

# LOOK LOCAL

Your Free Local Magazine

FEBRUARY 26<sup>th</sup> - Issue 159



LET'S GET SOCIAL:

[WWW.LOOK-LOCALMAGAZINE.CO.UK](http://WWW.LOOK-LOCALMAGAZINE.CO.UK)



*Keeping you cool in summer  
and cosy in winter!*

Transform your indoor and outdoor living experience with our extensive collection of stylish and cutting-edge products.

**SHOP NOW**

[www.coolheatsolution.co.uk](http://www.coolheatsolution.co.uk)

## PHOENIX ELECTRICAL

**FOR SALES, SERVICE & ADVICE**

Free Delivery

Free Connection

(Gas & Built-In, chargeable)

Free Disposal of old machines  
(Refrigeration: a small charge applies)

Station Yard, Thame

**Tel: 01844 260477**





# SPECIALIST AIR CONDITIONING

High Efficiency Heating in **Winter**  
Comfort Cooling in **Summer**.

**High quality, Air Conditioning design,  
installation and servicing for your:**

→ House	→ Shed
→ Garden/Home Office	→ Cabin
→ Summer House	→ Garage
→ Annex/Outhouse	



For an appointment to receive a free, no obligation quote call **Byron Penfold** on

**07754 311725**

or email, [qualitycooling-ac@outlook.com](mailto:qualitycooling-ac@outlook.com)

# Need help with your PC?

*Fully qualified, locally based business offering a personal and professional service with a smile.*

Support for Macs & PCs  
Laptops, Desktops & Tablets  
Supply of New Machines  
Software Repairs/Upgrades  
Hardware Repairs/Upgrades  
Internet Security/Antivirus  
Backup Solutions

Home & Office Visits  
Secure Remote Help  
Monthly Cover Option  
Wireless/Networking  
New Installations  
Web Design & Hosting  
Server Support

***Free local callout & diagnosis!***

[support@pc-help-4u.co.uk](mailto:support@pc-help-4u.co.uk) | [www.pc-help-4u.co.uk](http://www.pc-help-4u.co.uk)

**01491 670014 or 01844 292989**



**SURAB**  
L I M I T E D

## YOUR LOCAL PLUMBING, HEATING AND BATHROOM EXPERTS



Reg No: 141994



Reg No: 763



Accredited Installer

By providing a full range of high quality, domestic and commercial plumbing services across Buckinghamshire, we offer our customers a complete one-stop solution.

**BOILERS** Servicing, repairs and installations (oil, gas & LPG)

**CENTRAL HEATING** Installation and upgrades (oil, gas & LPG)

**BATHROOMS** Design and installation specialists

**PLUMBING** From dripping taps to full installations

**ANNUAL MAINTENANCE** Contracts available

**FREE** No obligation quotes

## FOR THE BEST SERVICE IN YOUR AREA GET IN TOUCH

call: 01844 274 604 email: [info@surab.co.uk](mailto:info@surab.co.uk) visit: [www.surab.co.uk](http://www.surab.co.uk)

# Hello Readers,

Welcome to the February 2026 issue of Look Local Magazine.

While winter still holds its grip on our villages and rolling countryside, there's a quiet sense of anticipation in the air from frost-tipped hedgerows to the promise of lighter evenings just around the corner. It's a wonderful month to slow down and make the most of local life here in our region.

This issue is packed with seasonal inspiration, practical ideas and community spirit. For all gardeners feeling the mid-winter lull, our regular **Over the Garden Gate** feature from Mimosa Landscapes reminds us that this quieter season is the perfect time for planning, patience and slow creativity in the garden.

Health and wellbeing are front of mind too. **222 Healthcare** tackles the challenge many of us feel this time of year, offering sensible tips to eat well even when seasonal produce feels limited. For those seeking a natural way to support focus and balance, our exclusive piece from **get dopa** offers insight into mindful nutrition without relying on stimulants. And as the cold evenings linger, we also explore warmth from home. **Cool Heat Solution** shares why now is a great time to consider adding efficient, EcoDesign - compliant warmth to your living space, with practical advice for choosing the right model. There's also an informative article from **Home Counties Loft Ladders** on safe, smart loft access and how to make the most of that often forgotten space.

Don't miss our regular competition from **Thame Players Theatre** giving you the chance to win tickets to one of their fantastic upcoming shows so you can enjoy some local culture!

And of course, February brings its own calendar highlights. Valentine's Day offers a chance to support local restaurants and share a special meal, Half Term gives families time to explore and enjoy village life and Pancake Day adds a delicious twist to winter evenings.

Until next month, enjoy reading and remember to shop local.

**Love Emma**

For Advertising contact **07707 386034**  
Email: [info@look-localmagazine.co.uk](mailto:info@look-localmagazine.co.uk)  
Web: [www.look-localmagazine.co.uk](http://www.look-localmagazine.co.uk)

 **Look Local Magazine**

 **Look\_Local\_Mag**



All material appearing in this publication is reproduced as supplied. Although every care is taken to ensure accuracy, the publishers/printers cannot accept responsibility for the content of this publication. All artwork is accepted on the understanding that the description of goods and services are fair and accurate and permission has been given for use in this publication. Inclusion of advertisements does not imply endorsement by the publisher or printer. No part of this publication may be reproduced.



**10**



**22**

## CONTENTS

### 07. HOME & GARDEN

Loft Ladders you can trust from Home County Loft Ladders.

### 08. HEALTH & WELLBEING

Eating tip to help when eating fresh feels like a challenge. By **222 Healthcare**.

### 10. HEALTH & GARDEN

Calm focus for busy brains. By **Get Dopa**.

### 13. HOME & GARDEN

Why February is a great time to install a Log Burner. By **Cool Heat Solution**.

### 14-15. NEWS & EVENTS

Whats going on in and around our area.

### 16. COMPETITION

WIN Thame Players Theatre tickets.

### 22. HOME & GARDEN

Over the Garden Gate with Mimosa Garden Design.

**BOOKING DEADLINE FOR MARCH 2026 ISSUE:**

**Wednesday 18th February**

**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**.

# ABLE GARDEN SERVICES

Professional Tree Surgery, Fencing & Landscaping work undertaken



- Tree Felling
- Topping
- Pruning & Shaping
- Hedge Cutting
- Stump Grinding
- Ivy & Climbers Pruned
- All Types of repairs to fencing, driveways & brick walls
- Grass Cutting
- General Garden Tidy ups
- Fencing
- Gates
- Decking
- Turfing
- Patios
- Driveways
- Shingle/Gravel
- Block Paving
- Tarmac
- Jet Washing

**ALL TYPES OF LANDSCAPING & DRIVE WORK UNDERTAKEN**  
**OVERGROWN GARDENS CLEARED**  
**NO JOB TOO BIG OR SMALL**  
All green and garden waste removed

**Tel: 01865 475223      Tel: 07391 204145**

Email: [ablegardenservices@outlook.com](mailto:ablegardenservices@outlook.com)  
**24 HOUR EMERGENCY CALL OUT**

**FULLY INSURED**



- All Accident Damage
- Insurance Work Undertaken
- All Car Body Repairs Undertaken
- Free Estimates



Lower Studridge Farm, Ibstone Road,  
Stokenchurch, HP14 3XS

Established for 30 years

**01494 485390**



dan@precisiongardenservices.co.uk • 07745499981

## LAWN CARE

- scarification
- aeration
- feed & weed
- moss control
- feed & weed
- lawn landscaping
- lawn repair/renovations
- mowing

UK Lawn Care  
Association

MEMBER

20 years experience in greenkeeping and lawn care

NVQ 3 in sports turf horticulture



# PLANNING A HOME EXTENSION OR RENOVATION?

## WHY CHOOSE US?

KM BUILDERS OXFORD ONE OF OXFORD'S TOP-RATED  
BUILDERS. QUALITY YOU CAN TRUST. SERVICE YOU CAN  
RELY ON. RESULTS THAT LAST.



VISIT OUR SITE



KM BUILDERS  
OXFORD LTD

EXTENSIONS

LOFT & GARAGE CONVERSIONS  
HOME REFURBISHMENT

BATHROOMS & KITCHENS

STRUCTURAL WORK  
COMMERCIAL WORK

DRIVEWAYS & PATIOS

ROOFING  
PLUMBING



01865 608 649  
k.mbuildingservices@yahoo.com

# Why is your house full... but your loft is empty?

Local homeowners are discovering storage space they already own

With growing families, home working, and ever-increasing storage demands, many homeowners are finding their houses feel cluttered, even though there's often a large, unused space directly above them.

Home Counties Loft Ladders is a local company that helps homeowners safely and correctly use their loft space. By improving access, lighting and boarded storage areas, most installations are completed in less than a day, with minimal

disruption to the home.

**Jamie Oakley**, Manager at Home Counties Loft Ladders, explains: "Most people know their loft is there, they just don't use it because access is awkward or unsafe. Our job is to make that space easy, safe and practical to use."

"We work to three simple principles: Quality in our materials and workmanship, Integrity in how we treat people's homes, and Value in offering a fair price for a job done properly."

That approach has led to much of the company's work coming from recommendations by previous customers, homeowners who wanted the job done correctly, without mess or hassle.

To find out how you could make better use of your loft, call Jamie on **0808 301 9558** or visit [homecountiesloftladders.co.uk](http://homecountiesloftladders.co.uk) to book a free, no-obligation quotation. You may be surprised how much space you already have.



## We make your loft **usable** and **safe**.

**Prices from £414**



—Home Counties—  
**LOFT LADDERS**



Google Rating  
5 ★★★★  
See all our reviews

- ✓ Loft Ladders
- ✓ Hatches
- ✓ Boarding
- ✓ Lights
- ✓ Insulation
- ✓ Fully Guaranteed

**CALL FREE: 0808 301 9558**  
[homecountiesloftladders.co.uk](http://homecountiesloftladders.co.uk)



# February in the UK: When Eating “Fresh” Feels Like a Challenge...

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

*February can be one of the hardest months to eat well in the UK. Cold weather, short days and low energy often lead to comfort foods and quick snacks, even when we want to eat better.*

At this time of year, much of the “fresh” food available has travelled long distances and been stored for longer, which can affect flavour and quality. If fruit and vegetables feel less appealing in winter, it’s often due to seasonal food supply rather than lack of effort.

The good news is that eating well in February is still achievable — it simply requires a different approach than in summer.

## Why February feels harder

During winter, we naturally experience:

- Less local produce variety with fewer easy options like salads and berries
- Greater reliance on stored foods which encourages comfort eating and snacking
- Lower energy for cooking from scratch

None of this means you’re doing anything wrong - it’s a normal seasonal shift.

## What “healthy” looks like in February

At this time of year, eating well is less about perfect produce and more about consistency with the basics:

### Protein first

Protein supports energy levels, fullness and stable blood sugar. Good winter options include eggs, yoghurt, chicken, fish, tofu, lentils and beans.

### Don’t forget fibre

Fibre supports gut health and appetite regulation. Oats, lentils, beans, vegetables, wholegrains, nuts and seeds are reliable winter staples.

### Use frozen and tinned foods confidently

Frozen fruit and vegetables are often frozen soon after harvest, retaining much of their nutritional value. Tinned pulses and fish are also affordable, nutritious and convenient.

### Choose winter-friendly fresh produce

Carrots, onions, leeks, cabbage, kale, broccoli, mushrooms, apples, pears and citrus fruits all work well in winter meals

### A simple winter plate to aim for

- Half the plate vegetables (fresh, frozen or in soups)
- One quarter protein
- One quarter slow-release carbohydrates (potatoes, wholegrains or pulses)
- A small amount of healthy fat such as olive oil, nuts or seeds

### One extra thing to consider

Vitamin D levels are commonly low in the UK during winter due to reduced sunlight. Many people benefit from a daily supplement during the colder months.

### The takeaway

February makes healthy eating harder not because of lack of willpower, but because the environment is working against us. By focusing on protein, fibre and reliable winter staples, you can keep your nutrition steady until spring arrives.

Contact us on 0333 242 2107 or visiting our website [www.222healthcare.co.uk](http://www.222healthcare.co.uk)



222

HEALTHCARE

# A Private GP Service in Buckinghamshire



*"The whole team here are so friendly and helpful and efficient. We've used them multiple times over the past couple of years and 100% recommend them."*

*"The friendliest, most attentive and receptive GP I've seen in years - her helpful and pleasant attitude made all the difference."*

## Want Your Healthcare To Feel Like This?

Join our Membership Scheme in February 2026 and **save 50% on the joining fee\***

Speak to our team.

\* Standard joining fee £135 per person. February 2026 joining fee £67.50 per person. Minimum 12-month membership.

We Help:  
Families  
Individuals  
Local Businesses

We Offer:  
GP Appointments  
Gold & Silver Membership  
Health & Wellbeing Checkups

[www.222healthcare.co.uk](http://www.222healthcare.co.uk)

[support@222healthcare.co.uk](mailto:support@222healthcare.co.uk)

03332422107



2nd Floor, Stokenchurch Medical Centre  
Oxford Road, Stokenchurch  
High Wycombe  
HP14 3SX

Our  
patients say:

Excellent



4.97 out of 5 based on 254 patient reviews

# get dopa: Calm Focus for Busy Brains...

In today's always-on world, many of us feel mentally stretched, overstimulated, and constantly juggling demands. Founded in the UK in 2023, **get dopa** was created for people who recognise that feeling - and want a calmer, more sustainable way to support focus and energy.



Developed by founder Matt Buff following his own experience of prolonged mental fatigue in high-pressure environments, **get dopa** takes a grounded, no-nonsense approach to cognitive support. At the heart of the brand is a once-daily, all-in-one supplement designed to support calm focus, steady energy and mental clarity - without caffeine, stimulants or exaggerated promises.

Unlike many focus supplements that rely on short-term boosts, **get dopa** is formulated for consistency rather than intensity. Its evidence-informed blend brings together vitamins, minerals, amino acids, botanicals and probiotics, carefully selected to support normal brain function and energy metabolism. The result is a supplement that fits easily into everyday routines, without

the jitters or crash often associated with stimulant-based products.

Transparency sits at the core of the brand. **get dopa** avoids dramatic claims, instead encouraging informed choices around routine, nutrition and balance. The supplement is made in the UK, vegan-friendly and third-party tested, offering reassurance to those seeking a more considered approach to wellbeing.

As awareness grows, **get dopa** continues to build a loyal community across the UK and beyond - supported by education-led marketing, practitioner interest and word-of-mouth. For those navigating busy days and full minds, it offers steady, reliable support you can return to every day.



## Calm focus for busy brains

Once-daily cognitive support - without caffeine or stimulants.

**get dopa** is a UK-made, vegan-friendly supplement designed to support focus, steady energy and mental clarity – helping you feel balanced on busy days.

- ✓ No caffeine or stimulants
- ✓ Once-daily routine
- ✓ Made in the UK

Discover more at [getdopa.com](https://getdopa.com)  @getdopa | [matt@getdopa.com](mailto:matt@getdopa.com)

Leading the way in providing an AFFORDABLE PROFESSIONAL service



## WESTMINSTER LAW

Wills ~ Estate Planning ~ Probate



If you are over 60 it will cost you only **£95\*** for us to prepare your Will. We are also Lasting Power of Attorney Specialists - only **£120\*** each LPA if instructed during the Will appointment.

*Our prices include home visits\*, VAT and Inheritance Tax advice.*

Call us now for a no obligation chat on: **01865 952989**

[www.westminster-law.co.uk](http://www.westminster-law.co.uk) ~ Oxford office email: [vb@westminster-law.co.uk](mailto:vb@westminster-law.co.uk)

Westminster Law Group Ltd ~ Registered Office: Wellesley House, 204 London Road, Waterlooville PO7 7AN

\*These very special rates are only available if you are over 60 years old. Minimum spend for a free home visit is £95.

Our normal price for a standard single Will is £160, or £270 for a couple. VAT, when applicable, is included in these prices.

Office of the Public Guardian (OPG) registration fee, when applicable, is not included in these prices.



### Learning Through Play

At **Ickford Pre-School** our aim is to provide a high quality learning environment which is affordable and accessible to all.

We provide care and education for children aged from 2 - 5 years old in a well equipped purpose-built building in Ickford, Buckinghamshire.

We also offer wrap-around care, which includes a Breakfast Club and an After-School Club with an option for a cooked meal for ages 2 - 11.

For more information or to arrange a visit to our Pre-School, please contact us on **01844 338785** or email us [psasc.ickford@gmail.com](mailto:psasc.ickford@gmail.com).

visit [www.ickfordpreschool.com](http://www.ickfordpreschool.com) to find out more about us.



## Hair by Jem

Multiple Award Winning Ladies only Mobile Hair Stylist  
Cutting & Colouring in the comfort of your Chinnor home



- Multiple Award Winning Hair Stylist
- Wealth of Expertise
- Fully Insured
- Salon Exclusive REF Colours
- Hair by Jem Hair Care Products
- Hair Care Video Tutorials & Courses
- Hair Stylist in Your Pocket Membership
- Author of More than Hair Book
- Host of More than Hair Podcast

APPOINTMENTS GO VERY FAST!



5 star review from Sue - Chinnor:  
'First time seeing Jemma for haircut today and very pleased with haircut and blow dry, booked for colour and cut next time too!'  
Sue - Chinnor

5 star review from Annie - Chinnor:  
'Amazing service, good cut & reasonably priced. Jem is professional, friendly and attentive.  
Have used Jem a few times now and she's never disappointed! Thanks again Jem and see you soon!'  
Annie - Chinnor

CONTACT ME NOW FOR  
PRICE LIST / AVAILABILITY



FB & IG: @hairbyjemchinnor  
hairbyjemchinnor@gmail.com  
<https://www.hairbyjemchinnor.com>

## Pilates Classes

Daytime and evening  
classes and 1:1's  
available in Chinnor

Book your space now contact  
Sam on  
E: [masters\\_12@hotmail.com](mailto:masters_12@hotmail.com)  
M: 07921 928404  
[www.facebook.com/pilatesmastersoxon](https://www.facebook.com/pilatesmastersoxon)





## SCALLYWAGS DOG TRAINING

FOR A POSITIVE LEARNING  
EXPERIENCE FOR YOUR DOG AND YOU

### PUPPY CLASSES

Held at Tetsworth Memorial Hall  
Thursday evenings

### PUPPY SOCIALISING

Held in Henton near Chinnor  
Tuesday mornings

Also training for adult dogs, agility  
training and one to one

**07944 505916**  
[scallywagsdogtraining@gmail.com](mailto:scallywagsdogtraining@gmail.com)  
[www.scallywagsdogtraining.net](http://www.scallywagsdogtraining.net)



**Bay TRACKS**

CURTAINS, BLINDS,  
SHUTTERS, TRACKS  
& POLES

Your local experts for bay & unusual windows

New for 2025 - Blind Screen™ - integrated thermal/blackout and fly screen blinds.

Cord Operated & Automated Tracks & Poles - Hand Finished Wooden & Metal Curtain Poles - Roman, Roller, Venetian & Vertical Blind Systems - Room Divider/Cubicle & Shower Systems - Covered Lathes - Pelmets & Pelmet Boards - Shutters - Awnings

Full Measuring, Fitting & Repair Service

1 Year Guarantee on all products & 5 Year Guarantee on Silent Gliss products

CONTACT US TODAY TO BOOK YOUR FREE MEASURE

Phone: 01296 934333  
Phone: 01494 713621  
Email: [sales@bay-tracks.co.uk](mailto:sales@bay-tracks.co.uk)  
Website: [www.bay-tracks.co.uk](http://www.bay-tracks.co.uk)



# STILL TIME TO STAY WARM: Why February Is Perfect for a Log Burner



As winter settles into its final stretch, February often brings some of the coldest and dampest days of the year. While many homeowners think of log burners as something to plan for “next winter”, this quieter month is actually an ideal time to consider adding one to your home.

Modern log burners are a far cry from older, inefficient stoves. Today's EcoDesign-compliant models are built to burn wood more cleanly and efficiently, producing more usable heat while significantly reducing emissions. This makes them a practical and responsible heating option for UK homes, particularly during prolonged cold spells when heating systems are working hardest.

At **Cool Heat Solution**, we specialise in a carefully selected range of contemporary wood-burning and multi-fuel stoves, chosen for their performance, reliability and suitability for a wide variety of properties - from period cottages to modern family homes. We work with trusted manufacturers and focus on models that combine strong heat output with high efficiency, helping homeowners enjoy warmth without unnecessary fuel waste.

February is also a sensible time to plan. Installation schedules are often more flexible, allowing homeowners to take time choosing the right stove, flue system and finish without the pressure of peak-season demand. All installations must comply with UK building regulations and EcoDesign standards, ensuring safe, efficient operation and long-term peace of mind.

A log burner isn't just about warmth - it creates a welcoming focal point, adds character to a room and provides a sense of comfort that continues long after winter fades.

#### **Expert Tip**

*When choosing a log burner, size matters. A stove that's too powerful can overheat a room, while one that's too small may struggle to perform efficiently. As a general guide, the size of your room, insulation levels and chimney setup should all be considered before selecting a model. Seeking professional advice ensures you choose a stove that delivers comfortable, efficient heat and meets current UK regulations.*

To explore our range of EcoDesign-ready Log Burning Stoves and learn more visit our website.

**SHOP  
WITH US**

Instagram icon [@cool\\_heat\\_solution](https://www.instagram.com/cool_heat_solution) Email icon [sales@coolheatsolution.co.uk](mailto:sales@coolheatsolution.co.uk)  
Facebook icon [@coolheatsolution](https://www.facebook.com/coolheatsolution) Website icon [www.coolheatsolution.co.uk](https://www.coolheatsolution.co.uk)

# NEWS & EVENTS

## *The Jazz Club at Chinnor presents Stuart Henderson Quartet..*

Local music lovers can enjoy an evening with the Stuart Henderson Quartet at Chinnor Village Hall on **Saturday 21st February at 7:30pm**. Stuart Henderson is celebrated for his rich trumpet style and will be joined by top local musicians for a memorable performance, blending jazz classics and improvisation.

Visit [www.chinnor-village-hall.com](http://www.chinnor-village-hall.com) for more information.

## *Valentine's Night Live Music - Nettlebed...*

Looking for something different this Valentine's Night?

Enjoy a relaxed and entertaining evening of live music with the much-loved Pat & Caroline - The McGrath Duo, performing live on **Saturday 14th February**.

Expect a warm, friendly atmosphere with a brilliant mix of 60s and 70s classics, popular country favourites, and well-known Irish tunes. Whether you fancy a jig and a bop, a quickstep, rock 'n' roll, a waltz, or simply want to sit back and enjoy the music, there's something for everyone. No pressure to dance - just good music and great company.

### Details:

- Nettlebed Country Music Club, High Street, Nettlebed, RG9 5DD
- 8:00pm - 11:00pm (doors open 7.30pm)
- No need to book tickets, its just a £10 per person donation on the door
- Free parking | Disability access | Bar available (also serving soft drinks and tea)

### More upcoming Nettlebed Country Music Club events to note:

- Live Music Nights: Sat 11th April | Sat 16th May | Sat 27th June (and more to follow)
- CD Dance Nights: 1st & 3rd Tuesdays of the month, 7:30pm - 9:30pm - just £5pp, pay on arrival

If you require any further information, call Keith on 07752 374610.

## *Valentine's Quiz Night at The Lamb, Chalgrove...*

A fun quiz night with Ben from OX Gins and food available on **Thursday 12th February**. Great for couples or friends looking for a social evening out.



Crendon  
Chamber  
Orchestra

Sam Laughton  
Guest Director

Alan Thorogood  
Leader



**Mozart**  
Overture Cosi Fan Tutte

**Barber**  
Violin Concerto  
*Adriana Bec*

**Haydn**  
Symphony No. 104 "London"

**Saturday 28th  
February | 7:30pm**

**St. Marys Church,  
Thame**

**Adult: £16 | Student: £5  
U14: Free**  
Registered Charity No: 1087695

Tickets available at [www.crendonchamberorchestra.com](http://www.crendonchamberorchestra.com) or on the door



**JOIN US AT CHINNOR OR PRINCES RISBOROUGH STATIONS AND ENJOY LEISURELY STEAM & CLASSIC DIESEL TRAIN RIDES ALONGSIDE THE CHILTERN HILLS**

**SIT BACK, RELAX, AND ENJOY THE LOVELY SCENERY!**

### **Day Rover Tickets Available**

### **WHAT'S ON**

- **Diesel Gala** – Visiting locos
- **Steam Gala** – Visiting locos
- **Teddy Bear Day** – Child with Teddy Free
- **Senior Specials**
- **Restaurant Car** – Cream Teas
- **Santa Steam Specials**

**See website for dates and full details**

**The 2026 running season starts on March 15th**

Free car parking, Station Café, and souvenir shop at Chinnor station. See website or call for all fares, dates, and timetables.



**CHINNOR & PRINCES RISBOROUGH RAILWAY**

**07979 055366 | [www.chinnorailway.co.uk](http://www.chinnorrailway.co.uk)  
STATION ROAD . CHINNOR . OX39 4ER**

## WHAT'S ON AT THE PLAYERS THEATRE

Saturday 14<sup>th</sup> February at 7.45pm

### Duo Destino play Flamenco Fusion

Duo Destino bring their exhilarating Flamenco Fusion style to the Thame Players stage.

**Tickets £18, concessions £16**



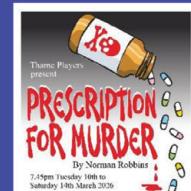
Tuesday 10<sup>th</sup> to Saturday 14<sup>th</sup> March at 7.45pm

Thame Players present

### Prescription for Murder

An exciting and absorbing thriller from the pen of master playwright, Norman Robbins

**Tickets £12, concessions £10**

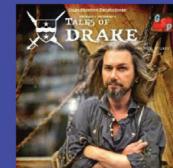


Saturday 21<sup>st</sup> March at 7.45pm

### Tales of Drake

A former sailor found guilty of piracy recalls the many tales of his service with Francis Drake.

**Tickets £14**



Saturday 28<sup>th</sup> March at 2pm and 7pm

### Haddenham Youth Theatre

Haddenham Youth Theatre perform a double bill of two plays

**Jurassic Parp and She Who Was Changed**

**Tickets £12.50**



Saturday 11<sup>th</sup> April at 7.45pm

### The Greatest Love Songs

Susannah Ruth performs a captivating evening of some of the greatest love songs ever written.

**Tickets £15**



## 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 PERFORMING THE GREATEST LOVE SONGS?**

Email your answer with your name and address to [info@look-localmagazine.co.uk](mailto:info@look-localmagazine.co.uk) by 28th February 26'.

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





## Professional Fortnightly Lawn Mowing Service

**Spaces now available for 2026**

### Free quote on request

**Friendly team - Fixed prices**

**Pay-as-you-go or monthly invoice**

**Contact Sam for a no-obligation quote**

**Sam Jones Gardens**

01296 712994 or 07971 583 977

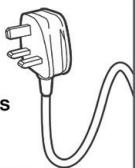
imowalot@gmail.com



## BUCKS ELECTRICAL SOLUTIONS

**Domestic Electrical Specialists**

- ⌚ Indoor and garden lighting
- ⌚ Additional sockets
- ⌚ Smart gadgets and lights
- ⌚ WiFi and ethernet installations
- ⌚ CCTV systems
- ⌚ Extractor fans and smoke alarms
- ⌚ Consumer units and additional circuits
- ⌚ TV set up, wall mounting, audio systems and more



**Contact us:**

07397 874279

[matthew.smith@buckselectrical.co.uk](mailto:matthew.smith@buckselectrical.co.uk)

George Road, Stokenchurch



**NAPIT**

**RUSTIC AND RURAL**  
BESPOKE SHEDS,  
AND  
GARDEN BUILDINGS

Manufacturers of Sheds,  
Summer Houses &  
Garden Buildings

Contact Nick on  
01844 278131 Or  
07974 117814

Visit our workshop at  
Unit 7, Orpwoods Farm,  
Great Milton. OX44 7JD

[email@rusticandrural.co.uk](mailto:email@rusticandrural.co.uk)  
[www.rusticandrural.co.uk](http://www.rusticandrural.co.uk)  
Free Local Delivery



# LOG SALE!

Grade A Hardwood Logs - Barn Dried  
Ready to Burn

Prices Starting From:

1 cubic metre: £100.00

2 cubic metres: £180.00

(All prices include VAT. For a final quote including delivery, please call)



Kindling also available!

The only thing freezing this year is our prices!

For all enquiries call  
01844 213 021



# Copperworks

HEATING & PLUMBING LTD



Craig - 07930 326442



Edward - 07930 922220



[enquiries@copperworksltd.com](mailto:enquiries@copperworksltd.com)



Oxfordshire, Berkshire, Buckinghamshire





**PREMIER GAS SERVICES**  
Heating & Plumbing

**10% OFF**

CODE: 10PGS\*  
\*EXP: 15-02-26



- **New Boilers & Servicing**
- **Gas Certificates**
- **Gas Fires**
- **Heating & Plumbing**
- **Taps & Bathrooms**

**Contact Us Now:**  
Tel: 01844 853200  
01296 250255  
[www.premiergas.services](http://www.premiergas.services)

# ALTOM TREE CARE LTD



- Tree Felling
- Height Reductions
- Stump Grinding
- Landscaping - Fencing
- Grass/hedge Cutting
- Patios - Turfing
- Maintenance Contracts
- SEASONED LOGS FOR SALE**

For a reliable, professional service,  
Mob: 07958 759747

**01844 339833**

**FULLY INSURED & FREE QUOTATIONS**

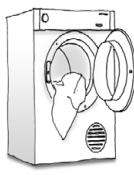
Email: [altomtree@gmail.com](mailto:altomtree@gmail.com)  
[www.altomtreecare.co.uk](http://www.altomtreecare.co.uk)






We service and repair all makes and models of:

**Washing Machines**



**Tumble Dryers**



**Dishwashers**

and



**Electric Ovens**

Authorised  
Hoover and Candy  
Dealer

**Candy**

**Tel: 01844 291296**

Email: [repairs@domestic-services.com](mailto:repairs@domestic-services.com)

3 Long Wall, Haddenham, Buckinghamshire, HP17 8DL

# Local ELECTRICIAN Fast



We can provide

- emergency call outs
- landlord certificates
- test and inspections
- part P registered
- consumer units
- rewiring
- sockets and lighting
- boiler repair

**Why come to us?**

- all work guaranteed
- fixed price
- no job too small
- years of experience
- appointments are made and kept
- free advice on what's best for you

**T 0800 012 1788/01844 340772**  
**M 07711 370 938**  
**E [info@localelectricianfast.co.uk](mailto:info@localelectricianfast.co.uk)**  
**W [www.localelectricianfast.co.uk](http://www.localelectricianfast.co.uk)**



## Local Carpentry Services



- Roofing & structural carpentry
- Kitchens
- Bespoke furniture & media walls
- Doors
- Wooden flooring
- Garden buildings & fencing



Get your hassle-free no obligation quote

07796 683830

Mat@mjbcarpentry.com

[www.mjbcarpentry.com](http://www.mjbcarpentry.com)



# Avenue Fencing

Strong. Secure. Guaranteed.

## Fences, Gates, Decking Pergolas and Sheds

Replacements, Repairs and New Builds

Find expert advice at

**avenue-fencing.co.uk**

01296 712994 - 07971 583 977

[info@avenue-fencing.co.uk](mailto:info@avenue-fencing.co.uk)



# The Window Doctor

CARE & REPAIR FOR ALL YOUR UPVC,  
ALUMINIUM WINDOW & DOOR  
PROBLEMS

FENSA



- Replacement of broken down sealed units - misting up inside glass

- Adjust front & back doors that do not shut

- New handles, hinges and door locks

- Replacement of patio door wheels

- New security handles with keys

- New door panels and cat flaps New Georgian style or leaded style sealed units



All insurance work | Burglary damage | Servicing

**PLUS** INSTALLATIONS OF NEW UPVC WINDOWS & DOORS

Call us for a FREE Survey & Quote  
No call out charge

Friendly family business  
**Cowling & Co**

Tel: 01865 891776  
Mob: 07860 435742

W: [www.windowdoctor.co.uk](http://www.windowdoctor.co.uk)  
E: [cwlingandcothewindowdoctor@gmail.com](mailto:cwlingandcothewindowdoctor@gmail.com)

**SUPPLYING TURF & FENCING TO THE TRADE AND PUBLIC,  
ALL TYPES OF FENCING AND TURFING SERVICES OFFERED,  
INCLUDING:**

- ✓ Garden Fencing Installation & Repair
- ✓ Commercial Fencing & Repair
- ✓ Agricultural Fencing & Repair
- ✓ Turfing & Topsoil Supply Services
- ✓ Sheds, Garden Rooms & Outbuildings
- ✓ Landscaping & Garden Maintenance

**CONTACT US**  
**T: 01844 344435**  
**E: lewisfencingsales@gmail.com**  
**W: lewisturfandfencing.co.uk**

# THAME LOCK & KEY

Master Locksmiths ~ Established 1975

- ⇒ Key Cutting
- ⇒ Full Mobile Locksmiths Service
- ⇒ Auto Locksmiths
- ⇒ Van Security
- ⇒ Door & Window Locks
- ⇒ Security Grilles & Roller Shutters
- ⇒ Safes Supplied, Fitted & Removed
- ⇒ Access Control, CCTV & Alarms

**Tel: 01844 617278**  
**Mob: 07760 247247**  
[www.lockandkeycentre.co.uk](http://www.lockandkeycentre.co.uk)



With more than 40 years experience and expertise  
our staff are able to ensure complete customer satisfaction

## *Look locally over the garden gate* with Lucie Giselle Ponsford



### *Paths, Patience and the Quiet Work of the Garden...*

*February is the month of muddy boots, slipping and sliding, and biting rains. Not the most inspiring time in the garden - even for keen gardeners. Yet it offers a valuable pause: a chance to think about practicalities, particularly those access paths that make garden life easier all year round.*

Paths can be both decorative and purposeful. In my design work, I always aim for elements to serve more than one function—so they are aesthetically pleasing, logically follow your life flow and are environmentally sensible. When you invest money, time and labour into something structural, it should truly earn its place.

This year, my focus is on a woodland nook in the middle of my own garden, forming the daily route to the ducks, chickens, the occasional sheep and the vegetable patch. I'm planning an access path with a solid sub-base, topped with a decorative dressing that I'll set myself in concrete. I'm also considering building a small wall to insert a reclaimed water feature, creating a calm, reflective space within the trees.

It's a project that will take a couple of years—and that's part of the joy. Gardening encourages us to settle into slow progress and enjoy aspiration as much as achievement. While professionals can always be brought in, our home is very much a case of the cobbler's children: we make beautiful gardens for others while our own evolves gradually.

At present, I'm collecting materials from Facebook finds, recycling yards and waste stone from gardens we install, and found in my own soil! Nothing is truly waste! But there's always labour involved in collecting and storing materials, and so no such thing as a free ride.

On the growing front, sweet peas are sown, and tomatoes are underway. If early sowings fail—through damping off, curious cats or hungry mice—don't be discouraged. There's always time to sow again, which is why I always keep seed back for a second chance.

I hope your garden plans feel as quietly aspirational as mine, and I look forward to sharing more thoughts next month?

*With love, Lucie x*

**CONTACT ME:** T: 01844 354949 | M: 07737 286784

E: [info.mimosadesign@gmail.com](mailto:info.mimosadesign@gmail.com) | Insta: [@lucieponsford\\_mimosagarden](https://www.instagram.com/lucieponsford_mimosagarden)

Web: [www.mimosagardendesign.com](http://www.mimosagardendesign.com)



# MIMOSA

*Garden Design & Installation*

# Make your garden your favourite space

## 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!

T. 01844 396 881 • M. 07737 286 784

E. [info@mimosagardendesign.com](mailto:info@mimosagardendesign.com)

 [@lucieponsford\\_mimosagarden](https://www.facebook.com/lucieponsford_mimosagarden)  [@mimosadesign](https://www.twitter.com/mimosadesign)

W. [www.mimosagardendesign.com](http://www.mimosagardendesign.com)

Office. Sanderum Centre, 38, Oakley Road, Chinnor OX39 4TW

Working Hours. 9am - 5pm, Monday - Friday

Please scan to  
visit our website



# JPC GROUP LTD

INDUSTRIAL & DOMESTIC CONTRACTORS

## BUILDING, GROUNDWORK AND LANDSCAPING CONTRACTORS

Email: [jpc ltd@outlook.com](mailto:jpc ltd@outlook.com) | Web: [www.jpcgroup.co.uk](http://www.jpcgroup.co.uk)

Office Tel:  
**(01844) 274951**

Mobile Tel:  
**(07860) 242473**

Mobile Tel:  
**(07836) 531234**

Checkatrade.com  
Where reputation matters



REPUTATION & EXPERIENCE  
WINS EVERYTIME

IF WE CAN'T DO IT,  
IT CAN'T BE DONE



TRADING  
STANDARDS  
APPROVED

Working in partnership with  
**Checkatrade**

Driveways | Patios | Paths | Fencing | Gates | Green Waste | Site Clearance

## BLOCKED DRAINS **CLEARED FAST**

Emergency Drainage, Plumbing & Heating Service

- ▶ Blocked Toilets
- ▶ Blocked Kitchen Drains
- ▶ Blocked Sinks
- ▶ Blocked Showers
- ▶ Blocked Internal & External Drains
- ▶ CIPP Relining
- ▶ CCTV Surveys
- ▶ High Pressure Jetting
- ▶ New Drainage Installations
- ▶ Soakaway Installations
- ▶ Emergency Plumbing Services
- ▶ Boiler Repair, Service & Installation
- ▶ Qualified Engineers in your Area

No additional charges for  
evening weekend or  
bank holiday call outs

**NO  
CALL-OUT  
CHARGE**

SENIOR  
CITIZEN  
& NHS  
DISCOUNTS

CALL OUR FRIENDLY TEAM 24/7  
**01844 690834**

**Plumbers 365**  
Plumbing, Heating & Drainage  
[plumbers365.uk](http://plumbers365.uk)



Plumbers 365 National Ltd. Co Number: 16492177. Reg in England & Wales.

[www.tvtaerials.co.uk](http://www.tvtaerials.co.uk)

Family-run business established 25+ years

## TVT Aerials

We give honest advice, offer fair pricing and have extensive local knowledge and experience with quick response times

- Freeview TV, FM & DAB aerials
- Additional TV points 
- Sky Q, HD & Freesat installer 
- Fault finding & Storm damage
- WiFi & data cabling 
- TV wall mounting & audio systems
- Qualified Electrician

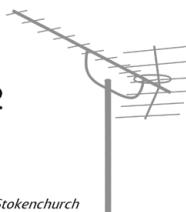
### Contact us:

**01494 483472**

**07810 236024**

[info@tvtaerials.co.uk](mailto:info@tvtaerials.co.uk)

*George Road, Stokenchurch*



Enhanced  
Landscapes  
Design & Build



## OUR SERVICES INCLUDE:

Fencing  
Patios  
Pergolas  
Decking  
Garden Rooms  
Brickwork  
Ponds / Water Features  
Full Garden Design & Renovation  
All aspects of Hard Landscaping

**07852 731591**

[david.enhancedlandscapes@gmail.com](mailto:david.enhancedlandscapes@gmail.com)  
[www.enhanced-landscape.co.uk](http://www.enhanced-landscape.co.uk)



# FAROL

Family run John Deere dealership selling agricultural, construction, professional turf, and garden machinery  
**Industry leaders in technology and aftersales service**



 JOHN DEERE

 Husqvarna®

 STIHL

 LE CHAMEAU 1873

 AVANT

 KARCHER

Club Car

01844 278843 [farol.co.uk](http://farol.co.uk)

Rycote Lane Farm, Milton Common, Thame, OX9 2NZ



HELLO  
FROM YOUR  
**LOCAL IT  
EXPERTS!**  
HERE TO HELP

With over 15 years' experience, we repair and upgrade Computers and Macs.

Fast, reliable, and backed by a solid warranty  
- plus our No Fix, No Fee guarantee.

## REPAIRS & UPGRADES

- PC/MAC REPAIRS AND UPGRADES
- FASTER AND MORE AFFORDABLE THAN APPLE SERVICE
- SAME-DAY SERVICE AVAILABLE ON MANY REPAIRS

## IT SUPPORT FOR HOME & BUSINESS

- TROUBLESHOOTING TECHNICAL ISSUES
- SETUP REVIEWS TO REDUCE COSTS AND IMPROVE EFFICIENCY
- REMOTE SUPPORT - HELP AT YOUR FINGERTIPS
- FLEXIBLE OPTIONS: AD-HOC OR MONTHLY PLANS

## IMPORTANT FOR WINDOWS 10 USERS

MICROSOFT WILL END FREE SUPPORT FOR  
WINDOWS 10 ON OCTOBER 14, 2025.  
AFTER THIS DATE:

- NO MORE FREE SECURITY UPDATES
- NO BUG FIXES
- NO TECHNICAL SUPPORT

WE CAN HELP YOU UPGRADE SMOOTHLY AND KEEP  
YOUR DEVICES SECURE.

WE'RE HERE TO TAKE THE STRESS OUT OF IT —  
KEEPING YOUR HOME AND OFFICE RUNNING SMOOTHLY,  
SECURELY, AND WITHOUT HASSLE.



LAPTOP



PRINTER



PERSONAL  
COMPUTER

WWW.HARRIS-CONSULTANCY.CO.UK



Call Us

01844 617301



hello@harris-consultancy.co.uk



# PROTECT YOUR FAMILY TREE

## GUARDIANSHIP WILLS WITH INTEGRITY



### PRICES FROM

**£95.00** - Basic Single Will  
**£190.00** - Basic Joint Will  
**£110.00** - Lasting Powers of Attorney

## THE IMPORTANCE OF A WILL

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

**Michael Bradley**

**E: [integritywills@aol.com](mailto:integritywills@aol.com) | M: 07868 746406**



# THE SWAN AT TETSWORTH

01844 281777

High Street, Tetsworth, Oxon, OX9 7AB



## DURING THESE TOUGH ECONOMIC TIMES **WE ARE MAKING OUR VENDORS THOUSANDS OF POUNDS** AND WE GUARANTEE THE LOWEST COMMISSION RATES!

*Our sellers fees have not increased since 2002 and we do not intend to now which simply means more money in your pocket when choosing to sell with us. We are making our vendors thousands of pounds! We're always available for free valuations.*

## NEXT AUCTION - 4th February 26<sup>th</sup> | NOON START

### January Auction Highlights:



Lot 32 - AN EARLY 20TH CENTURY 18CT GOLD HALF HUNTER LADIES' POCKET WATCH

Lot 89 - AFTER PAUL DELAMERIE, AN EXCEPTIONALLY LARGE STERLING SILVER SHELL DISH

Lot 46 - A 19TH CENTURY YELLOW METAL GUARD CHAIN PROPELLING PENCIL AND LOCKET

Lot 10 - A VICTORIAN GARNET AND DIAMOND ETRUSCAN REVIVAL PENDANT NECKLACE AND BROOCH SET

**SOLD £1,900 Hammer**

**SOLD £6,500 Hammer**

**SOLD £3,800 Hammer**

**SOLD £7,500 Hammer**

**SOLD £5,000 Hammer**

We are open for valuations and virtual valuations, from a single item to a complete house clearance or specialist collections. Home visits welcomed.

T: 01844 281777  
E: [antiques@theswan.co.uk](mailto:antiques@theswan.co.uk)