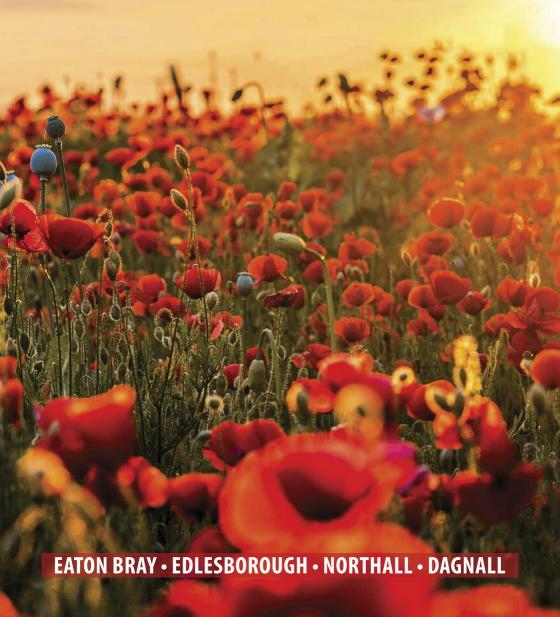


## **NOVEMBER 2025**





## Lunch, Evening Meals & Takeaways

Childrens Sandpit • Outdoor Seating







Call us to book on: 01442 843020

Order a takeaway on: 01442 842277

(delivery available to the villages)

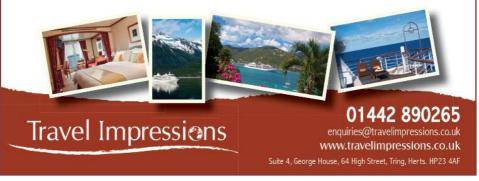
Bespoke menus available | Vegetarian, vegan & gluten-free options available

## Looking to book a cruise...

#### For help with finding the best cruise for you please call or email us

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#### THE FOCUS MAGAZINE COMMITTEE

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Email: treasurer@stmaryseatonbray.org

December Focus will be a JOINT ISSUE for December & January.

Don't forget to send your December & January articles by 10th November.

#### KINDLY NOTE

Articles and events for publication must be submitted to the Editor by the 10th of the preceding month. August/September and December/January are joint issues and articles must be submitted by 10th July and 10th November respectively. If an event falls in the first week of the month, it is advisable to submit the details into Focus a month earlier. The magazines are not delivered from the printers until the first of the month and it takes a few days for them all to be circulated throughout the villages by our volunteer distributors. 

\*\*Editor\*\*

Focus accepts no responsibility as to the accuracy or content of any advertising or articles publishedin 'this' magazine, neither do they refl ect the opinion of members of the Committee.

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#### **DEFIBRILLATOR LOCATIONS**

These units are registered with the Ambulance Services. To access them, please phone 999. You will be given the access code and the location of the unit will be confirmed. The defibrillator is easy and safe to use. The units can be found on the outside walls of the following locations:

**DAGNALL:** Red Lion Public House & Munns Farm Shop **EATON BRAY:** The Coffee Tayern

NORTHALL: The Swan Public House

EDLESBOROUGH: Edlesborough Memorial Hall, Baptist Church & Summerleys

#### **EDLESBOROUGH SURGERY**

01525 221630 www.edlesboroughsurgery.co.uk



The paper used for this magazine is sourced from sustainable forests and can be recycled



Focus is online at www.thefocusmagazine.co.uk

## Village Info



### **EDAN COMMUNITY CAR SERVICE**

CO-ORDINATOR: Peter Williams 01442 842506 Email: peterw500@aol.com



#### **POLICE CONTACT DETAILS**

GENERAL ASSISTANCE (RECOMMENDED NUMBER): 101 EMERGENCY: 999 **TEXTPHONE SERVICE: 18001 101** 

#### **BEDFORDSHIRE POLICE: (EATON BRAY)**

T/Sgt 6268 Amy Ison Leighton Buzzard Community Policing Team Duncombe Drive, Leighton Buzzard TELEPHONE: 01582 473408

#### THAMES VALLEY POLICE (EDLESBOROUGH, DAGNALL & NORTHALL)

PCSO Mike Coker Email: WingNHPT@thamesvalley.police.uk

TO REPORT NON URGENT CRIME: www.thamesvalley.police.uk

#### **BOOKING CONTACTS**

NORTHALL VILLAGE HALL: Lorna Cubbage 07857 318696

Email: northallvhbookings@gmail.com Website: www.edlesborough-pc.gov.uk/nvh

**EATON BRAY VILLAGE HALL: Norman Lee** 07975 797202 & **Jane Taylor** 07852 586045 Email: bookings@ebvh.co.uk Website: www.ebvh.co.uk

> **COFFEE TAVERN: Julie Mahoney** 07836 240467 Website: https://eatonbray.com/coffee-tavern/

**DAGNALL VILLAGE HALL: Bev Way** 07875 462128 & Trish Owen 07762 151364 Email: DVH Bookings@outlook.com

EDLESBOROUGH MEMORIAL HALL: Penny Pataky 01525 229358

Email: manager@edlesborough-pc.gov.uk

**EDLESBOROUGH PAVILION: 07836 240467** Email: booking@edthepav.org Website: https://edthepav.org.uk/

#### PARISH COUNCIL CONTACTS

**EATON BRAY PARISH COUNCIL: 07931 479663** 

Email: clerk@eatonbrayparishcouncil.gov.uk Website: www.eatonbrayparishcouncil.gov.uk

EDLESBOROUGH PARISH COUNCIL (including Dagnall & Northall): 01525 229358

Email: clerk@edlesborough-pc.gov.uk Website:www.edlesborough-pc.gov.uk

## EATON BRAY GOOD NEIGHBOURS HELPINE 07930 987064



MANNED PHONE HOURS: 9am to 5pm, Monday to Friday. (An answering service is available for out-of-hours calls). Call us if you want help getting to the surgery/hospital and collecting prescriptions. Neighbours We help people of Eaton Bray, Edlesborough, Northall and Totternhoe.

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## **Pavilion Cancer Support Group**

This group meets at the Edlesborough Pavilion on the first Thursday of each month from 2.30pm. A get together to meet and share friendship, information

NO ONE SHOULD FACE CANCER ALONE

and mutual support. There will also be speakers and medical professionals to address members' questions and requests.

We are grateful to the Pavilion Trustees, Edlesborough Surgery and the Burghope Trust for their support.

No need to book just come along to the pavilion.

Thursdays 2nd October, 6thNovember and 4th December.

Edlesborough Community Sports Club CIO Charity No. 1160939



| WEEKLY   |  | Tues  | Berkhamsted Taekwon-do Adults 6.30pm,<br>Dagnall Village Hall, 07813 755785  |  |
|----------|--|-------|--|--|
| Mon-Sun  | St. Mary's Edlesborough opening times are limited - Please see notice board and website                              | Tues  | Movement is Medicine Pilates 11am-12pm, Billington Hall, moira@stjudesclinic.com   |  |
| Mon-Sun  | Pavilion Gym Mon-Frid 6:30am to 9:30pm<br>Sat/Sun 8am-8pm Email Gym@edthepav.org.uk                                  | Wed   | Pilates 8pm, Northall Village Hall,<br>Lisa: 07832 230774  |  |
| Mon-Sun  | Pavilion open for members. M-T 6:30am-9pm,<br>F 6:30am-10pm, S/S 8am-8pm<br>Email: General.enquiries@edthepav.org.uk | Wed   | Northall & Dist Age Concern Wed Club 10am-<br>3pm, Northall Village Hall, Dee 07854 230243   |  |
| Mon-Fri* | Eaton Bray Pre-school Eaton Bray Lower School,<br>01525 220468, admin@eba.ec   | Wed   | Art Course online 9.30 -11.30am, contact Lorna Moore 07896 619660  |  |
| Mon-Fri* | Edlesborough Primary Academy Pre-School 01525 220431, epamanager@epa-primary.org                                     | Wed   | <b>Art Course</b> Bellows Mill Eaton Bray, 2-4.30pm, contact Lorna Moore 07896 619660  |  |
| Mon-Fri* | <b>Totternhoe Pre-school</b> Totternhoe CE Acad 01582 662959 totternhoeoffice@tot.dsamat.co.uk                       | Wed   | <b>Pilates</b> 6-7pm, Eaton Bray V.Hall, Heather Holmes 07305 023077 pilateswithheather@mail.com   |  |
| Mon      | <b>Pilates</b> 10.45am, Totternhoe Memorial Hall,<br>Lisa: 07832 230774  | Wed   | <b>Movement is Medicine Pilates</b> 7-8pm & 8:05-<br>9:05pm Billington Hall <i>moira@stjudesclinic.com</i>   |  |
| Mon      | <b>Dagnall Community Choir</b> , All Saints Church 7.45-9.45pm, w:dagnall-community-choir.co.uk                      | Wed*  | <b>Stay &amp; Play toddler group</b> 'Musical Monkeys'<br>Eaton Bray Village Hall, 10am 07944 891235   |  |
| Mon*     | Movement and exercise classes with a dance flavour, Northall VH 2-3.30. Jan 01442 864271.                            | Wed   | <b>Knit and Natter</b> 12-2pm Edlesborough Pavilion<br>Di Hedges 07794 075269  |  |
| Mon      | Cubs (8-10 ½ yrsears old), 6.30pm - 8pm, 1st<br>Eaton Bray & Edlesborough Scout Hut, High Street,                    | Wed   | <b>Lunch Menu at The Pavilion</b><br>Email ecsctrading@edthepav.org.uk   |  |
| Mon      | Yoga 6:45pm, Edlesborough Memorial Hall, contact 07837 727302  Barre 8pm, Edlesborough Memorial Hall,                | Wed   | Champion's Club Weds 6:15pm — 7:15pm (2nd, 3rd, 4th & 5th Weds of the month, Age 5+, term time only — lots of fun including games, music, activities & bible stories), The Salvation Army, Booth Place, Eaton Bray, LU6 2DR. |  |
| Mon      | contact 07837 727302  Eaton Bray Tennis Club 4-7pm mini / junior tennis coaching                                     | Thur  | KFPA Street dance classes Edlesborough<br>Memorial Hall 4.15pm-6.30pm (4 years+)<br>Contact Kiri 07988161043 or visit Facebook page  |  |
| Mon      | <b>Eaton Bray Tennis Club</b> 7-8pm Adult Coaching 'Get Back Into Tennis'  | Thur  | 'KF PerformingArts/ KFPA' for info  Berkhamsted Taekwon-do Adults 6.30pm,  |  |
| Tues     | <b>Pilates</b> 10-11am, Eaton Bray Village Hall,<br>Nicky Roussou 07861 162680                                       | Thur  | Dagnall Village Hall, 07813 755785   |  |
| Tues*    | Totternhoe Baby & Toddler Group 9.30-<br>11.15am, St. Giles Church Hall  | IIIuI | Beavers (6 to 8 years old), 6.15-7.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street, Edlesborough. Contact: ebebeaverleader@ebescouts.co.uk  |  |
| Tues     | <b>Tap &amp; Ballet Classes</b> JoAnn Latus School of Dance, 4-8pm, Eaton Bray VH, 07800 518654                      | Thur  | Explorers Scouts (14-18 years old), 8pm-   |  |
| Tues**   | <b>Coffee Morning</b> Bring & Buy, Table Top Sale, 10-11:30am, Salvation Army Hall, Booth Place, EB                  |       | 9.30pm, 1st Eaton Bray & Edlesborough Scout Hut,<br>High Street, Edlesborough. Contact Simon Betts,<br>simon_betts@hotmail.com   |  |
| Tues     | <b>Jazzercise</b> 9:15-10:15, Eaton Bray Village Hall,<br>Beth 07539 739136  | Thur  | <b>Jazzercise</b> 18:30-19:00 and 19:00-19:45, Eaton Bray VH, Beth 07539 739136  |  |
| Tues     | <b>Eaton Bray Tennis Club</b> 6-7.30pm<br>Social play for all adults   | Thur  | Retro Line Dance Class 11.15am to 12.45pm. Eaton Bray Village Hall. Beginners welcome.   |  |
| Tues     | Berkhamsted Taekwon-do Kids 5.45pm-<br>6.30pm, Dagnall Village Hall, 07813 755785                                    | -     | www.jukeboxjunction.co.uk<br>info@jukeboxjunction.co.uk 07864 212171   |  |

| Village Diary | * TERM TIME ONLY<br>** FORTNIGHTLY |
|---------------|------------------------------------|
|               |                                    |

|          |  | -                  | PORTNIGHTEL  |  |
|----------|--|--------------------|--|--|
| Thur     | Adult Board Games 12-2:30pm, Pavilion 07740 197392 Email Stevemunday1@gmail.com  | 1st Tues           | Jewellery Making 7-9pm, Edlesborough Pavilion<br>General.enquiries@edthepav.org.uk   |  |
| Thur*    | Move Better, Feel Better Pilates 10-11am,<br>Edlesborough Memorial Hall<br>Contact Lesley Pickering, 07767 823202,<br>lesley@lesleypickering.com                           | 1st Tues           | (Dates can vary)  Dunstable & District Orbit (social & charitable) Club Dunstable Rugby Club, 8pm. 01525 222441  |  |
| Thur     | Lunch Menu at The Pavilion<br>Email ecsctrading@edthepav.org.uk  | 1st Wed*           | Messy Church 6-7:15pm, Salvation Army, Boo<br>Place, Eaton Bray, LU6 2DR   |  |
| Fri      | <b>Tap &amp; Ballet Classes</b> JoAnn Latus School of Dance, 4-8pm, Eaton Bray VH, 07800 518654  | 1st Thur           | <b>Pavilion Cancer Support Group</b> from 2.30 pm in Edlesborough Pavilion.  |  |
| Fri      | <b>Jazzercise</b> 9:15-10:15, Eaton Bray VH,<br>Beth 07539 739136  | 1st Sat            | <b>St. Mary's Church</b> Eaton Bray Coffee Morning,<br>10:30am - 12 noon (July held on 2nd Saturday)   |  |
| Fri      | <b>Scouts</b> (10½ to 14 years old), 7.00-8.30pm, 1st Eaton Bray & Edlesborough Scout Hut, High Street,  | 1st Sat            | <b>Book Swap</b> at St Mary's Eaton Bray, 10:30am -<br>12 noon (July held on 2nd Saturday)   |  |
|          | Edlesborough. Contact Mark Owen,<br>ebescoutleader@ebescouts.co.uk, 07899 892344   | 2nd Mon            | <b>Film Society</b> Sept to June, 2pm, Eaton Bray<br>Village Hall, Graham Chappell 07980 321977  |  |
| Fri      | "Little Luvvies" baby ballet classes 10am-<br>11.30am, Northall Village Hall. Contact Emma<br>Whittemore on 01525 376124   | 2nd Tues           | <b>Dunstable &amp; District Local History Society</b> meeting, 7.45pm, Methodist Church Hall, Dunstable  |  |
| Fri      | Movement is Medicine Pilates 10-11am Great Gaddesdon Parish Hall, moira@stjudesclinic.com  | 2nd Tues           | <b>Edlesborough W.I.</b> 7.30 pm, Edlesborough<br>Memorial Hall. Contact Jackie Flint 01525 221618   |  |
| Fri      | Food evening at The Pavilion<br>Email ecsctrading@edthepav.org.uk  | 2nd Tues<br>& Thur | Adult board games club 7-9:30pm,<br>Edlesborough Pavilion, 07740 197392,<br>email <i>Stevemunday1@gmail.com</i> ,  |  |
| Sat      | <b>Jazzercise</b> 9-10am, Eaton Bray VH,<br>Beth 07539 739136  |                    | Edlesborough Pavilion members, guests and new enquirer's welcome   |  |
| Sat      | KFPA Musical theatre classes Edlesborough<br>Memorial Hall 9.30-10.30am (4years+)<br>Contact Kiri 07988161043 or visit Facebook page<br>'KF PerformingArts/ KFPA' for info | 1st Thur           | Girls' Night Out 7:30pm (1st Thurs of the month – for more details including where we meet & what we do each month, email eaton.bray@salvationarmy.org.uk)                   |  |
| Sun      | Sunday Worship at 11am Edlesborough Baptist<br>Church, Moor End, LU6 2FL. Contact: 01525   | 2nd Thur           | <b>Sewing Class</b> 10:30am -12:30pm, Edlesborough Pavilion, <i>General.enquiries@edthepav.org.uk</i>  |  |
| Sun      | 222064 or edlesboroughbaptistchurch@gmail.com  Karate for kids & adults 3-4:15pm & 4:30- 5:45pm, Eaton Bray VH, Contact 07500 007779                                       | 2nd Fri            | Leukaemia Research Coffee Morning 2<br>Dunstable Road, Dagnall 10.30 a.m. all welcome.<br>No meeting in September, June plant bring and<br>buy, December Sherry & mince pies |  |
| Sun      | <b>Eaton Bray Tennis Club</b> 10am -12pm Social play for all adults  | 3rd Thur           | Edlesborough Parish Council Meeting<br>7.30pm, Edlesborough Pavilion or as stated in   |  |
| Sun      | Sunday Worship Sun 11am — 12pm<br>(weekly worship for all ages followed by   | - 10 :             | Edlesborough Parish Council News   |  |
|          | tea/coffee/squash, biscuits & a chat), The<br>Salvation Army, Booth Place, Eaton Bray, LU6 2DR.  | 3rd Sat            | Junior board games club Edlesborough<br>Pavilion, General.enquiries@edthepav.org.uk<br>(dates can vary)  |  |
| MONT     |  | 3rd Sun            | <b>Lunch club</b> 11.30 to 2.00pm,   |  |
| 1st Mon  | Eaton Bray Parish Council Meeting 7.30pm,<br>The Coffee Tavern (except Jan-2nd Monday)   |                    | Eaton Bray Village Hall, Chris Hewitt 222288   |  |
| 1st Mon  | Eaton Bray W.I. 7.30pm. Eaton Bray Methodist<br>Church Hall. Margaret Jones on 07478 061156  | 4th Wed            | <b>Book club</b> 7-10pm<br>General.enquiries@edthepav.org.uk<br>(dates can vary)   |  |
| 1st Tues | Sewing Class 7-9pm, Edlesborough Pavilion,<br>General.enquiries@edthepav.org.uk  | Last Sat           | <b>Coffee Morning</b> 10:00-12 noon, Edlesborough<br>Methodist Church  |  |

## EATON BRAY WITH EDLESBOROUGH ~ PARISH NEWS ~

Vicar: Rev'd Joy Cousans

The Vicarage, 11 High Street, Eaton Bray - Tel: 01525 220261 Church Warden & Pastoral Matters: Catherine Hayden (01525 220527)

Reader: Gordon Gray (01525 220136)

Website: www.stmaryseatonbray.org.uk Facebook: St Mary's Eaton Bray

People often refer to 'the cult of celebrity' as a new phenomenon. But in one form or another it has been around almost as long as humanity. From the earliest times, it seems we were hardwired to worship something. Dostoevsky in 'The Brothers Karamazov' writes, 'As long as man remains free he strives for nothing so incessantly and so painfully as to find someone to worship.'

Our English word 'worship' is defined in the Oxford English Dictionary as 'show reverence and adoration for (a deity)' It derives from the Anglo Saxon word 'weorthscipe' meaning to give someone the honour or worth that is due to them. The objects of human worship are wide ranging. If it's not God, it will be something else. It could be a person, work, money, health, success... the list goes on.

The worship of God is fundamental to our life as a church. It is something which God desires and even commands. In Deuteronomy chapter 4 the summary of the Ten Commandments includes the following: 'Worship no god but me.' (Deuteronomy 4 verse 7). In both the Old and New Testament. the view is expressed that one day God will be glorified throughout the world. The Psalmist writes, 'All nations you have made will come and worship you, O Lord, and glorify your name.' (Psalm 86 verse 9). There is also much written on genuine worship. This is not just about words but about a whole way of life. The true worship of God is linked by the prophets to actions. It includes justice, penitence and fair treatment for the poor, the marginalised and all of creation.

In John's gospel, Jesus has a fascinating encounter with a Samaritan woman. Jews and

Samaritans were enemies. In his culture, Jesus ought not to have been talking to a woman one to one. Yet their conversation is profound and includes discussion about the true worship of God. Jesus tells the woman: 'But the time is coming and is already here, when by the power of God's spirit, people will worship the Father as he really is, offering him the true worship that he wants.' (John 3 verse 23)

Christians regard Jesus as worthy of our worship. One of the significant elements of the birth narratives in Matthew and Luke is that from his birth Jesus was the subject of adoration. 'There came wise men from the east to Jerusalem saying 'Where is he that is born King of the Jews? For we have seen his star in the east, and are come to worship him.' (Matthew 2 verse 1)

The worship of God takes many forms and this is true of Biblical accounts of worship as well as contemporary worship. It can be loud or silent; it can incorporate music, art, dance and drama. It can be both corporate and individual. In Christian worship we recognise the awesome greatness of God and give honour to our creator and saviour. 'Bless the Lord, O my soul, and all that is within me bless his holy name' (Psalm 103 verse 1)

We would love you to join us on Sundays as we gather together to worship God.

With every blessing

## NORTHALL BAPTIST CHAPEL

CHAPEL LANE, NORTHALL

(just beyond the 30 speed limit signs on the road towards Leighton Buzzard)

Everyone is welcome to our Sunday worship each week between 11am and 12.30pm including tea/coffee and time to talk together.

For more information contact: John Hazell 01525 218142

Email: northallchapel@btinternet.com Website: www.northallbaptistchurch.org

There has been a Baptist Chapel in Northall for more than 200 years. Today we continue to seek to worship God, serve him in our daily lives and support and encourage one another in the difficult and the joyful times.



## SERVICES at ST. MARY'S CHURCH, Eaton Bray

**SUNDAYS: 10am PARISH HOLY COMMUNION** (apart from the third Sunday – see below)

On the FIRST and THIRD SUNDAYS of each month there is HOLY COMMUNION at 8am

On the THIRD SUNDAY of each month there is CAFE CHURCH at 10am,

an informal service with coffee and croissants

WEEKDAYS: WEDNESDAY at 10am HOLY COMMUNION

**EVERYONE IS WELCOME AT THESE SERVICES** 

Details and ONLINE WORSHIP: www.stmaryseatonbray.org.uk



## ALL SAINTS' CHURCH, DAGNALL NOVEMBER 2025

Sunday 9th November 10.45am Remembrance Day Service Sunday 17th November 10.30am Holy Communion

FOR ANY QUERIES PLEASE CONTACT

Philip Lee on 07977 234453 or Dorothy Green on 01442 843237





Saturday 22nd

**NOVEMBER** 

9:30-12:30

Pitstone Pavilion

LU7 9AP

WE CAN REPAIR:

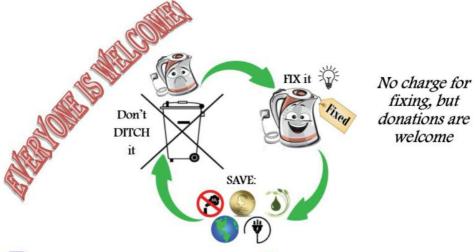
Clothes/Fabrics

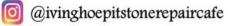
All electrical items,

Anything wooden, metal, ceramic, clocks,

Jewellery repairs and cleaning,

Laptops, mobile phones, tech issues!





Ivinghoe & Pitstone Repair Café

🔯 ivinghoerepaircafe@gmail.com

Ivinghoepitstonerepaircafe.co.uk

















Take a book you want to read - Leave a book you want to share We were very busy at the last coffee morning and also when we opened our bookcase for the Macmillan coffee morning at the church recently. Please come along to browse our book shelf and enjoy coffee and cake in the church.

### Future Book Swap dates at St Mary's Church November 1st 10.30 – 12.00 December 6th 10.30 – 12.00

We are only accepting novels in good condition and we are asking that you only bring them when the Book Swap is open. Please note we are not accepting cookery books and factual books or any large amounts of books.

For more information about Book Swap please contact: **Chris Sanders** Email: *chris.sanders45@gmail.com* **Jenifer MacKenzie** Email: *jenimackenzie@hotmail.com* 



## THE COFFE TAYERN

Committee Room/Ground Floor £6.50/hour
Large Hall & Committee Room £18.00/hour
Office / Ground Floor £6.50/hour

Large Hall/1st Floor

Free WiFi, Kitchen, Disabled Toilets & Access Ramp

For bookings please call **07836 240467** or the Parish Clerk on **07931 479663** 

www.eatonbrayparishcouncil.gov.uk/the-coffee-tavern/



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Our beautiful village hall is now available for hire,

all day, every day!

Competitive rates. Disabled access, 2 halls, stage,

car park, kitchen, enclosed outside area, wi-fi, Bluetooth PA.

Please contact us for any enquiries!

DVH bookings@outlook.com

07875 462128 / 07762 151364

Parties, receptions, art classes, yoga, meetings, dance, theatre, sports events, food sales, craft fairs, exercise classes, friendship groups, we welcome you all – and more!

£12.50/hour



## **Eaton Bray Methodist Church**

by Rev Tim Haines



At the end of September, I found myself standing in the middle of the Jordanian desert, Wadi Rum, a vast, silent landscape of red sand and towering rock. One night, as we stood beneath a sky thick with stars, our Bedouin guide quietly said, "Be guided by that which isn't created by human hands."

He was speaking of the stars, the shape of the rocks, and the wind tracing its path across the sand. Yet his words reached far deeper. In a place where the usual markers of certainty disappear, guidance comes not from what people have built, but from what endures: creation itself, and the quiet presence of God within it.

That thought has stayed with me, especially in recent weeks as we at Eaton Bray Methodist Church said goodbye to our chapel. In September, we gathered for our final service there, a deeply moving moment filled with

gratitude and tears, songs and stories. The response from the local community was extraordinary. The building overflowed with people whose lives had been touched by the church across generations. Thank you to everyone who shared in that special day, and who continue to walk alongside us in faith and friendship.

Now, as we step into a new season, those desert words feel like an invitation for us too, to be guided not by what we once built, but by the Spirit who still moves among us. We continue as a worshipping community, meeting at Edlesborough Methodist Church on the second and fourth Sundays of each month at 10:30am. You are warmly invited to join us on this continuing journey.

The landscape may be changing, but the guiding light remains the same.

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### EDLESBOROUGH PARISH COUNCIL NEWS

#### Including Edlesborough • Dagnall • Northall • 2025

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#### Act of Remembrance

This year's Act of Remembrance will take place at Edlesborough War Memorial on Sunday 9th November, 10:50am - 11:10am.



Please note a road closures will be in place from 10.30am - 11.30am. Please see a separate article in this magazine for more information.

#### **Green Spaces in the Parish**

EPC reminds all parishioners to:

· Keep dogs under control. If your dog does not have excellent recall, it must be kept on a lead to ensure that it does not spoil the enjoyment of other parishioners.

#### Please Clean up after your dog!

**Buckinghamshire Council is** responsible for the emptying of the dog bins in Edlesborough, Dagnall and Northall. These are currently scheduled to be emptied on a Friday.



- If a bin is overflowing, please call the number on the bin and quote the reference number on the bin.
- If a bin is broken, please inform EPC as soon as possible to enable a swift repair or bin replacement, as necessary.
- Now that the evenings are darker, please be extra vigilant when walking your dog to ensure you clear up after them.

#### **Thames Valley Police (TVP)**

PCSO Tina Hobson attended the September Council meeting to share the latest crime statistics from July, August and up to September 17th. The crime statistics are available to view in the September Meeting minutes on the Council website.

#### **Planning Applications**

**Buckinghamshire Council** have informed Council that they will no longer be relying on yellow site notices to publicise applications. Later in 2025 they will use neighbour notification letters to notify adjoining properties of applications. This is to align the approach to publicity with other



areas in Buckinghamshire. Site notices shall only therefore be put up in

certain instances, where triggered by specific constraints.

As a result, parishioners can expect to see fewer site notices within the Aylesbury Vale

Each month the council considers planning applications submitted to Buckinghamshire Council for approval. Edlesborough Parish Council responses to applications are available to view on the EPC website under planning at https://www.edlesboroughpc.gov.uk/planning/planning-applications/

All parishioners can comment on planning applications via https://pa-csb.buckinghams hire.gov.uk/online-applications/

#### **Streetlights**

Please report failed streetlights in Edlesborough, Dagnall and Northall to the Clerk for repair via clerk@edlesboroughpc.gov.uk or 01525 229358

When making a report please ensure you provide the Clerk with the information displayed on the lamp post.

#### Salt Bins

The responsibility for filling these bins is with Transport for Buckinghamshire, When supplies are running low a refill request should be submitted via their website

https://www.fixmystreet.buckscc.gov.uk/ It is more appropriate if a parishioner living close to the salt bin makes the request but in practice anyone can make the request.

#### **EPC Surgery**

If you have a question or suggestion for the Parish Council the Clerk will be available on the first Thursday of December, March, June and September in Edlesborough Pavilion from midday – 2pm.

#### **Council Meetings**

The next Edlesborough Parish Council Meetings will take place on:

 Thursday 20th November 2025 – Edlesborough Pavilion  Thursday 18th December 2025 – Edlesborough Pavilion

The meetings will commence at 7:30pm.

Parishioners are welcome to attend all Ordinary Parish Council meetings and may ask questions, raise issues, and give suggestions during the Open Forum before the formal start of the meeting. Council requests that where possible questions, issues and suggestions are submitted in writing to the Clerk by the Tuesday

preceding the meeting.

The agenda and full minutes of previous Parish Council meetings are available to view on the website or from the Parish Clerk.



#### EATON BRAY WI ~ LEARNING TO BE A "DJEMBEFOLA"



Our meeting on the 6th October was an evening of Africa drumming using the djembe. This drum is traditionally only played by men but that was not going to hold us back.

By men but that was not going to hold us back. By way of background, the djembe is a ropetuned, skin-covered goblet drum played with bare hands, originally from West Africa. It has a body carved of hardwood and a drumhead made of untreated rawhide, most commonly made from goatskin.

In the Bambara language of West Africa, "djé" is the verb for "gather" and "bé" translates as "peace."so our most recent meeting was a "gathering in peace" although anyone listening in might not have thought so.

Having mastered playing a steady beat, we learnt the three basic sounds of bass, tone and slap. Each varies according to the place on the drum and the way the hand strikes the drum. We were quick to master the boom (a whole hand strike in the centre of the drum) but the subtleties of a tone or a slap which required the finger position to change turned out to be much more of a challenge. The next step was to add a roll to these

sounds. Fortunately, we had a crib sheet to remind us how each one was played.

Confident in our new found abilities, we moved on to learn a traditional drum pattern played as village workers return from working in the fields with rhythms inspired by the call of a native bird. By the end, we were able to play in two parts with solo improvisation from some of the braver members.

Anyone who plays djembe is a djembefola. As the term does not imply a particular level of skill, we are all now djembefola.

Our next Meeting on 3rd November willl be a talk by Geoffrey Travis on "Nothing to Declare" At our Christmas Meeting on 1st December we will be entertained by the "Turf Tappers". Eaton Bray WI meets at the Methodist Church Hall, Totternhoe Road, Eaton Bray at 7.30pm on the first Monday of each Month and Jadies of all

Eaton Bray WI meets at the Methodist Church Hall, Totternhoe Road, Eaton Bray at 7.30pm on the first Monday of each Month and ladies of all ages are most welcome. If you are interested in joining our WI please contact

**Sue Tucker** on **07772901816** or **Margaret Jones** on **07478 061156** 

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# 50th ANNIVERSARY OF DARING LOCAL BANK RAID

At around 5.30pm on a cold and dark November evening in 1975 I was busily preparing the evening meal at our home in Moor End Close when the doorbell rang, My 3 year old son, Stephen, thinking that his Daddy was home from work, ran to the front door and dived under the heavy curtain to undo the catch before I could stop him. In that split second I realised that something wasn't right. My husband, Roy, would have used his key to get in and spoken to Stephen by now, plus the door was being pushed from the outside. As I pulled back the curtain two gunmen dressed in black and wearing balaclavas burst through the front door heralding what was to be a 17 hour nightmare in our normally quiet suburban lives. One dashed past us straight upstairs to make sure nobody else was in the house whilst the other grabbed me and clasped his hand over my mouth. I ripped his hand away from my face and begged him to let me comfort Stephen who was crying hysterically. As I held my son to me my mind was racing. What did these men want with us? We had nothing of value in the house to warrant a robbery. I pleaded with them not to hurt us, explaining that I was expecting my second baby and had suffered a miscarriage the previous year. The "boss man" said they knew I was pregnant and that as long as we did as we were told we would come to no harm. They demanded to know what time my husband got home from work. Still the penny didn't drop and I naively replied that he worked in a bank and so it varied...doh!

The men ushered me and Stephen through to the kitchen where I sat on a stool, hugging my son to me and whispering that everything was going to be alright even though I was terrified. They started to ask me what I thought were ridiculous questions, such as whether Itl be thinking of slipping a knife into my apron pocket and if we had any prearranged signals that might give a clue as to what was going on inside the house. I felt like I was in some sort of surreal dream. Things like this only happened in "The Sweeney", not in a quiet cul-de-sac in sleepy Eaton Bray!

Meanwhile, Roy was driving home after a busy day as the Office Manager at the then Midland Bank in West Street, Dunstable, blissfully unaware of the drama unfolding at home. Stephen and I were now sitting on the sofa in the lounge anxiously awaiting his arrival and being guarded by the two gunmen. As soon as I heard his car pull into the drive I told them "He's home, please don't hurt him" and waited with bated breath for Roy to come in. My heart was in my mouth whilst he put the car in the garage, and then he initially hesitated before coming into the house, leading the men to accuse me of having special secret signals after all. I hadn't realised that earlier I had left the garage light on when I had gone to get some vegetables in for dinner and that the front door had been left ajar when the men had initially burst in, causing Roy to be a bit suspicious. A few moments later he cautiously popped his head around the lounge door to find his pregnant wife and little boy sitting petrified under armed guard. That, he told me later, was the most shocking moment of the whole episode for him.

The gunmen dragged Roy into the lounge and sat him down with me and Stephen to explain what their plans were. They were going to hold us hostage overnight and then take us all to the bank early the following morning. Roy would be made to work his half of the combination of the safe and then we would await the arrival of his assistant to do the same, allowing the men to access the contents, which just happened to be Vauxhall's Christmas wages. At first Roy very bravely attempted to convince them that there wasn't much money in the safe. They looked at one another, confused, saying that they knew there had been a bullion delivery earlier that day, but Roy told them that, on the contrary, it had been a collection. They then quizzed him about the ratio of old and new notes and in his panic, the figures didn't quite ring true. The "boss man" turned on him aggressively and declared that if he tried another bluff like that he would shoot him. He added that if he shot Roy, he would shoot all three of us as he was already up for

murder anyway, so it was of no consequence to him.

All this mercifully seemed to be going over Stephen's head. He had been playing happily for some time and I suggested it might be best if I took him up to bed. As usual, after his bedtime story, he went off to sleep without any trouble, but not before coming down to say goodnight to Roy and showing off his Womble pyjamas to the men! Roy then calmly sat and ate his liver and bacon meal with all this going on!

We settled down for the long night ahead of us, watching the men who were helping themselves to the whiskey from our drinks cabinet. They seemed to be getting through the bottle rather quickly, however, it later transpired that there were two more members of the gang who were keeping watch in our back garden and they were sharing it with them.

The monotony of the long evening was broken twice. Once, when they tied up Roy's wrists and ankles and disappeared outside to collect a large canvass hold-all full of sawnoff shotguns, and later on when, to our horror, the phone rang. I was ordered to answer it calmly and not give anything away. It was my Mother....the one person I would want to let know what was going on. However, I couldn't even attempt to convey an obscure message as one of the gunmen was listening in on the upstairs extension and the other had the muzzle of his gun pressed into my neck. Mum later told me that she thought I hadn't sounded my normal self and presumed we maybe had visitors!

We were told that we would be leaving the house around 6am with one of the men driving our car followed by the other three in theirs. They explained that we would have to lie under a blanket on the back seat for the duration of the journey to Dunstable, where they would pull into the car park at the rear of the bank. Stephen and I would remain with them whilst Roy walked round to West Street to let himself in the front door and open the back door for us all to enter.

I woke Stephen and told him that we were going to play a game of hide and seek and he had to be a very good boy and not wake any of his friends in the close. Fortunately all went well without incident and once inside the bank we waited for what seemed like an eternity for other staff members to arrive. By now, Roy had worked his part of the combination of the safe which I found frightening because now they had nothing to keep him alive for. Once the milk had been delivered they brought it to me for Stephen

who was being kept amused by one of the gunmen who was making paper aeroplanes from the leaflets on the counter. Roy was ordered to meet staff at the door and tell them there was a raid going on. Most initially thought he was joking until they were made to lie face down on the office floor. The manager let himself in the back door with a female member of staff and as they walked down the corridor one of the men jumped out of a side door, causing her to scream. He had no hesitation in coshing her across her cheek....a sign that they meant business if there was any trouble. Once everyone had arrived and Roy's assistant had completed the combination, the safe was opened and the men began loading almost £200,000 onto a trolley. Before making their getaway they herded us all into the safe and locked us in. For one horrifying moment I thought they were going to close the main outer door but fortunately just the grille door was locked. Stephen piped up "I don't want those funny men to go. Mummy" and even asked if he could have a gun for Christmas! The manager asked us what time they had come for us and everyone was astounded to hear that we had been held in our home all night.

Before long the guys managed to get the lock open and we were free. Customers who had been waiting patiently outside wondering why the bank had failed to open on time had raised the alarm with the police. Our G.P. Dr. Sam Twivy was called in to examine me and then Roy and I were taken over the road to Dunstable Police Station and interviewed... ..Roy in one room and me and Stephen in another. I guess that was in case we had something to do with the robbery.

We later found ourselves in the centre of the main news story of the day, having to go back to the police station at 9pm for a press photo-call and Roy being interviewed on News at Ten by Ray Maloney. The following day our photo was on the front page of every national newspaper....fame at last!

Footnotes: Son no2, Ashley, was born safe and sound the following April.

The bank robbers were subsequently arrested but claimed they had been paid by the gang to get rid of the money in Belgium. Roy attended court to give evidence, but as we couldn't identify them they were never convicted of the actual robbery. One of the defendants named in the trial was shot dead by police in 1989 whilst taking part in a Post Office raid in Rayners Lane, North Harrow.

Lynn and Roy Simmons



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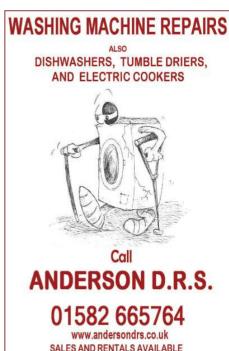
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## EATON BRAY PARISH COUNCIL REPORT: SEPTEMBER 2025

A hard copy of the draft minutes can be viewed on the Parish Council notice board at The Coffee Tavern.

A full copy of the minutes for Eaton Bray Parish Council can be found on our website: www.eatonbrayparishcouncil.gov.uk

#### PARISH COUNCIL WEBSITE

To keep up to date with what is happening in your parish, you can get all Parish Council news and updates from the Parish Council website. The website has all Parish Council meeting agendas, minutes, financial documents and contact information as well as official sponsored events/initiatives and is the official council communications website. Visit it here: www.eatonbrayparishcouncil.gov.uk

#### **EATON BRAY FACEBOOK PAGE**



Follow Eaton Bray Parish Council on Facebook, keep up to date with your Parish Council and what is going on in the parish:

https://www.facebook.com/EatonBray

#### **EATON BRAY PARISH COUNCIL ACCOUNTS**

A copy of the Parish Council's Finance & Annual Reports can be viewed on the Parish Council Website.

#### PARISH COUNCIL REGULATIONS/POLICIES

Copies of the Parish Council's regulations/policies can be seen on the Parish Council Website.

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#### **EATON BRAY PARISH COUNCIL MEETING**

## HELD ON MONDAY 1ST SEPTEMBER 2025, from 7:30pm

(Minutes ratified at the Parish Council Meeting on Monday 6th October 2025)

#### CBC CENTRAL BEDFORDSHIRE COUNCIL

Ward Councillor: Cllr Philip Spicer Email: Philip.Spicer@centralbedfordshire.gov.uk CBC Website:

www.centralbedfordshire.gov.uk

**CBC Email:** 

customers@centralbed fordshire.gov.uK-

CBC Customer Services: 0300 300 8301

 Due to absence Cllr Spicer forwarded his monthly report to the Parish Council and is available to view as an attachment to the Parish Council Minutes on the Parish Council website.Matter ongoing.

#### **BEDFORDSHIRE POLICE**

- General Assistance/recommended number: 101 - Emergency: 999
- Textphone service: 18001 101
- Follow local policing team on Facebook: https://www.facebook.com/leightonbuzzard policing/
- Crime Map for your area (details can be found on the Bedfordshire Police website): https://www.beds.police.uk/area/yourarea/bedfordshire/central-bedfordshire/leight on-buzzard--rural/about-us/crime-map

#### PLANNING APPLICATIONS/APPEALS/ ENFORCEMENT NOTICES — SEPTEMBER 2025

A copy of the Parish Council's response to planning applications can be seen on the Parish Council Minutes available on the Parish Council website or obtained by applying to the Parish Clerk.

Parish Clerk: Mrs Heidi Head | Email: clerk@eatonbrayparishcouncil.gov.uk www.eatonbrayparishcouncil.gov.uk | Telephone/Text: 07931 479663

For full contact details visit the Parish Council website. Follow **Eaton Bray** on **Facebook** - Keep up to date with wht is going on in the parish.

## EATON BRAY PARISH COUNCIL

## MONTHLY PAYMENTS: SEPTEMBER 2025/PERIOD 6

A copy of the Parish Council monthly payments can be seen on the Parish Council website or obtained by applying to the Parish Clerk.



are looking for contractors who would be interested in carrying out some small areas of gardening in the parish. If you would like to know more about this contract, please contact the Parish Clerk for further information.

#### **DATES FOR YOUR DIARY:**



(1) Best Dressed House Competition: Christmas 2025 The Parish Council

are holding a Christmas Best Dressed House competition for Eaton Bray. Judging will take place on Saturday 13th December, with the winner announced at the Brass Band and Christmas Carols event on Wednesday 17th December. A certificate and a small gift of a customised bauble will be awarded to the winner. If you are interested in entering the competition, please visit the Parish Council website to complete your house entry application (only residents of Eaton Bray parish are eligible to enter). Applications for the competition will open from Monday 3rd November 2025 and close Friday 14th November 2025.

## (2) Music with the Heath Brass Band and Christmas Carols

Wednesday 17th December 2025, 7pm at Market Place, Market Square, Eaton Bray The Parish Council are once again organising Christmas Carols in the village. The Brass Band will be helping residents celebrate the festive season. Put the date in your diary and come and enjoy the festivities (subject to cancellation for poor weather).



#### PARISH COUNCIL MEETING (1st Floor, The Coffee Tavern, Eaton Bray)

Details can be obtained from EBPC website:

www.eatonbrayparishcouncil.gov.uk

- Parish Council Meeting, Monday 3rd November 2025 from 7:30pm
- Parish Council Meeting, Monday 1st December 2025 from 7:30pm

#### PARISH COUNCIL OFFICE (Ground floor)

10am-12noon at The Coffee Tavern, 18 High Street, Eaton Bray, LU6 2DP

(Open dates/times subject to change, please check the EBPC Website for updates)

Tuesday 11th November 2025 – Tuesday 9th December 2025

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-unknown-

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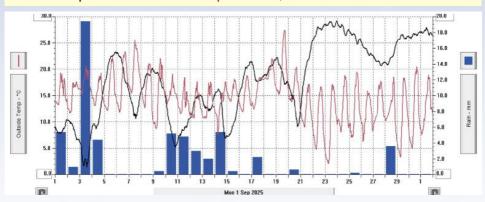
#### **Weather Conditions for September 2025**

Elevation: 450 ft. - Latitude: 51° 50′ 13″ North - Longitude: 0° 33′ 34″ West September at last brought some rain, although too late for many gardens. The month started wet for the first few days when we recorded the wettest day; on the 3rd with 19.4mm. This was followed by a short dry spell before another week of unsettled weather. On the 15th, the pressure dropped and brought high winds which reached 42mph. The pressure then rose along with the temperature which saw a high of 27.6°c on the 19th. Conditions remained settled, but brought more clear and cooler nights when the temperature dropped to 2°c. There was more rain on the 29th; bringing the total monthly rainfall to 58.1mm, which is spot on average for September. The year's rain total by the end of the month was 368.5mm: 66% of the average.

#### **Weather Conditions for September 2025**

|   | High   | Date/Time     |          | Low         | Date/Time     |
|---|--|---------------|----------|-------------|---------------|
| Temperature:  | 27.6°c   | 19 Sept 16.50 |          | 2.0°c       | 23 Sept 06.30 |
| Mean Temperature  | 14.5°c   |               |          |             |               |
| Dewpoint:   | 18.6c  | 7 Sept 16.00  |          | 1.2°c       | 21 Sept 06.00 |
| Humidity:   | 100%   | 2 Sept 08.00  |          | 36%         | 24 Sept 17.30 |
| Barometer:  | 1028.9 mb  | 17 Sept 22.30 |          | 992.0 mb    | 3 Sept 14.00  |
| Wind Speed  | 42 mph wsw   | 15 Sept 14.30 |          | Months avg. | 6.0 mph       |
| Wind Chill:   | 27.5°c   | 19 Sept 17.00 |          | 2.1°c       | 23 Sept 06.30 |
| Dominant Wind:  | SSE  |               |          |             | _             |
|   | Rainfall * T = total rain days and moisture. R = Actual rain |               |          |             |               |
| *Rain Days: 15(T), 15(R) Wettest Day 3 <sup>rd</sup> Sept 19.4mm 0.764ins |  |               | 0.764ins |             |               |
| Monthly Rain:   | Total  | September     |          | 58.1 mm     | 2.287ins      |
| Yearly Rain:  | Total  | 9 Months      |          | 368.5 mm    | 14.5086ins    |

#### September 2025 ~ Temperatures, Rainfall and Pressure



For weather data 24 hours a day, updated every 15mins, visit: <a href="www.dagnallweather.co.uk">www.dagnallweather.co.uk</a> and <a href="http://bit.ly/weather\_dagnall">http://bit.ly/weather\_dagnall</a> this site forecast and much more

If anyone has a question, comment or wishes to contact me please email: <a href="mailto:david@dagnallweather.co.uk">david@dagnallweather.co.uk</a> or telephone: 01442 843883

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#### **NORTHALL BAPTIST CHURCH - 200 YEARS AND STILL GOING**



#### **Jars of Clay**

My work team had an Away Day today and a trip to a 'Creative Café' was selected as the entertainment. Only one of our team had good artistic skills but the rest of us tried our hand in a limited way. My coaster was very simple and not great.

We had to choose a pre-made item to decorate from a vast array of mugs, plates, coasters, toadstools, ring holders and various dishes. And it wasn't cheap! We now await the firing to see our finished articles.

This country had a very prosperous pottery making business in the Midlands and I remember a school trip to the Wedgewood factory where with the money I was given, I was able to buy a small souvenir of the famous blue and white pottery.

The area was famous for many eminent names such a Royal Doulton, Spode and Minton, along with Wedgewood and prospered because of the abundance of coal and clay. The construction of the canals enabled the finished goods to be transported to the markets but also for china clay to be imported from Cornwall to make creamware and bone china.



Wedgewood porcelain has been the unmistakable symbol of British craftsmanship over 250 years and has continued although now under Finnish ownership.

Pottery has been made into vessels long before Stoke-on-Trent became the centre in this country. It was one of the oldest human inventions used for cooking and storing food. Clay was fired at a high temperature to give it a hard and durable form. There were many uses mentioned in the Old Testament. Jars were used to bring sacrifices of wheat and barley and as drinking vessels. It could be easily broken though.

The first miracle of Jesus, at Cana in Galilee, is recounted in the beginning of John's Gospel where Jesus turned six large jars of water into wine. They held about twenty to thirty gallons each. This photo shows a similar jar from the period taken on our trip to the area in 2019. Jesus produced the best wine at the beginning of his public ministry and saved the day for the embarrassed bridegroom.

People are like clay pots: they are breakable and fragile but contain so much potential for goodness, faith and inner strength because of the saving grace of Jesus. This is confirmed by 2 Corinthians 4 verse 7, we are treasure in 'jars of clay'. God chose to send Jesus to save us and wants to work with us to bring out the best and the brilliance of his creation in each of us, so that everyone can know about the amazing power of God to change lives and transform situations.

Join us for our Sunday services in the Church at 11 am. We'd love you to join us for our worship and song. You will get a warm welcome. For those unable to attend in person we also stream our services.

For those interested in the history of Northall Baptist Church, a free copy of the booklet, Rebels in Green Pastures can be supplied or downloaded from our website: http://northallbaptistchurch.org/

**Ruth Cox Tel: 07791 425625**. Contributed by Rev. Lynne Davis.







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## **Pleasant Sounds**

By John Clare

The rustling of leaves under the feet in woods and under hedges;

The crumpling of cat-ice and snow down wood-rides, narrow lanes and every street causeway;

Rustling through a wood or rather rushing, while the wind halloos in the oak-toop like thunder;

The rustle of birds' wings startled from their nests or flying unseen into the bushes;

The whizzing of larger birds overhead in a wood, such as crows, puddocks, buzzards;

The trample of robins and woodlarks on the brown leaves. and the patter of squirrels on the green moss;

The fall of an acorn on the ground, the pattering of nuts on the hazel branches as they fall from ripeness;

The flirt of the groundlark's wing from the stubbles – how sweet such pictures on dewy mornings, when the dew flashes from its brown feathers.





#### **DESTINATION FOCUS ON...**



## **Europe**

Are you visiting Europe this autumn? From 12<sup>th</sup> October, the European Union (EU) will begin to introduce new border checks. This new digital Entry/Exit System (EES) will require you to register biometric details such as fingerprints and a photo when you arrive or in some cases before you travel to Europe. The EES registration will replace manual stamping of passports for countries in the Schengen area:

The countries are: Austria, Belgium, Bulgaria, Croatia, Czechia, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden and Switzerland. The EES will not be applicable when travelling to the Republic of Ireland or Cyprus.

Do I need to do anything? No action is needed before you travel and there will be no cost for the EES. However, as it will take extra time to complete the required details, it is likely that there will be longer than normal queues at border checks once the system starts. Children under 12 will be photographed but will not be required to provide fingerprints. Once registered the EES will last for three years and you will just need to provide a photo or fingerprint if you travel to Europe again in this time.

Why is this happening? The EES is designed to improve border security within the EU and comes ahead of the introduction of the European Travel Information and Authorisation System or ETIAS. This is planned to be introduced from the end of 2026 and, like the USA ESTA system, you will need to provide personal information, details about your trip and there will be a small fee to pay. It is expected that it will be valid for three years unless your passport expires in this time.

Passport Validity: If you have a red passport, please check the issue and expiry date if you are travelling to Europe as if your passport is over ten years old it will not be valid for travel. Any additional months added when you renewed do not count for Europe. Please contact us if you are unsure.

**Travel Insurance**: Please remember to share your travel insurance details with family and friends at home in case they need to contact the insurance company on your behalf. We recommend applying for a Global health card if travelling to Europe but please remember you will still need to take out travel insurance.

For more information and help in planning your visit to Europe, contact Sarah and Michelle at Travel Impressions of Tring

01442 890265 or via enquiries@travelimpressions.co.uk www.travelimpressions.co.uk

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#### ADVICE AND INSIGHTS FOR KIDS IN THE GAME

#### **Handling Winning and Losing the Right Way**

The scoreboard isn't the most important outcome of youth football ~ it's how players react to it. Children who are taught to handle both winning and losing with grace develop emotional strength and a balanced mindset.

After a tough loss, encouragement and reflection help kids bounce back. After a win, staying humble and respectful keeps egos in check. Football mirrors life in this way: we win, we lose, but we always learn.

Coaching Tip: After each match, host a

quick debrief circle. Ask players to share one thing they did well and one thing they want to improve. Focus the discussion on growth, not results. Coach for EB Lions

U11 Saturday Team



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November is here with the usual change in excitement of

bonfire night and fireworks. In the last three months we have seen a 15% rise in the number of jobs but without a corresponding rise in the number of volunteers. With Winter approaching we can expect even more clients requesting help to get to medical appointments. This needs volunteers and we especially need volunteers from Totternhoe.

We are a valuable support for villagers who find it difficult to get out and about. Eaton Bray Good Neighbours is part of a network of similar groups operating under the umbrella of Bedfordshire Rural Charities. Our local group covers Eaton Bray, Edlesborough, Totternhoe and Northall and has now been in operation for over ten years. Volunteers are not on a rota or committed in any way. They can just opt into a job if it is convenient. Although we are volunteers, petrol is paid at a standard rate. If you don't want to be driving, we also have phone holders who are on a voluntary rota and organise volunteers as requests for help come in. EBGN is a service Monday to Friday 9am to 5pm.

We look forward to hearing from you. Our telephone number **07930 987064** 

We are not aging, we are ripening to perfection.

## **Royal British Legion Remembrance Service**

### Sunday 9th November 2025 Edlesborough War Memorial 10.45am

CLOSURE OF B440 FROM NORTHALL TO COCK'S CLOSE (PEBBLEMOOR) JUNCTION and HIGH STREET, EDLESBOROUGH, FROM PEBBLEMOOR TO JUNCTION WITH MAIN ROAD

This year's annual Service of Remembrance will take place at Edlesborough War Memorial at the top of the hill by Edlesborough church on the Main Road on Sunday 9 th November starting at approximately 10.45am. Please come and join us in our Act of Remembrance. The service will last for approximately 30 minutes.

In the past, War Memorials were built close to the roadside so that all who passed by would be reminded of the sacrifices made by the local people whose names appear on them. Unfortunately this does not sit well with the levels of traffic which we experience on our roads today and so to enable the people taking part in the service to stand safely around the War Memorial, and to hear clearly, THE MAIN ROAD (B440) WILL BE CLOSED FOR THE SERVICE FROM APPROXIMATELY 10.30am UNTIL 11.30am with a diversion in place from the Main Road junction at Cock's Close towards Pebblemoor, along Pebblemoor and Edlesborough High Street, along Eaton Bray High Street, and up Northall Road to join the Main Road in Northall. EDLESBOROUGH HIGH STREET WILL ALSO BE CLOSED AT THAT TIME from the junction with Pebblemoor by the Memorial Hall to the junction with the Main Road. There will be manned barriers in place closing the road at the junctions and diversion signs in place.

Residents living on Edlesborough High Street above the Memorial Hall and along the closed part of the Main Road should be aware that it will **NOT BE POSSIBLE TO ACCESS THE MAIN ROAD BY CAR** at the junction by the church during this time as there will be people standing in the road, and so if it is really necessary to use your car at this time **PLEASE DRIVE AWAY FROM THE JUNCTION** towards the nearest point on the diversion route and be aware that you will have to pass through the barrier closing the road and will need to stop to be allowed through. There will be at least two official marshals manning the barriers at each of the closure points. These people are volunteers who have given up their time to help protect those who are taking part in the service at the church. Please treat them with respect and courtesy if you need to pass through a barrier.

Notices advising residents living locally about the road closure will be placed near the closure points for three weeks prior to the closure to make sure that everyone knows about it and can plan to avoid using their car during the hour of the closure.

We look forward to your company on Remembrance Sunday.

Lorna Cubbage







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I am pleased to notify you of the new programme of three concerts we are working on for Music@St Marys, at St Mary's Church, Eaton Bray in the period from now to New Year. To make it easier for you to attend all of the concerts start at 2pm enabling attendees to get home in the daylight .Tickets (from the Box Office -01525 220136) for each of the three concerts cost just £10.00

#### 2pm on Saturday 1st November - POPPY PROM

This year marks the eleventh year for our very popular Music@St Mary's for which the focus of the music will be on VJ Day and will include inter alia The River Kwai March, Walking with Heroes. In addition, the afternoon will close with music appropriate to the Last Night of the Proms. The concert will be performed by the South Beds Concert Band, conducted by Matthew Quick, by Dagnall Community Choir conducted by Helen Wingate and introduces soloist Sarah Taylor-Warner. Tickets are just £10 from the Box Office (Tel 01525 222283)

#### 2pm on Sunday 7th December – Festival for Christmas

St Mary's Church, Eaton Bray

In the run up to Christmas Music@St Mary's is giving you the chance to get out and enjoy yourselves by coming to our 'FESTIVAL FOR CHRISTMAS.' We've done everything we can to make the event accessible:

With a start time of 2pm there should be no problem getting home in the daylight,

The show will be performed by some of the top local musicians – including South Beds Concert Band conducted by Matthew Quick, and, on the organ, Stephen Axford

Affordable tickets - Adults £10, children free

Popular Christmas music.

Tickets available from the Box Office – please let us know that you are coming (Tel 01525 222283)

#### 2pm on Saturday 10th January 2026 – Jazz - Town

"Hi! We're Jazz Town, a multi-instrumental combo from Dunstable that loves exploring a huge range of jazz styles. We release covers and original works online, and we regularly perform at live gigs, functions, and concerts!"

Tickets from the Box Office Tel 01525 222283)

## Burghope's Charity Land Charity Number 238702

The Burghope charity was set up in 1723 by the former vicar of Edlesborough, The Revd George Burghope. He gave 10 acres of land behind the church in Edlesborough to fund the charity, now called The Burghope Trust. The original terms of the charity stipulated that divine service be performed in the parish church on certain days in Lent, and after Burghope's death, on the anniversary of his funeral (26th May). Additionally, the sum of 6s 8d (33p) was distributed yearly amongst the poor who attend the Lent services and 20s (£1) a year to poor widows who attend the anniversary service and heard the sermon. The parish clerk did very well from it, as he received 3s 4d for tolling the bell on St John's Day.

The terms of the charity were revised and now no one has to listen to a sermon any longer!

The Charity originally covered Edlesborough, Dagnall and Northall. Eaton Bray was formally included in 2013.

It is a small charity. The funds originate from the sale of a portion of land that was to the northwest of the churchyard in Edlesborough. By the mid 1980's the churchyard was reaching capacity. As a result, a portion of the land to the north west was sold to the parish council to create an adjacent cemetery. The remaining area approximately 7 acres is let to a local farmer who pays rent to the charity. The money from the sale of the land is invested in the Charities Official Investment fund (COIF).

The objectives of the charity are to use the income

- In making payment to the PCC for further the work of the Church
- 2) For relief in need of individuals or local charitable organisations

Payment is by one off grants to relieve hardship, need or distress of individuals or to organisations that provide services to such persons.

Anyone in the Parish can apply to the charity for assistance. Some of the people and groups we have helped are:

- Ukrainian Families
- Help for people with disabilities
- Grants to assist pupils on school trips
- · Eaton Bray Good Neighbours
- Friends of the Church on the Hill,
   Edlesborough, Kitchen and West Window
   Restoration
- St. Mary's Eaton Bray PCC
- Under 5 Clubs
- Christmas Lunches
- EdanTransport
- · Dagnall Defibrillator

We are really trying to increase the awareness of Burghope's Charity Land. We are fortunate to live in an area where there are low poverty levels. However, if anybody feels that they know of someone or has a group that may benefit from a grant from The Burghope Trust. We would be delighted to hear from them.

The charity can be contacted at **janeclark@ btinternet.com** 

Burghope's Charity Land information can be viewed at



## First-Ever Socorro Dove Chick Hatches at Whipsnade Zoo

#### New hope for conservation of extinct-in-the-wild bird species



AN EXTINCT-IN-THE-WILD Socorro dove has hatched at Whipsnade Zoo in Bedfordshire – the first time the conservation zoo has bred this species. The precious hatchling, which emerged from its egg in late August, marks a hopeful milestone in the global mission to bring the species back from the brink of extinction.

The chick's parents, who arrived from London Zoo in June, are part of an international conservation breeding programme which is boosting the numbers of the rare birds so they can be reintroduced to their native habitat on Socorro Island. off the coast of Mexico.

With approximately 209 Socorro doves left in the world, cared for by fewer than 50 conservation institutions, the arrival of the chick is a significant boost — and along with nine others hatched at Whipsnade's sister-site London Zoo, the Socorro chicks cared for at the two ZSL zoos account for almost 5% of the species' entire population.

Gary Ward, ZSL's curator of birds, said: "To welcome the very first Socorro dove chick at Whipsnade Zoo is an incredible moment for us, but more importantly, it's a step forward for the survival of a species that would have otherwise been lost forever.

"These birds sadly only exist in human care, meaning that those of us looking after them in zoos are uniquely placed to protect the species, and return them to their native habitat in the not-too-distant future."

Socorro doves once lived in the dense woodlands of Socorro Island, but were declared Extinct-in-the-Wild in 1972, after severe habitat loss caused by deforestation combined with the introduction of non-native predators decimated their numbers.

Whipsnade Zoo's tiny chick represents an important milestone for the Socorro Dove Project, an international initiative working to reintroduce this Extinct-in-the-Wild species to Mexico's Socorro Island. The project is a collaboration between ZSL (the conservation charity behind Whipsnade Zoo), key partners in Mexico, Frankfurt Zoo, African Safari, and other zoos within the EAZA (European Association of Zoos and Aquariums) and AZA (Association of Zoos and Aquariums) networks, dedicated to safeguarding the species.

Gary added: "As a world leader in caring for and reintroducing Extinct-in-the-Wild species, and as a driving force in the IUCN SSC Extinct-in-the-Wild Action Partnership, ZSL is leading the recovery of the world's most threatened species - each Socorro dove hatchling is a genuine boost for this work and the Socorro Dove Project."

ZSL has previously helped to recover an Extinct-in-the-Wild bird species - the Sihek – after helping to hand-rear hatchlings of the kingfisher for release onto Palmyra Atoll, marking the first time the birds had been living in the wild for 40 years.

Tim Savage, manager of the bird team at Whipsnade Zoo, said: "Our Socorro dove chick is doing well and growing quickly. It's already taken the first step towards independence by fledging the nest - but will still be reliant on mum and dad for food.

"Dad has been doing the majority of parenting, keeping the chick company, feeding it, and encouraging it to forage for its own food too."

Every visit to Whipsnade Zoo supports ZSL's vital work to protect species and restore habitats across the globe. Find out more

Whipsnade Zoo | A ZSL conservation zoo.

WHIPSNABE ZOO

#### **Snout and about**

#### Whipsnade zoo welcomes new species; South American tapir



A NEW ARRIVAL 11-year-old Brazilian Tapir (Tapirus terrestris) 'Anna', has taken up residence at Whipsnade Zoo in Bedfordshire. Marking the first time that the conservation Zoo's visitors will have been able to spot the rainforest resident in more than 55 years, zookeepers hope Anna will be an important ambassador for her threatened species.

South America's largest land mammal, tapirs can grow up to 2.5m in length and weigh up to 320kg. Anna, who clocks in at 260kg, is roughly the weight of a vending machine.

These unique creatures play a hugely important role in their habitat – acting as nature's own recycling machine, by eating and dispersing nutrients in their waste. What makes them really unusual is their prehensile snout, which not only serves as useful tool for foraging leaves, but can act as a snorkel when they go for a swim.

ZSL, the international conservation charity behind Whipsnade Zoo, champions the conservation of many unique species, including tapirs, through its EDGE of Existence programme. As well as putting a spotlight on the planet's most Evolutionarily Distinct and Globally Endangered species, EDGE of Existence supports early-career conservationists where they are needed the most, through its EDGE Fellows programme.

A ZSL EDGE Fellowship alumni has since gone on to establish Nai Conservation – an organisation devoted to the protection of the Baird's tapir. Esteban Brenes-Mora studied Anna's cousins, the Endangered Baird's tapir, during his EDGE Fellowship in Costa Rica, before establishing a long-term monitoring and conservation programme and launching Nai Conservation.

Connor Corrigan, team leader of the large hoofstock section at Whipsnade Zoo, said: "It's very exciting to be welcoming this amazing species to our Zoo, especially one that hasn't been here since 1970.

"Caring for a new species at our zoo means ZSL can help to grow global understanding of a species through our veterinary work and observations on an individual like Anna, and inspire and teach our visitors about the work ZSL supports through EDGE fellows like Esteban.

Whilst Brazilian tapirs are classified as Vulnerable on the IUCN red list, they play a vital role in keeping their ecosystem healthy, supporting other species by dispersing seeds, making paths, and promoting forest growth.

Connor added: "Esteban's research during his ZSL EDGE Fellowship highlighted that sadly all of the ecosystems that tapirs inhabit are threatened by human activity, but this motivated him to do something about it. By growing understanding of the Baird's tapirs, Esteban was able to devise solutions to tackle the challenges they faced, working with local communities and raising awareness.

"This inspiring work is supported by every visitor who comes to Whipsnade Zoo, where we're committed to turning all of our visitors into conservationists; we're sure Anna will inspire many of them!"

Whipsnade Zoo | A ZSL conservation zoo.



WHIPSNADE ZOO



#### **DUCK WITH ROASTED PLUM GLAZE AND CRUSHED SWEDE**

Portion size: Serves 2

Hands-on time: 30 min

**Difficulty:** Easy

Ingredients: 300g swede

130g sprouts

1 tsp olive oil

2 duck breasts

1 large plum, destoned and sliced into wedges

3 tbsp red wine vinegar

1 tbsp honey

100ml chicken stock

25g butter

1/4 tsp fresh nutmeg, finely grated **Method:** Heat the oven to 170°C fan/gas 5. Peel and roughly dice the swede into about 2cm pieces. Cook in a pan of salted boiling water for 20 minutes or until soft. Halve the sprouts lengthways and discard any undesirable leaves. Toss with a little oil, salt and pepper in an oven

tray, then roast in the oven for 15 minutes. Score the duck skin in 1cm lines, then put a frying pan over a medium heat and add the breasts skin-side down. Season the flesh with salt and pepper, then slowly cook until the fat has rendered out and the skin is even, crisp and golden. Once it is, flip the duck over and add the plum wedges, red wine vinegar, honey and 30ml of the chicken stock to the pan. Let the liquid bubble up to create a glaze and baste the duck with it for a minute. Transfer the duck (don't wash the glaze pan) to the sprout tray and cook in the oven for 3-4 minutes for medium rare to medium, then leave to rest for 5 minutes before carving.

Add the rest of the chicken stock to the glaze pan, stir, then leave to bubble and thicken into a gravy. Taste and season with plenty of salt and pepper, then turn the heat right down to keep warm. Drain the swede, then mash with the butter, nutmeg and some salt and pepper. Divide between two plates and top with the duck, sprouts, plums and gravy.



#### **Danesborough Chorus Autumn Concert**

Saturday 29th November at 7.30pm St Mary's Parish Church, Woburn



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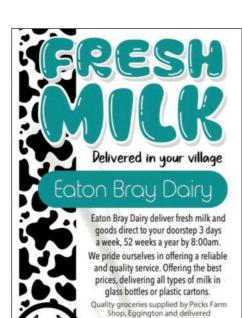


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#### EDLESBOROUGH TENNIS CLUB

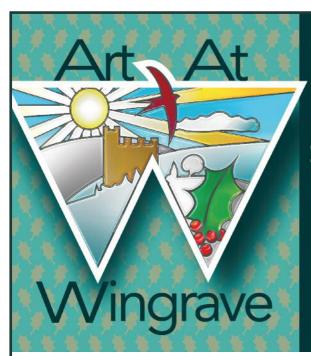
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#### December Fri 5th 6.00-9.00 Sat 6th - Sun 7th 10.30-5.00

Community Centre, Church St., Wingrave, HP22 4PE

Including Refreshments
Cancer Research UK

**Art At Wingrave' 2025,** now in its sixth year, is just around the corner... look forward to joining us for a vibrant, joyful and free pre-Christmas Art Event showcasing the enthusiasm and talent of 20+ local Artists and Makers.

Whether you're an art enthusiast, a collector, someone hunting for original Christmas gifts or simply looking for inspiration, here's your chance to enjoy a festive weekend of art.

This year we're hosted by the village Community Centre, warm and welcoming for all. From the moment we open our doors on Friday evening, every corner of the space will be filled with captivating work. The Centre will be decked out for Christmas and the Bar will be open throughout the week-end,

Meet talented Artists and discover a wide range of work including Ceramics; Photography; Paper Sculpture; Print Making; Textiles and Felt; Glass Art; Jewellery; Watercolour, Geometric Abstracts and Mixed Media Paintings; Furniture Design; Handturned Wood and the striking metal sculptures of 'Riveting Welds".

Explore the Artwork, soak up the festive atmosphere, enjoy refreshments and find that illusive gift – **Art At Wingrave** with something for everyone! So mark the dates, bring a friend, head down Church Street and pay us a visit, we look forward to welcoming you.

'No - big mistake!'

The reply from a visitor who had previously missed Art At Wingrave.

#### Don't miss out this December!

(Free entry · Refreshments in aid of Cancer Research UK)

(Additional parking: MacIntyre School, Leighton Road, HP22 4PA (Please display a note stating that you are attending Art at Wingrave).

#### Andrew and Margaret Liversidge,

Field View Studio

Check out (and follow):

'Art At Wingrave' Instagram Page https://www.instagram.com/art.at.wingrave/ featuring participating artists







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## Hedgehogs are charming and endearing creatures that often visit our gardens.

Hedgehogs usually hibernate from October/November through to March/April. Research has shown that each individual is likely to move nesting sites at least once during this period and so can sometimes be seen out and about. During mild winters hedgehogs can remain active well into November and December.

Hibernation is a crucial part of their natural cycle, allowing them to conserve energy and survive harsh conditions. As responsible gardeners and animal lovers, we can do our part to help hedgehogs hibernate successfully.

In this feature, we will share the top tips to ensure these adorable spiky mammals have a safe and comfortable hibernation period.

#### **Create Hedgehog-Friendly Habitats**

One of the best ways to support hedgehogs during hibernation is to provide them with suitable habitats. Ensure your garden has a variety of hiding spots, such as leaf piles, log piles, or even specially designed hedgehog houses. These shelters offer protection from the cold and predators.

#### **Check for Hedgehog Residents**

Before you start any garden work in the late autumn, especially bonfires, check carefully for hedgehogs. They may have already made a nest for hibernation in your garden. Gently inspect areas like compost heaps and under sheds or hedges. If you find a hedgehog, leave it undisturbed and adjust your plans accordingly.

#### **Provide Food and Water**

Hedgehogs need to stock up on food before hibernating, so ensure they have access to a reliable food source in your garden. Leave out

dishes of hedgehog food, cat or dog food (preferably dry food) and fresh water. Avoid giving them milk, as hedgehogs are lactose intolerant.

#### **Keep Garden Hazards at Bay**

Make your garden hedgehog-friendly by removing potential hazards. Check for open drains or holes they might fall into and cover them. Keep your garden free from litter and ensure netting is properly secured to prevent hedgehogs from getting tangled.

#### **Monitor Temperature Fluctuations**

Hedgehogs can be sensitive to temperature changes. During mild winters, they might wake up from hibernation, using up valuable energy reserves. If you notice a hedgehog active during winter, consult a local wildlife rescue center for guidance.

#### **Avoid Disturbance**

Resist the urge to disturb hedgehogs during their hibernation period. If you find one out and about, it might be in trouble. Consult a wildlife expert or rescue center for advice.

#### **Create Hedgehog Highways**

Hedgehogs need to roam and find food before and after hibernation. Ensure your garden is connected to neighboring green spaces by creating small holes in fences or installing hedgehog tunnels. This allows them to move freely, increasing their chances of survival.

#### Support Local Hedgehog Rescue Organisations

If you're truly passionate about hedgehog conservation, consider supporting local wildlife rescue organisations dedicated to the protection and rehabilitation of hedgehogs.



## THE FRIENDS OF THE CHURCH ON THE HILL, EDLESBOROUGH



#### A Month on the Hill

September was a busy time on the Hill.

The Highlight was our participation in Heritage Open Days, England's largest festival of history and culture. Each September thousands of volunteers across the country invite you to experience local history, architecture and culture. All for free.

We were delighted to host over 100 visitors. We welcomed Sophie Chaplin and her update of the Covid Doorstep Gallery. The Church was filled with displays covering all aspects of the Church and our village life, past and present. The "Edlesborough Prune" was also on display. Visitors were rewarded with cream teas. Donations were divided between The Churches Conservation Trust for their work on our ancient Church buildings, The Friends Group for identified projects and to Sophie Chaplin's support for the campaign to install a defibrillator in Bower Lane, Eaton Bray. We learn a lot from our visitors and one lady provided a lot more information on the Sharratt family.

We have also started a Knitting Corner. On the Chest by the Lady Chapel, there is a box of wool and needles to knit squares, feel free to continue on from the person before you.

Following the Village Tree Survey, we had a visit from the Tree Surgeons who pollarded two Sycamores and a Horse Chestnut tree. They had liaised with Whipsnade Zoo who sent a van to collect the cuttings for their animals.

We have planted more bulbs at the front adding to the existing daffodils and introducing tete -a-tete and camassia.

Ace Filmworks used the Church to shoot a scene for their next film, "The Olive Branch".

We are busily working on the line-up for EdleFest2026 and have received applications from artists in India, Senegal, USA, Spain, Scotland, Ireland and England.

If you are a Facebook Page user 'follow' our page to see all the updates.

#### Friends of the Church on the Hill

W: edlefest.site123.me

**FB:** Friends of the Church on the Hill, Edlesborough











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#### Warren (Eaton Bray)



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#### Lucas (Northall)

After responding to our query very quickly, Paramount Plumbing and Heating came to our new home to work on our bathroom They were extremely professional and knowledgeable - would absolutely recommend to anyone!





Burst pipe early Saturday morning and David responded within 20 minutes. Problem solved immediately and follow up was first class!

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## WE NEED SOME HELP!

## Would you like to join our distribution team?

We are always on the look out for volunteers to post Focus through letterboxes. If you would like to help out in your road or your local area we would love to hear from you.

Right now we're looking for someone to join our "drop off" team to deliver Focus parcels to our local distributors.

Could you spare a few hours once a month? Usually around the end of each month we break down the bulk delivery into individual parcels then drop them off to the distributors.

Perhaps you have an estate car or van and would like to volunteer as a driver?

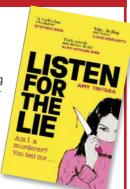
We need to increase our team so this doesn't become a burden on any one person. A team of two from an available group of four people makes this an enjoyable and sociable task.

# If you want to know more give me a call. Martin Hayden 077 96 335 661

#### **BOOK REVIEWS**

#### Listen for the Lie by Amy Tintera

You tell me ... Lucy Chase can't remember anything about the night her best friend was murdered. Lucky her, you're probably thinking. Who would want that to be their



last memory of someone they love? But for Lucy, it's become an issue. Because everyone thinks she did it. But that was five years ago, and Lucy has put it all behind her. Or at least, she thought she had, until an interfering yet not badlooking podcaster offers her the opportunity to join his investigation into the night she forgot. On the one hand, if she's a murderer, it's probably better to know – right?

On the other, if she didn't do it, she'll be putting herself back in the sights of the person who did. And either way, if you've already killed once, what's to stop you from doing it again? Get ready to be obsessed with this funny and thrilling new murder mystery.



New Bridge Club Edlesborough Pavilion Beginners and Experienced welcome Contact *ted.mani123@btinternet.com* for further info. Vitamin D, are we getting enough!

Current Government quidelines advise that all of us in the UK including children

Current Government guidelines advise that all of us in the UK, including children from the age of one, should be taking a daily 10 microgram dose of vitamin D from September to March.

#### Why is vitamin D essential?

Vitamin D helps our bodies absorb and use calcium and phosphate from our diet which are essential minerals for healthy bones, teeth and muscles.

We need vitamin D to build strong bones which will reduce our chances of developing osteoporosis, the bone thinning disease.
Vitamin D also regulates cell growth, neuromuscular function, reduces inflammation and helps us to keep our immune system in good shape.

#### What happens if we don't get enough vitamin D?

A vitamin D deficiency may result in bones becoming soft and weak which can lead to bone deformities. In adults bone pain and sensitivity, a condition called osteomalacia, may occur. Muscle pain and weakness has also been associated with low vitamin D levels.

#### How much sun do we need to get enough vitamin D?

UVB rays from sunlight is the best way to get enough vitamin D into our bodies. However, in the UK this is only effective between the months of late March and September which is why the government advises us to take a supplement over the autumn and winter months when sunlight is at its weakest.

Everyone is different but approximately 10 – 15 minutes of sun exposure during the summer months in the UK should help build up our body's stores of vitamin D. Exposure should be on bare skin, particularly on the forearms, hands and lower legs. Vitamin D is fat-soluble so can be stored in fatty tissue.

As UVB rays cannot penetrate glass then sitting by a window will not help us to get the vitamin D that we need. The sun exposure must come from outside, however it is important not to stay in the

sun longer than this without sun protection as this will increase the risk of skin damage and it is very difficult to get enough vitamin D from diet alone as few foods contain vitamin D in sufficient quantities.

Vegans or vegetarians are at a higher risk of vitamin D deficiency as most foods which naturally contain vitamin D are products of animal origin. It is therefore advised to speak to your GP if you think you may be suffering from a vitamin D deficiency as your levels can be tested.

#### **Vitamin D supplements**

A daily 10 microgram dose of vitamin D is recommended by the Department of Health during the winter months. These can easily be obtained over the counter in most pharmacies, health food shops or supermarkets.

#### Who is most at risk?

Those most at risk of being deficient in vitamin D are:

- Older people, or those who are frail, housebound, or have limited sun exposure
- People who wear clothes which cover their skin completely
- People with dark skin as they have higher melanin (skin pigment) levels, which slows vitamin D production.
- People with liver disease, malabsorption disorders, cancer and those needing steroids for treatment
- Children from birth to 4 years old.

If you are worried that you may not be getting enough vitamin D and/or you find yourself

in the above most at risk list then it may be worth talking to your pharmacist or GP about your symptoms and consider supplementing your diet with a goodquality vitamin D.

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As the darker nights draw in across Buckinghamshire, Thames Valley Police would like to remind residents of Edlesborough, Northall and Dagnall to take a few simple steps to help keep themselves and their property safe. The change in season often brings an increase in opportunistic crime, particularly burglaries and thefts from vehicles, so now is a good time to review your home security.

Make sure all doors and windows are locked before leaving your home or going to bed, even if you're only stepping out for a short time. Consider using timer switches for lights to give the impression that someone is home, and keep valuables out of sight from windows. If you have a shed or garage, ensure it is securely locked and tools or bikes are marked and registered. Motionactivated outdoor lighting can also be a strong deterrent to would-be intruders.

Always remove valuables from your car, including sat navs and bags, and park in well-lit areas where possible. Double-check that your vehicle is locked.

We encourage residents to remain vigilant and report any suspicious activity to us via 101 or online. For emergencies, always dial 999. By working together and staying alert, we can help keep Edlesborough, Northall and Dagnall safe throughout the winter season.





**Dunstable PROBUS Club** meets on the second Monday of the month at Tilsworth Golf Centre and membership is open to retired or semi-retired professional and business people.

The Club's main purpose is the promotion of good fellowship. Members enjoy some social activities and the occasional organised visit throughout the year and after their regular monthly lunch meetings are entertained by speakers who give talks on a wide range of topics.

If you are interested in joining the Club, please contact the Secretary, Philip Savage on 01582 662462.



## BIRDS OF BRAY

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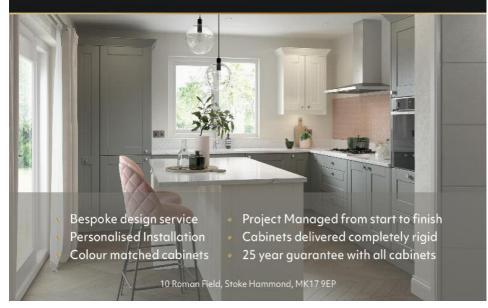




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#### November 2025

Our evening meeting on 11 September was unfortunately poorly supported probably due to grandparents taking the opportunity to go on holiday! We welcomed Francesca Murray to our September meeting and she gave an enlightening talk on the heroes and heroines of the horticultural world. It was not quite what I expected but interesting nevertheless. As a horticultural club we have supported the charity "Perennial" for many years by purchasing Prize Cards for the Annual Village Show and giving annual donations. They were previously known as The Gardeners' Benevolent Fund and help professional gardeners in their time of need. Her talk concentrated on the work of this charity.

On 13 November we welcome Dr Primrose to the meeting at 7.30pm at St Giles' Hall, Totternhoe with a talk on "Poisonous Plants". This looks to be very interesting although I promise I shall not be using any information gleaned when I make the mulled wine!! As it is the last meeting before Christmas, we will

have mulled wine and refreshments with a festive note.

In the new year on 15 January, we are lucky to have Andy Sands back on a return visit to show us some more of his superb photographs of wildlife. None of us will ever forget his brilliant pictures of slime mould under the microscope and are in suspense to see what he will show us on this visit. He is such an enthusiastic and knowledgeable speaker that I cannot recommend him highly enough.

For more information about the Garden Club, e-mail **Joyce Murphy** at **tgc@mothermurphy.co.uk** or telephone **01582 667085**.

For membership queries contact **Veronica Clarke** by e-mail at *r\_vclarke@hotmail.com* or telephone **01582 600764**. At the moment we have reached our limit of 130 members, but Veronica will be pleased to take your details and put you on the waiting list to join.

Joyce Murphy - Chairman



#### CENTRAL BEDS TO TACKLE FLY-TIPPING ACROSS THE AREA.

Our countryside and towns were recently showcased to the nation as the Tour of Britain Men's cycle race passed through. We want to willages and local landmarks that residents are proud of, and that visitors travel to enjoy, are preserved for years to come.

To help stop the illegal dumping of rubbish, we will be increasing the use of covert cameras in key locations. These will be placed in identified fly-tipping hotspot areas, to identify and prosecute those who break the law.

But there is also an important role for residents. Many fly-tipping cases happen because people use unlicensed waste carriers. If their rubbish is then dumped, the responsibility also lies with the person who paid for the removal.

#### Residents are reminded:

- Always check if a waste carrier is licensed -Rogue Rubbish Collectors
- Be cautious of unlicensed clearance companies advertising online or on social media
- Even if it seems cheaper, the costs of a fine or prosecution are far greater. A fixed penalty notice is £600, while court cases can lead to unlimited fines or imprisonment
- Residents can use our bulky waste collection service.

If you see fly-tipping, you can report it on www.centralbedfordshire.gov.uk/reportit. Where possible, include details such as vehicle registration or description, which helps build evidence.

But there is also an important role for residents. Many fly-tipping cases happen because people use unlicensed waste carriers. If their rubbish is then dumped, the responsibility also lies with the person who paid for the removal.





Share your experiences, problems and solutions with all things technical by

Joining our WhatsApp Group or our private Pavilion IT Help and Support Group on Facebook or by email

pavilionithelp@gmail.com

or further meetings at the Pavilion if requested

Steve Munday ~ 07740 197392 Christine Hurst ~ 07398 246496

#### HELPFUL TIPS ON FINANCE

#### **Autumn Statement Watch**

The Chancellor's Autumn Statement will likely land this month — bringing changes to tax bands, business reliefs, and more. It's a crucial time to understand what's changing and how it impacts you.

Expect potential updates on Inheritance Tax, Corporation Tax incentives, and savings limits. With the 31 January 2026 Self Assessment

deadline looming, use any changes to adjust your year-end strategy — whether that's making pension contributions, crystallising gains, or planning charitable donations.

**Tip of the Month:** Book a tax planning review now
— the January

deadline will creep up fast.

**Daniel Riley** (Riley Accountants)





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We are looking for a caring, organised and reliable individual to lead our Wednesday Club – a weekly gathering that offers friendship and support to elderly members of the community.

#### **KEY RESPONSIBILITIES:**

- Oversee the smooth day-to-day running of the club with assistance from weekly deputies and trustees.
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- Create a welcoming and inclusive environment
- Liaise with volunteers and local services

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#### **RIP BARRY CATO**

Sue, Russell and Helen thank everyone for their kindness and support following the very sad passing of Barry on 13 August.

Barry had a motor repair workshop in Eaton Bray for over 40 years, and many of his customers and work colleagues became friends.

Barry's health was poor in his final years, but there is now no more pain, and he is at peace with our loved ones - in particular our darling daughter in law, Vicki, who passed away just a few months ago.

Heartfelt thanks to everyone who attended Barry's Thanksgiving and for their generous donations to Cancer Research UK.

If you have any happy memories of Barry you would like to share, do please contact
Sue on susan.cato@talk21.com

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#### APPLEDOWN RESCUE DOG OF THE MONTH



Tiger-striped Rigsby is a lurcher who was born in May 2023. This loveable lad is full of fun and bounce but still has good manners on the lead. Rigsby is an affectionate boy and would love a home with owners who will carry on with his training, give him regular exercise and provide a nice sofa for him to stretch out on. He could live with another dog pending introductions, but not cats or other small furries. Please visit our website for details about adoption and an application form. There are various ways to donate to support our dogs please see the website for details.

**Appledown Rescue & Rehoming** Kennels Harling Road, Eaton Bray, **Beds LU6 10Y** 

Viewings are by appointment only

01525 220383 (10am-1pm & 2-4 pm)





**Email:** appledown.kennels@btinternet.com **Website:** www.appledownrescue.co.uk



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## Your Photos by Matthew Metcalfe







## FREE CHARITY EVENT OFFERS ONE-OF-A-KIND EXPERIENCE TO HELP THE HOMELESS





Hertfordshire-based homelessness charity, DENS, has announced the return of its popular Sponsored Sleepout on Friday 21st

November, with free places available for everyone in the community.

Taking place at the new venue of Hammond Academy in Hemel Hempstead, the fundraising event promises an inspiring night under the stars, packed full of community spirit and entertainment.

Open to adults and children aged eight and over, the evening will include activities for all ages, an informative Q&A session about the charity's work and live music performances. When it's time to bed down, participants can experience just a small glimpse of the challenges faced by rough sleepers during the harsh winter months.

At dawn, they can wake up feeling a huge sense of achievement, knowing the

sponsorship they have raised will make a lifechanging impact for local people facing homelessness each night.

The event is proudly sponsored by Safran Electrical & Power UK, a leading aerospace company, based in Pitstone, that is committed to supporting local causes.

Last year's edition saw a record-breaking attendance – raising an astonishing £33,000 to help rebuild the lives of local people facing homelessness.

Charlotte McCarthy, Community Fundraiser at DENS, said: "We're determined to make this our biggest Sponsored Sleepout ever. It's a truly eye-opening experience, and an inspiring way to come together as a community. By raising sponsorship on the night, every participant helps us make an even greater difference to local people in need."

Free places for the DENS Sponsored Sleepout are available now at

www.dens.org.uk/sleepout25

# Thank you

#### Our 20th Year! Another successful EB Charity Quiz

From all you lovely Quizzers this Year we have raised £2500 Shared between Appledown Kennels & Dunstable Foodbank



#### Congratulations to The Secret Seven +1 seen here receiving the "Keith Blackburn Memorial Shield"

We packed in all you lovely people on more "Fun and Fundraising" for local good causes. Both Charities were represented with The Foodbank putting in two teams - nice bit of competition between them both.

A big thanks to Tesco's for supplying the Baguettes The wonderful team who are the EB Quiz Elves and all those great raffle prizes that raised so much towards our final total along with Quiz Master Supremo Geoff for his questions

See you all again in April 2026 date tbc Robert Taylor Mintyman1958@gmail.com

If you know of a local company or individual who would like to sponsor us in supporting these great local causes please contact me.



Love nature and the great outdoors?

Join our exciting rewilding project at the old RAF field in Dagnall! Help bring wildlife back, see nature thrive, and take part in fun community events.

Let's begin the magic together! \*\*

Come along on Saturday 8th /22nd Nov (2nd/4th sat) Open anytime between 11am and 4pm. Everyone welcome!

Main road N, Dagnall, Berkhamsted, HP4 1RE

Wildmagicland@gmail.com



> 2 · =





We are looking for **volunteer drivers** and **conductors** to help with transporting the members to and from their homes on our minibus. This would be on a rota system, depending on the number of volunteers.

**CALL 07854 230243 IF YOU CAN HELP** 

## Edlesborough Memory Café



Anew social group for those affected by dementia and age-related memory loss has opened at Edlesborough Pavilion.

Their first meeting was held the afternoon of July 9 and was very well attended by a mixture of family carers and those living with the condition. Edlesborough Memory Café is a social space for people to chat and play some fun games together. It has been started with the help of Tibbs Dementia Foundation, who are a specialist Bedfordshire dementia charity with over 12 years of experience in delivering social activities to those affected by dementia and memory loss.

The group is very inclusive and all are welcome, those with a formal diagnosis as

well as those without. Family members are also encouraged to come along, either on their own or with their relative who is living with dementia/memory loss.

Tibbs pride themselves on offering a relaxed and stress-free environment, where clients can come and enjoy a cuppa, along with good company and some stimulating games and activities. It is a space where people can just be themselves without having to worry about stigma or judgement from others.

The charity understands that some may feel anxious about their diagnosis and being in the company of other people, and for those with a cognitive impairment this can be a very normal reaction to the thought of socialising in a group. This is why they offer social activities just for those living with memory loss and dementia; an opportunity to be with others in a similar situation who understand the challenges people with this condition face. New people are encouraged to come along for a taster session to try it. No booking is necessary.

The group meets at 2.30pm every 2nd Wednesday of the month at Edlesborough Pavilion.

For more information, please contact **Louise Evans** at

*louise.evans@tibbsdementia.co.uk* or via phone on **07483 951733** 

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## Donate to our Toy Appeal



#### Support The Salvation Army this Christmas



The Eaton Bray Salvation Army is fundraising for

The Salvation Army's Christmas Toy Appeal in order to donate toys to local families who would otherwise struggle to provide gifts for their children this year.

If you would like to donate a new unwrapped toy for a child aged 4-11 years this can be received at our hall in Booth Place, Eaton Bray, LU6 2DR:

on Sunday mornings (10:45am-12:15pm)

on Wednesday evenings (5:45pm-7:15pm term time only)

or between 8<sup>th</sup> & 10<sup>th</sup> December (9:30am-2:30pm) deadline for donations.

Or, email eaton.bray@salvationarmy.org.uk to arrange a drop off.

Alternatively, if you would like to give a monetary donation, please visit our JustGiving page below or scan the QR code.



www.justgiving.com/fundraising/thesalvationarmychristmas-2025-17

#### Thank you for your generosity!



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