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DECEMBER 25' - Issue 157



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Hello Readers,

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

As the Christmas season arrives and our villages glow with festive lights, this issue carries the warmth and togetherness that make our community feel truly special.

One of the highlights this month is the **Watlington Christmas Market on Saturday 6th**, which takes over the High Street and Watlington Club from morning into early afternoon. With craft stalls, festive food and live community spirit, it's a brilliant way to find unique gifts and meet up with neighbours.

Here in Chinnor, the **Friends of St Andrew's Church** are hosting their **Christmas Tree Festival from 6th - 14th**. It's a beautiful, peaceful event - walk through decorated trees, enjoy seasonal music, and soak up the calm and beauty of the church in full festive dress.

In our wider local area, Crowell and Sydenham Churches are also organising a series of Christmas celebrations throughout December - a wonderful opportunity for carols, reflection and community connection. Crowell's church congregation will be gathering for traditional Christmas services, helping to bring the spirit of the season to life.

And for a day out full of seasonal magic, **Waddesdon Manor's Christmas Market** (*running until mid-December*) offers artisan stalls, twinkling lights, and that enchanting wintry feel that makes Christmas feel truly special.

One local initiative I'm always keen to highlight is **Thame Community Christmas**. Now in its fourteenth year, this wonderful project brings people together by offering a warm, welcoming Christmas Day lunch for anyone in the Thame area who may be feeling isolated or spending the day alone. If you, or someone you know, would appreciate company and a festive meal this Christmas, do get in touch with them. Full details are available on their website:

www.communitychristmasthame.org.uk.

So, as we wrap up another year, I want to extend my heartfelt thanks to all our advertisers, readers and dedicated delivery team. Your continued support means the world to me and allows this independent little magazine to keep thriving. Thank you for being part of the Look Local family.

Until next year, wrap up warm, and have a fabulous Christmas.

Love Emma

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 **Look Local Magazine**

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WIN TICKETS

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**BOOKING DEADLINE FOR
JANUARY 2026 ISSUE:**

Friday 12th December

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!

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept – but where to store it all? That's where Home Counties Loft Ladders come in.

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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A New You in an AI World...

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

Feeling Overwhelmed by Health Data? This Is Where Real Healthcare Still Matters. 2025 has been the year of AI health apps, trackers, meal-plan generators and constant digital health advice. For many people, it's become... too much. Christmas gives you a rare pause & a moment to reflect and ask: Who do you actually trust to guide your health? At 222 Healthcare, we believe the answer is simple: real clinicians, real expertise, real human support.

1) YOUR TRADITIONAL GP: CLARITY INSTEAD OF CONFUSION

AI can give you information. A GP gives you understanding, context and reassurance. Our traditional GP service provides:

- A doctor who knows your story
- Calm, unhurried conversations
- Clear explanations you can actually use
- A long-term, personalised view of your wellbeing
- Evidence-based guidance tailored to you, not an algorithm

If technology feels overwhelming, we help you cut through the noise. If it helps, we show you how to use it wisely.

2) HUMAN COACHING: WHERE ACCOUNTABILITY STILL COMES FROM PEOPLE

Apps can track habits. A coach helps you stick to them. People thrive with:

- Encouragement from another human
- Real accountability
- Motivation rooted in empathy, not automation
- Flexible plans that adapt with life

Our coaching blends:

- Nutrition expertise for realistic, sustainable eating
- Fitness professionals who understand movement and motivation
- Behaviour support to help build genuine long-term habits
- It's human-led progress - not robotic reminders.

3) A DOCTOR-LED HEALTH CHECK: REAL INSIGHT, REAL DIRECTION

If you've been meaning to take stock of your health, the New Year is the ideal moment. A comprehensive health check with one of our GPs gives you:

- Early identification of medical issues
- A clear understanding of your results
- Guidance on heart health, metabolism, hormones and more
- A practical, personalised plan for the year ahead

And if weight, energy levels or metabolic health form part of your goals, this is the ideal setting to explore your options. You may have read about GLP-1 medications through news articles or AI health apps, but only a proper clinical conversation can answer the real question: *"Are these right for me?"*. We offer balanced, evidence-based guidance so you can make the safest, most suitable decision for your health.

START THE YEAR WITH HUMANS, NOT ALGORITHMS

AI can support - Wearables can track - Apps can inform.

But when it comes to real change, your health still benefits most from human connection. This Christmas, consider what will genuinely support your wellbeing: *a GP who knows you, coaches who guide you, and expert advice you can trust.*

Contact us on 0333 242 2107 or visiting our website www.222healthcare.co.uk

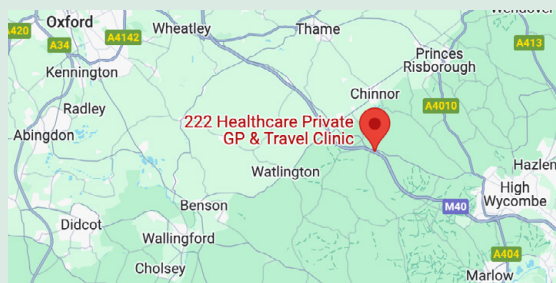
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A will gives you the opportunity to appoint guardians for your children which is the only way to ensure they are safeguarded if the worst were to happen to you.

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

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NEWS & EVENTS

SAVE THE DATE
HEMLEY HILLBILLIES BLUEGRASS BAND

Christmas Charities Fair
Town Hall/Greyhound Walk area
10am - 2pm

Tuesday 9 December 2025
Tuesday 16 December 2025
Tuesday 23 December 2025

Catch Hemley Hillbillies Bluegrass Band at these upcoming events!

SANTA'S GROTTO
Hemley Crown Hall
Hemley Sports Hall
12pm - 4pm

THAME CHARITIES MARKET
Hemley Crown Hall
Hemley Sports Hall
10am - 2pm

Festivities at The Crown, Chalgrove....

Live music, live sport, BINGO NIGHTS and a cheeky Christmas Quiz Night!

Wednesday 10th December: Christmas Quiz Night with huge prizes.

Friday 12th December: Christmas Bingo Night. Don't miss this one!

Friday 19th December: Nick Breakspear Live Music from 8pm.

Sunday 21st December: Santas Grotto, Noon. Christmas Draw & Live Music.

Wednesday 24th December: Christmas Eve, Live Music with KETO.

Thursday 1st January: New Year Bingo & DJ.



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to
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The steam train will take you to Santa's Enchanted Workshop and Grotto at the North Pole station. Here, you can enjoy refreshments, chat with Santa, take memorable photos, and receive a Christmas present for every child... seats are booked at tables to keep families together

Additional treats like sandwiches, hot sausage rolls, crisps, snacks, and mulled wine can be purchased at the station café, and you might find some last-minute presents in our station shop.

Full details, and online booking is available via the Railway web site www.chinnorrailway.co.uk, you can also call the Railway information phone number 07979 055366 between 10am and 4pm or email bookings@chinnorrailway.co.uk

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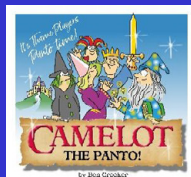
WHAT'S ON AT THE PLAYERS THEATRE

Thursday 4th to Sunday 14th December

Camelot- the Panto by Ben Crocker

It's panto time again and this year's production features all the traditional ingredients. Ben Crocker is probably the best panto writer around today and this show is not to be missed.

Tickets £10 to £12



Sunday 4th January at 7.30pm

What are Kippers?

Jamie Radcliffe is one of the country's up and coming comedians and he performs his stand-up routine, supported on the night by Todd Bell.

Tickets £10

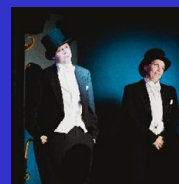


Saturday 10th January at 7.45pm

A Couple of Swells - Vesta and Hetty

Music Hall stars, Vesta Tilly and Hetty King, were the superstars of the late 18th and early 19th centuries, and they are here recreated on stage with their songs and stories.

Tickets £12



Friday 16th January at 7.45pm

Jekyll and Hyde

In a new enthralling adaptation of the Robert Louis Stephenson's classic tale of terror, actor Jonathan Goodwin plays both Henry Jekyll and Edward Hyde.

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 IS PLAYING BOTH HENRY JEKYL AND EDWARD HYDE??

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

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





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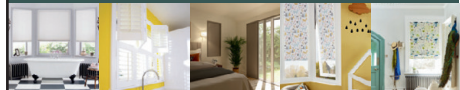
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Welcome to the final Over the Garden Gate of the year. I wanted to close with a thought that has guided me through the seasons: what are we as gardeners, if not hopeful idealists? We are quiet optimists, tending small corners of the world with the belief that beauty can always return. From the view through our back doors to the furthest edge of the border, gardening invites us to dream, to experiment, and to trust that even the most unpromising soil holds possibility.

This year has reminded me how much potential lies in our gardens. Collecting rainwater, growing more sustainably, composting with intention, preparing for drought one month and waterlogging the next—these small acts keep us grounded in a changing climate and show us that each season brings a lesson. In the garden, we are forever learning.

My own gardening ethos sits somewhere between gentle neglect and thoughtful stewardship. Some areas I allow to loosen - lighter pruning, freer movement, plants expressing themselves as they wish. Elsewhere I'm more resolute: roses must perform, peonies are placed precisely, and the occasional non-native earns its place through sheer drama. This balance of discipline and wildness keeps my garden evolving and keeps me hopeful for the year ahead.

As a designer, sketching shapes the way I see the garden: loose lines, suggested forms, detail only where needed. That same energy guides my planting. Next year I hope to share more of this dynamic approach with you, through both design ideas and the everyday rhythm of my own garden. I hope you'll join me for a gardener's year—personal, practical, and hopefully a little inspiring.

Thank you for reading along in 2025. I hope these notes have been good seasonal companions. Here's to 2026 - and the promise of another year to grow and begin again.

A First Thought for the New Year: Plant a Wreath Garden

To start the year with intention, may I suggest planting a wreath garden - a small collection grown specifically for harvesting foliage and texture for your Christmas wreaths and decorations. It's a simple way to bring beauty full circle.

Holly is a classic. If you love it, plant both a male and female to ensure berries. Other lovely additions include:

- **Eucalyptus** – Prune hard and treat it as a cropping shrub; the scent and silvery foliage are unmatched.
- **Hydrangeas** – Wonderful for drying; treat flower heads with glycerin to help them hold shape and colour.
- **Seedheads and textural stems** – Ruscus, grasses, and other structural plants add rich texture to winter arrangements.

Planting with wreath-making in mind creates a lovely rhythm to the year: choices made in January become December's decorations - beauty grown from your own soil.

With love, Lucie x

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What our customers say



Mary Clements

Mimosa carried out a full redesign and build of the front and back gardens in 2024. Their design gave me exactly what I wanted and more by creating a low maintenance garden full of round year interest. The planting has settled and grown so well and each month so far has shown new areas of interest. It's difficult to find a company that will provide a full design and build package, with the skills to deliver, on time and in budget.



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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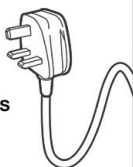


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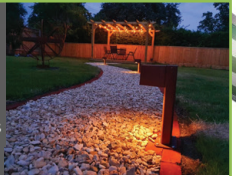
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