalist in the Best Cleaning Business category of the UK Small Business Awards 2026.

The company, founded by local business owner Melanie Saunders, has quickly built a reputation for delivering high-quality domestic and commercial cleaning services throughout Buckinghamshire and the surrounding areas.

Being selected as a finalist recognises the company's commitment to exceptional customer service, reliability and high standards of cleaning. Melanie Saunders, Director of Dust Bunnies Cleaning Ltd, said, "We are absolutely delighted to be named a finalist. To receive national recognition for the hard work and dedication that goes into our business every day is an incredible achievement. We'd like to thank all of our customers for their support and trust in our team."

Dust Bunnies Cleaning Ltd provides regular home cleaning, deep cleaning and commercial cleaning services, helping customers maintain clean and welcoming homes and workplaces. The company prides itself on its attention to detail, reliability and personal approach to customer care. The winners of the UK Small Business Awards 2026 will be announced later this year.

Melanie Saunders, Dust Bunnies

Estone Grange Update

What an extraordinary spring and summer we are having. Conditions were perfect for some wildflowers, notably poppies, to put on a fantastic display. Enjoyed while it lasted, many species went to seed early, leaving straggly untidiness. But you can't have the former without the latter and the dried seedheads, grasses and struggling flowers are great habitats for insects, butterflies, dragonflies and birds.

There are now three sturdy benches, made by the Lindengate Charity and supported by the Gibb Lane Community Fund, so do take time to come and enjoy the wildlife beside the big pond.

Children from Aston Clinton school visited to carry out their citizen scientist awards: Ruby Robin and Big Bird watch surveys and the Big Butterfly count. Mrs Varley commented, "We saw a number of beautiful species and were amazed at how many there were."

Mark, our groundsman extended the No-Mow-May theme by creating pathways through longer grass. There were two roe fauns in the WildFlower Strip, with further sightings of foxes and evidence of visiting badgers – all making use of the habitat. Orchids are present again along with around 70 species of wildflowers. We have been awarded another Green Flag from the Tidy Britain Group which encourages rewilding of public open spaces. It is always a pleasure to welcome visiting groups interested in nature.

Estone Grange Management Company Limited manages the open spaces which are available to non residents too. We are supported by the Wild Estone Grange group and volunteers from the Chiltern Society's WildBelt Project, Mark Mustoe our Groundsman and Keith and Sue Corkery our Handy People who maintain our two play parks.

To report sightings or find out more visit: Wild Estone Grange on FaceBook. For more about The WildBelt Project visit www.chilternsociety.org.uk/community-wildbelt/.

Katy Todd

Village Business

This is a series about the businesses that operate locally and which advertise in Village Life: what they do, what services they provide and the people behind the business names.

Pure Pilates: Noelle Morgan



Q. Would you like to introduce yourself and tell us a little bit about how and when Pure Pilates started?

A. My name is Noelle, and I live in Aston Clinton with my husband, Richard, and our much-loved Cockapoo, Dexter. I've always enjoyed helping people and previously worked as a sports massage therapist. Pilates became an important part of my life because of the positive impact it had on my own physical and mental wellbeing. I trained with Body Control Pilates, and in 2013 Pure Pilates was born. What started as a dream to share something I truly believe in has grown into a wonderful business and community.

Q. For those who don't fully understand Pilates, could you explain it a little?

A. Pilates is a form of exercise that helps you build strength, improve flexibility, and move with greater ease and confidence. It focuses on controlled, mindful movements that strengthen the muscles supporting the spine and joints, helping to improve posture, balance, and overall body awareness and it's suitable for almost everyone, regardless of age or fitness level.

Q. Are you running the business on your own?

A. Yes, I'm self-employed and run Pure Pilates full time. I look after every part of the business, from planning and

teaching classes to supporting clients and developing new programmes. I love building connections with people and seeing the positive difference Pilates makes. I also complete ongoing training to stay up to date

Q. What sort of classes do you offer?

A. I offer a range of mat-based Pilates classes for all ages, genders, and fitness levels. Classes range from beginner to intermediate. If required, I do offer one-to-one classes. I also run Pilates for Life, which is tailored for older adults, and Chat and Chair Pilates for those who may struggle to get down to the floor or who enjoy the social aspect of exercising with others. For

clients looking for a more energetic workout, I offer HIPP (High-Intensity Power) Pilates, which combines the core principles of Pilates with a cardiovascular challenge

Q. Where are you based?

A. I teach classes at two local venues. My Pilates for Life classes take place at Aston Clinton Baptist Church on Mondays and Thursdays, while my other classes are held at Buckland Village Hall on Tuesdays and Wednesdays.

Q. What are the benefits of Pilates?

A. It can improve strength, flexibility, balance, posture, and mobility, while also helping to reduce many of the aches and pains that come from modern lifestyles. I've seen clients become stronger, more active, and able to do things they thought they would never do again. Pilates isn't just about exercise—it's about helping people enjoy everyday life with greater ease and confidence.

Q. Is Pilates mainly for women?

A. No, Pilates is for everyone. In fact, Pilates was created by Joseph Pilates, who originally developed it to

improve strength, mobility and rehabilitation. Today it's used by women and men of all ages, including athletes, runners, golfers, rugby players, dancers and people recovering from injuries or just wanting to move better and get stronger.

Q. What do you enjoy most about your job?

A. It's the people. There is nothing more rewarding than seeing someone grow in confidence, become pain-free, improve their mobility, or achieve a movement they never thought possible. Watching those small but significant changes and knowing I've played a part in them brings me enormous satisfaction.

Q. What are the challenges?

A. Like any small business, one of the biggest challenges is building and maintaining a steady client base. It takes time for a business to grow through word of mouth, marketing, and consistently delivering results. Retaining clients can also be challenging, as people have competing demands on their time and finances. The health and fitness industry is very competitive, so it's important

My clients
are like one
big family

“

to keep developing my skills, offering high-quality classes, and ensuring clients feel supported and valued.

Q. When you're not busy helping others relax, what do you do for fun?

A. I love spending time outdoors. You'll often find me walking Dexter, paddleboarding, or going for a run. We also have an allotment, so clients might occasionally find a free courgette or two with their classes. I enjoy trying new challenges, whether that's skydiving, coasteering, or exploring different parts of the world.

If you would like to recommend anyone whose contribution to village life should be featured in a forthcoming issue of Village Life, please send details to the editor at the address above.

Interview by Nigel Brown

Buckland Parish Council

Buckland Parish Council recently asked children at Aston Clinton School to create posters to raise awareness of speed limits and safer driving. They will be displayed on lamp posts throughout the parish. We had some wonderful entries and the parish councillors really struggled to identify winners! In the end, we chose eight entries with all the winners receiving a printed copy of their poster and a gift voucher.



Do you have some spare time?

Have you ever considered volunteering to become a parish councillor? If the answer is no, then perhaps you should reconsider. Buckland parish council plays a vital role within the parish. It works towards keeping the parish an attractive place to live and can influence the future of the area.

Here are a few reasons why you should give the role your consideration:

- You would like to help keep the parish a desirable place to live

- You are interested in planning and development
- You would be a voice for the people of the parish

Why become a Parish Councillor?

As a parish councillor you become someone your community will look to for help, guidance and support - a member of the community with the power to influence decisions for the benefit of the parish. Seeing your community change for the better as a result of decisions you have helped to make, is something that can give you a sense of achievement and pride.

How long does a Parish Councillor serve for?

Once elected, parish councillors sit on the council for a maximum of four years. If they then want to stay in the post, they can stand for re-election.

Don't take our word for it!

The best way to find out what it's like to be a parish councillor is to talk to someone who's doing it now. Come along to a parish council meeting or speak to one of our councillors and find out what they think of the role; alternatively give our Parish Clerk a call on [01296 630962](tel:01296 630962).

Parking throughout Buckland

Parking throughout the parish is becoming a bit of an issue. When parking your car on the roadside please consider other road users and pedestrians. We have seen an increase in people parking on pathways, blocking access for pedestrians and forcing them to walk on dangerously busy roads. Also, when parking please consider if you are near a junction and whether other road users can see safely to exit the junction. Please remember to keep pavements and road junctions clear at all times.

Laura Kyrke-Smith MP

It's such a pleasure to be writing for this edition of Village Life. I hope you've all been keeping well in the heat.

It's fair to say that there's been a lot going on in politics in recent weeks! But the most important part of my job continues to be taking the issues that matter to my residents to Parliament, raising them with Buckinghamshire council or government ministers, and trying to make progress.

Buckinghamshire Council's Local Plan

One of the big local issues that I'm working on is Buckinghamshire council's draft Local Plan, which sets out planned development over the next 20 years. I know that there are very real and right concerns about it in Aston Clinton, given the high levels of development being proposed in the area.

Members of Parliament don't have a formal role in the planning process. But I am in ongoing contact with local action groups, parish councils, and individual constituents to ensure that their concerns and comments are heard by Buckinghamshire council. I share the worries that I've heard from Aston Clinton.

Personally, I think it's right that we build the next generation of homes; I hear from too many people who cannot afford a place to live in our area, and I want that to change. But I do expect the Local Plan to be proportionate and fair. I also expect the national guidance to be followed, which clearly includes the need to continue protecting the environment as well as the need for infrastructure and services.

Relatedly, I have also been pushing Buckinghamshire council to reverse its policy of removing public comments on planning applications from its website, as I think this really hinders the public scrutiny that we need around planning decisions.

Holding our water companies to account

Across Aylesbury and the villages, I've heard far too many examples of negligence from our water companies. I received a message from a local farmer whose fields have been flooded with sewage by Thames Water. They have consistently missed targets, and accumulated unmanageable levels of debt, all while our waterways and green spaces are polluted and our bills rise. They have put lives and livelihoods in danger. But Thames Water cannot collapse without a plan, otherwise it would cost taxpayers massively. When the Secretary of State set out her next steps in Parliament, I asked for reassurance that residents and the environment will come before investors' profits, which she has committed to, and I know our new Prime Minister will focus on this too.

Keeping children safe online

You'll likely have seen one of the biggest policy announcements of 2026 – the regulation of social media for under-16s. This comes after years of inaction from tech companies on the dangerous levels of access they have to our children. I'd like to thank Jess and Hannah from Aston Clinton, who were some of the first residents to raise concerns with me. The insights that they shared allowed me to take up this issue with Ministers and I have been pushing strongly on it. I also commend Aston Clinton School for being a trailblazing Smartphone Free School, and I'm so pleased that the government has now strengthened its guidance to keep kids off smartphones in school.

Thank you so much for reading. This is just a small snapshot of what I have been working on. As always, let me know if I can help you with anything by emailing laura.kyrkesmith.mp@parliament.uk. You can also sign up to my e-newsletter at lauraforaylesbury.org.

Laura Kyrke-Smith MP

St Michael's Tower Outing

On Saturday, June 27, the Aston Clinton church bellringers and friends enjoyed a hot, sunny day trip to ring bells in the centre of Oxford.



St Giles Church

Usually, our annual outing involves driving around the countryside. However, central Oxford has a multitude of bell towers within walking distance of each other so this year we thought we'd try something different and have a walking tour – no getting stuck in traffic or lost in the countryside. However, it does mean carrying your picnic lunch around with you.

We started the day at St Giles – a nice ring of eight bells which involved climbing an alarming array of ladders to access the tower. The heaviest bell there is also the oldest and dates back to 1632. In 1945, John Betjeman was in a nearby hospital and wrote the poem 'Before the Anaesthetic', based on hearing the bells of St Giles ring. It was written with eight syllables in each line, matching the rhythm of the eight bells he could hear.

Our next stop was St Mary Magdalen, a good ring of 10 bells (the same number we have at Aston Clinton). These bells were augmented in 2002, on a similar timeline to our own bells.

We then had a good long picnic lunch, after which we visited St Thomas the Martyr – another ring of 10, upgraded from six bells in

1993. They were lovely bells and the ringing chamber was blessed with a fan and a through-breeze which was very welcome!

St Ebbe's followed, with eight bells based in a church that was very attractive on the inside, and came with all modern facilities. However, it was also very well-insulated and not well ventilated. The ringing chamber was a small dark room with one very small window, which didn't open. I suspect the room was not designed by bellringers. Visiting a ring of bells based in a sauna might have been a cooler option!

Our final ring of the day was the six heavy bells of Carfax Tower. The tower is the only surviving part of St Martin's Church. Built in the 12th century, the church was previously the official city church of Oxford. The tower is now owned by the local council and operated as a secular tourist attraction rather than a functioning church. Due to the tourist trail going right through the bell chamber, we had to wait for all the tourists to depart from the tower at closing time before we could ring the bells.

We rounded off our successful day with a lovely dinner at The Plough Inn, near Carfax Tower, which was blessed with very good, and very welcome, air conditioning.

A bellringing outing is always an interesting experience. Much like driving a different car, ringing a different set of bells comes with new challenges. Some rings of bells are very light and some are very heavy. Some ring very nicely and some are extremely hard work. After an outing we often find ourselves commenting on how grateful we are for our fine set of bells that we are lucky to enjoy at Aston Clinton.

New bellringers are always welcome. If you would like to learn more about bellringing, please contact Linda Rothera at lrothera@hotmail.com. *Jeanette Fisher*

Aston Clinton u3a

Another couple of months have passed since I last wrote and you will be delighted to know, this is the last reminder about our 20th anniversary exhibition.



Aston Clinton u3a will be showcasing many of our activity groups at the exhibition on Saturday, September 5 in the Old Clock Hall at Aston Clinton School between 11am and 3pm.

Most of our groups will be ready to welcome you and provide information on what they do, when they meet, and how you can become involved. It's worth noting that although some groups may appear to be gender-orientated ('Knit & Natter' and 'Railway Modellers' spring to mind), if you are enthusiastic and interested, then you'll be very welcome at any group.

More importantly, if you fall into the category of being eligible to join u3a, but don't see an activity or interest that you are keen on, do let us know and we will publicise it and possibly start a new group.

Our Groups' Convenor is Craig Revie who can be reached through our website at www.astonclinton.u3asite.uk. Join Aston Clinton u3a and send him an email and we will see what we can do.

Since I last wrote, Science & Technology (S&T) have had several meetings, including the annual residential trip away. This year it was primarily to Kent where we were based in Canterbury. The first day we travelled to the Isle of Sheppey and many of us were amazed at how much history there was there. From aviation heritage, medieval fortifications, WW2 strategic defences as well as seaside resort centres, and a remarkable restoration of a prewar cinema, there was much to learn and admire, before proceeding to our hotel base.

The following day we went on to Romney Marsh and Dungeness, travelling on the Romney, Hythe and Dymchurch narrow gauge railway with a steam engine locomotive bringing back memories and smells from the past. The model railway exhibition at New Romney provided fascination for everyone with its wide range of exhibits.

The next day we visited the iconic National Trust Bodiam Castle in Sussex then the final two days we had visits to Chapel Down vineyard and winery and Royal Tunbridge Wells before returning to Aston Clinton via Chatham Historic Dockyard and the set for the TV series 'Call the Midwife'.

The summer offers away-days instead of lectures for S&T meetings and, by the time you read this, they will have been to the Space Centre in Leicester and the Railway Museum in Swindon. Then in August they go to the Milestones heritage museum in Basingstoke before the regular monthly meetings resume in Aston Clinton Park Bowls Club in September.

We welcome new members – you will find information on all our activities and groups on the website at www.astonclinton.u3asite.uk.

Anthony Atwood

Horticultural Society



We have certainly had a Summer of weather extremes. Roses and peonies have excelled, but water has been a concern. As Autumn approaches, we hope you have been relaxing in your garden and the vegetable and fruit growers are enjoying their produce.

We also hope to see your flowers and produce at our very special 70th Anniversary Show on Saturday, September 5 from 2pm at Aston Clinton School. Full details are on our website www.astonclintonhorticulturalsociety.co.uk so have a look and decide what you can enter to help make this a memorable year. Remember, we also have classes for cookery, handicrafts and children and, new for this show, we are inviting local community organisations to enter a vase of flowers/foilage/plants (grown or crafted) to represent their organisation. If you need more help or information, please mail info@astonclintonhorticulturalsociety.co.uk. Our villages offer so much, it will be wonderful to celebrate together.

Entry forms for the show will be available to download from our website and can be submitted in person on Thursday, September 3, 6pm – 7.45pm at the Anthony Hall, or by emailing your form to shows@astonclintonhorticulturalsociety.co.uk.

Entries then need to be put on display at Aston Clinton School between 7.30am – 10.30am on the morning of the Show.

Coming up this Autumn we have:

Wednesday, September 9, 7.30pm, Anthony Hall
– Talk: ‘Chiltern Heritage Orchards Growing Organically’ by Lindsay Engers. Bringing back the flavour! This features an organic orchard, recently featured on BBC’s Countryfile, growing and promoting heritage varieties, many of which are not grown commercially elsewhere.

Wednesday, October 14, 7.30pm, Anthony Hall
– Talk: ‘Gardening in the 2020s’ by Andrew Mikolajski. Andrew is a regular contributor to horticultural publications and has taught garden design and RHS certificate courses. He will be presenting ideas on how to make the most of our gardens as we move through the challenges brought about by climate change.



So as we come to the end of Summer, what needs to be done in our garden?

Watering can still be a challenge – prioritise cuttings, young plants, and anything recently planted. In the greenhouse, tomatoes and cucumbers will be thirsty and appreciate a feed as well. Other plants needing water are those with shallow root systems, such as bedding plants, moisture-loving perennials and many veg crops, such as spinach, lettuce and celery. During long, dry spells, plants that can normally fend for themselves, like clematis and roses, need soaking once a fortnight. There is no need to water mature trees, shrubs and hedges. Lawns can also be left unwatered – the grass will recover when rain comes.

Going on holiday? Give containers a thorough water before you go, and harvest vegetables or fruit if you can, even if they're small. Nobody wants to return to a dozen marrows instead of courgettes! If possible, ask a friend or neighbour to water for you while you're away.

Continue deadheading flowers to prolong flowering time and cut back foliage and stems of herbaceous plants that have died back. Don't forget to collect seeds from hardy annuals and perennials such as nigella and calendula for sowing later in the Autumn. Hebes and lavenders can be given a light prune after flowering. September is a good time to divide herbaceous perennials.

Autumn is a time for planting bulbs – we will have a selection of bulbs for sale at the October meeting, including bulbs for the 'Grow for Show' and 'Society Bloom' classes at the Spring Show. Just plant them in a pot and wait until the Spring – give it a go! Our expert bulb growers can advise.

If you have a vegetable patch, harvest time is here. But there is work to be done as well as eating! In September, lift potatoes, plant

shallots and onion sets and cut away leaves covering pumpkins, squash and marrows to help the skins ripen. A good money saver is to pot up herbs, such as chives and parsley, to keep on a sunny windowsill for winter use. Come to our September talk and be inspired to order heritage fruit trees to plant from November to March.

For wildlife, leave seedheads on plants such as teasels and *Verbena bonariensis* and hips on roses, for the birds. Continue to leave out dishes of water and meat-based dog or cat food for hedgehogs to help them fatten up before hibernation and maybe think about providing a hedgehog house? From September, plant bulbs that will provide an early source of nectar for pollinators in spring – possible choices include snake's head fritillary, crocus and grape hyacinth.

We look forward to seeing many of you at our celebratory Summer Show!

Your Horticultural Committee

Sudoku Solution

Puzzle on page 25.

4	7	6	1	5	9	2	8	3
9	2	1	4	8	3	5	7	6
5	3	8	7	2	6	9	4	1
3	1	5	9	4	8	7	6	2
6	8	4	2	7	5	3	1	9
7	9	2	6	3	1	8	5	4
1	5	7	3	9	4	6	2	8
2	4	9	8	6	7	1	3	5
8	6	3	5	1	2	4	9	7

Emergency

HEALTH

Aston Clinton Surgery	01296 320384	www.westongrove.com
Aston Clinton Dental Clinic	01296 323090	www.astonclintondentalclinic.co.uk
Amersham Hospital	01494 434411	www.buckshealthcare.nhs.uk
John Radcliffe Hospital	01865 741166	www.ouh.nhs.uk/hospitals/jr/
Stoke Mandeville Hospital	01296 315000	www.buckshealthcare.nhs.uk
Wycombe Hospital	01494 526161	www.buckshealthcare.nhs.uk
NHS Direct	111	111.nhs.uk
Samaritans	116123	jo@samaritans.org

ENERGY SUPPLIERS

Electricity Emergency	0800 7838 838	
Gas Emergency	0800 111 999	
Water Emergency	0800 3169 800	

CRIME

Police Emergency	999	
Police non-emergency and Neighbourhood watch	101	www.thamesvalley.police.uk
Childline	0800 111	

Organisations *Any error or omission in this list should be notified to the Editor.*

EDUCATION

Aston Clinton School	01296 630276	www.astonclintonschool.co.uk
Aston Clinton Pre School	07928 309321	pre-school.acpsmanagement@gmail.com
Noah's Ark (AC Baptist Church)	01296 631824	www.acbc.church
Little Angels Toddler Group	07961 259791	Benefice3@gmail.com

SPORT AND LEISURE

Aston Bridge Club	01296 630552	astonbridgeclub@gmail.com
Aston Clinton Badminton Club	07958 479690	
Aston Clinton Bowls Club	07885 595447	www.astonclintonbowlsclub.org
Aston Clinton Colts Junior F.C.	07786 908219	clubsecretary@accolts.com
Aston Clinton F.C.	07930 925840	www.astonclintonfc.co.uk
Aston Park Tennis Club	01296 630826	www.astonparktennis.co.uk
Aston Wine Club	01296 630531	www.astonwineclub.co.uk
Aylesbury Green Park Sub Aqua Club	07857 868234	www.aylesburydivers.org.uk
Back to Netball	07545 033986	net4alluk@hotmail.com
Buckland & Aston Clinton Cricket Club	01296 631788	www.baccc.play-cricket.com
Colts Kickers Liam Hickey	07585 119066	
Buckland Book Group	01296 631111	brfletcher@hotmail.co.uk
Dolphin Swim School	07966 450458	dolphinswimschool2017@gmail.com
Swimezee	01296 730742	www.swimezee.co.uk

YOUTH GROUPS

Aston Clinton Guides, Brownies and Rainbows		www.girlguiding.org.uk
Aston Clinton Beavers, Cubs, Scouts and Explorers	01296 708158	
– Waiting Lists		ac.secretary@yahoo.com
– Other enquiries		ac.gsl@yahoo.com
Aston Clinton Youth Club		astonclintonyouthclub@yahoo.com

CHURCHES

St Michael and All Angels, Aston Clinton	07961 259791	www.ac-buck-db-churches.org
All Saints, Buckland	01296 632488	www.ac-buck-db-churches.org
St Mary the Virgin, Drayton Beauchamp	01296 632488	www.ac-buck-db-churches.org
Aston Clinton Baptist Church	01296 631824	www.acbc.church
Our Lady of Lourdes RC Church	01296 290545	www.ourladyoflourdes.uk

HALLS FOR HIRE

Anthony Hall	07443 976639	hallbookingonline.com/anthonyhall/
Baptist Church		lettings@acbc.church
Buckland Village Hall	07749 041434	hallandbookingsmanager@bucklandvillagehall.com
Churchill Hall		astonclintonyouthclub@yahoo.com
Red Kite Pavilion	01296 630270	nick@yourcafeinthepark.co.uk

LOCAL GOVERNMENT

Aston Clinton Parish Council	01296 631269	clerk@astonclinton.org www.astonclinton.org.uk
Buckland Parish Council	01296 630962	clerk@buckland-pc.gov.uk www.buckland-pc.gov.uk
Drayton Beauchamp. Parish Meeting	01296 630396	merylnodes2018@gmail.com
Buckinghamshire Council	0300 131 6000	www.buckinghamshire.gov.uk
BC Councillors Steve Bowles	07808 531156	steve.bowles@buckinghamshire.gov.uk
Mike Collins	01296 632039	mike.collins@buckinghamshire.gov.uk
Environmental Health (fly tipping)	01296 585605	
Highways	01296 486630	www.buckscc.go.uk
MP for Aylesbury Laura Kyrke-Smith		laura.kyrkesmith.mp@parliament.uk

MISCELLANEOUS

All Saints Friends, Buckland	01296 630454	peter.elwin@elwins.net
Aston Clinton Ladies Group	01296 630740	
Aston Clinton u3a		www.astonclinton.u3asite.uk
Horticultural Society	01296 633376	www.astonclintonhorticulturalsociety.co.uk
Royal British Legion	01296 632039	
SSAFA Forces Help	01296 631030	
Turpins Charity	01296 630162	www.turpinscharity.org.uk
Wendover Heights Veterinary Centre	01296 623439	www.whvc.co.uk
Women's Institute	01296 706908	b.d.ac.wi@gmail.com



Discover Bucks Museum is in full swing for the summer holidays, making it the perfect time for families to plan a day out packed with adventure, creativity and discovery.

Taking centre stage is The Great Dragon Adventure (daily until September 1), an exciting, interactive trail where families can track the dragon's trail through the galleries, solve clues, and tackle hands-on challenges together. Best of all, the adventure is included with standard museum or Roald Dahl Children's Gallery admission, making it an easy and exciting day out during the school holidays.

The SAXONS: Three lives. Three burial sites – the exhibition continues until November 1 with immersive displays, real archaeological finds and engaging activities that bring early medieval Buckinghamshire vividly to life.

In addition, over The Saxons Weekend, August 1-2, the museum grounds transform into a bustling living history encampment, with re-enactors, demonstrations, storytelling and dramatic live action.

The Bucks Open Culture storytelling event on August 14 offers another memorable experience, bringing tales to life in a fun, family-friendly setting.

Looking ahead to September, the popular early years Stay and Play sessions resume every Wednesday from September 2, and Discover Ducks returns on September 10 with a farm-themed session designed especially for under-5s.

For adults keen to get creative, bookings are now open for the Introduction to Creative Writing Workshop, starting on October 18.



Round off the day by spending time in the museum gardens, relaxing in the café and browsing the gift shop.

Tickets and further information:
discoverbucksmuseum.org

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On Monday 16th March this year, after a weekend of headlines and a terrible night in Asian markets, the FTSE 100 fell nearly 3%. Within 4 hours Donald Trump had made a speech and the market had turned positive, and spent the rest of the afternoon acting as if nothing had happened. Earlier in that month, something similar happened in South Korea when their stock market fell 12%, the worst day in the last twenty years. On 5th March, the same market rose 10%, the second best day in the last twenty years.

These sharp swings are a great real-time reminder of the lessons behind one of the most important and useful charts available to advisers and investors alike. The story is simple, investment markets mostly tick along gently, some days or weeks generally heading slightly upwards and obviously sometimes downwards. Over time, history tells us that the ups are greater than the downs however, when there is geopolitical or economic uncertainty, the markets are more volatile and these fluctuations occur.

The chart below shows that missing those few key days in the market can absolutely ruin your long-term returns. The UK's FTSE 100 index is just a small sector of the investment world but most people know it so I'm using it as an example in my chart but it's the same with other sectors.

If the graph is not so easy to read, the main points are:

The FTSE 100 has had an annualised return of 6.7% over the past 20 years. Putting it another way, £10k invested would have turned into £39k.

Miss the best FIVE days and that turns into a 4.7% annualised return. 2% less PER year – the same £10k would have become £26k.

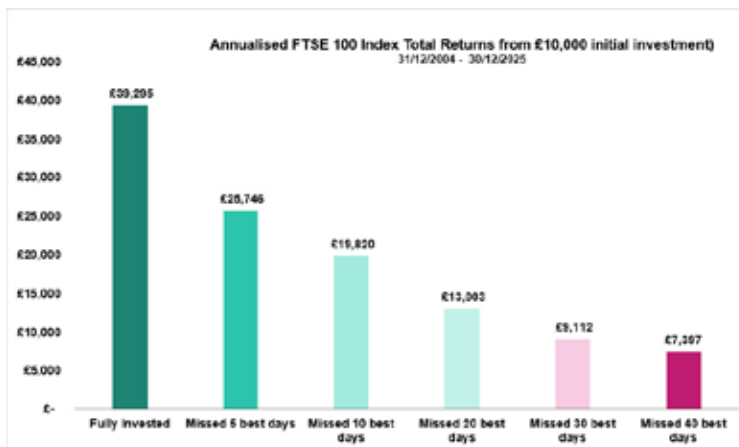
Miss the best 30 days (one month out of twenty years!) and you lose money! £10k becomes £9k!

What the chart doesn't show is that, very often, the big positive days come hot on the heels of the bad days. Just when you're feeling most worried or scared is when things are likely to turn around.

10 of the 40 BEST days come the day AFTER one of the WORST 40 days!

The other 30 BEST days come within two weeks of one of the WORST 40 days!

I think the second fact above is the most important. We often receive phone calls from worried clients the day after a large fall. We know it can be hard to hold your nerve when you've seen a large chunk of money wiped off it's value but it is part of being an investor and history suggests you should generally hold tight. After all, the people who've sold aren't going to be the ones buying back the next day, that just doesn't happen. What is happening in reality is the sellers are just giving their returns to somebody else!



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