



## Community Board Aylesbury

**Aylesbury Community Board - 18<sup>th</sup> October 2022**

### Community News

This document highlights some key community activities and updates for the Aylesbury Community Board area. Please click on the links below for more information.

Please note any questions you have related to this content, should be directed to the relevant contact detailed on the website/social media, and that events and dates may be subject to change.

**Please like our Facebook page and share our posts so we can reach residents across our area.**

**Please also tag us in posts so we can share your information too:**

<https://www.facebook.com/Aylesbury-Community-Board-106108777992919>

## Partner Updates

### Revive Health & Wellbeing Event for minority communities



**REVIVE AYLESBURY  
HEALTH & WELLBEING EVENT**

**Open House**

**TEA & CAKES**

**FACE PAINTING**

**HENNA**

**BEAUTY SESSIONS**

**GP HEALTH INFO**

**SPORT SESSIONS**

**STALLS**

**& LOTS MORE**

Free Health checks!  
GP Info!  
Healthy Minds!  
Nutritional Advice!  
Local Traditional therapies!  
& lots of fun kids activities

**FREE ENTRY**

Bringing together Ethnic Minority communities for better Healthcare.

Bucks New University  
59 Walton Street, Aylesbury  
HP21 7QG

**Join us !!**

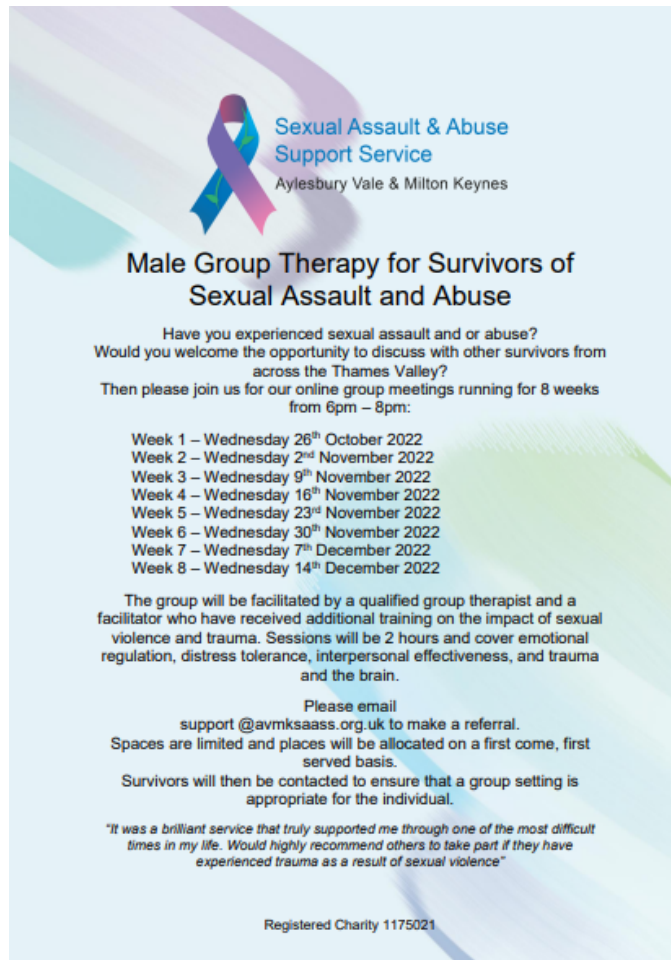
[www.theaylesburybritishmuslimsasso.godaddysites.com](http://www.theaylesburybritishmuslimsasso.godaddysites.com)


### Men Can Heal – [www.men-can-heal.org](http://www.men-can-heal.org)

After a good first year running, Men Can Heal are pleased to confirm that on the last Saturday of the month they will be running a new session in the Aylesbury library between 9.45am - 10.45am. As with their Thursday group, tea, coffee and the all important biscuits will be provided and the sessions will be free. At the first meeting they are planning to provide bacon rolls for those men who can make it!

In July 2022 Men Can Heal became affiliated with Champion The Change- which is fantastic news- they are extremely grateful to Isobel Shea @ Champion the Change for her help and support in making this happen. Men Can Heal are also in conversation with Bucks New University about running a group for the male students..... to be continued!

## AVMKSAASS: Male Group Therapy



 Sexual Assault & Abuse  
Support Service  
Aylesbury Vale & Milton Keynes

### Male Group Therapy for Survivors of Sexual Assault and Abuse

Have you experienced sexual assault and or abuse?  
Would you welcome the opportunity to discuss with other survivors from across the Thames Valley?  
Then please join us for our online group meetings running for 8 weeks from 6pm – 8pm:

- Week 1 – Wednesday 26<sup>th</sup> October 2022
- Week 2 – Wednesday 2<sup>nd</sup> November 2022
- Week 3 – Wednesday 9<sup>th</sup> November 2022
- Week 4 – Wednesday 16<sup>th</sup> November 2022
- Week 5 – Wednesday 23<sup>rd</sup> November 2022
- Week 6 – Wednesday 30<sup>th</sup> November 2022
- Week 7 – Wednesday 7<sup>th</sup> December 2022
- Week 8 – Wednesday 14<sup>th</sup> December 2022

The group will be facilitated by a qualified group therapist and a facilitator who have received additional training on the impact of sexual violence and trauma. Sessions will be 2 hours and cover emotional regulation, distress tolerance, interpersonal effectiveness, and trauma and the brain.

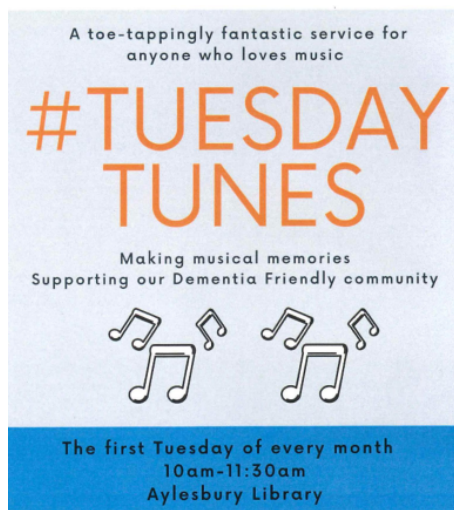
Please email [support@avmksaass.org.uk](mailto:support@avmksaass.org.uk) to make a referral. Spaces are limited and places will be allocated on a first come, first served basis. Survivors will then be contacted to ensure that a group setting is appropriate for the individual.

*"It was a brilliant service that truly supported me through one of the most difficult times in my life. Would highly recommend others to take part if they have experienced traumas as a result of sexual violence"*

Registered Charity 1175021

## Tuesday Tunes:


For more information please contact Benedicta Lasoye, Communities Officer at Aylesbury Town Council- [b.lasoye@aylesburytowncouncil.gov.uk](mailto:b.lasoye@aylesburytowncouncil.gov.uk)/ 01296 425678.



A toe-tappingly fantastic service for anyone who loves music

# #TUESDAY TUNES

Making musical memories  
Supporting our Dementia Friendly community



The first Tuesday of every month  
10am-11:30am  
Aylesbury Library



## Chiltern Rangers- Platinum Way Tree Planting

Chiltern Rangers have 4000 hedgerow plants and trees to plant and we won 't be able to do it without your help!!

Dates: Monday 28 November - Friday 9 December

Location: Platinum Way Footway & Cycleway, Aylesbury

For more information and to register your interest, please email [info@chilternrangers.co.uk](mailto:info@chilternrangers.co.uk)

We also have bird boxes looking for homes. Would you like one for your home? If you are a resident of Platinum Way please email your details to [info@chilternrangers.co.uk](mailto:info@chilternrangers.co.uk)



## **Together We Build**

The Together We Build exhibition and events programme kicks off on **9<sup>th</sup> September and runs until 4<sup>th</sup> November** at cultural venues across Bucks. 12 venues that have chosen to take part, will celebrate our County's Paralympic heritage by displaying objects chosen by disabled Community Curators, and running events inspired by the Paralympic story.

Our project celebrates the 10-year anniversary of the London 2012 Paralympics, honouring the work of Dr Guttman and the heritage and stories linked to this amazing event. We are extremely proud to be working with a group of passionate Community Curators, who are bringing their voices to the project and sharing their stories too.

This is a chance to see a selection of Paralympic objects that have not been on display before, including: the Tokyo 2020 Torch, a Paralympic Athlete's shirt designed by Stella McCartney for 2012, the Swaypole Dress and Gravity Corset from the 2012 Paralympic Opening Ceremony, lion and futuristic mascots and Chris Hallam's Racing Wheelchair, among others. These items will be on display at venues across the County and via our virtual gallery.

On 9<sup>th</sup> September, we are hosting an online Panel Discussion exploring the legacy since 2012. This event will also begin to shape our thinking about an Access Manifesto for cultural venues in Bucks.

To find out more about the exhibition and events, to view our virtual gallery and to book a place for the Panel Discussion, please visit: [www.buckinghamshireculture.org/Together-We-Build](http://www.buckinghamshireculture.org/Together-We-Build)

For further information about the project and to see all opportunities as they arise please see: [www.buckinghamshireculture.org/Together-We-Build](http://www.buckinghamshireculture.org/Together-We-Build) and #TogetherWeBuildBucks on social media. Or contact Lallie: [Lallie@buckinghamshireculture.org](mailto:Lallie@buckinghamshireculture.org)

Together We Build is made possible with The National Lottery Heritage Fund, thanks to National Lottery players. Support has also been provided by Buckinghamshire Council.

[See Mascots, Torches, Racing Wheelchairs and much more across Bucks – Buckinghamshire Culture \(wordpress.com\)](http://www.buckinghamshireculture.org/Together-We-Build)

## Having your say

Your Voice Bucks: <https://yourvoicebucks.citizenspace.com>

Have your say and participate in local and Countywide consultations and surveys

### Love Your Heart Bucks – Help us to shape our campaign

We'd love to hear your opinions on our plans for a new campaign in Buckinghamshire called 'Love Your Heart Bucks'. We aim to raise awareness of how you can love your heart by keeping it healthy, which will lower your risk of having a stroke or heart attack in the future-

<https://yourvoicebucks.citizenspace.com/public-health/5649b670/>

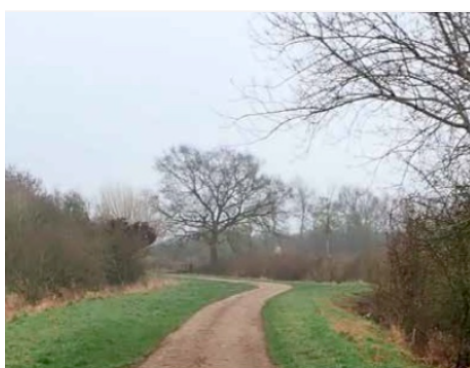
**Background-** Cardiovascular disease (CVD) is a public health challenge nationally and locally. CVD is more likely to affect those from the most deprived communities and those with South Asian or African Caribbean heritage. Poor cardiovascular health can cause heart attacks, strokes, heart failure, chronic kidney disease, peripheral arterial disease, and the onset of vascular dementia. Most CVD cases can be prevented. Risk factors such as high blood pressure, smoking, high cholesterol, diabetes, physical inactivity, obesity, poor diet and excessive drinking can all be reduced, which then lowers a person's risk of developing CVD.

## Local Projects

### Buckingham Park to Berryfields Greenway

The new Cycleway is now open! [Buckingham Park Link – Greenways and Cycleroutes](#)

[Berryfields to Buckingham Park Greenway | Buckinghamshire Council](#)



### SEALR

Work continues on the South East Aylesbury Link Road (SEALR) project. Please read our recent e-bulletin for the latest update on scheme progress and what's coming up / sign up to receive future e-bulletins, by checking out the Project Webpages, here: [www.buckinghamshire.gov.uk/sealr](http://www.buckinghamshire.gov.uk/sealr)

If you have any queries about the project please email here: [hitmailbox@buckinghamshire.gov.uk](mailto:hitmailbox@buckinghamshire.gov.uk)

## Help and Information

Helping Hands: 01296 531 1510 [Contact Helping Hands | Buckinghamshire Council](#).

Our Helping Hand team are available to help individuals or families in need, those on low incomes and those who are experiencing a financial emergency or crisis. Get in contact by phone or the online form, the team will ask you a few questions about your situation so that they can offer the best support or advice.

Bucks Online Directory (BOD): <https://directory.buckinghamshire.gov.uk/>

Find activities, services and groups near you. This directory also includes groups offering support for those affected by Covid-19/lockdown. Groups who are registered with BOD are advised to update their listing.

Bucks Family Information Service:

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/parent.page?parentchannel=24>. A place for families to find activities, organisations and services- such as [things to do, advice support and details of the local offer for SEND](#)

Fix My Street: <https://www.fixmystreet.buckscc.gov.uk/>

Report a problem on a street/road in Buckinghamshire or track the progress of reported issues.

Ukraine Information and Support: [A Helping Hand for Ukraine | Buckinghamshire Council](#).

Information about Homes for Ukraine Scheme and support and guidance for sponsors and guests.

Live Well Stay Well: [Live Well Stay Well](#) is a free service that has helped thousands of people to lose weight, quit smoking, get more active, feel happier or manage their diabetes. We can also support with the emotional challenges of managing long term conditions, and support families to manage a child's weight. If you would like to refer someone to the service, click [here](#). If you would like to self-refer, or know someone else who would like to, click [here](#)

**Community Impact Bucks:** Does your charity, social enterprise, community group or grassroots organisation need some support to help you thrive and grow? Or perhaps you know of or work with an organisation that would benefit from some tailored advice or training? Guidance, resources and tools Bespoke and tailored support.

Training, peer support and networking opportunities Community Impact Bucks is here to help. Our VCSE (Voluntary, Community and Social Enterprise) Support Service, funded by Buckinghamshire Council, can help with all aspects of running an organisation including leadership, funding, governance and volunteer recruitment and management, with priority given to those with income of less than £100,000.

We are here to help new ideas get off the ground, help charities and groups to set up or grow, and help organisations put in place the structures, funding and people they need to be successful. We can also help when charities and groups are going through difficult times, offering support to help them be stronger and more resilient so they can keep making a difference.

Getting Started is easy:

Have a look at our online guidance on [www.communityimpactbucks.org.uk](http://www.communityimpactbucks.org.uk)

Complete a short form requesting support: [www.communityimpactbucks.org.uk/request-for-support](http://www.communityimpactbucks.org.uk/request-for-support)

Call or email us for a chat: 0300 111 1250 / [info@communityimpactbucks.org.uk](mailto:info@communityimpactbucks.org.uk)