



## Amersham & Villages Community Board minutes

Minutes of the meeting of the Amersham & Villages Community Board held on Thursday 2 February 2023 in MS Teams, commencing at 7:30pm and concluding at 9:00pm.

### Members present

M Dormer (Chair), M Flys (Vice-Chair), C Jones, R Matthews, C Jackson, M Tett and J Waters

### Also in attendance

A Ford, C Beare, C Klyhn, Cllr M Roberts, Cllr R Dineley, D Hulme, D Winterburn, D Gabriel, D Caudery, G Weiner, J Lucas, M Bergh, M Johnson, N Davis, K Hutton, O O'Neill, P Lawson, P Milliner, R Funk, S Burn, S Sarkar, V Yadav, K Farooqi, L Charter, M Devlin, M Bosman, L Wright, Simon, Howard and Jan

### Agenda Item

#### **1 Chair's Welcome**

The Chair welcomed attendees to the meeting

#### **2 Apologies/Declarations of Interest/Minutes of the last meeting**

Apologies were received from Cllr David King, Cllr Tim Butcher, Pat Clarke (Friends of Amersham Health), Nicki Whitticase (Coleshill Infant School), Peter Matza (ADRA) and Jane Barnes (Amersham Action Group / Town Council).

There were no declarations of interest.

The minutes of the meeting held 20<sup>th</sup> October 2022 were agreed as an accurate record.

#### **3 Community Matters**

Lizzie Wright, Community Board Manager introduced the community matters item. The communications team at Buckinghamshire Council were looking to promote local events taking place this year on social media. Members were encouraged to contact Lizzie with details and pictures of past or future events.

Café 22 the dementia friendly café in Little Chalfont were celebrating their first birthday. The Amersham dementia café based at Amersham Free Church had recruited volunteers and were in the process of appointing a volunteer leader. Roger Funk from Café 22 Little Chalfont highlighted the first birthday party was successful

and existing volunteers were hoping to be part of the Amersham café.

Marieke welcomed interested parties to attend a meeting on 27<sup>th</sup> February 7pm-8:30pm to discuss increasing biodiversity in Amersham Old Town. The meeting would focus on how local people can work together to protect, encourage and learn about biodiversity. Members and residents were advised to contact [Amersham@Buckinghamshire.gov.uk](mailto:Amersham@Buckinghamshire.gov.uk) for further information.

Sandra Burns Deputy Head teacher at St Mary's C of E Primary School highlighted the school was celebrating their 150<sup>th</sup> anniversary this year. Further information on volunteering and the celebration plans were appended to these minutes. Interested parties were requested to contact the school at [office@stmarysce.bucks.sch.uk](mailto:office@stmarysce.bucks.sch.uk).

Catherine Klyhn from Amersham West Guides advised the Guides were seeking volunteers to assist particularly with Tuesday evening Brownies sessions and Friday evening Guides sessions. There were over 200 girl Guides in the west district and activities were focused around serving the local community and fundraising. It was highlighted there was an increasing number of girls wishing to join Guides however, more volunteers were needed.

Lizzie Wright highlighted local bakery Nena were looking to share leftover surplus food to benefit the local community. There were suggestions for them to use food sharing sites TooGoodToGo and Olio which residents could sign up to. Any further suggestions of community groups who could benefit from the offer were advised to contact Lizzie. Further information was appended to these minutes.

Oli O'Neill from Treehouse Amersham updated the Board on the defibrillators installed in the area. The first defibrillator installed at Amersham Free Church went live today. The new and existing defibrillators had been plotted on a map and the information supplied to the British Heart Foundation Circuit. Posters were put up in Amersham asking residents if they understood how to use a defibrillator and to locate where their nearest one is. Defibrillators are automated and test the rhythm of the heart in order to administer the right level of shock. In addition, the emergency services can advise where the nearest defibrillator was located and how to use them. The next stage of the project was to deliver first aid and lifesaving skills training to be held at Amersham Museum, Amersham Free Church and a number of other venues. The Chair thanked Oli for his key work on this project and highlighted details of training sessions would be circulated once arranged.

The Proud of Bucks Awards nominations closed on 12<sup>th</sup> February. There were three categories which would recognise fantastic work and contributions in the community. The event will take place on Saturday 22<sup>nd</sup> April at Chiltern Lifestyle Centre. The event will host stalls with volunteer groups who have benefited from Board funding. The Bright Ideas grants winners would also be announced at the event.

The Bright Ideas school competition was inspired by a local child who wanted to install a bench locally for her grandmother to use during walks. The Board funded the installation of five benches in the area as part of the Queen's Platinum Jubilee celebrations. The deadline for applications was extended for six weeks and funding would be awarded for first and second place. The maximum grant for first place was £1,500 however, further funding could be awarded for projects which benefitted the wider community.

The updates from Buckinghamshire Council were highlighted, the information was included in the agenda pack and was appended to these minutes.

#### **4 Presentations**

Natalie Davis from The Wellbeing Generation gave a presentation on the youth project Next Gen. The slides were appended to these minutes and the following points were highlighted:

- The Board provided funding for youth project Next Gen which sought to empower young people. The Wellbeing Generation was a social enterprise founded in 2020 during the pandemic.
- The organisations aim was to empower and support young people to deal with mental health, anxiety and identity. Levels of anxiety had increased in young people since the pandemic and NHS CAMs had long waiting lists. The programme was a transition for people who needed support but were not on a clinical pathway. A successful programme had already been delivered in Oxfordshire.
- A project at Dr Challoner's School was starting soon which consisted of yoga and breath work during PSHE lessons. There were two other programmes which would ensure they could engage with young people in different ways. The organisation offered a variety of programmes from inspirational talks in assemblies, online coaching, in person group coaching and behavioural change journeys.
- The programme in Oxfordshire engaged with 35 young people and 65% reported an increase in wellbeing. The successes of the Amersham project would be reported back to the Board in the future.

The Chair praised the organisation for initiating conversations around mental health. A member of the Board highlighted the Oasis Partnership would be a useful contact as they run workshops and podcasts from Chesham for people referred by their GP.

Krissie Hutton, Youth Participation Co-ordinator, Buckinghamshire Council provided an update on Amersham Young Ambassadors. The following points were highlighted:

- The Youth Project Bucks was set up in response to the Council's strategy declaration to allocate resources to support young people.
- Young ambassadors were assigned to Community Boards to ensure young people could contribute to discussions and make their voice heard. Community Boards often supported projects for young people therefore, the ambassadors were key for collaboration.

- The two young ambassadors for the Amersham & Villages Community Board were Amber and Shreeyansh.
- As the ambassador role was new and a pilot project the role would be explored and shaped. Currently the ambassadors would assist judging the Proud of Bucks awards and Bright Ideas awards, attend award ceremonies and engage in discussions with schools and organisations that offer youth services.

Stuart Grosse from Bucks Fire and Rescue was unable to attend, therefore an update would be provided at the next meeting.

## **5 Community Board Updates**

Lizzie Wright, Community Board Manager gave a presentation on Board updates appended to these minutes. The deadline for funding applications was 31<sup>st</sup> January. The funding team were reviewing applications and these would be put to the Board for approval soon.

The Chair highlighted the role of Community Boards in bringing community groups, volunteer groups, schools and residents together to share ideas and deliver projects. The Boards encouraged collaboration to help guide and provide funding where it was needed in the community. It was highlighted Boards did more than just provide funding, they also helped recruit volunteers, enabled discussions and hosted community events.

## **6 Priority setting (2023-24)**

The Board had received useful feedback from residents about projects and values which were important. These had been grouped together into key categories; strengthening our communities, environment, sport and fitness and health and wellbeing.

Members and residents were encouraged to put forward project ideas which would be considered in the next financial year. The project form was appended to these minutes.

Lizzie Wright highlighted discussions were ongoing with Buckinghamshire Council parking department regarding various parking proposals in the area. The Council's highways contractor was changing in April 2023 therefore existing schemes would be prioritised for completion. There would be further information about the parking proposals at a future meeting.

## **7 Date of the next meeting and close**

Engagement Event- Saturday 22<sup>nd</sup> April 2-5pm, Amersham Community Centre

## **St Mary's 150<sup>th</sup> Anniversary**

This year is 150<sup>th</sup> Anniversary of St Mary's CE Primary School, Amersham.

We are asking for any support you may be able to give with the projects we have in mind. We are looking to raise awareness of our plans so that we can involve more of our community, find any expertise and guidance anyone may be able to offer, as well as funding.

Our overall aims are linked to:

- celebrating the school's and wider community's history
- boosting biodiversity and sustainability through enhancing and protecting our school building and grounds.

### **Celebration and Protection of History**

- With support from the Amersham Museum, every child at St Mary's will be studying the school and town's history over the 150 year period, culminating in displays in the museum window. Do you or someone you know have any further items of interest that the children could study from that period?
- We hope to invite ex-pupils and staff on a tour of the school where children will be able to ask about first-hand experiences and how things have changed. We are also looking for ex-pupils who would be happy to talk to a group of children or class about what they have gone on to do, whether that be achievements or careers for example.
- We would like to compile a 150 Years Book which will hopefully include contributions from old and existing pupils and staff. Any help with contacting people with previous links to our school would be greatly appreciated. It would contain historical matter but also current thoughts, artwork and pictures, so again we are seeking people who may have something to contribute to the book from the past. We would be really grateful for any links to expertise to assist with the development of the book and any companies or people who might be willing to sponsor its production.
- We would like to preserve and restore some of the historical features of the school building, including the fireplaces, carvings, windows and stonework. We would also love to restore the old school bell which has not rung for many years. We would appreciate any links to companies or people with expertise in any of the above.
- We will be re-enacting the 1873 first day procession from the school to the church, hopefully carrying a school banner to hang inside the church. Our initial thoughts are that this banner would be a material collage representing the school and its Christian Values.
- We will be holding a Gala Ball in the Summer for the School Community and would be grateful for any help or recommendations linked to hiring of marquees, entertainment and catering for the event.

### **Sustainability and Biodiversity**

- We hope to plant a Legacy Orchard of fruit trees and in addition plant further trees to provide shade and a place for children to relax/sit quietly and read in our school field.
- We are looking to make our school more sustainable and eco-friendly, considering ways to reduce consumption, recycle and renew, including energy and water sources. For example, we are considering solar panels and a bore hole (to provide water), insulation, hot bins, motion sensor lighting etc.

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## Promoting local events across Buckinghamshire

The comms team at Bucks are looking to boost the profile of events happening in Buckinghamshire this summer, by promoting them on their social channels and giving them a big space to create good engagement and hopefully an increase in footfall at these events.

It will be any event in a local area such as:

- Music festival
- Food Festival/market
- Beer or wine festival
- Film/theatre event
- Literary festival
- Community gathering party

Any images from previous or logos that represent are great, if not then that's something we can look to help with. They will be going on Bucks main social pages (twitter, FB, IG) and then in more targeted areas depending on the event such as Next Door and local community board groups.

The info needed will be: What is the event, where is the event, does it have a history and who we want to attract.

There are also two different Bucks directories to promote events on that are free to organisations and users to sign up themselves:

- BFIS – 10 to 19 or up to 25 with SEND for Children, young people and families. <https://directory.familyinfo.buckinghamshire.gov.uk/>
- BOD for adults 18 plus. <https://directory.buckinghamshire.gov.uk/>

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## Local surplus food sharing:

### Too Good To Go

#### [Join Our Food Waste Movement | Too Good To Go](#)

Every day, delicious, fresh food goes to waste at cafes, restaurants, hotels, shops and manufacturers - just because it hasn't sold in time.

The Too Good To Go app lets you buy and collect this food - at a great price - so it gets eaten instead of wasted. You won't know exactly what's in your order until you pick it up - it's all part of the surprise. Download the app to get started.

Residents can download the app to create an account. They can then search via their postcode for supermarkets/restaurants that are part of the Too Good To Go scheme where they can then access reduced price fresh food.

### Olio – Free sharing App - [OLIO – The #1 Free Sharing App \(olioex.com\)](#)

On OLIO, you'll find millions of people giving away food & other household items to their neighbours, all for free.

Fight waste. Help your neighbours. Save our planet. Feel amazing!

Residents can download the app and see what free food/household items are available

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THE  
WELLBEING  
GENERATION

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# The Wellbeing Gen

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Next Gen

<https://thewellbeinggeneration.org.uk/>



Minute Item 4

# Background

There is evidence of increasing anxiety and depression among young women aged 16 to 24 years in the UK, with nearly one-third (31%) reporting some evidence of depression or anxiety in 2017 to 2018; this is an increase from the previous year (26%) and the same period five years earlier (26%).

We at The Wellbeing Gen feel strongly about empowering the next generation and setting them up for success and we do this through our Next Gen Programme.

We have delivered our programme in the Oxfordshire area and are currently working the Amersham & Villages Community Board.

# Our work in Oxfordshire

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- Our work in Oxfordshire engaged 35 young people in programmes between April 2022 and December 2022. YP reported a 65% increase in all wellbeing measures and KPIs as a result of attending the programme.







# INNER GAME

## Session Plan: 10 -12

**Finding Your Inner Game** – a programme addressing anxiety and supporting resilience delivered through sport.  
6 sessions of 1 hour each  
Improves young people’s levels of resilience and their abilities to deal with stressors and pressures in day to day lives  
Uses sport and physical activity to allow them to understand their natural responses to anxiety and in turn be better able to move in and out of their personal comfort zone with ease and flow.

**Cultivating Problem Solving and Decision Making Skills** – a programme addressing Cultivating problem solving and decision making, on managing exam stress, through sport we are able to support them to learn how to use the concept of problem solving in a safe and supportive way; to outline key methods of problem solving; to share some information about themselves/their plans to honour the needs of their future self.

# CULTIVATING PROBLEM SOLVING AND DECISION MAKING SKILLS

## Session Plan: 18-25



The project is further structured into three levels of engagement: bronze, silver and gold.

- All levels are free, offered to young people on a first come, first served basis.
- Bronze: assembly talks, open to all. Proposed to reach up to 300 young people.
- Silver: open to 50% of total participants. It will include yoga sessions and a mindfulness programme, combining in person sessions and at least 50% online classes to ensure it is accessible to a wide range of young people.
- Gold: a coaching programme, which will be two groups of 8 young people. Recruitment will take place with the assistance of the Local Enterprise Partnership schools network and supported by the Community Board team. Topics include: forming positive habits, managing your mind, healthy boundaries, self-care, managing anxiety, and understanding identity.
- Total cost of programme: £8,555
- Contributory funding from Heart of Bucks: £1,750
- Community Board funding: £6,805

# Deliverables

- Improve well-being for YP by at least 50%
- The number of young people we aim to reach is 150 young people

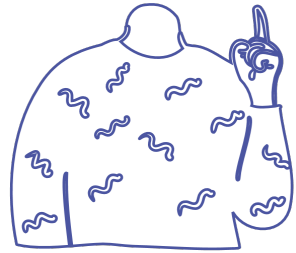




# Community Board Amersham and Villages



# Community Matters...



- Local event promotion
- 1st birthday - Café22
- Biodiversity Group
- St Mary's School 150th Anniversary
- Guides volunteer recruitment
- Nena Bakery surplus produce
- Treehouse update on defibs

PROUD  
OF BUCKS



AWARDS

## Buckinghamshire Community Awards:

- ★ Local Community Champion
- ★ Young Community Champion
- ★ Community Group Contribution



Community  
Boards



# Nominations are open!

# Do you have a bright idea to make a difference to your local community?

Amersham & Villages Community Board are inviting local schools to submit project ideas for the chance to be granted the funding needed to make it happen.

Up to **£1500** will be granted for first place and up to **£750** for the runners up in each age category.

Discuss your ideas with your teachers and peers and submit an application as a school or class group.



Bright  
ideas

FOR A BRIGHT FUTURE

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Scan the QR code to read the competition criteria, t&c's and to submit your school/class entry



For more information contact  
[Amersham@Buckinghamshire.gov.uk](mailto:Amersham@Buckinghamshire.gov.uk)



Community Board  
Amersham and  
Villages

- **Local Heritage Listing**
- **ORCS funding for EV charge locations**
- **Local Plan update – sites to be published following call for sites**
- **Visitor Economy survey**
- **Current and upcoming consultations**
  - [yourvoicebucks.citizenspace.com/](https://yourvoicebucks.citizenspace.com/)



# Updates from partners

# Community Board updates

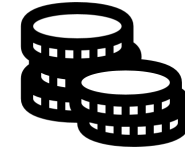
- Weekly drop ins between Little Chalfont and Amersham
- Over 730 Facebook followers and 330 Instagram followers
- 220 on the newsletter mailing list
- Presence at local community events
- Plans this year to attend village days and fetes





Projects approved since the last meeting...

- Amersham Hospital Gardens
- Amersham Band
- Schools Competition
- KCA Christmas Hampers
- Cultural Street Market / Food Festival
- Youth Coaching programme
- Quakers House Welcoming Space
- St George's School Parking Bollards
- Sport sessions for young people
- Thermal Imaging Camera



**£28,701.44**

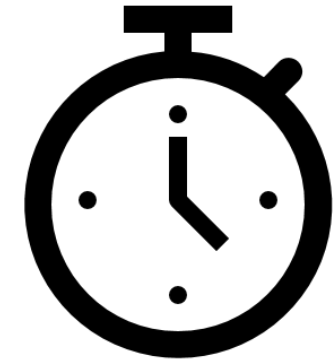


**£33,933.89**

Total value allocated during 2022-23

## Pipeline...

- ✓ Active in the Community - Forever Cycling
- ✓ Talkback - Youth Club
- ✓ Community Safety – Self-defence classes
- ✓ Red Kite Craft Market - Signage
- ✓ Little Chalfont Primary - Solar Panels
- ✓ Little Chalfont Community Library – Noticeboard
- ✓ ATC - Memorial garden clock tower
- ✓ Chesham Bois Scouts - Community Bus
- ✓ Lindfield Nursery - Holiday Support
- ✓ Amersham Museum - Refugee Week
- ✓ Amersham Band – Chalkland redevelopment
- ✓ Sustainable Amersham – Reusable Coffee Cup Pilot
- ✓ Chiltern Open Air Museum – Social Prescribing Project



**£34,590.79**

# Not just a funder...



# Feedback from local residents

**Strengthening our Community:**  
After school clubs  
Music and arts clubs for adults  
Outdoor events (cinema)

**Environment:**  
More flowers, trees and shrubs  
Cleaner streets  
River conservation  
Ecology groups  
Foraging walks  
Reduced litter

**Sport & Fitness:**  
Feedback : I love the sports centre  
Promoting sports opportunities  
Facilitating new activities  
Indoor & outdoor sports and activities

**Health & Wellbeing:**  
More activities for older people  
Support for Carers  
Bereavement support

***Submit a project idea:***

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

***Help with one of the existing projects***

***Come along to our engagement event on  
Saturday 22 April from 1pm***

THANK YOU

We look forward to seeing you next time