



Amersham & Villages Community Board supplement agenda

Date: Thursday 2 November 2023

Time: 7.30 pm

Venue: MS Teams

Item No	Item	Time	Page No
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Community Board Amersham and Villages





- **Cost of Living updates**

- Community Food Chain Campaign
- Welcoming Spaces
- Energy Doctor
- Revenues and Benefits

- **Local Plan – progress and next steps**

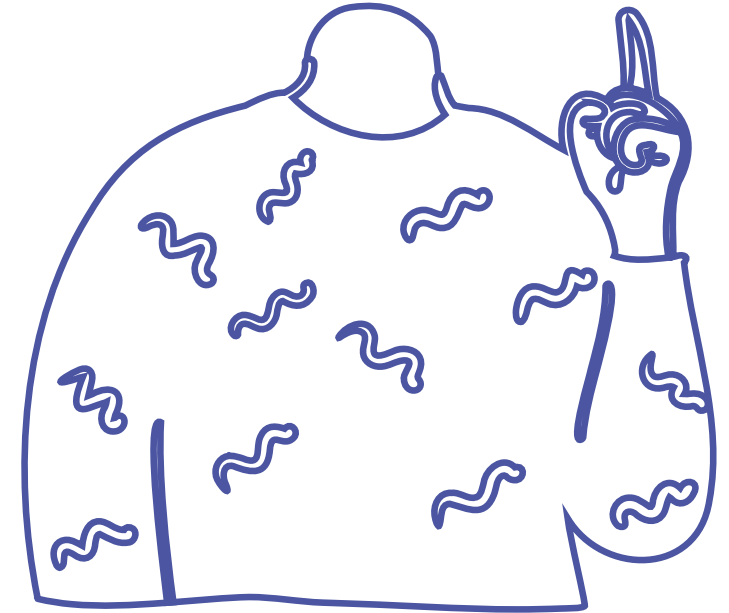
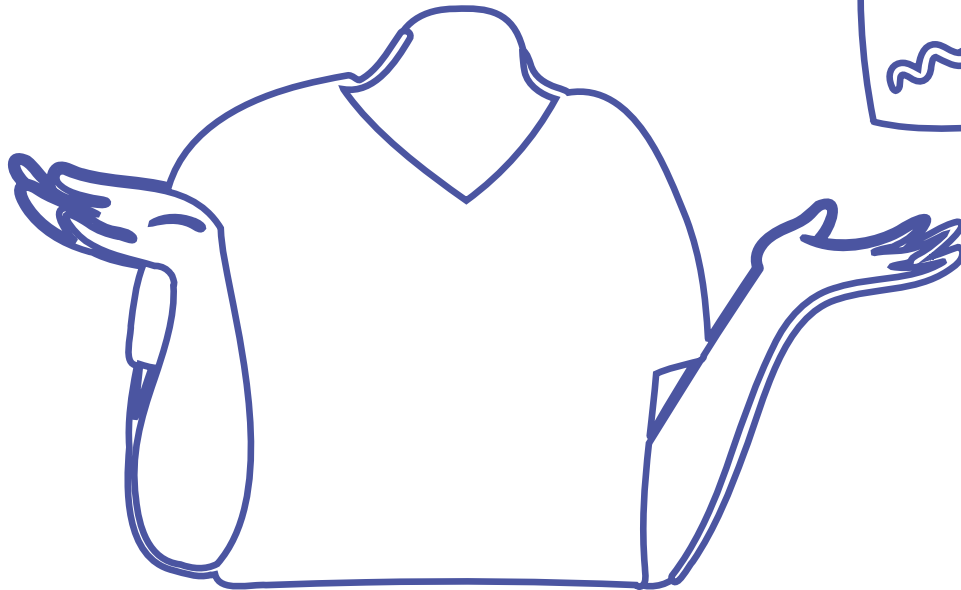
- **Current and upcoming consultations - yourvoicebucks.citizenspace.com/**



- Amersham Town Council
- Chesham Bois Parish Council
- Coleshill Parish Council
- Little Chalfont Parish Council

Community Matters...

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You can make a difference

The generosity of Buckinghamshire has been amazing, with many residents doing something rewarding by offering to host people from Ukraine, providing not just accommodation, but a warm welcome, a network of support and help with settling into the UK.

A Rematching Sponsor is a sponsor who agrees to host an individual guest or guest family after the ending of their original sponsorship. As the guest or guest family has already been in Buckinghamshire, lots of the essential steps to help the guest or guest family settle have already been completed.

We ask that sponsors:

- ♥ Befriend their guests.
- ♥ Make them feel welcome.
- ♥ Assist them with life in the UK and share local knowledge about your community.
- ♥ Continue to help them practise their English language skills.
- ♥ Assist and/or advise them with becoming independent.



We're looking for amazing people who can:

- ♥ Spare a room (or two!) in your home for a minimum of six months.
- ♥ Provide a welcoming and safe space for Ukrainian guests.
- ♥ Help Ukrainian guests settle in Buckinghamshire.

As an invaluable Buckinghamshire rematch sponsor, you will receive:

- ♥ A monthly £500 'thank you' payment.
- ♥ A range of financial, social, and health and wellbeing support.
- ♥ A dedicated Sponsor Liaison Officer.
- ♥ Help through housing, DBS, safeguarding and other necessary checks.

We're with you every step of the way! Find out more about how you can make a difference to Ukrainian guests in your local community.



Scan the QR code or visit
[buckinghamshire.gov.uk/ukraine](https://www.buckinghamshire.gov.uk/ukraine)

Do you know someone who could benefit from a free Warm Pack?



Each warm pack contains a fleece blanket, hat, snood, gloves, socks and a reusable canvas bag.



You can collect a warm pack from the library in Amersham, Aylesbury, Beaconsfield, Buckingham, Burnham, Chesham, Hazlemere, High Wycombe, Marlow and Princes Risborough.

Please check library opening times on the council website.

Our libraries are also welcoming spaces where residents can keep warm this winter. Find out more at [buckinghamshire.gov.uk/welcoming-spaces](https://www.buckinghamshire.gov.uk/welcoming-spaces)

If you or your family is in need or is experiencing a financial emergency or crisis, **contact Helping Hand:** [buckinghamshire.gov.uk/helping-hand](https://www.buckinghamshire.gov.uk/helping-hand)
01296 531 151 | 0800 999 7677 (out of hours)
Or visit one of our council access points, located in our libraries.

Buckinghamshire Council has purchased warm packs available for residents that may be struggling to keep themselves warm in their home.

These can be collected by residents, or organisations on their behalf, from County Libraries (including Amersham) which are also open as Welcoming Spaces over the winter months.

If you are concerned that a resident is struggling to heat their home, please put a referral in to the Helping Hand team and we will make contact - <https://www.buckinghamshire.gov.uk/cost-of-living/contact-helping-hand/> or call 01296 531151.

King's Church Amersham provide a wide range of support to the local community

Café Connections helps those coping with bereavement giving an opportunity to connect with others and chat informally over tea/coffee and cake

Each year they provide 100s of Christmas Hampers to local families and are already thinking about their plans for this year.



Lunch Club Little Chalfont

Regular lunch meet-ups for those over 65
in the community
12:30pm

Every 4th Sunday of the month

£15 per person | Two course meal

The Kokum | 68 Elizabeth Avenue
Little Chalfont | HP6 6QJ

Book your space in advance:

info@thekokum.co.uk | 01494 700 500

More info:

info@communityimpactbucks.org.uk



THE
KOKUM
AUTHENTICALLY INDIAN



Community Board
Amersham and
Villages

Community Impact Bucks are looking for a volunteer to coordinate the Little Chalfont Lunch Club at The Kokum.

If you have 2 or 3 hours a month, like meeting people and want to make a difference in your local community then this is role for you!

Contact Lew Headley on 01844 617229 to discuss the role or email

info@communityimpactbucks.org.uk

Dementia Drop-in Group at Amersham Owned on Wednesday 8th November 11-12.30pm.

Guests can call to book their space and will need to provide some quick details prior to attending.

01442 869550

hospiceofstfrancis.berkhamsted@nhs.net

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COMMUNITY ENGAGEMENT



Dementia Care Drop In Coffee Group

Join us at our Amersham Owned Shop for our new drop in support group. An opportunity to meet with others, relax, learn and socialise in a supportive place.

This group will run every other month with a range of gentle activities, refreshments and a chance for open conversation.

Open to all those living with Dementia and their Carers. Whilst this group is a drop in event, please email us to book a space so we have an idea of numbers: hospiceofstfrancis.berkhamsted@nhs.net



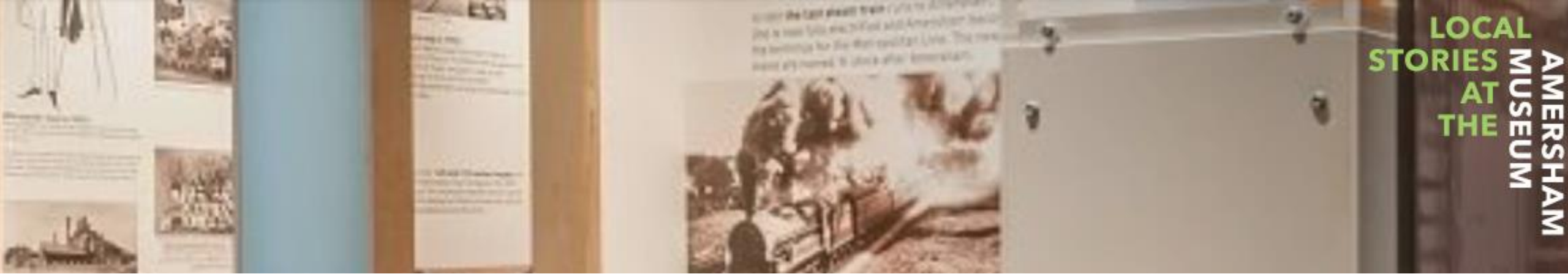
Amersham Owned, 23 Woodside Road, Amersham, HP6 6AA
11am – 12.30pm

Session date
8th November

For further information contact us by email to hospiceofstfrancis.berkhamsted@nhs.net or by calling 01442 869550

Spring Garden Lane, Northchurch,
Berkhamsted, Herts, HP4 3GW
Tel: 01442 869550





Amersham Museum are looking for a new Chair who will lead the trustees in the governance and overall management of the Museum and keep the organisation on track with its mission to be an outstanding local history museum.

The closing date for applications is midnight on **Sunday 19th November 2023**.

To find out more and apply: amershammuseum.org/leading-role/

Contact: briony.hudson@amershammuseum.org.

Updates from partners

Marieke Bosman - Wild Amersham

Helen Edwards – the Energy Doctor scheme

Fiona Broadbent – Simply Walk

Susan Masters – Re-Engage

Wild Amersham

Getting to work for nature





Background

2021 allotment biodiversity group set up

2022 decided to go Amersham wide (then inactive)

2023 regrouped to make plans

Vision and mission

Vision

For nature and people in Amersham to thrive - together

Mission

Enabling everyone to help restore Amersham to richer, healthier, resilient levels of biodiversity





Activities

- Encourage people to enjoy and learn about local nature through **events** (walks, talks, workshops, practical conservation work parties)
- Undertake **projects** to enhance nature on local sites (gardens, public spaces)
- **Monitor** local habitats and biodiversity
- Build and strengthen the **community** by working with other organisations



Some events held...

- Dawn Chorus Walk
- Family botany activity
- Scything training and work parties
- Wildflower surveying training
- Creatures of the night event

Our current habitat projects

- **Amersham Band** – helping the Band manage site for nature and hold events (with BBOWT and Community Board funding)
- **St Mary's School** – turning part of its playing field into a wildflower meadow and heritage orchard (with BBOWT funding)
- **Amersham Hospital** – 'lawns2meadows' with help from NHS gardening volunteers



Monitoring biodiversity

- Monitoring **wildflowers** at the Band and and St Mary's School
- Monitoring for **amphibians and reptiles** at the School, Band and Pondwicks
- **Training** on wildflower monitoring



What helped?

Working together with other local organisations

- Practical support and advice, networking
- Experts

Becoming part of an existing organisation (Sustainable Amersham)

- Contacts and experience locally
- Volunteers
- Systems (website, social media, insurance, bank account, governance, etc)

Good active partners with own structure and volunteers

Luck...

- No other overall nature organisation for Amersham
- Availability of grants (including community board grant!)
- Local interest and enthusiasm



Want to find out more or get involved?

Are you interested to

- Get our newsletter?
- Come to events?
- Volunteer at events or work parties?
- Help run Wild Amersham?
- Email wildamersham@gmail.com or hello@sustainableamersham.org; or sign up through this link <https://forms.gle/tQoq6JT2KWpbPuuz7>





Thank you!

Wild Amersham@
Sustainable Amersham

(and do attend our online bird
migration talk if you can)

<https://www.eventbrite.co.uk/e/migrating-birds-near-you-tickets-739267247237>



Amersham & Villages Community Board Presentation
Thursday 2nd November 2023



Introduction



- A bit of background
- Where we are now
- Community Board Priorities: *Physical and social activities for older adults*
- Exciting developments – working with Social Prescribers
- The way forward?

Our Vision



For everyone to have access to a free, friendly short group walk, within easy reach of where they live, to help them become and **stay active** – physically, mentally and socially.

We have been operational since 2002, and increasingly, the emphasis is to “maintain” rather than “increase” physical activity in older adults and ensure they remain included in social activity.

Our 21st Anniversary – July 14th, 2023 – annual Volunteers walk and Picnic event – Hughenden Manor





Where we are now...

- 69 walks – mostly weekly
- 42 locations across Buckinghamshire

Latest quarterly figures: (July 1st- 30th Sept 2023)

- Footfall 7,409
- Total Walkers 1199
 - of which:-
 - 68% walked more than 3 times with SW
 - 13.5 % walked more than 12 times with SW

Simply Walks - Amersham and Villages area

We currently offer:-

- **Amersham – fortnightly Level 3**
- **Amersham – fortnightly Level 2**
- **Little Chalfont – weekly Levels 1 & 2**

These walks are attended by approximately a total of 60 walkers



Amersham – August 2023



Little Chalfont walkers

Martin Tett talks 'Simply Walk'

It is often tempting to think that in a relatively prosperous area like Buckinghamshire we have few problems. In fact, particularly later in life, it is easy to drop into inactivity and loneliness.

This affects not only our physical health but also our mental wellbeing. It was really great therefore to be invited recently to take part in one of the 'Simply Walk' walks that we run throughout Buckinghamshire. 'Simply Walk' is managed by Fiona Broadbent, Simply Walk Officer, and supplemented by a team of really enthusiastic and dedicated volunteers.

I turned up at the starting point at Tesco's Car Park in Amersham Old Town. I expected to find maybe half a dozen elderly people. I was amazed to discover a group of over forty people of a wide variety of ages all eager to make new friends or socialise with existing ones.

There was a choice of two walks, a short one of a couple of miles or a longer one of about four miles to Coleshill and back. Both were popular. During the walk I had the opportunity to talk to some of the regular and new participants. They came from a wide variety of backgrounds and interests. All had found regular walking both improved their health and social lives. Many said that it was the most active they had been for a long time. I was also so impressed with the dedication of all the team that make 'Simply Walk' possible.



This activity runs all year round, whatever the weather, and has more than 700 walkers every week. I would suggest those of us in Bucks spread the word and encourage local people who want to improve their quality of life and make new friends to look for ['Simply Walk'](#) on the County Council website. I'm sure they won't regret it.

Martin

Physical and social activities for older adults. Why a walking group is the ideal offer...

Most people can
join in...at any age

Many physical &
mental health
benefits

Great for
socialising and
reducing isolation

No special
equipment needed

Pace and terrain
should can be set
to suit most
people.

Free
(for participants)

Volunteering
empowers
individuals

Successful Partnership Working:- Simply Walk and Social Prescribers **K.I.S. Keep it Simple**

- Meet
- Plan
- Promote
- Train
- Launch
- Facilitate
- Engage – keep the momentum going...



17:35

Southmead Surgery

1h · 🌐

Another HUGELY successful walk today by the newly named 'Tilly's Trotters'. (A special nod to Dr Tilly Siva who started all this). 🥰 Lots of faces from last week and a few new too! People managed to walk up a slightly steep pathway, that last week they had to stop a few times! One lady who wasn't sure if she could manage it last week braved it and did incredibly well! She even said she felt so proud of herself AND we had a few people swap telephone numbers. This is what it's all about, getting outside, feeling like you've achieved something and meeting new faces! BRILLIANT! Come along next Tuesday 10th October at 10:15 to the front carpark of Southmead. See you next week Tilly's Trotters 🍷 🌿



Successful Partnership working with Social Prescribers:- Southmead Surgery

TIMELINE

- 3rd August – 1st meeting with SP's – worked out an Action Plan!
- 8th September – met Dr Tilly Siva – agreed Action Plan and decided on dates for in-surgery promotion, training, and walk launch date
- 21st September FB Trained two SP's as walk leaders, risk assessed suitable 30 minute route and attended promotion to chat to attendees
- **26th September** – First Walk – attended by 20 people, including a mobility vehicle
- 31st October (week 6) – six volunteers recruited. One trained. Pilot project to continue with SP's involved
- 9th October – Marlow SP contacted FB having seen the Southmead walk information
- 26th October met SP's from Marlow to discuss setting up same idea.....agreed
- 10th November – Dr Siva presenting project to London South Bank University, citing Simply Walk

southmead_surgerygp · 5 h

SEE YOU THERE

Find out what goes on in Farnham common, baby groups, walking clubs, carers information.... OR tell us, what you'd like to see going on!

WE ALL KNOW THAT THE SECRET TO A GOOD LIFE STARTS WITH A FRIEND!



SOUTHMEAD SURGERY ARE HOSTING A COMMUNITY EVENT

Ages from 0-105 welcome

Walkers, Talkers, Knitters, Bakers, Gardeners, Card Players, artist, Carers, Dancers, Grandma, Grandpa, Mums Or Dads!

Thursday
13th July
1:30-3:30



Farnham Common Village Hall
Tea, Coffee & Cake Served!



Find out what goes on in our local area!

Advertise:
(SP's remit)
Posters
Facebook
Instagram
Work of mouth
PPG


Southmead Surgery are **THRILLED** to announce a 6 week pilot scheme collaborating with Simply Walks starting on Tuesday 26th September.

- 🕒 Meeting at the front carpark of the surgery at 10:15am every **TUESDAY**.
- 👫 A friendly walk around the Beeches. (Route already planned)
- 🕒 30-45mins
- ☕ Finishing off with a cup of tea or coffee at The Beeches if you fancy.


If you are interested please come along to the information hour on the 21st September at 12oclock at Southmead Surgery.



More Level One Walks:- options to our regular walks - launched 2023

 *Your better way to health
... one step at a time!*

Booker Walks
Booker Tortoises – 30 minute walk



We offer a choice of 3 walks every Tuesday morning:


1. "Booker Tortoises" – a very gentle walk of up to 30 minutes departs **1130am**
2. Gentle walk of up to 1 hour – **departs 11am**
3. Long Walk – 2 hours with some hills – **departs 10am**

All groups meet outside the Judo Centre, Barry Close, High Wycombe, HP12 4UE and return there for a coffee and a chat after the walks.

Simply Walk currently offers more than 60 walks a week, all led by trained volunteers. Free and no need to book.

Please visit our website where you will find full details and programme of walks. buckinghamshire.gov.uk/simply-walk or email us on simplywalks@buckinghamshire.gov.uk

Please note: Everyone is welcome, but we are unable to provide 1-1 support. Anyone needing additional assistance should bring someone to walk with them.

 **Buckinghamshire Council** *We look forward to seeing you!*

Happy Tortoises – Gerrards Cross



Wing Strollers



The Way Forward?



- Engage Social Prescribers in the idea
- Social Prescribers best placed to promote to their GPs (need their permission to go ahead and allocate time)
- Local Promotion - Community Boards and Surgeries and BC Comms
- Simply Walk to facilitate and action on the ground

Limitations?

- Localised remit for individual Social prescribers
- Resources (people)



Fiona Broadbent - Simply Walk Officer – Culture, Sport & Leisure.

Fiona.Broadbent@buckinghamshire.gov.uk

Please visit our website for full information and list of walks.

buckinghamshire.gov.uk/simply-walk

Task & Finish Groups

Task & Finish Group meeting on 27th September



Agreed to consider events in the New Year



Contacting pupils from schools to help collating case studies of positive volunteering stories



Started promoting volunteering on Social Media



CAN YOU HELP?



Why Volunteer?

- ① Personal growth and skill development
- ② Networking and building relationships
- ③ Improving one's mental and physical health



Food and Nutrition

How can we as a board help to improve the health & wellbeing of young people when data shows that 25% of children in year 6 are classed as overweight...?



Met with colleagues in Public Health & Bucks Adult Learning to understand what projects are already happening across the county



Working with local groups to consider physical activity opportunities



Attending Food Ladders workshop with the Rothschild Foundation



Online Safety



How can the board help to keep everyone safe online?

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If you want to get involved, let us know!



Meeting with partner organisations to see what we can do to help



Community Board updates

- 930 Facebook and 510 Instagram followers
- Over 300 on the newsletter mailing list
- Fortnightly attendance at Little Chalfont Community Café and Amersham Social Prescribing Talking Café
- Presence at local events - since July we've hosted the Outdoor Cinema at Shardeloes, attended the Heritage Day events in Old Amersham, presented to local groups and organisations about the Community Board, attended Rotate's Older Person's Day in Amersham on the Hill, dropped in to find out more about U3A at their open day and met with a number of people to discuss their project ideas.



Allocated funding:

Old Amersham Revitalisation - Kings Coronation Activities

Theatre Shed - Wellbeing Workshops and Outreach

Outdoor Cinema Event

Re-Engage - Tea Party for the Elderly

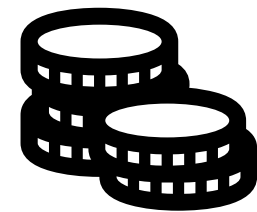
Little Chalfont Community Library - Weekly Community Café

Feedback Global - Men's Mental Health Activities

Amersham Dementia Support – Cafe23

Family Food Hub – Office Equipment

£12,709.32.00



Health and Wellbeing

- **Family Nutrition Support**
- Amersham Health Centre Talks
- Amersham Men's Shed Venue Improvements
- Junior Park Run
- Chesham Bois Jacobs Ladder Repairs

Improving the Environment

- Amersham Society River Misbourne Information Boards
- Wild Amersham Biodiversity Projects
- Litter picking equipment stations

Strengthening the Community

- **Volunteering Campaign**
- **Tackling Online Safety**
- Amersham Christmas Festivals
- Old Amersham Heritage Map
- Chiltern Voice Outdoor Reporting Equipment
- Chilterns Dial-a-Ride New Minibus
- Storage at LC Community Library

- Historic projects now progressing under the new Buckinghamshire Highways contract:
 - Roughwood Lane Feasibility Study
 - Dr Challoner's Road Safety Assessment
- Parking concerns are now dealt with centrally within the council, to ensure best value and holistic approach:
 - Old Amersham parking concerns have been shared via the online portal.

Upcoming Events & Activities

FED UP! Men's Mental Health & Food Event

- Saturday 25th November 10am
- Little Chalfont
- A free event to support men's mental health through food and the outdoors



FED UP! MEN'S MENTAL HEALTH & FOOD EVENT
MENS MENTAL HEALTH MONTH

25TH NOVEMBER
10 AM-1PM
LITTLE CHALFONT

JOIN US FOR A FREE BUSHCRAFT EXPERIENCE, AS WE EXPLORE MORE ABOUT THE CONNECTION BETWEEN MENTAL HEALTH, FOOD & NATURE!

Practical Bushcraft with real conversations!

- Opportunities for mindful wood whittling, and campfire bread baking
- A safe & welcoming environment
- Constructive advice
- Food & Mood
- Importance of hydration
- Meal planning
- Free local pick up/ drop off available
- Booking essential (limited spaces)

FOR MEN LIVING IN AMERSHAM & SURROUNDING VILLAGES (18+)

www.davidwillis.info

FOR MORE INFO OR TO BOOK EMAIL
REBECCA@FEEDBACKGLOBAL.ORG



The fourth and final self-defence class funded by the board.

FREE Self-defence classes

Brought to you by the Community Safety Partnership, Amersham & Villages Community Board and Bucks Pro-Mai.

This course aims to empower ladies and girls, that live, work or study in the Community Board Area, with the understanding of how to pre-empt any potential situations through pre-defence and if a situation does arise the skills and knowledge of how to defend themselves.



- The classes have been well received by ladies and girls in the local area.
- Saturday 18th November 2023 – Little Chalfont Village Hall - 11:30am
- Girls aged 12+ - mainly promoted in schools
- tinyurl.com/Self-Defence-ACB



Submit a project idea:

<https://forms.office.com/r/Nuk90YR599>

***Join our next meeting in person on
Thursday 15th February 2024***

THANK YOU

We look forward to seeing you next time