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See page 14 for details



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Hello Readers,

Welcome to the **September 2025** issue of Look Local Magazine — our **13th Birthday Edition!**

Just like that, the summer holidays have come to an end and it's time for the kids to head back to school. As the mornings get crisper and the evenings draw in, September always feels like a gentle reset - a chance to enjoy the last of the warm days while starting new routines.

This month we're celebrating locally - and there's lots on to keep you busy. First up: **Thame Food Festival** returns to the Thame Showground on **Saturday 27th and Sunday 28th**. It's a brilliant weekend of street food, artisan stalls, live cookery demonstrations and family entertainment - a perfect way to spend a late-September day. And for your chance to **WIN A PAIR OF TICKETS** (*usable on either day*) we're running a **competition on page 14**. So enter for a chance to sample the best food and drink the region has to offer.

Closer to home in Chinnor there's plenty to enjoy: **St Andrew's Church** will be holding its Harvest Festival weekend on **20th - 21st September**, with harvest teas and a service — a lovely community tradition and a great opportunity to support local food banks. The library continues with its regular story-times, rhyme sessions and coffee mornings throughout the month - ideal for families and anyone looking to meet neighbours.

For something a little different, the **Chinnor & Princes Risborough Railway** has special events through September (including Day Rover and afternoon tea train dates), perfect for a family outing or visiting friends. Sports fans can catch **Chinnor RFC's** pre-season fixtures, too - there's a big friendly against Ealing on **12th September**.

Inside this issue we also have a timely feature on the **benefits of air-conditioning systems for heating** as we head into autumn - a great read if you're thinking about efficient ways to keep warm without relying solely on traditional heating. You'll find that article on **page 19**.

Thank you to everyone who's supported Look Local over the last 13 years - from advertisers and contributors to our loyal readers. We're proud to be part of this community and excited for another year in business.

Until next month,

Love Emma

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**BOOKING DEADLINE FOR
OCTOBER 2025 ISSUE:**

Wednesday 17th September

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

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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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A Day of Reconnection, Ayurveda, and Elemental Balance at Sadhama...

In our busy lives, finding moments to fully breathe and reconnect with both nature and ourselves is rare. My recent day at Sadhama Retreat—nestled on the serene Hardwick Estate by the Thames—was precisely that rare gift: a peaceful pause that nourished the soul.

Sadhama's holistic approach beautifully blends ancient Yogic and Vedic wisdom with today's understanding of health and nutrition to deliver true transformation. From the moment I set foot in that welcoming space, everything was curated with intention. Gentle yoga by the riverside, led by Dmitry, and moments of quiet meditation amid ancient oaks allowed a deep reset of my mind and body. Leaving my phone aside for most of the day, as *Sadhama* encourages, was key to this process - switching off my device helped me truly switch off my mind and immerse myself fully in the experience.

The nurturing touch of Ayurveda was evident in each detail. That evening, professionally trained chef, Karen, treated us to a lovingly prepared two-course vegan meal, created with organic ingredients sourced from the estate. The highlight was, without doubt, the raw, vegan-friendly lasagne - fresh, vibrant, and flavour-packed - easily one of the most memorable dishes I've ever eaten, perfectly embodying Ayurveda's emphasis on mindful, whole-food nourishment.

One of the day's most memorable experiences was the contrast of heat and cool: a hand-built sauna followed by a plunge bucket shower, then a refreshing dip in the Thames. This hot-cold therapy is more than invigorating—it sharpens mental clarity, resets the nervous system, and heightens presence. It's simple yet profoundly restorative.

Hosting the day, Dmitry and Karen radiated warmth, care, and mindful connection. Their embodiment of Ayurveda and yoga's healing potential is what makes *Sadhama* so special—a place where body, mind, and spirit can truly find rest and renewal.

Looking ahead, *Sadhama* continues to offer seasonal opportunities for renewal:

Autumn Monthly Wellbeing Club Days:

- **13th September | Autumn Roots:** Warming & Grounding Yoga for Seasonal Balance
- **18th October | The Heights Within:** Meditation & the Path of Wisdom
- **8th November | Inner Light:** Sound Healing & Loving Kindness Meditation

And for those craving deeper transformation, join:

Ultimate Ayurvedic Detox - a 14-day Ayurveda Panchakarma at an authentic Ayurvedic clinic in Kerala, India, from 29th December 2025 to 11th January 2026, as a radiant New Year



ritual of purification and renewal
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So, if you're yearning for a reset - mindfully, wholesomely, and joyfully - you couldn't choose a more heartfelt or healing way to gift yourself calm than with *Sadhama*.

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NEWS & EVENTS



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 this September, promising a weekend packed with culinary magic, family fun, and foodie flair at Thame Showground. Taking place over the weekend of the 27th and 28th September 2025, the festival is gearing up to be its boldest yet.

Headlining the Big Cookery Stage this year is none other than Christian De Vries, last year's Great British Bake-Off finalist, bringing his signature charm and baking brilliance to the festival. Joining him is fellow GBBO fan favourite - the cheeky Nelly, as well as a stellar lineup of TV talent including Steven Carter-Bailey, Dave Mooney, Eva Humphries, Suki Pantal, Forest Kwok, Matthew Samuels, and Mary Wyer – all well-loved faces from MasterChef.

Expect live demos, foodie inspiration, and plenty of behind-the-scenes stories from the UK's best-loved food shows.

What's On at Thame Food Festival 2025?

With your entry ticket, enjoy access to a wide range of FREE interactive experiences across the festival site:

- **Artisan & Street Food Market** - Sample a world of flavour, from vegan treats to global street food – a delicious bite for every appetite.
- **The Hawkstone Tasting Studio** - Hosted by broadcaster Jane Rakison, this studio brings curated wine and Hawkstone beer tastings (from Jeremy Clarkson) to life throughout the weekend.
- **Live Music & Festival Bars** - Relax and unwind with live music, the Hawkstone Bar, The Drunken Sailors, expertly mixed cocktails and local beers.
- **Kids' Cookery Sessions with Mrs Bun the Baker** - Little chefs can get hands-on with 45-minute sessions (ticketed separately at £10.50), including a chef's hat, apron, and recipe book.
- **Family Fun Zone** - Expect circus skills, bouncy castles, giant bubbles, tombola, face painting and more courtesy of Thomley's Kids Activities.
- **The Dog Show** - In partnership with Hearing Dogs for Deaf People, your pooch can strut their stuff and compete in fun categories.

**** WIN ** WIN ****

We have FIVE PAIRS of Wristbands to giveaway (valid for both days of the Festival). To enter, email your answer to the following question, along with your name and address to info@look-localmagazine.co.uk

Q: Who is Headlining the Big Cookery Stage?

Closing Date: Monday 15th September

Tickets Prices

Adults: £10.00 | Children (12–16): £4.00 | Under 12s: Free

Further information can be found on the website: www.thamefoodfestival.co.uk



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- **Kids-For-A-Quid** – Child £1 on Sundays in September
- **Santa Early Visit** – 10.00-14.00 hours on 14 September

LOOKING AHEAD

- **Senior Specials** – 60+ years just £7 on 14 October
- **Big Diesel Day** – Saturday 18 October
- **Steam Gala** – booking now for 31 October, 01 & 02 November
- **Santa Specials** – booking now for 29 & 30 November also 6, 7, 13, 14, 19, 20, 21, 22 December



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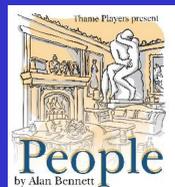
WHAT'S ON AT THE PLAYERS THEATRE

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



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



Saturday 4th October at 7.45pm

The Guitar Legends

Four great guitarists who have played with some of the biggest bands around, now bring their talent to Thame.

Tickets £17



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: HOW MANY GUITARISTS WILL BE BRINGING THEIR TALENT TO THAME?

Email your answer with your name and address to info@look-localmagazine.co.uk by 30th September 25'.

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



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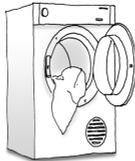
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As the warmth of summer fades and autumn's cool breezes arrive, it's only natural to start thinking about staying warm during the upcoming winter months. While air conditioning units are well-known for keeping us cool in the heat of summer, did you know they can also be an excellent heating option as temperatures begin to drop? Air Conditioning Engineer, Byron Penfold explains how these versatile systems can turn your home into a cosy retreat all year long.

Harnessing Dual Functionality

Air conditioning systems have come a long way from their original purpose of cooling. Today's advanced units are designed to provide both cooling in the summer and efficient heating in the winter. This dual-purpose capability ensures your home remains at a comfortable temperature no matter the season, making air conditioning a smart investment for year-round comfort.

Redefining Energy Efficiency

For many homeowners, energy efficiency is a key factor when choosing a heating solution. Air conditioning units excel in this area. Utilizing heat pump technology, these systems can extract warmth from the outside air, even in cold conditions, and transfer it indoors. This process uses significantly less energy than traditional heating methods, leading to a comfortable home, lower energy bills, and a reduced carbon footprint.

Precise Temperature Control

A major benefit of using air conditioning units for heating is their ability to provide precise temperature control. You can easily set your preferred temperature, and the unit will maintain it consistently. Say goodbye to uneven heating, sudden temperature changes, and unnecessary energy use – just reliable warmth tailored to your needs.

Compact Design, Big Benefits

Unlike conventional heating systems that often require complex installations and take up significant space, air conditioning units are compact and versatile. They can be mounted on walls or ceilings, preserving valuable floor space in your home. This feature is especially beneficial for those living in smaller homes or offices where space is at a premium.

Year Round Clean Air

In collaboration with top manufacturers like Daikin and Mitsubishi, the air conditioning units I install not only regulate temperature but also enhance indoor air quality. These units are equipped with advanced filters that capture dust, allergens, and other pollutants, ensuring the air you breathe remains fresh and clean, even during winter when indoor air tends to become stale.

So, as the seasons start to change, consider installing an air conditioning system in your home. Enjoy a space where comfort is constant, and experience the benefits of staying warm without sacrificing quality or sustainability.

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Look locally over the garden gate with Lucie Giselle Ponsford



Welcome to Look Local over the Garden Gate. As summer gently fades and the back-to-school routine kicks in, it's a great time for gardeners to start thinking about their plans for the garden as we prepare for the dormant months ahead. This transitional season offers a unique opportunity to rework and improve our outdoor spaces, setting the stage for a flourishing summer next year.

Our design and build team is bustling with activity, focusing on construction projects aimed at enhancing the structural integrity of gardens. Creating spaces that are accessible and user-friendly is essential, but let's not forget the heart of gardening: the plants! Now is the perfect time to plan and enrich those green spaces, which play such a vital role not only for our enjoyment but also for the planet.

Plants are nature's unsung heroes, providing countless benefits to our environment. They create the oxygen we breathe, cool our increasingly heated landscapes, and replenish the water we consume, thanks to their remarkable ability to retain moisture through their microbiomes. I often find myself appreciating their resilience as they slowly recolonise spaces left behind by human activity. The relentless encroachment of wild plants gives me hope, reminding us of the natural cycle that can reclaim our landscapes—if we allow it.

Here are some seasonal tips for inviting a touch of nature's wild charm into your garden:

- 1. Incorporate Wildflower Turf:** Consider utilising more wildflower turf as an alternative to traditional grass. This approach adds abundance and an informal aesthetic to smaller garden schemes. You can sow wildflower seeds in the spring, but now is the perfect time to plant plugs and other plants in your lawn. Explore the joy of creating a naturalised area that celebrates wildflowers!
- 2. Create a Microwoodland:** When planning your plantings, think beyond individual trees. Gather a small group of at least three trees to create a microwoodland. Plant them close together, as trees thrive in community. This will provide the perfect backdrop for shade-loving wildflowers, enhancing the overall biodiversity of your garden.
- 3. Plant Bulbs:** September marks the start of bulb season! Planting bulbs now brings anticipation for the joyful blooms that will greet you in spring. The first flush of flowers is a beacon of hope and comfort in the new year.
- 4. Use Compost and Mulch:** To foster resilience in your garden during warmer weather next year, prioritise the use of compost and mulch in your borders. These natural materials enrich the soil while promoting healthy growth, ensuring your garden can withstand the summer heat.
- 5. Evaluate Your Space:** Finally, take a moment to sit in your garden and reflect. Consider the possibilities: How could the space be improved? What elements would evoke a sense of wonder? Taking the time to visualise these changes can inspire transformative ideas.

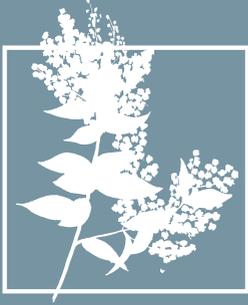
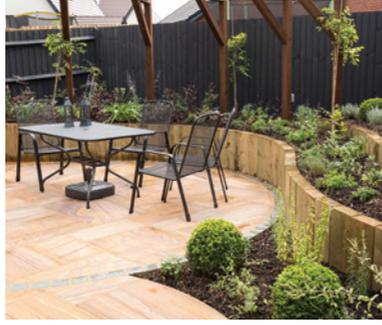
Embracing these seasonal tips can help you cultivate a garden that truly reflects the beauty of nature. Let's advocate for the plants that offer so much, ensuring they remain a priority as we work towards enhancing our green spaces. Happy gardening!

With love, Lucie x

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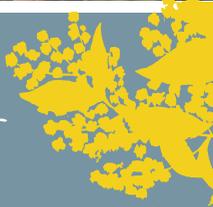
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What our customers say



Mary Clements

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Olwen Comino-James

Firstly I LOVE my new garden! The whole process was really great - Lucie came up with a lovely design, then successfully tweaked it to take budgeting considerations into account without compromising too much on the end result. The construction team were great. The planting is looking lovely and I can't wait to see it all flourish. Thank you Mimosa, highly recommend!

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