

AYLESBURY TOWN matters

Aylesbury Town Council Magazine
Issue Forty Four • Published Quarterly
March to May 2017



Serving the people of Aylesbury



'Take pride in Aylesbury Town'

www.aylesburytowncouncil.gov.uk



St George's Day Celebration

Sunday 23rd April 2017



Fun Day

11am-4pm | Market Square

Scout Parade leaves Market Square at 2:45pm

Activities and Entertainment will include:

Children's Jousting | Arrow Forging | Archery

Morris Men | Historical Music

Sword Fighting Demonstrations

Walkabout Dragon Entertainment

*A very tall St George will fight
with a fierce school dragon*

Games, Crafts & Activities



www.aylesburytowncouncil.gov.uk

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Welcome Note

“ Welcome to the 44th issue of Aylesbury Town Matters, the first one in 2017. We have lots planned for this year including our fantastic array of events which start with St George's celebrations in April followed by our third Aylesbury Soapbox Derby. It is a great way to get together with the family and build a lean, mean racing machine to enter in the competition, or just come along and watch the action! For more information see page 4.

For those with green fingers it is time to start thinking about entering our Annual Garden competition, which has lots of categories for residents, businesses, organisations and schools to enter. We hope you will consider entering and also encourage your children, grandchildren or even great-grandchildren to enter the Young Gardener category.

We manage seven allotment sites across the town, which is a great way to encourage healthy eating and activity. We have availability at some of our sites so if you are interested in becoming an allotment holder and growing your own produce please read page 7 for more information or get in touch with us.

The Town Council meets on the second Thursday of every month at 7pm in the Council Chamber at 5 Church Street. Residents are very welcome to attend all meetings of the Council and we allocate fifteen minutes at the beginning of every meeting to enable members of the public to address the Council. So please do come along and ask us any questions you may have.

Last December we welcomed Aylesbury Youth Town Council, which currently has seven members representing a variety of schools and local organisations. It is a great way to get young people involved and interested in their community. Read more about the Youth Town Council on page 23.

The team at the Jonathan Page Play Centre were busy over Christmas with our very popular Playscheme where they made Christmas crafts with the children and played lots of fun games. They are already planning the Easter and May Half Term Playschemes, which will be packed with fun activities, crafts and games. During the Easter Playscheme they'll have an Easter Bonnet competition, which will be judged by the Town Mayor, Cllr Barbara Russel. To find out more about our forthcoming Playschemes see page 9.

Have a look at our Grants section, showing how we help many, and often unsung, community projects who really make a difference to people's lives. Maybe you know of a worthy organisation that could apply for a little financial help from us? If so, please ask them to get in touch.

We hope you enjoy this issue, please do contact us if you have any feedback or comments on any of the work we do, services we provide or if you want to contribute an article to this magazine. We always look forward to hearing from you. ”

With best wishes
Councillor Mike Smith
Leader of Aylesbury Town Council

Aylesbury is twinned with Bourg-en-Bresse.



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The Communities Team are excitedly putting together plans to ensure that 2017 is filled with a wide variety of free events to keep all of your family entertained throughout the year. Please do cut out and keep the full list of dates on page 6 and like our Facebook page @aylesburytc to keep up-to-date with all of the plans and developments.

Before we kick off this year's events, it's time to take a quick look back at the end of last year. Ballerinas, a unicyclist and a hula-hooping rag doll, along with ten giant Nutcracker Soldiers visited the town during **Festive Family Fun**. The Jenkins family from Aylesbury were the winners of £200 to spend in Friars Square, having completed the treasure trail. Thanks to all of the local businesses who supported the trail, by having soldiers in their windows for the day.

St Mary's Church was once again the setting for **Carolfest**, children from Oak Green School, alongside the Wingrave Singers, led the singing with joy and confidence to a church filled with hundreds of happy families joining in with the programme of traditional Christmas Carols. Thanks to Tesco Community and the Matrix Explorer Scouts for helping to raise over £420 for the Mayor's charity.

This year's **Walking Play** in November took visitors on a mysterious tour around Aylesbury's old town, where the audience helped discover who was 'The Rose Thief'. The title of this year's play is still to be confirmed – but don't miss out on a fantastic opportunity to see Aylesbury in a new light.

The MixMonster was a popular addition to October's **Pantoween**, with lots of excited children getting involved, making sure everyone knew that "he's behind you!" The reptile roadshow brought creepy crawlies of all varieties to the town centre, giving the opportunity to hold and look at everything from a fruit bat to snakes.



This year's annual **St George's Celebration and Scout Parade**, actually takes place on St George's Day, Sunday 23 April – so don't miss out on a day filled with historical celebrations about England's patron saint. With arrow forging on an open fire, sword fighting, children's jousting, historical music, dragons and St George alongside archery, games, crafts and activities, all taking place in Market Square from 11am until 4pm. Also from Market Square, see the Scouts parade, led by The Amersham Marching Band, as they leave between 2.45pm – 2.55pm and return at 4.10pm – 4.20pm (approx.).

Registrations to take part in Aylesbury's third **Soapbox Derby** will open on 1 March. There are trophies to be won in two racing categories; drivers under or over 16; along with the popular best looking kart. This is all part of a relaxed and fun family day out to mark Father's Day on Sunday 18 June – so bring a picnic, or take advantage of the catering stalls available, enjoy the music, games, inflatables and activities with your family and friends.



To take part and receive the registration pack on the day of release please email r.mayhew@aylesburytowncouncil.gov.uk

If you would like to volunteer or be involved at any of our events, or if you have any comments please email r.mayhew@aylesburytowncouncil.gov.uk





Events Guide 2017

FREE ST GEORGE'S CELEBRATION FUN DAY AND SCOUT PARADE

Sunday 23 April, Market Square, 11am – 4pm
Parade at 2.45pm

A free family fun day in celebration of England's patron Saint George, with entertainment, demonstrations, crafts, games and activities. The annual Scout Parade, led by a marching band, takes place from Market Square at 2.45pm to St Mary's Church and returns to Market Square for dismissal at 4.15pm.

FREE AYLESBURY'S SOAPBOX DERBY ON FATHER'S DAY

Sunday 18 June, Whitehill Park, 11am – 4pm

Will you and your children be the proud winners of the third Aylesbury Soapbox Trophy, having raced your homemade gravity powered vehicle down the course? Categories for juniors (under 16) or seniors (above 16). Lots of music and entertainment on the day.

FREE AYLESBURY ON SEA

Sunday 2 July, Kingsbury, 11am – 4pm

A day at the seaside comes to Kingsbury. This very popular, free family fun day brings you an array of traditional seaside games, activities and entertainment.

FREE PARKLIFE WEEKEND

Saturday 26 & Sunday 27 August, Vale Park

A jam packed programme of live music, family entertainment and great fun throughout the weekend.

FREE LIVE IN THE PARK

Saturday 26 August, Vale Park, 12 noon – 9.30pm

An entire day of continuous live music and family entertainment – with music, bands, fun fair and lots of free family fun, including a Community Involvement Area. Refreshments are available to purchase. Full line-up and details to be announced closer to the event.

FREE CHURCH IN THE PARK

Sunday 27 August, Vale Park, 10.30am – 12 noon

Aylesbury Church Network host an open air church service, welcoming all the community.

FREE FUN IN THE PARK

Sunday 27 August, Vale Park, 12 noon – 4pm

Aylesbury Church Network will be hosting an afternoon of free family entertainment – including barbecues, sports and activities for all.

FREE PROMS IN THE PARK

Sunday 27 August, Vale Park, 7.15pm – 9.30pm

Arrive with your picnic, friends and flags from 6.30pm for a traditional open air proms concert. The weekend finishes with a fantastic FIREWORK display at 9.30pm.

BUCKS COUNTY SHOW

Thursday 31 August, Bucks Showground, Weedon, all day

Come and see us at the 150th Bucks County Show. Pop in for refreshments and to find out more about Aylesbury Town Council and meet staff and councillors.

FREE HERITAGE OPEN DAYS

Saturday 9 & Sunday 10 September, town centre, all day

ATC co-ordinate all of the free activities and open locations across the town. Providing information and maps to where is open and tours that can be booked.

FREE TUDOR FAYRE

Sunday 10 September, Bucks County Museum, 11am – 4pm

During Heritage Open Days, featuring a wide variety of Tudor themed activities, entertainment, crafts and games taking place in Bucks County Museum.

FREE HALLOWEEN FUN

Thursday 26 October, Market Square, 3pm – 6.30pm

Free Halloween fun and entertainment in Market Square. Expect an afternoon filled with ghoulish fun and games along with the ever-popular Pantoween and fancy dress competition.

WALKING PLAY

Saturday 11 & Sunday 12 November, at 6pm and 8pm

Interactive walking play around the cobbled streets of Aylesbury's Old Town. Tickets £4.50.

FREE MAYOR'S CHRISTMAS CAROL SERVICE

Sunday 3 December, St Mary's Church, 5.30pm

Join the Mayor, Town Councillors and invited dignitaries, at this Civic Carol service with traditional lessons and carols.

FREE FESTIVE FAMILY FUN

Sunday 10 December, Friars Square & Market Square, 11am – 4pm

Get into the festive spirit with our Festive Family Fun Day, packed with seasonal entertainment and joy for the whole family. With games and entertainment in Friars Square and Fun Fair rides in Market Square.

FREE CAROLFEST

Sunday 10 December, St Mary's Church, 6pm – 7pm

Grab a song sheet and sing along to your favourite Christmas carols, accompanied by a brass quintet and local choir. Hot chocolate and mince pies are also served.

*Keep an eye on our website,
facebook and twitter pages
for up-to-date events
information!*

Calling all budding growers in Aylesbury!

AYLESBURY in BLOOM 2017

Now's your chance to get recognition for your efforts in the garden, with the 2017 Aylesbury in Bloom garden competition.

A **FREE** competition which is open to all residents, organisations, businesses and schools in the Parish of Aylesbury town, with many different categories to suit all gardens and gardeners, of every age. The competition is judged by some of the best gardening enthusiasts in town.

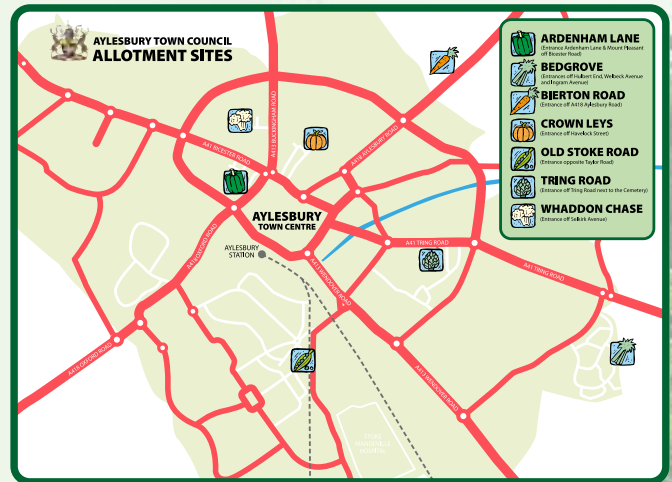
If you would like some inspiration for your garden visit our 'Aylesbury in Bloom' Facebook page where you can see photos of gardens from previous competitions. You'll see that they are all very different and that it doesn't matter if you have a small, large, stone, container or laid to lawn garden.



Application forms will be available from 31 March on our website or you can call us on **01296 425678** or email us at **info@aylesburytowncouncil.gov.uk** and we will send the application and judging criteria to you.

The closing date for applications is Friday 16 June 2017 and judging will take place throughout June, July and August with the school awards taking place in July and all other awards taking place in September.

www.aylesburytowncouncil.gov.uk



Allotments

Aylesbury Town Council manages seven allotment sites in Aylesbury; Ardenham Lane, Bierton Road, Bedgrove, Crown Leys, Old Stoke Road, Tring Road and Whaddon Chase – as shown on the map. Even though we have over 600 plots, we still have waiting lists with some sites proving more popular than others!

We manage the list by allowing only one waiting list entry per household, providing a choice of a 2.5, 5 or 10 (maximum) pole plot and encouraging the sharing of plots between family and friends.

With 'beginners' in mind, we are endeavouring to provide more 2.5 pole plots on all sites, to give the new allotment gardener a manageable piece of land to start with.

We also have Wardens on each site, who with their wealth of allotment knowledge, will be able to give you advice and answer any questions you may have. If they are not about, having a chat with your neighbours on the site may result in some useful hints and tips!

We carry out regular inspections of the sites to ensure that plots are being managed by allotment holders, address any problems they may have and to make sure all is running well.

The judging for our Annual Allotment Competition takes place at the end of July and as all the plots are considered by our Judges, anyone could be a prize winner. There is even a special prize for the 'Best Newcomer' so there is something for our new gardeners to aim for.

If you are interested in becoming an allotment holder and wish to be put on the waiting list then please give us a call on **01296 425678** or email **i.beaty@aylesburytowncouncil.gov.uk**

Linda Beaty

Council Tax and Services

We are pleased to let you know that the Town Council will not be increasing its part of the precept/council tax from April 2017. It will remain the same as for 2016 for all households in the town, with the Band D rate being £55.48. Your total bill may still change depending on what Aylesbury Vale District Council (AVDC) and Bucks County Council (BCC) have decided regarding their budgets. The amount relating to each council is shown on your annual bill, usually received in March.

Each year town and parish councils, across the country, look at their responsibilities for the next tax year. This involves a lot of discussion on which services will be continued, and what new services could be provided.

Aylesbury Town Council has continued to provide a number of services to the town centre, and surrounding communities, that make up the Parish of Aylesbury.

We continue to receive positive comments from Aylesbury residents, and visitors to the town, on the hanging baskets and tubs placed across the parish. We are also pleased to be able to continue to provide free community events which include the annual Live in the Park and other well-attended events such as Aylesbury on Sea, Soapbox Derby and many more. We do this, not only to bring people into the town who will spend money in our local businesses, but also to encourage community spirit, family and friendly togetherness and a sense of community. We continue to manage all of the allotment sites across the town as well as the town cemetery in Tring Road. We have also taken responsibility for the Jonathan Page Play Centre, which is especially helpful to local families in providing affordable childcare facilities with an After School Club and Holiday Playschemes. We are pleased to let you know that we will continue to provide all of these services during 2017.

For the last few years we have also taken on several areas of work from the County Council under the Devolved Services scheme. This is a positive way forward for the town as we are now able to quickly deal with matters ourselves. We are responsible for the grass cutting, weed spraying, some tree and hedging works across much of the town (although some areas are still dealt with by AVDC or VAHT). We will continue to manage this area of work to the best of our ability and since we have taken the work over from Bucks County Council, we continue to receive compliments on the overall look of the town and we welcome all feedback. There have been a couple of problems to resolve since taking on this work but these have been sorted both quickly and professionally, and the overall opinion is that we are doing a good, and better, job in looking after the various open spaces in both the town areas and housing estate areas.

We also work closely with both the District and County Councils in providing services to the residents of Aylesbury and we are part of the Town Centre Steering Group (which is responsible for the development across the town), Town Centre Partnership and participate in other initiatives which affect the town and wider community of Aylesbury. We are also part of the first line of defence regarding flooding and our in-house maintenance team are trained in installing the flood defence barriers that are needed in times of crisis. Our involvement was invaluable when dealing with the flooding at the Willows estate. The Town Council will continue to promote the town and do what we can to support the town.

The future discussions on a Unitary Council for Buckinghamshire will affect local town and parish councils and we will make any necessary changes to the council tax in 2018 if we need to do so, depending on what, if any, further services are taken on by Aylesbury Town Council, as well as factors we have to consider every year such as general cost inflation.

We would like to thank Aylesbury residents for their on-going support and we look forward to continue working with other stakeholders in the town to make Aylesbury a destination of choice for shopping and leisure, as well as a good place to live and work.

Cllr Mike Smith
Leader of Aylesbury Town Council

Correspondence   

*ATC invites your comments
and correspondence...
we'd love to hear from you!*

If you have thoughts about the town we'd like you to express them through this magazine. What do you think of the events that take place in the town centre? How do you feel about the town in general? Do you have fresh ideas? What bothers you? We'd like to know.

You can send an email marked 'ATM Letters' to: **info@aylesburytowncouncil.co.uk** or write to us at: **Aylesbury Town Council, Town Hall, 5 Church Street, Aylesbury, Bucks HP20 2QP.**

Please do give us your name and contact details so that we can reply to you.



Jonathan Page play Centre



We have been very busy during the last few months, two of our highlights included the Annual Santa's Parade in the town centre and the Christmas Playscheme. The children and staff loved taking part in welcoming Santa to Aylesbury. Three of the children were shepherds and had fun riding on the donkeys, whilst the rest of the children were dressed as colourful Christmas presents – all wrapped up with bows on the top. All of the children... and donkeys, were very well behaved whilst being in awe of the magical Christmas atmosphere. Everyone enjoyed making their outfits during the After School Club and were honoured to take part.

Back in December we welcomed some very excited children through our doors during the Christmas Playscheme. With a magical Christmassy atmosphere, the children were very creative in their crafts. From handprint reindeers to Christmas wreaths, parachute games to discos, there was something for everyone. The children thought of their own New Year's resolutions – how many of these are still in place remains unknown to us!

Easter Playscheme: 3 – 13 April 2017

Two weeks bursting with fun packed activities and games focusing on Easter and Spring. Our friendly team have planned lots of great craft activities and games ranging from Easter garlands and egg wreaths, icing Easter biscuits, to bunny hop races, to an Easter bonnet competition and disco. The Easter bonnet competition will take place on Thursday 13th and will be judged by Aylesbury's Town Mayor.

Messy May Madness Playscheme: 30 May – 2 June 2017

Get messy at the Jonathan Page Play Centre in May. Children get the chance to use all of their senses in our Messy May Madness activities. Activities and games have been chosen for the children to explore textures, colour and creativity. Enjoy string painting, painting with shaving foam, jelly bath, gloop, marbling, giant picture sticking and so much more. There are also opportunities for the children to enjoy the indoor and outdoor area, including pool table, football table and lots of games and toys.

We offer flexible sessions each day and prices are per child per session:

8am to 6.30pm - £30 • 8am to 3.30pm - £22.50 • 8am to 12.30pm - £16 • 12.30pm to 5pm - £16

Playscheme is for all children from the age of 4 up to their 13th birthday. To register and book a space please visit our website and click on the BOOK ONLINE button www.aylesburytowncouncil.gov.uk/jppc or call our friendly team on **01296 336413**. Ofsted Registration EY536686



ATC continues work on its Dementia Friendly Campaign



Great news! After a successful 2016 delivering information sessions and welcoming 290 new Dementia Friends in the community, Aylesbury Town Council (ATC) has received recognition from the Alzheimer's Society that they are working towards Aylesbury becoming a Dementia Friendly Town.

Our Dementia Champion, has been actively working with schools, community groups and businesses who have pledged to support this campaign raising an awareness of dementia and mental health. Our focus is on making everyone feel valued within our town, enriching the community and reducing the stigma associated with dementia. It also helps raise awareness of how each and every one of us can support those affected by dementia, often with just one simple action.

Recognition that the town is working together with schools, community groups and service providers reinforces our collective progress which has seen the successful registration of the Aylesbury Town Dementia Action Alliance. This is another way to collaborate with groups who choose to undertake a social action for their organisation which they can chart progress on their achievements periodically. Many small actions will have a greater impact and benefit people who may need that extra support – be it a quiet area to sit down, extra seating or a 'relaxed' checkout. All of these actions will no doubt make a difference.

Any local businesses, schools or groups who would like to support this campaign should contact Benedicta on b.lasoye@aylesburytowncouncil.gov.uk and together, we can continue working towards making Aylesbury and its surrounding areas dementia friendly.

Community News & Events



**Are you involved in a local community group or charity in Aylesbury?
Would you like to promote your work and events?**

This magazine is delivered to every household in the Parish of Aylesbury. For more information call Judith on **01296 425678** or email: j.priest@aylesburytowncouncil.gov.uk
There is no charge for community groups and charities.



Next phase of Aylesbury's Transformation is Underway

Construction work for Aylesbury's exciting new development, The Exchange, is proceeding well.

The development is taking place at the top end of the Exchange Street car park, opposite the cinema. It will create four new restaurants with 47 one and two bedroom apartments above them and a stunning new public square funded by a grant from the South East Midlands Local Enterprise Partnership (SEMLEP). Additional flexible commercial space will be built facing Long Lion.

The new development will provide Aylesbury town centre with its first purpose-built mixed restaurant and residential development, reflecting how modern town centres are changing to meet the demand for more town centre homes and leisure dining.

The project will be central to the wider regeneration of the town which has already seen the development of Aylesbury's Waterside Theatre, the new Waitrose and Travelodge and more recently, the University Campus Aylesbury Vale, (UCAV).

Whilst the development means there's fewer parking spaces in the Exchange Street car park, there's plenty of spaces in other car parks nearby – Walton Street, with 525 spaces and Upper Hundreds with 305. Both operate on a pay on exit basis and are open 24/7.

For more information about the development go to: www.aylesburyvaledc.gov.uk/watersidenorth

For more information on where to park when visiting Aylesbury town centre, go to www.aylesburyvaledc.gov.uk/parkaylesbury

Aylesbury Ladies' Electrical Association

Aylesbury Ladies' Electrical Association was originally the Electrical Association for Women. It had its inaugural meeting on 25 January 1934 and thereafter met twice monthly on Thursday afternoons. At that time, the Aylesbury branch was one of about 260 throughout the country. The National Electrical Association for Women was founded by Dame Caroline Haslett in 1924 to teach women how to use electricity safely.

The Aylesbury branch always had a good membership for many years. 1986 saw the Electrical Association for Women go into liquidation due to a lack of sponsorship from the Electrical industry.

The Aylesbury branch, still having about 100 enthusiastic members, decided to carry on under the new name of Aylesbury Ladies' Electrical Association. The inaugural meeting was in 1987 at the Social Club, the Eastern Electricity premises in Exchange Street. Meetings continued here twice monthly until the premises came under new town planning and the area was demolished.

The meetings are now held at the Rivet Sports and Social Club, Whitehead Way, off Mandeville Road, Aylesbury, on alternate Thursday afternoons at 2.15pm. There is a varied programme of speakers throughout the year as well as two or three outings, the AGM preceded by a lunch, a summer garden party and a luncheon in October.

The annual membership fee is £12 with entrance fee of £1 for members and £1.50 for visitors, including a raffle ticket. New members are warmly welcomed. If you are interested, please ring **01296 485399** for information about the next meeting.



Poppy Appeal 2016/17

Once again the people of Aylesbury and surrounding district have been so generous for this year's Poppy Appeal which was launched by Mr David Lidington MP.

To date, the amount collected is **£79,575.74**. Working on previous years we could possibly beat last year's total of £82,500.



The people who donate never fail to amaze us particularly the children that get involved. This year Aylesbury Sea Cadets were out every weekend and without them we

could not have covered the town. Once again George Lait and the Friars Square maintenance team decorated our stall, the pop-in staff and volunteers dressed up and Mr Poppy came to visit.

We also have to say thank you to the friends of the Royal British Legion that come out every year in the cold and collect for us and the ladies that sat for hours knitting poppies. The supermarkets and schools show their support and each year surpass our expectations. Thank you one and all.

All the funds raised go to help and support serving personnel, veterans and their families in many different ways. If you would like to know more, we are always ready to welcome new members to our branch, with or without a service record, and also people to assist with the collections during the two weeks prior to Remembrance Sunday.

We meet on the first Wednesday of every month (except January and August) at The Railway Club, California, Aylesbury HP21 8HH at 7.30pm. For further information please call Barbara Grant on **07973 509174**.

Registered Charity No: 219279



Aylesbury Town WI meets the third Thursday each month – why not join us? You may have heard of the WI. You may think it is all about craft work and jam making. Although craft work is one activity some WI members enjoy, there is so much more.

Monthly Meetings: To give you an idea the following are the arranged events for the next two meetings: February 16th: Bacon and Bangels Speaker – Jeff Rozelaar talking about Jewish Cockney humour of growing up in post war West End; March 16th: a talk by Sign Health Charity for Deaf People. In addition to the events arranged, at each meeting we have the opportunity to chat with everyone, make friends and enjoy refreshments.

What else? A meal is arranged each month at a different local venue; this is another opportunity to get to know members. Craft meetings are held weekly, where it is not essential to make anything just come along for a coffee and a chat. There is a wealth of experience and guidance if required on craft work.

Outings: Last year, just five of the outings we enjoyed were the flower festival at Chichester, The Houses of Parliament, the Hindu Temple at Neasden, Sonning Mill Theatre and St Albans Christmas Market.

Why not come along and find out what we are planning for 2017? Meetings are the third Thursday each month – you will be very welcome. Meeting time: 7.30pm – 9.30pm, Aylesbury Town WI at Granville Street Church, Granville Street, Aylesbury, HP20 2JL. If you would like to contact us first, email aylesburytownwi@gmail.com or telephone Dawn **07752 956349**.

Don't forget to make a note in your diary of our St George's Day Celebration and Soapbox Derby. See the posters on the inside front and back covers.

Open Evening, Monday 20 March 2017 Foxhills Indoor Bowls Club, Wendover Road, Aylesbury



We are a group of local people who want to contribute to our community in some way, and also to aid those less fortunate than ourselves both in our locality and throughout the world. We achieve this by organising practical assistance and by raising funds for charities and for our own projects. We meet weekly at Foxhills and in between business meetings we have varied talks and many social activities including outings and visits to places of interest. We have a friendly, relaxed, and yet purposeful, approach to everything we do.

Please come and join us for light refreshments and let us tell you about our varied charitable and social activities. You will be under no obligation. Interested in knowing more about the world's biggest charitable organisation then we would welcome you on the 20 March between 7pm and 9pm. For more information contact the club President, Roger King on **01296 482812** or email roger.at.rotary@ntlworld.com

Community News & Events



Local Primary Schools Awarded on Young Carers Awareness Day 2017

Primary schools from across Aylesbury Vale have been awarded in recognition for the work they are doing to help support young carers. This included Aylesbury's St Edward's Catholic Junior School who received a Gold Award at the Young Carers in Schools Awards to coincide with Young Carers Awareness Day on 26th January 2017.

The Young Carers in Schools project is run by Young Carers Bucks and funded by The Community Chest and sees local primary schools being offered guidance and the practical tools required to identify and support pupils aged 6 – 11 who have a caring responsibility.

A member of staff within the school is identified as a 'Young Carers Champion' and works alongside a Young Carers Bucks Support Worker to set up a regular support group. The group sessions give young carers the opportunity to discuss any worries they might have with school work, their worries, self-esteem issues, their caring role, as well as the chance to have some time for themselves. The schools are then encouraged to run the support groups themselves with the continued guidance from Young Carers Bucks.

Young Carers are responsible for emotional, practical or physical care for a parent, sibling or other family member who has a physical disability, mental health issue or substance misuse problems. Young Carers Bucks currently supports over 700 young carers across Buckinghamshire.

Sally Mansi, Service Manager at Young Carers Bucks says: "We are delighted with the success we have had to date with the Young Carers Schools programme. We are now looking forward to rolling the programme out to secondary schools over the coming months."



It takes Special People to Walk All Night for the Hospice

Florence Nightingale Hospice Charity's annual Midnight Walk has moved to the end of June for 2017, kicking off at midnight on Saturday 24 June at Aylesbury College.

FNHC's largest charity fundraiser, raising on average over £55,000 each year for the Hospice, the Midnight Walk attracts hundreds of women dressed in pink bunny ears and dayglo accessories to walk the 6-mile or 13-mile route.

"The Midnight Walk has its own special magic," says FNHC's Event Organiser, Michelle Merrison. "It's a very real physical challenge to walk all night, but also an emotional experience for many of the walkers, because as they walk, they remember friends or family who were cared for in the Hospice, and the difference it made having the specialist support of the Hospice team who know just how to care for people who are in pain or at the end of their lives, and also how to help families cope."

Florence Nightingale Hospice is only partly funded by the NHS, and the charity is dependent on donations from the community to pay for Florrie's Children's Team, Bereavement Support, Nightingale 24/7 Care at Home, the Day Hospice and other services to patients with life-limiting illness. The sponsorship money raised by Midnight Walkers is essential.

Entry to the Midnight Walk is £18 which includes a free souvenir Midnight Walk 2017 T-shirt, as well as a medal and complimentary breakfast at the end of the walk. For more information and to sign up, please visit www.fnhospice.org.uk/midnight-walk





NCCA Annual End of Year Event

On behalf of the Nigerian Community Association Aylesbury (NCAA), I would like to thank the Deputy Mayor of Aylesbury, Cllr Tom Hunter-Watts and his lovely family for attending our Annual End of Year get together event on the 17 December 2016.

It was a fun filled event. Certificates were awarded to adults that have impacted positively within the community and children that have been brilliant both academically and morally.

An Achievement Award was presented to Mr Dayo Olowosale for an Outstanding Achievement and Continuous Contributions to the success of the NCAA and National Association of Nigerian Communities UK (NANC-UK).



In return to the community, an African-Caribbean cook book was donated to the Aylesbury Library by the author Dr (Mrs) Pamela Ayewoh-Bernard (MBE), received by Karen Hills on behalf of the library.

An artefact was also donated by The King of Iwoland in Osun state, Nigeria, Oluwo of Iwo, Oba Abdul Rasheed Adewale Akanbi towards the Nigerian Culture Week Project that will be taking place at the Aylesbury Museum in October 2017.

We thank Aylesbury Community Chest for the donation which was used to purchase a laptop and pay for the venue. We thank other sponsors as well for their great support. This will go towards our primary focus which is supporting people of Nigerian heritage and their families within Buckinghamshire County by providing awareness, training through workshops, meetings and seminars and to develop relationships with other similar groups within the wider community, in order to strengthen and improve their skills in their current surroundings and build confidence within the local community.

As NCAA is a Registered Community Interest Company we are more concerned about how we can help you achieve your goals. Once again, it is with profound appreciation that I thank you all for your support and NCAA looks forward to supporting you in our capability to help you achieve your goals.



Aylesbury Tennis Players raise vital funds for Local Charity

Aylesbury Tennis Club Midweek players have presented Buckinghamshire Mind, the mental health charity, with a cheque for £400. The players raised the money through a tennis tournament held on 16 December 2016.

"We decided to raise funds for Buckinghamshire Mind because we believe in the work the charity does to help and support people with mental health problems in the local area. We would like to say thank you to everyone who took part and contributed towards the tennis tournament, ensuring it was a great success." Jean Mummery, Aylesbury Tennis Club Midweek Players.

"We are very grateful to the Aylesbury Tennis Club Midweek Players for raising vital funds for our services. Our work relies on individuals and community groups who give their time, money, energy and passion to make sure that Buckinghamshire Mind can be there for everyone who needs us. Their contribution really will make a difference to people's lives." Andrea McCubbin, Chief Executive, Buckinghamshire Mind.

Buckinghamshire Mind supports and represents people with mental health problems living across the county. Buckinghamshire Mind is run by local people for local people, providing mental health services in Aylesbury, High Wycombe and Chesham.

To find out more about Buckinghamshire Mind visit www.bucksmind.org.uk



Aylesbury Tennis Club Midweek Players present Buckinghamshire Mind's Emmy Fisher with a cheque for £400 (from left): Lynda, Lesley, Emmy, Jean, Josie and Hilary

Community News & Events



One College for Buckinghamshire

Aylesbury College and Amersham & Wycombe College are in discussions to merge as part of a national government review of the Further Education sector. The merger would see courses continuing to be delivered at all three campuses in Aylesbury, Amersham and High Wycombe (Flackwell Heath).

A general public consultation on the proposed merger has recently closed and feedback was made public in early February.

Karen Mitchell, Principal and Chief Executive of Aylesbury College said: *"It is an exciting time for further education and skills in Buckinghamshire and we can see the great opportunity in establishing one college for Bucks, bringing together the best aspects of both colleges and supporting our shared ambition to build highly responsive vocational and technical learning that delivers the job skills of the future. The proposed merger will create a larger, more capable and resilient organisation; an institution which will deliver consistently high quality teaching, improving outcomes for students."*

Almost a quarter of young people in the county progress into Further Education colleges, with the aim of finding skilled employment locally. The two colleges believe that the 'One College for Bucks' vision will offer young people the high quality vocational and technical education they need to be the future workforce of Buckinghamshire.



Courses advertised via the two colleges' websites and prospectuses will continue to be offered, at the locations advertised, in September 2017 and both colleges look forward to welcoming students in September as usual.



Local Lad Skydives in aid of Bereavement Charity

Aidan Neale, of Misbourne Close, Aylesbury, celebrated his 18th birthday in style this year by completing a sky dive in aid of Child Bereavement UK and raised over £500.

Buckinghamshire based charity, Child Bereavement UK, which hosts drop in support sessions in Children's Centres across Aylesbury and has its head office in Saunderton, supported Aidan, and his sister, Elysia, after the sudden death of their father in 2008. The pair received individual, family and group support and Aidan is now a member of the charity's Young People's Advisory Group.



As well as supporting families when a baby or child of any age dies or is dying or when a child is facing bereavement, the charity also trains professionals to help them better understand and meet the needs of grieving families.

Aidan, who had wanted to do a skydive for some time said: *"This was a really exciting experience and I would love to do it again. I wanted to raise the money for Child Bereavement UK as they have helped me greatly since losing my father."*

Becky Pounce, Events Fundraiser for Child Bereavement UK said: *"We're so grateful to Aidan for raising such a wonderful amount of money by taking on this exciting challenge to mark his special birthday. We rely on support from the local community and cannot thank him enough."*

If you would like to learn more about Child Bereavement UK or see what other exciting fundraising challenges are available, please visit: www.childbereavementuk.org

ATC News

Town Mayor's Update

As we look back at the last few months of 2016, it is with honour and appreciation that Mayor Cllr Barbara Russel has been able to attend so many events and has been able to represent the town and Council at our own Civic Ceremonies.

November was a time for reflection and remembrance, when Aylesbury residents came together to remember those who gave their lives in past and current wars. She was honoured to be at the launch of the Aylesbury Royal British Legion Poppy Appeal at the end of October in Friars Square and was proud to be part of the Remembrance Service held in Market Square on Sunday 13th.

The Civic Remembrance Service was held on the 11 November, we are grateful to the students, staff and the Head of Music, Mrs Sinéad O'Sullivan, of Mandeville School, who were joined by the choir of Broughton Junior School, under the direction of Mr David Mitchener, for their time, commitment and professionalism, as they performed in music and readings, in a moving and fitting tribute for the occasion.

Many other events and invitations were gratefully accepted, many school performances and productions were attended. Cllr Russel said: *"There is so much talent from the young people of Aylesbury, I am honoured that I have been able to enjoy the performances and congratulate all those involved."*

Cllr Russel was delighted to be invited by the Rotary Club of Aylesbury Hundreds to attend their Young Chef Competition at Aylesbury College. The standard of cooking was very high and the Mayor even learnt a new recipe or two.

Late November and early December brought the start of the Christmas celebrations, and it was lovely to see so many people line the streets to watch Santa arrive in Friars Square. Cllr Russel was also thrilled to hold her own Carol Service at St Mary's Church and was overjoyed to be supported again by the Aylesbury Choral Society, Aylesbury Concert Band and the choir and musicians from St Mary's Church. The congregation enjoyed mince pies and mulled wine at the end of the service as well as chocolates handed out by the Mayor and fellow Councillors, with the help of Aylesbury Lions.

Cllr Russel was also very humbled to attend the Community Christmas Day Lunch organised by Kim Walker and volunteers of St Mary's Church. It was a wonderful warm afternoon, where members of the public were able to share in the spirit of Christmas together.

During December, the Mayor along with members of the Twinning Committee and the Town Clerk, were privileged to visit our twinned town, Bourg-en-Bresse in France. They joined their celebration weekend of Marché Festif et Gourmand, a celebration of their famous blue ribbon chicken, watched a basketball match with the home team JL Bourg playing Saint-Chamond, a team from the Loire Department (a win for the JL team), as well as a visit to Monastère Royale de Brou and a tour of the town. A busy few days were had meeting the Mayor, Councillors and members of the twinning office, discussing the two towns and developing associations.

January and February brought visits from Aylesbury Scout and Beaver groups to the Mayor's parlour, to learn about the Mayor, their role, and have the opportunity to see the robes and regalia. We look forward to the lighter evenings during March where the Mayor will be holding a fundraising evening for SPACE and her final months in the role as The Mayor of Aylesbury.

Sue Carpenter



If you would like to invite the Mayor to attend an event you are holding, please contact the Mayor's Assistant Sue Carpenter at the Mayor's Office by calling 01296 425678 or emailing s.carpenter@aylesburytowncouncil.gov.uk

Aylesbury Town Council Grants

Are you involved in a charitable or voluntary organisation in Aylesbury? Could your group benefit from a grant to support a project, event or service? If so you could apply for a match funded grant from Aylesbury Town Council. The Grants committee are also very keen to promote their Sport Grants, which can be given to support any outstanding individuals who are currently performing at a high level and need support to reach their full sporting potential.

For information on how to apply for a Aylesbury Town Council Grant visit www.aylesburytowncouncil.gov.uk and email Jane Eden, Grants Officer j.eden@aylesburytowncouncil.gov.uk or call 01296 425678.

Monday Contact Club

£300 was awarded to the Monday Contact Club, who are a local club that help lonely and isolated older people of Aylesbury. The organisation aims to provide a place for members to enjoy meeting friends and enjoy activities and entertainment to stimulate all. The £300 went towards a Christmas party with entertainment and a full Christmas lunch with a present to take home, as for some it may be the only one. The club meet Mondays between 10am and 3.30pm at Aylesbury Methodist Church Community Centre. If you would like any more information then please contact the clubs organiser on **07732 185329** or visit www.themondaycontactclub.weebly.com



Bucks Mind Aylesbury

Bucks Mind is an independent charity providing high quality services to support and represent people with mental health needs in the local Aylesbury community. The charity works to provide a voice for people with mental health needs, to fight stigma and campaign to influence policy and decision making locally. The group was awarded **£7000**, providing funding towards core costs of counselling services and to support people when there is genuine financial hardship, who are unable to afford any contribution to much needed sessions. For more information about Bucks Mind visit www.bucksmind.org.uk or call **01296 437328**.



Buckinghamshire County Museum

Aylesbury Town Council awarded Buckinghamshire County Museum Trust **£1840** to support their Arts Award Summer School – The Art of Islam. The project enabled up to forty Year 6 Aylesbury children to access the Art of Islam exhibition at Bucks County Museum and to work with the museums Learning Manager to earn their Bronze Level Arts Award free of charge.



MORE+ Coffee Shop

Broughton Community Action were awarded **£5000** for their MORE+ Coffee Shop on Parton Road, that acts as a community meeting place and is open six days a week. The grant will go towards providing salaries for two part-time managers to lead more volunteers who serve the community Monday to Friday from 10am – 4pm and Saturdays 10am – 1pm. For more information of activities available at the More+ Coffee Shop visit www.morebroughton.org or call **01296 423729**.



The next Grants Committee meeting will take place on Wednesday 29 March.
The deadline for grant applications to be considered at this meeting is Friday 17 March at 5pm.

'Pretzels for Dinner'

The Jubilee Players' Spring production, 'Pretzels for Dinner', is a bitter-sweet comedy by Janet Shaw, to be staged at the Jubilee Hall, Bierton on Friday and Saturday 28 and 29 April. Supper will be served from 7pm, followed by a performance of the two-act play at 8pm. Admission is £12 for adults and £8 for children, which includes supper served on arrival and refreshments during the interval. Tickets are available from the box office, tel **01296 415565** or email **Alfred.g.rogers@btinternet.com**.

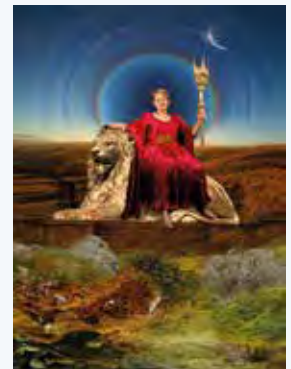


What's on at Bucks County Museum

NEW EXHIBITIONS

Spirit of Legends by Clare Newton, 11 February – 13 May

A major photographic exhibition featuring the largest collection of Paralympic heroes past and present. With a new twist on athletes of the Paralympic games, this exhibition sets the athletes against backdrops from the magical stories of ancient Greece that have captivated us for centuries and still reflect the wonders of human endeavour in today's world. Discover artist and photographer Clare Newton's inspiring journey to meet and photograph these heroes and find out the extraordinary undertakings that each athlete had to achieve in order to become a champion. **FREE ENTRY**.



(Image: Hera - Tanni Grey-Thompson MBE © Clare Newton)



Beyond Description: an artist's journey from description to abstraction Until 22 April

A retrospective exhibition of the work of Jane Muir – local artist, Museum Patron and founder of the Muir Trust Artist in Residence programme. Over a long and established career as an artist and designer, Jane has worked in many different media. This selling exhibition will feature forty of her mosaics, oils, watercolours, etchings and collograph prints under four main themes. **FREE ENTRY** *(Image: Gliding by Jane Muir)*

HS2/Intervention, 29 April – 8 July

Exhibition of ground-breaking photographs by Mark King utilising powerful, state-of-the-art lasers to depict the planned HS2 route through the Chilterns. **FREE ENTRY**.

Game of Thrones: The Hardhome Embroidery, 20 May – 17 June

Stunning large scale embroidery featuring a White Walker from the series. **FREE ENTRY**.

EVENTS

Cambiata Music Concert, Saturday 18 March, 12 noon – 1pm

To complement her music paintings within the Beyond Description exhibition, artist Jane Muir has invited three members of Cambiata to perform some of the pieces of music that have inspired her work. The programme will include works by Tallis, Telemann, Purcell and Bach. Cambiata specialise in music from the 17th and 18th centuries. The concert will be followed by an opportunity to Quiz the Artist, Jane Muir, on the content and method behind her work. Concert tickets are £5 bookable through the museum (tel **01296 331441**) or online.

Rock and Fossil Fun Day, Saturday 25 March, 11am – 3pm

Explore hands-on displays of rocks and fossils, meet experts and bring along your own specimens. **FREE FAMILY EVENT**.

Bucks County Museum and Roald Dahl Children's Gallery, Church Street, Aylesbury HP20 2QP.

For information and opening times call **01296 331441** or visit **www.buckscountymuseum.org**

Diminishing Skills

As resident of Aylesbury for 18 years, I have seen many changes. As a mother of two, the most prominent change being day to day lifestyles. In the news, we hear of the ever-increasing pressure on the NHS. Some ailments are genetic and beyond our control, but what we can control is what we consume.

We, as adults are succumbing to the digital world to the detriment of our health with an ever-increasing demand for convenience foods. Everything has to be fast... well... slow down world. Take time; time to cook, time to spend with your child, teach them what you were taught. Pass down those good old traditional family recipes. Enjoy the wonders of 'growing your own'.

With so many health campaigns to help us control sugars/fats, wouldn't it just be more affective if we 'cooked from scratch?' Another change being the acceptance of the 'throwaway society'. Convenience food brings fast, sugar/fat laden meals, it also brings an entourage of packaging.

Any veg going soft must be seen as a way to create a delicious hearty dish, rather than simply throwing it away. Adding a few spices will fill your kitchen with aromas that will awaken your taste buds. The magical properties of ginger, chilli, garlic, turmeric, cumin to name a few will have a beneficial effect on your insides. Freeze the ginger peelings and pop in a hot drink, this will boost your immunity. Blend tomatoes and freeze, break off as and when you need. Make your fresh herbs last longer by rolling them in a kitchen towel and a sheet of newspaper!

Even better, cook with your child. By doing so, you can amalgamate so many life skills without them even knowing! Get them to calculate the cost of what you are cooking, as opposed to purchasing a convenience meal. You are actually spending time together creating memories and increasing your longevity as opposed to heads down locked in separate rooms in another 'cyber world'.

People of Aylesbury, everything in moderation I say, but by consuming dishes made from scratch will no doubt have a beneficial effect on our insides. Better sleep, a more regular digestive pattern, which, in turn will have a positive affect on your internal organs and on your wallet!

Nita Mistry



Aylesbury Choral Society are busy rehearsing for their next concert on Saturday 8 April at 7.30pm in St Mary's Church Aylesbury. We will be performing the Requiem by Maurice Duruflé and the Gloria by Francis Poulenc. Conducted by Musical Director, Jeff Stewart with organist Colin Spinks, we will be joined by soloists Susana Gaspar, soprano, Fiona Joyce, mezzo soprano and Robert Glyndwr Garland, baritone. Duruflé completed his Requiem in 1947 and dedicated it to the memory of his father. The Gloria is one of Poulenc's most celebrated works and was first performed on 21 January 1961 in Boston.

*Aylesbury
Choral
Society*

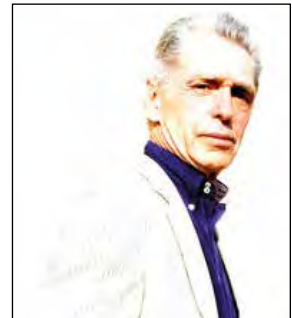
Tickets £15, under 18s £6, from **01296 640221** or from any choir member or go to **www.aylesburychoral.org.uk**

jazz upfront

2016 has been another fantastic year for Jazz Upfront at Aylesbury's St Mary's Church, which has all been made possible by your continued and much appreciated support.

We plan to continue this year with more of the very best artists, and with that in mind we wanted to make you aware of a very special evening, on Thursday 16 March, when Jazz Upfront will be proudly presenting, Georgie Fame! One of the most iconic UK artists of our times, with five decades of great music!

In this very special and intimate evening, audiences will be treated to Georgie's hits, alongside music from the artists that have influenced him – all interspersed with personal stories and anecdotes from his incredible carer. With his much loved blend of Jazz and Rhythm & Blues, Georgie Fame has consistently worked in the highest musical circles and has become a true icon of the British music scene.



This will be a rare opportunity to see a musician of great standing, in such intimate and beautiful surroundings as St Mary's Church, so tickets will be on a first come first serve basis and early bookings would be recommended as there is only a limited amount of tickets on sale.

Tickets priced at £20 and restricted to 6 per purchase. Available from St Mary's, Monday to Friday between 10am and 3pm, contact **01296 437641** or **07518 306552** or email **jazzyfw@googlemail.com**

We look forward to seeing you for what will be a very special event, and a great start to 2017!



Aylesbury Symphony Orchestra will be joined by award winning pianist Jinah Shim for their next concert on Sunday 7 May at 4pm at St Mary's Church, Aylesbury.

The concert has an American theme, including George Gershwin's instantly recognisable Rhapsody in Blue, performed by Jinah Shim, winner of the 2015 Phillip and Dorothy Green Award for Young Concert Artists. Continuing the theme, is Dvorak's Symphony No. 9 'From the New World', written whilst Dvorak was in America, it includes the popular Largo, which is often seen as an expression of his desire to be back home in his native land. People of a certain age will know this piece from the famous bread advert of the 70s, where a delivery boy is pushing his bike up a steep cobbled street.

Completing the programme, Jinah will again join the orchestra on piano for Marquez's Danzon No. 2 which celebrates a dance style with its origins in Cuba but is a part of the folklore of Mexico. Written for full orchestra, the piece features solos for clarinet, oboe, piano, violin, trumpet and piccolo, and will be sure to have everyone tapping their feet!

The orchestra is conducted by Ben Palmer, acclaimed for his innovative and imaginative programming, who is increasingly gaining recognition around the world as an inspiring and versatile conductor.

Tickets are available from the orchestra's website at **www.aylesburyorchestra.co.uk** priced at £12 and £10 for concessions. Students under 18 accompanied by an adult pay only £2.50.



Aylesbury Town Council Ward Map

Ward: Gatehouse



Cllr Anders Christensen
07834 995690



Cllr Tuffail Hussain
07832 913171



Cllr Graham Moore
07886 369565

Ward: Central



Cllr Barbara Russel
01296 431314



Cllr Edward Sims
07580 703275

Ward: Elmhurst



Cllr Susan Morgan
07799 074411



Cllr Jenny Puddefoot
01296 612461

Ward: Coppice Way



Cllr Mark White
07771 877488

Ward: Oakfield



Cllr Allison Harrison
07795 210808



Cllr Mark Willis
07723 091637

Ward: Quarrendon



Cllr Chris Adams
07968 444222



Cllr Andy Huxley
07711 837938

Ward: Oxford Road



Cllr Stuart Jarvis
07958 083519



Cllr Mike Smith
07854 178012

Ward: Walton



Cllr Bill Chapple OBE
07702 031712

Ward: Walton Court



Cllr Ranjula Takodra MBE
07958 423083

Ward: Hawkslade



Cllr Brian Adams
07855 299999

Ward: Southcourt



Cllr Peter Agoro
07548 952762



Cllr Mark Bateman
07858 973643

Ward: Mandeville & Elm Farm



Cllr Sue Chapple
01296 426814



Cllr Richard Lloyd
07887 685345



Cllr Denise Summers
01296 424903

Ward: Bedgrove



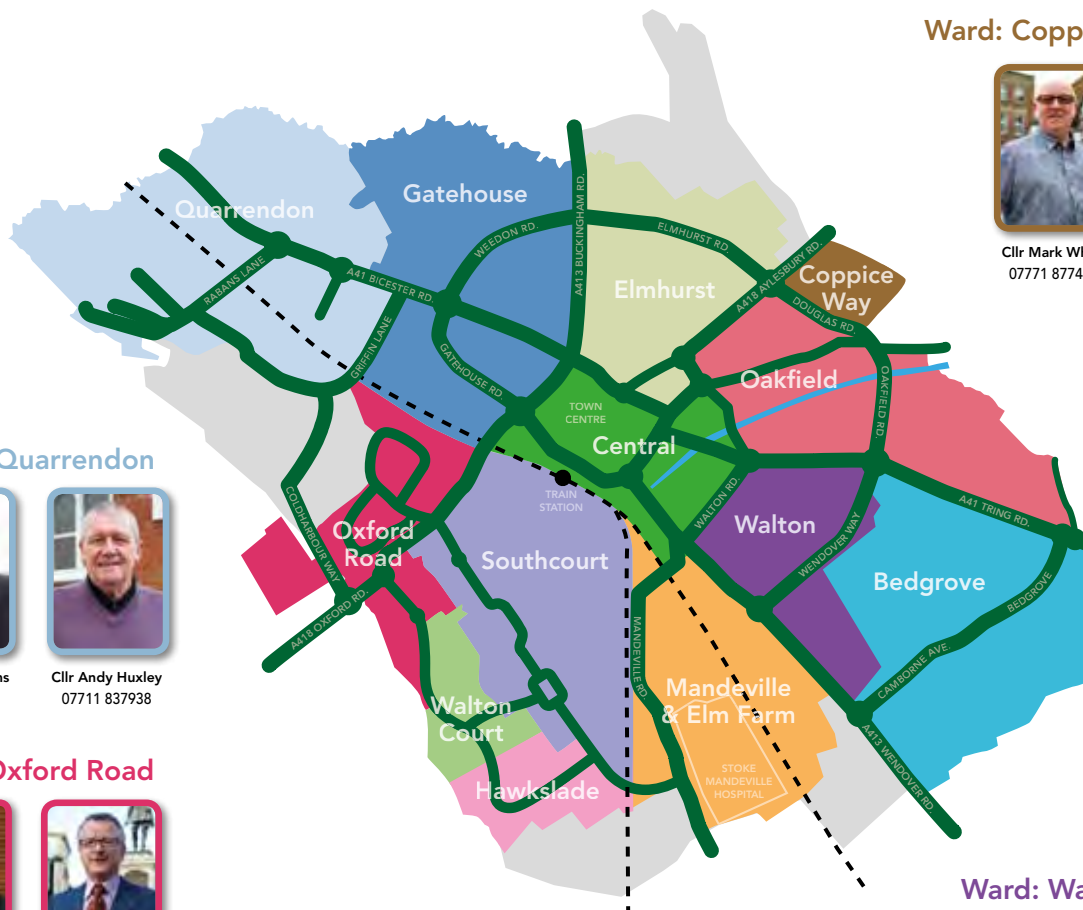
Cllr Jenny Bloom
01296 434123



Cllr Tom Hunter-Watts
07595 178660



Cllr Mark Winn
01296 393304

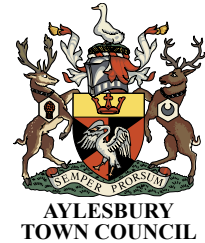




Who do I talk to about? ...

AYLESBURY TOWN COUNCIL IS RESPONSIBLE FOR:

- Office of the Mayor and Mayoral engagements
- Management of the seven allotment sites
- Management of Tring Road Cemetery
- Devolved Services – grass cutting of urban highway grass verges
- Support Twinning of Aylesbury with Bourg-en-Bresse
- A programme of events throughout the year such as Parklife, Tudor Fayre, Aylesbury on Sea, Christmas and Summer events along with other free events
- Award of grants to local groups and charities
- Free quarterly magazine, Aylesbury Town Matters
- Jonathan Page Play Centre
- Aylesbury in Bloom (hanging baskets, planters, floral beds, roundabouts and more)



Aylesbury Town Council is the council closest to the residents in the parish of Aylesbury. The Town Council is here to be a voice for the residents by representing their views on issues affecting them.

Call: **01296 425 678** or visit: www.aylesburytowncouncil.gov.uk

AVDC IS RESPONSIBLE FOR:

- Collection of Council Tax and business rates
- Household recycling and waste disposal
- Local planning and building regulations
- Public car parks
- Licensing and Environmental Health
- Leisure Services (including Aqua Vale and all parks)
- Award of grants to local groups and charities
- Grass cutting of open spaces and parks



Aylesbury Vale District Council deal with issues covering the whole of Aylesbury Vale and has a very regulatory remit. Call: **01296 585 858** or visit: www.aylesburyvaledc.gov.uk

BUCKS COUNTY COUNCIL IS RESPONSIBLE FOR:

- Highways
- Education and Libraries
- Social Services
- Trading Standards
- Registrar of births, deaths and marriages
- Waste disposal (excluding household waste)
- Grass cutting of rural highways/grass verges



Bucks County Council is the top tier of local government and provides services on a county-wide basis. Call: **01296 395 000** or visit: www.buckscc.gov.uk

Fit some fun in your day with Active Vale!



Active Vale is a fun and friendly fitness initiative that has helped lots of local ladies get more active this last year and the fun isn't stopping! We're excited about what's coming next, with lots of new groups planned for this spring and summer.

Whether you're looking for a way of de-stressing after a busy day, want to challenge yourself, or you just fancy making some new friends, Active Vale offers fitness in a fun and friendly environment.

Ladies swimming lessons and taster gym sessions are continuing at Aqua Vale. Brand new activities include Buggy Bootcamp, self-defence classes and personal trainer sessions. An intriguing addition is Green Gym sessions in partnership with Lindengate, Wendover, where ladies will get closer to nature with outdoor activities such as planting, harvesting, and craft and construction, with a focus on mental wellbeing and gentle fitness.

Active Vale offers all sorts of fitness sessions across the Vale to help local ladies get active, as research shows girls and women aged 14-40 particularly struggle to achieve their recommended 90 minutes of exercise each week. AVDC run Active Vale with funding from Sport England and support from local partners.

New sessions start regularly, many open to adults of all ages, so to find something that suits you, visit www.aylesburyvaledc.gov.uk/active-vale or email activevale@aylesburyvaledc.gov.uk. Although you're encouraged to register your interest in participating, and there are block booking discounts for some classes, you're welcome to just turn up to many of the sessions.

Kendo in Buckinghamshire

If you hear loud screaming and the clattering of bamboo on armour around the Sports Hall at Aylesbury High School, you might be interested in having a look in at a Kendo class in progress. It's not all shouting and hitting though, there is a very controlled aspect to Kendo which doesn't get seen as much as the full contact, extremely fast sport side. More about this later.

Kendo, in its present form, is a very traditional martial art originating in sword fighting training in ancient Japan. The etiquette followed by the practitioners follows the rituals used by the Samurai warriors and is a vital part of training. Kendo emphasizes self improvement by use of the sword.

The club has been running in Aylesbury since 2008, and has about forty members training at four locations. Members of the club take part in competitions and have had great success in national and international level although many train just for the health and wellbeing benefits of the art. Training is done wearing traditional Kendo outfits and armour, using wooden weapons. The respect and courtesy element of Kendo is one of the major attractions to many people as it can be missing in most competitive sports where respect for either winning or losing is lost in the heat of the moment. In Kendo the rules forbid shows of triumph or disappointment over losing or winning.

The sport side has four targets to aim at which sounds simple enough but your opponent has the same – think rock, paper scissors but with an extra, and shouting! The idea in Kendo is to make your opponent break their defensive position either because you attack or they think you will whilst holding your nerve. If you can control yourself you can control your opponent.



The club is a member of the British Kendo Association which is the National Governing Body. More information can be found at www.ichibyoshikendoclub.org.uk or by emailing ichibyoshi@yahoo.co.uk

Introduction to the Youth Town Council

Aylesbury Town Council has created its first Youth Town Council (YTC). Our YTC is currently made of seven young people ranging from 15 to 18 years of age who bring buckets of enthusiasm and a strong desire to be involved in raising an awareness of issues which may involve or affect young people in Aylesbury.

Youth Town Clerk, Benedicta Lasoye said that, *"Being part of a Youth Town Council is a great way of learning about democracy and representing a collective voice impartially. It offers young people the opportunity to see the direct impact of their work in Aylesbury – be it campaigning for weekend clubs for teenagers or life-skill training for better employment prospects – these are examples of issues the Youth Town Councillors discuss and seek to find a resolve on."*

The Youth Town Council was formed so that young people would have a platform which represented them as young residents within the community, and it was from this that the Youth Town Councillors agreed on the following as their mission statement:

"The Aylesbury Youth Town Council seeks to be involved in making decisions which affect young people in Aylesbury. Our Youth Town Council is a non-political group who aim to build bridges across generations and strengthen the essence of community in Aylesbury."

In their first meeting, the Youth Town Councillors nominated Bucks Mind as their Charity of the Year. Following a presentation from Sharron Harrison, Team Leader for Young People's Services from Bucks Mind, the Youth Town Councillors will be working together to raise an awareness of services available for young people from this local charity.

Aylesbury's Youth Town Council meet four times a year in the Council Chamber to discuss issues which they feel passionate about within the community. It's an exciting time to be a young person in Aylesbury with the birth of our Youth Town Council.

We still have eight vacancies for any young person interested. If you would like to be part of the Aylesbury Youth Town Council, please contact b.lasoye@aylesburytowncouncil.gov.uk to register your interest.



Pictured are: Youth Town Councillors - Cllr James Hanson, Cllr Laura Sinclair, Cllr Ann Koletch, Cllr Rhys Peploe, Cllr Eliza Willetts, Cllr Daniel Chapman and Cllr Morgan Ludlow

Keep an eye out in the next edition of the Aylesbury Town Matters magazine, where you can learn more about this amazing group of young people in our community.

AYLESBURY TOWN COUNCIL'S

SOAPBOX DERBY

ON FATHER'S DAY SUNDAY 18 JUNE

11AM UNTIL 4PM

**WHITEHILL PARK, SOAPBOX RACES
AND FAMILY ENTERTAINMENT**

**MUST
REGISTER BY
FRIDAY 2ND JUNE
TO PARTICIPATE**

**EMAIL
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