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AUGUST 25th - Issue 153

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Hello Readers,

Welcome to the **August 2025** issue of **Look Local Magazine**.

Summer holidays are finally here, and I don't know about you, but I couldn't be more excited! With longer days and sunshine, there's no shortage of local events to enjoy across the county this month and into next.

Among the highlights, the much-loved **Millets Farm** is running its giant maize maze and tractor rides, perfect for an adventurous family day out. **Science Oxford** in Headington invites budding scientists every Saturday to explore exhibits, woodland trails, and outdoor "Water Lab" sessions—ideal for curious minds. For something a bit different, families can also head to Banbury's free **Summerfest** on 13th August.

Closer to home, **Chinnor's White's Field** comes alive from **20th – 25th August** with a packed week of community fun in the marquee. Things kick off on **Wednesday** with the **Chinnor Mini Family Fun** afternoon, followed by the **Community Awards** in the evening. **Thursday** sees **Skillzone** run free activities for ages 8–14, and that evening, the **Chinnor Players** host a lively quiz night. **Friday** brings **Nature Fun & a Produce Swap** in the morning, a **Family Disco** in the afternoon, and a **Dolly Parton Tribute Night** in the evening. On **Saturday**, the ever-popular **Beer Festival** opens from noon. **Sunday** offers a peaceful **United Church Service** followed by a sociable **Community Tea Party** hosted by U3A. Finally, the week wraps up with the traditional **Flower Show** on **Bank Holiday Monday**. It's a brilliant showcase of local spirit and summer fun!

Don't forget, it's also **Summer Reading Challenge** time. This year's theme, **Story Garden**, celebrates the great outdoors and imagination. Running until 6th September, children can collect rewards as they read - it's fun, free, and a brilliant way to keep young minds engaged. Sign up at your nearest library and watch imaginations bloom!

Until next month, enjoy your summer.

Love Emma

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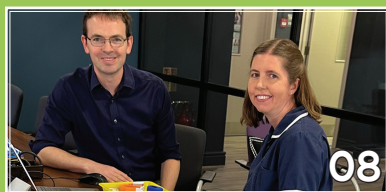
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**BOOKING DEADLINE FOR
SEPTEMBER 2025 ISSUE:**

Wednesday 13th August

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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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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End of Summer Health Check?...

By Dr. Large, a Private GP at 222 Healthcare with a Postgraduate Diploma in Allergy from Imperial College London.

Summer holidays are long, often joyful and full of family, food, and rest. But they also give us space to reflect. It is often during quieter moments that people begin thinking about their health, especially as routines shift and the months ahead come into focus.

If you are between 40 and 74, you may have been invited for a free NHS Health Check. These are a great starting point, but if you are looking for something more in-depth, and a more personal approach, a private health check may be the better option.

The NHS Health Check is designed to identify risks such as heart disease, stroke, type 2 diabetes and kidney disease. It is a helpful public health screening tool, but fairly limited in scope - typically around 15 minutes, with basic checks and a short lifestyle questionnaire.

In contrast, our Health and Lifestyle Medical (£300) offers a much more detailed, proactive assessment. You will complete a full lifestyle and symptom questionnaire in advance, and during your appointment we will look in depth at areas such as cholesterol, blood sugar (including HbA1c), hormone balance, thyroid and iron levels, and key organ function markers including kidney, liver, bone health and inflammation. We also offer cancer screening markers such as PSA (for men) or CA125 (for women), where appropriate. For a little more, our Well Man and Well Woman checks also include an ECG and a 45-minute consultation with our GP, giving even more time to explore your results and next steps in detail.

Having a health MOT with a local private GP has a significant added value too: it means our GPs will be ready, and already filled with knowledge about you, when you need them. A bit like a garage that learns the quirks of your car as it ages (hopefully "healthy aging", if your mechanic is good!) we can keep an eye on trends, spot issues early, and offer advice based on the full picture.

If you would like to book in or find out more, you are very welcome to get in touch by calling 0333 242 2107 or visiting our website www.222healthcare.co.uk

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222 Healthcare

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“ The doctor took all the time necessary to talk to me and explain things. Everyone is super friendly and helpful. ”

30/01/2025 - Verified Patient ✓



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Having a will is arguably one of the most important things you can do for yourself and your family. Not only can a will legally protect your spouse, children, and assets, it can also spell out exactly how you would like things handled after you have passed on.

A will gives you the opportunity to appoint guardians for your children which is the only way to ensure they are safeguarded if the worst were to happen to you.

For more in-depth information or experienced advice regarding Wills, and Lasting Powers of Attorney contact

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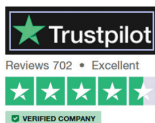
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NEWS & EVENTS

IN OUR REGION

Fun With Nature and Produce a Swap...

Friday 22nd August | 10:00am - 12:30pm | August Bank Holiday Marquee on Whites Field, off Mill Lane, Chinnor

Come along and enjoy nature activities with fun crafts and lots of play, including storytelling and a bug hunt, hedgehog collage, bug hotel, wildflower garden and much more. Suitable for all ages.

There will also be a PRODUCE SWAP. Please bring surplus fruit and vegetables to swap with others or take away anything that you fancy for a donation.

This is a great way to share unwanted produce, and to cut down on waste.

Organised by Chinnor and Thame Friends of the Earth, www.chinnorthamefoe.org.uk or visit Chinnor and Thame Friends of the Earth on Facebook

Baking Stars, Chefs, Street & Artisan Food, with lots of Family Fun - Thame Food Festival is Back!

Saturday 27th & Sunday 28th September Thame Showground | Oxfordshire, OX9 3JL

Thame Food Festival returns, bringing a weekend of culinary magic, family fun, and foodie flair to Thame Showground. Headlining the Big Cookery Stage is Christian De Vries, last year's Great British Bake-Off finalist, alongside fellow GBBO favourite Nelly. They'll be joined by TV chefs Steven Carter-Bailey, Dave Mooney, Eva Humphries, Suki Pantal, Forest Kwok, Matthew Samuels, and Mary Wyer from MasterChef.

Your ticket includes access to a wide range of FREE experiences, live demos, foodie inspiration, and stories from the UK's top food shows.

- Artisan & Street Food Market - Global flavours, vegan treats, and street food.
- Hawkstone Tasting Studio - Wine and

Chinnor & Thame Friends of the Earth present

FUN WITH NATURE AND A PRODUCE SWAP

at the Marquee on White's Field
Friday 22nd August, 10am – 12.30pm



Come along and enjoy nature activities with fun crafts and lots of play, including storytelling and a bug hunt, hedgehog collage, bug hotel, wildflower garden and much more. Suitable for all ages.

Find out how to make your garden more nature friendly, and encourage hedgehogs, birds and butterflies into your garden.

There will also be a PRODUCE SWAP. Please bring surplus fruit and vegetables to swap with others or take away anything that you fancy for a donation.

A GREAT WAY TO SHARE UNWANTED PRODUCE AND REDUCE WASTE.



This is a free event, supported by Chinnor Parish Council.

Hawkstone beer tastings hosted by Jane Rakison.

- Live Music & Bars - Music, the Hawkstone Bar, cocktails, and local drinks.

- Kids' Cookery with Mrs Bun the Baker

- Fun 45-minute sessions (£10.50), with chef's hat, apron, and recipe book.

- Family Fun Zone - Bouncy castles, bubbles, tombola, face painting, and more.

- Dog Show - In partnership with Hearing Dogs for Deaf People.

Fast Track Priority Tickets online: Adults £10 | Children (12-16) £4 | Under 12s Free

Secure your place and skip the queues by booking early at:

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- **Kids-For-A-Quid** – Child £1 on every train running day
- **Senior Specials** – 60+ years just £7 on 03 August
- **Restaurant Car** – Cream Teas in a box on 03, 07, 21 August
- **Big Diesel Day** – Saturday 16 August



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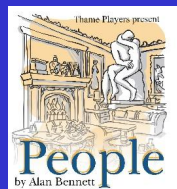
WHAT'S ON AT THE PLAYERS THEATRE

Tuesday 9th to Saturday 13th September at 7.45pm
Thame Players present

People by Alan Bennett

People spoil things; there are so many of them and the last thing one wants is them traipsing through one's house. But with the park a jungle and a bath on the billiard table, what is one to do?

Tickets £12, concessions £10

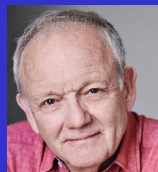


Sunday 21st September at 7.45pm

A Brief History of Thame

Bruce Alexander takes us on a romp through Thame's history from the ice age to now(ish).

Tickets £14, concessions £12



Wednesday 24th September at 7.30pm

Off the Leash

Janet Street Porter brings comedy, tragedy and gossip in equal measure, a tour de force rant against growing old gracefully.

Tickets £24



Friday 26th September at 7.45pm

Sherlock Holmes – The Sign of the Four

Don't Go Into the Cellar returns with another sparkling drama involving Conan Doyle's hero.

Tickets £15, concessions £12



For 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 WILL BE TAKING US ON A ROMP THROUGH THAME'S HISTORY?

Email your answer with your name and address to
info@look-localmagazine.co.uk by 31st August 25'.

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





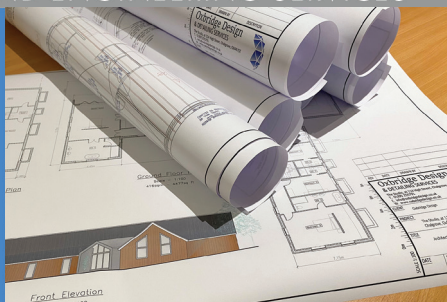
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Look locally over the garden gate with Lucie Giselle Ponsford



Welcome to Look Local over the Garden Gate, as the summer holidays begin, many of us envision serene days spent with our children splashing in paddling pools, tasting the first bites of homegrown vegetables, and enjoying the simple pleasures of the summer. However, this year presents us with a challenge: a hosepipe ban looming over our enthusiasm for outdoor fun. Amidst these constraints, I have been passionately advocating for water collection, harvesting, and climate resilience within our gardens...

As I prepare to enjoy my children while running our garden design practice, I find myself contemplating the essentials: water, soil, and plants. A powerful phrase that has emerged from my exploration into sustainability is that “you can grow water.” This concept is rooted in the creation of plant biomes—environments where plants thrive, helping conserve water and enhance ecosystems.

Plants are vital in managing water in our gardens. They trap humidity, shield soil from erosion, and reduce evaporation. Through transpiration, they release moisture into the air, forming a humid microclimate. Leaves, flowers, and grasses collect and retain moisture, benefiting both plants and the creatures that rely on them.

We often blame water boards and developers for our water crisis, but overlook our gardens' role. How often do we prioritize shade trees, colorful flowers, and sustainable planting? This summer, as we bask in nature's beauty, let's also consider how to build resilience into our green spaces.

Picture a tree offering shade, grass where children play, and flowers brightening your view. These plants reflect resilience. Every garden visit is a chance to recognize the essential role flora play—especially during a national drought.

In this ongoing drought, we must rethink garden water conservation. Awareness can spark change, reminding us we have more control than we realize. Preserving natural vegetation—including “weeds”—can help return our gardens to a balanced, forest-like state, just as purposefully as manicured lawns.

Make your garden a haven for biodiversity by expanding green spaces. Embrace the beauty of varied plants, and create pockets of shade and moisture through strategic planting. This enhances not only aesthetics but also climate resilience.

As we enjoy summer's blessings, let's honor the verdant ground beneath us. If you long for more greenery, you know who to call. Together, we can shape resilient, beautiful gardens that conserve resources and live in harmony with nature—one droplet at a time.

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

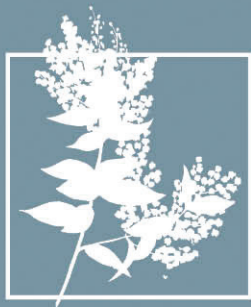
With love, Lucie x

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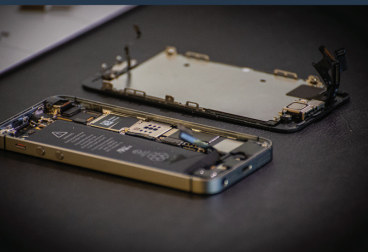
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