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JANUARY 24' - Issue 134

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Hello Readers,

Welcome to the **January 2024** issue of **Look Local Magazine** and a Happy New Year to you all.

As we bid farewell to the year gone by, let's embrace the opportunity to set new intentions. Whether it's nailing down personal targets, rallying around our awesome community or launching that new business you've been promising yourself! New Year, new opportunities, am I right? It's that time when we get to hit the reset button, scribble down some goals, and dive head first into what's ahead.

This issue is full of articles to read from local businesses in our area. We have our resident Garden Designer, Lucie Ponsford setting the scene for this years gardening tips and tricks.

We also have an article about the importance of writing a Will which isn't something any of us really like to think about but something that is so necessary! And what better time to get one written up or update your existing one than at the start of a brand new year.

And for those with home renovations or enhancements in mind, turn to page 16 to read all about the benefits of installing Air Conditioning into your living and/or work space.

We also have a regular competition from Thame Players Theatre where you have the opportunity to WIN tickets to one of their fabulous performances. Turn to page 15.

And if you're a new business starting out or are looking to explore new marketing avenues for your company this year please do get in touch to discuss advertising and editorial opportunities within this publication.

Until next month, enjoy reading this months edition and continue to shop and support local...

Love Emma x

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 **Look Local Magazine**

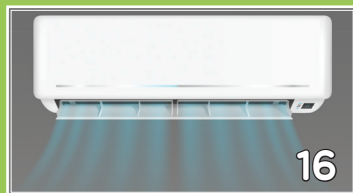
 **Look_Local_Mag**



**BOOKING DEADLINE FOR
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Wednesday 17th January

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CONTENTS

07. HOME & GARDEN

Loft Ladders you can trust from Home County Loft Ladders.

11. HEALTH & WELLBEING

Rescue remedies for the New Year with Mandy Sharpe of Healers Cottage.

13. HEALTH & WELLBEING

The importance of having and updating a Will, by Guardianship Wills with Integrity.

14. NEWS & EVENTS

What's going on in our local area.

15. COMPETITION

WIN Thame Players Theatre tickets.

16. EDITORIAL FEATURE

The benefits of Air Conditioning in your Home and Office by Quality Cooling.

22. HOME & GARDEN

Over the Garden Gate with Mimosa Garden Design.

7,100 copies of Look Local Magazine are printed on a monthly basis and delivered to households in, **Aston Rowant, Chalgrove, Chinnor, Great Haseley, Great Milton, Henton, Kingston Blount, Lewknor, Little Milton, Milton Common, Stadhampton, Sydenham** and **Watlington**. In addition, the magazine can also be picked up from businesses in these areas and also **Thame & Wheatley**.

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Home Counties Loft Ladders, Quality You Can Trust!

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The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50sqft of boarding and a light – all fully fitted in less than a day from just **£444!** But it's not just the affordability of the package that makes Home Counties Loft Ladders stand out, as manager Jamie Oakley explains: 'Our

watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

– that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call Jamie free on **0808 301 9558** and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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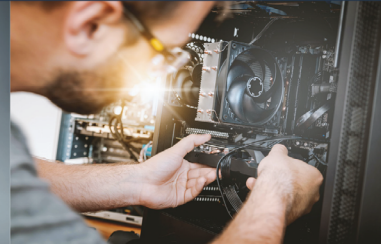
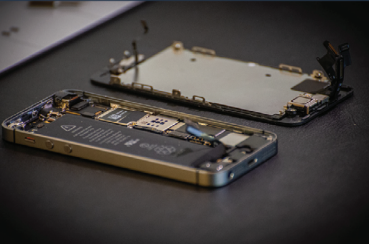
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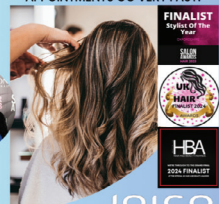
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Rescue Remedies, perfect for the New Year and beyond...

By Mandy Sharpe, Pain & Anxiety Coach at Healers Cottage

Here at Healers Cottage we are totally holistic, offering complete mind and body healing. In our last adverts we have spoken about holistic pain relief and EFT Tapping to help with anxiety. This month I would like to let you know about some of the fabulous products we have available to help with pain relief, stress, anxiety, shock and nerves to name a few.

Most of you have heard of **Rescue Remedy** but very few will have heard about the many Flower Essences that go into making it and many other remedies. They contain the unique vibrational energy of the plant they came from and this energy is held as a memory in water. When you take specific Flower remedies yourself it reminds your own personal energy how to be, helping unlearn old patterns, bringing awareness and solutions all the while re-balancing your whole being. Flower essences work deeply and gently bringing positive and effective change in our lives, shifting patterns, bringing awareness to bad habits.

You can buy pre-made essences in my ready made range listed below or you can fill out an extensive questionnaire and have a remedy made especially to suit your specific needs. All essences are completely safe to take whilst using medication as they work on an energetic level and contain no material matter. They are completely safe for children and pets but there is a small amount of alcohol to preserve the essences.

PRE-MADE REMEDIES

Stress Support: For times when you are feeling overwhelmed, recovering from long term stress or when feeling low. This remedy will help support you, give strength and courage and help you cope better, bringing light into dark places.

Unwanted Thoughts: This remedy may help to reduce the negative thoughts that can go around in your head. Helping with trauma, loss of hope etc. This remedy is not a replacement for professional help it is an aid in your armour against unwanted thoughts not a cure.

Easing Grief: Offering a gentle way to help with emotions in times of grief. Assists with the distress, guilt and shock often associated with the death of a loved one. This remedy can help to balance all of these emotions.

Sleep Potion: My sleep potion has helped many people who are not able to shut down their minds enough to be able to sleep. If this is you, this potion may help.

As Healers Cottage treats the whole, I also hand make **Aromatherapy** products to help with various ailments, they are not a replacement for anything the GP can give you but it is another thing to add to your pain toolbox (*the more you have in it the better*). Please be aware these are therapeutic strength products and a short client consultation (*at no extra cost*) would be required before purchasing any aromatherapy product. Below is a small selection of the products available to buy.

1. **Knee & Joint Pain Relief Sleep Aid Rollerball | 50ml.** Used regularly the therapeutic properties of this oil will build up to help joint pain, inflammation and sleep - a win win! Price: £12.00*
2. **Magnesium Spray | 100ml.** With Lavender and Chamomile Essential Oils. Good for muscle cramps, restless legs and can help with sleep too. Price: £7.00*.
3. **Cooling Headache Gel | 50ml.** A mix of Rosemary and Peppermint oil in Aloe Vera Gel for quick absorption. Fantastic for headaches, neck and back pain - works quick.. Price: £12.00*.
4. **Nerve Pain Rollerball | 50ml.** Can help neuropathy pain, sciatica, neurological pain, pinched nerves - just roll on where needed. Price: £12.00*.
5. **Arthritis Cream | 60ml.** A wonderful soothing cream for arthritic joints. Price: £12.00*.

To purchase any of the items above or for more information
please call Mandy on 07545 531187.



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Securing your Future: The importance of having and updating your Will...

By Michael Bradley, Guardianship Wills with Integrity

Life is a whirlwind of changes, each chapter bringing new experiences and milestones. Amidst these moments, one crucial aspect that often gets overlooked or postponed is estate planning through the creation and regular updating of a Will. Guardianship Wills with Integrity, an Oxfordshire-based Will Writing company with over two decades of expertise, recognises the pivotal role a Will plays in securing your future and the futures of your loved ones.

Imagine this: you've recently tied the knot, moved to a new home, or welcomed a precious addition to the family. These significant life events mark not just personal milestones but also underscore the need to reassess and safeguard your financial and familial future.

Marriage, a union of hearts and lives, is not only about love but also about responsibility. Creating or updating a Will after marriage ensures that your partner is adequately provided for and that your shared assets are distributed according to your wishes in the event of an unforeseen circumstance. Likewise, moving to a new house is more than a change of address; it's a shift in your life's landscape. Your assets and property might have undergone changes, necessitating a review of your Will to reflect these alterations accurately. Ensuring that your Will aligns with your current property ownership is crucial.

Then there is the arrival of a new family member, whether through birth or adoption, whilst this brings immense joy it also brings a heightened sense of responsibility. Instructing a Will Writer after this momentous event allows you to designate guardianship for your child and allocate resources for their well-being, offering peace of mind amid life's uncertainties.

However, creating a Will is only the initial step. The importance of periodically updating it cannot be overstated. As life progresses, circumstances evolve, and so do your assets, family dynamics, and preferences. Failing to update your Will after significant changes may lead to unintended consequences, potentially leaving your loved ones in precarious situations.

Guardianship Wills with Integrity encourages individuals and families to revisit their Wills regularly, ideally every three to five years, or whenever a major life event occurs. This practice ensures that your Will remains a true reflection of your current wishes and circumstances.

In conclusion, a Will isn't merely a legal document; it's a testament to your care and consideration for your family's future. Whether you've recently celebrated a marriage, moved house, or welcomed a new member into your family, taking the time to create or update your Will is an invaluable investment in securing the well-being of your loved ones and preserving your legacy.

Don't wait for the perfect moment; take charge of your future today by entrusting your Will to experienced professionals like **GuardianShip Wills with Integrity**.



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NEWS & EVENTS

IN OUR REGION

Thame Midsomer Tours Donate £2,800 to Local Charities!

Thame Midsomer Tours have made their largest charity donation to date, with £1,400 given to each of the Mayor's Charities (2023 Charities: Red Kite Family Centre and Thame Youth Projects Group supporting the Thame Youth Cafe) and Thame Museum, a registered charity.

Around 2,500 Midsomer fans and tourists from home and abroad have now taken the Midsomer Tour since the tours began six years ago, and two thirds of ticket sales income is donated to local charities each year. The ever-popular tours have resulted in around £8,000 being donated to date.

The tours are led by a team of six knowledgeable guides, all volunteers, who are enthusiastic experts, not only on Midsomer Murders locations, the episodes, the actors, the bizarre methods of murder and much more, but on local history too. Thame is one of the most-filmed locations, sometimes appearing as Causton, sometimes as one of the many picturesque villages in Midsomer County (aka Oxfordshire and Buckinghamshire).



The tours cover the 23 Midsomer filming locations in Thame, and your guide will tell you about each one – including Thame Town Hall (aka Causton Town Hall) and Thame Museum. You will also learn fascinating snippets about Thame's history, from its ancient Neanderthal remains to the English Civil War and Queen Victoria's Golden Jubilee, taking us up to the present day – the Prebendal, a Midsomer filming location, was the home of the late Robin Gibb of the Bee Gees.

Tony Long, tour coordinator, said *"We're delighted to continue supporting local good causes while giving Midsomer fans locally and from around the world a fascinating insight into Thame as a major Midsomer filming location. Please join us for a tour when the new season starts in April, and help local causes at the same time."*

Thame Midsomer Tours have ended for the winter now but will be back again from Wednesday 3rd April 2024. For more information, go to www.thamemidsomertours.co.uk.

80s Disco/Bingo Night in aid of Florence Nightingale Hospice Charity...

27th January | 6:30 pm - 11:00 pm | Comunity Centre, Hampden Square, Fairford Leys

Get ready for a night filled with funky music, dazzling disco lights, and exciting bingo games as you travel back in time to the groovy era of the 80s.

Put on your neon leg warmers, big hair, and flashy outfits as we transform the venue into a nostalgic dance floor straight out of the 80s. Our DJ will be spinning all the classic hits from this iconic era, so get ready to dance the night away! But that's not all! Test your luck and win fantastic prizes with our thrilling bingo games. Grab your bingo cards and keep your fingers crossed as we call out the numbers. Will you be the lucky winner?

Don't miss out on this unforgettable night of 80s nostalgia, disco fever, and bingo excitement. Grab your friends and come join us for an evening that will transport you back to the most vibrant decade of all time! A buffet will be provided but you will need to bring your own tipples/drink for the night as there's no bar. This event is for ages 18 and over. This is a fundraising event so let's raise as much as we can together for Florence Nightingale Hospice Charity.

For tickets: Phone 01296 338928 or email andy@fairfordleyscentre.org.uk

WHAT'S ON AT THE PLAYERS THEATRE

Friday 26th January at 7.45pm

Comedy @ the Players – Pierre Novellie and Phil Ellis

Pierre Novellie : Pierre's show is observational comedy for people who think they don't like observational comedy. A mixture of high-brow and low-brow references from five-star receiving, award-winning, hit-podcasting, Frank Skinner-supporting Pierre Novellie.

Phil Ellis: If you like excellent comedy shows, then Edinburgh Award-winning 'Phil Ellis's Excellent Comedy Show' is the excellent comedy show for you. One of the top 20 best-reviewed shows of the fringe, this is an hour of hilarious stand-up and fun.

Tickets £13

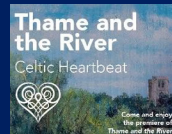


Saturday 3rd February at 7.45pm

Thame and the River by Celtic Heartbeat

This is the PREMIERE of "Thame and the River" a show conceived and written by local folk band, Celtic Heartbeat. With songs, stories and curated background images about the history of Thame Town, many of our colourful historical characters and our beautiful river will be brought to life.

Tickets £15



Tuesday 5th to Saturday 9th March at 7.45pm

Thame Players Present

Barefoot in the Park by Neil Simon

Set in East 48th Street, New York, in the early to mid-1960s, Corrie and Paul Bratter are a newly married couple who have just moved into a tiny, slightly down-at-heel top-floor apartment with no lift, a leaky skylight, a bedroom barely larger than a closet, and a bathroom with no bath. The furniture hasn't yet arrived. It's a cold, snowy February. Over four days, we see the couple learning to live together while Corrie plays matchmaker to her mother, trying to set her up with the ageing, eccentric playboy who lives in the attic above their apartment.

Tickets £10 to £12



For all these shows book online at www.thameplayers.co.uk or by telephone on 01844 212833 or in person from the Information Centre at Thame Town Hall

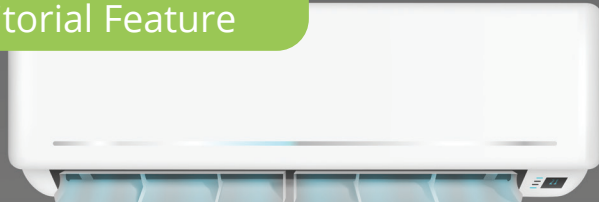
Exclusive Competition

For a chance to WIN complimentary tickets for a family of four to a Thame Players' production* answer the following question:

Q: WHO WROTE THE SCRIPT FOR 'BAREFOOT IN THE PARK' ?

Email your answer with your name and address to info@look-localmagazine.co.uk by 31st January 24'.

*There are five Thame Players' productions a year. See website for details.



What are the benefits of installing Air Conditioning into your Home or Office Space..... by Byron Penfold of Quality Cooling

Installing an air conditioning (AC) system in your home or office space offers an array of benefits that extend far beyond mere temperature control. Let's explore the numerous advantages that come with embracing this modern-day necessity.

Enhanced Comfort

One of the most evident advantages of having an AC system is the ability to create a comfortable indoor climate regardless of the weather outside. Say goodbye to sweltering summer heatwaves or uncomfortably chilly winter days. With precise temperature regulation, you can tailor your environment to your desired comfort level, creating a more enjoyable and productive atmosphere.

Improved Air Quality

Quality air conditioning systems not only regulate temperature but also filter and circulate the air, removing pollutants, dust, allergens, and humidity. This filtration process enhances indoor air quality, reducing the risk of respiratory problems and creating a healthier environment for occupants. Cleaner air contributes to overall well-being and can be particularly beneficial for individuals with allergies or asthma.

Increased Productivity

A conducive indoor climate significantly impacts productivity and focus. Studies have shown that maintaining comfortable temperatures in office spaces boosts productivity levels among employees. An environment that's neither too hot nor too cold allows individuals to concentrate better on their tasks, leading to improved efficiency and output.

Energy Efficiency

Modern air conditioning systems are designed for energy efficiency, offering environmentally friendly options that help conserve energy while keeping your space comfortable. Advanced technologies and programmable settings enable you to regulate temperature and usage, optimizing energy consumption and reducing utility bills.

Greater Flexibility and Control

AC systems today come equipped with innovative features, such as programmable thermostats and zoning capabilities, allowing you to create personalized comfort zones in different areas of your home or office. This level of control ensures that each space maintains its ideal temperature, catering to individual preferences without wasting energy.

Enhanced Sleep Quality

Maintaining a cool and comfortable environment promotes better sleep quality. As the body temperature naturally decreases during sleep, a cooler room temperature helps facilitate a more restful and uninterrupted sleep cycle. Improved sleep quality contributes to overall health and well-being.

So in conclusion, whether its for your home or office space, installing a quality air conditioning system is an investment in your well-being and overall quality of living.

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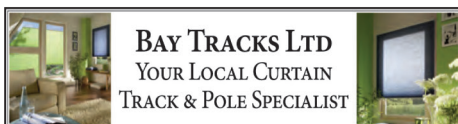
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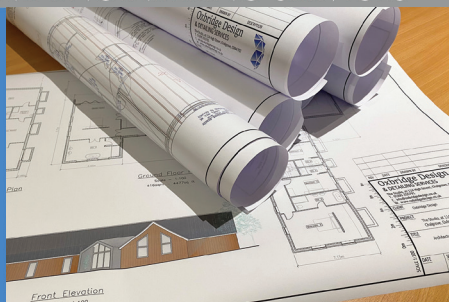
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Look locally over the garden gate with Lucie Giselle Ponsford



We are heralding in the New Year with this January edition of Look Local Over the Garden Gate and for the next 12 months I would like to take you on a horticultural journey to understand the natural world better. Each month we will look at the plant kingdom, set a scene and delve into the soft science of horticulture. Together we will better understand our natural world and how to garden with it.

Let me paint a scene for you of a forest's evolution because to understand the plant's purpose is to appreciate what nature is striving for in your garden. In its every waking moment nature's intention is to evolve to an apex forest! What do I mean by that?

Each type of plant plays a role in evolving 'virgin soil' to full fruition forest and the cycle is continuous with natural disasters such as flooding, forest fires and wind damage being the route to a cleared plain ready for renewal.

We start again with the fast germinating ephemeral seeds of the annual – which will colonate and reseed on the freshly disturbed soil. Lying latent for millennia possibly! These will be followed by the biannual that will flower in their second year, sending down tap roots and breaking subsoil to mobilise nutrients therein. As these larger blooms and leaves create better ground cover the pioneer shrubs and woody perennials start taking hold, short lived but dominating the ground enough to give time for sapling trees such as fast growing Maple followed by the apex species such as Oak or Black Ash in the case of UK natives.

What is wonderful to know that if we left the world this is what would happen (in fertile, temperate areas)! Should you want to tame nature, take time over the annuals that grow, they are working with purpose. Using shrub and trees to improve the state of your soil and create a canopy for understory plants. Tame the height and spread of your trees with careful, knowledge based pruning and know that for now we are master of the jungle at our back door!

Next month we will look at how grasslands evolve and differ...

Happy New Gardening Year,

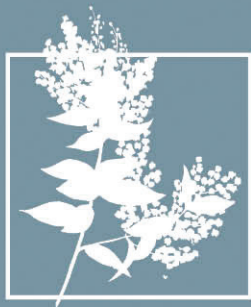
With love, Lucie

For more garden tips and info visit my Facebook page [@mimosagardendesign](#)

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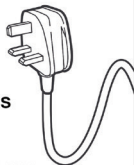


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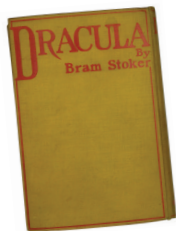
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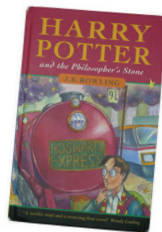
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