

LOOK LOCAL

Your Free Local Magazine

MAY 26' - Issue 162

WWW.LOOK-LOCALMAGAZINE.CO.UK

ELECTRIC HILLS

SAT 20TH JUNE

SCAN QR FOR 10% DISCOUNT



SIGALA
SAMMY PORTER

DANCE STAGE

REECE RICHARDS EBP DJ HIGGZ
HOUSEOLOGY LIVE

KELLI-LEIGH
HOME COUNTIES
BLOG OFF THE WALL

LIVE STAGE

ETACAS MATILDA PRATT GENEVIEVE MILES
BILLY OTTO LAURA WILLIAMS

WIN TICKETS

See Page 14

ASTON ROWANT CC CHINNOR OXFORDSHIRE

ALL PROCEEDS GO TO THE CHARITY
ASTON ROWANT CRICKET CLUB
CIC: 1212786

LETS GET SOCIAL:



RUSTIC AND RURAL

BESPOKE SHEDS
AND
GARDEN BUILDINGS

email@rusticandrural.co.uk
www.rusticandrural.co.uk
Free Local Delivery

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

STUDIOTWELVE

REFORMER PILATES

ABOUT US

At Studio Twelve Reformer Pilates in Bledlow, every class is thoughtfully designed to support your physical, mental, and emotional growth.

Our boutique studio offers a calm, welcoming environment where you can focus fully on your own journey. Through reformer Pilates, we help you build strength, improve balance, and move with greater awareness and confidence, whatever your starting point.

We offer small group classes, 1:1 and 2:1 sessions, as well as Mummy & Me classes, all available at foundation, mixed ability, and intermediate levels.


More than just a class, Studio Twelve is a supportive community, one that values progress, wellbeing, and the importance of taking time for yourself.



BENEFITS OF PILATES

- Core Strength
- Flexibility & Mobility
- Rehabilitation Support
- Improve Posture
- Mind-Body Connection
- Stress Relief



 Forty Green Courtyard, Bledlow, HP27 9PN

@STUDIOTWELVE.PILATES



www.studiotwelvepilates.co
info@studiotwelvepilates.co

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 | www.pc-help-4u.co.uk

01491 670014 or 01844 292989



YOUR LOCAL PLUMBING, HEATING AND BATHROOM EXPERTS



Reg No: 141994



Reg No: 763



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 visit: www.surab.co.uk

Hello Readers,

May is a wonderful month in our villages. The countryside is in full bloom, hedgerows are alive with colour, and there's a real sense of energy in the air as we move towards the early days of summer. It's the time of year when gardens begin to flourish, outdoor spaces come into their own, and we're all encouraged to spend a little more time outside.

This month's issue reflects just that. Our regular **Over the Garden Gate** feature captures the reality of May in the garden - where the pace quickens, plans evolve, and there's both joy and a touch of overwhelm as everything springs into life. Alongside this, **Cool Heat Solution** explores how to elevate your outdoor living with the ever-popular Kamado BBQ range - perfect for those long, relaxed evenings spent entertaining family and friends.

Health is also front of mind at this time of year. With hayfever season fast approaching, **222 Healthcare** shares practical advice on managing symptoms and staying well as pollen levels begin to rise - a must-read for many of us as we head into the warmer months.

There's plenty happening locally too. **Music in the Park** returns to Thame, bringing live music and a fantastic community atmosphere, while traditional events such as **Chalgrove's May Day** celebrations offer a lovely nod to village life and seasonal traditions. As we approach May Half Term, there are also countless family-friendly activities across Oxfordshire, from outdoor adventures and wildlife parks to hands-on farm experiences - perfect for making the most of the longer days.

We're also delighted to bring you not one, but **TWO COMPETITIONS** this month. Alongside our regular chance to win tickets to **Thame Players Theatre**, we're offering readers the opportunity to win tickets to **Electric Hills Festival**, taking place in nearby Aston Rowant on 20th June - a fantastic local event that's grown into a real highlight of the summer calendar.

May is a time to get outside, reconnect with nature and enjoy everything our local area has to offer. Whether it's pottering in the garden, planning a day out, or simply enjoying a quiet moment in the sunshine, we hope this issue provides plenty of inspiration.

As always, thank you for supporting local..

Love Emma

For **Advertising** contact **07707 386034**
Email: info@look-localmagazine.co.uk
Web: 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.

WIN
TICKETS
Turn to
page 16



WIN TICKETS 14

CONTENTS

02. HEALTH & WELLBEING

The benefits of Pilates explained by Studio Twelve.

07. HOME & GARDEN

Loft Ladders you can trust from Home County Loft Ladders.

08. HEALTH & WELLBEING

How to survive Hayfever Season with 222 Healthcare.

12. HOME & GARDEN

Elevate your outdoor cooking with Cool Heat Solution.

14. EVENT COMPETITION

WIN Tickets to this years Electric Hills Festival.

16. COMPETITION

WIN Thame Players Theatre tickets.

22. HOME & GARDEN

Over the Garden Gate with Mimosa Garden Design.

**BOOKING DEADLINE FOR
JUNE 2026 ISSUE:**

Wednesday 13th May

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**.

www.buckselectrical.co.uk

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

George Road, Stokenchurch



NAPIT



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 - Pelmet & 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

Website: www.bay-tracks.co.uk

FREE
MEASURE
service within
25 mile radius
of Aylesbury



HOLLY Coachworks

CAR BODY REPAIRS

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



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

Established for 30 year
01494 485390

Precision

mowing & garden
services

LAWN CARE

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



MEMBER

20 years experience in greenkeeping and lawn care
NVQ 3 in sports turf horticulture



dan@precisiongardenservices.co.uk • 07745499981

ABLE GARDEN SERVICES

Professional Tree Surgery, Fencing & Landscaping work undertaken

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

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

24 HOUR EMERGENCY CALL OUT

FULLY INSURED

PLANNING A HOME EXTENSION OR RENOVATION?



VISIT OUR SITE

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.



| | | |
|---------------------------|----------------------|--------------------|
| EXTENSIONS | BATHROOMS & KITCHENS | DRIVEWAYS & PATIOS |
| LOFT & GARAGE CONVERSIONS | STRUCTURAL WORK | ROOFING |
| HOME REFURBISHMENT | COMMERCIAL WORK | 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 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



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

CALL FREE: 0808 301 9558
homecountiesloftladders.co.uk



OR SCAN ME!

Hayfever, Spring Allergies - and the Truth About “Hayfever Jabs”...

By Dr Shanika Attale, 222 Healthcare.

For many, spring brings longer days and warmer weather. For others, it means sneezing, itchy eyes, blocked sinuses and that familiar foggy, drained feeling.

What's happening?

Hayfever is an overreaction to pollen, triggering the release of histamine in the body. In the UK, grass pollen is the main culprit, typically peaking from May to July.

What actually works

First-line treatments are simple, effective and widely available. Your pharmacist can advise on correct use, which is often key to success. Antihistamines help reduce sneezing and itching, steroid nasal sprays are the most effective option for congestion, and eye drops can relieve irritation.

Timing matters. Starting treatment early — before symptoms peak — can make a significant difference to how well symptoms are controlled.

When symptoms persist

If symptoms continue despite treatment, it's worth speaking to a doctor. Often, the issue isn't that treatments don't work, but that they're not being used at the right dose or in the right combination. Adjusting this can lead to much better results.

Hayfever steroid jabs — what to know

Steroid injections are sometimes discussed as a quick fix for hayfever, as they can reduce symptoms for several months. However, they work by suppressing the immune system, affecting the whole body rather than just allergy symptoms.

This can increase the risk of infections and impact areas such as blood pressure, blood sugar and mood, particularly with repeated use. Because of these risks, medical guidance has moved away from recommending them, and the NHS no longer routinely offers these injections.

In most cases, the focus is on optimising standard treatments and starting them early to achieve effective symptom control without the need for stronger interventions.

Immunotherapy — a longer-term option

For more severe hayfever, allergy immunotherapy is increasingly used. It works by retraining the immune system and can offer longer-term improvement rather than temporary relief.

However, it requires commitment, can be costly, and needs to be started months before the pollen season — making it more of a longer-term plan.

Practical ways to reduce symptoms

Small changes can help reduce pollen exposure:

- Check pollen forecasts
- Shower after being outdoors
- Keep windows closed on high pollen days
- Wear sunglasses outside
- Avoid drying clothes outdoors

Do allergy tests help?

Sometimes. Many people already recognise a seasonal pattern, so starting treatment early is often more useful than confirming the cause. Testing is most helpful when symptoms are severe, unclear, or when considering immunotherapy.

In Summary

Start early, use treatments correctly, and be cautious of quick fixes. For more severe cases, a tailored approach can make a real difference. If you're struggling to control symptoms, seeking medical advice can help you manage hayfever more effectively and enjoy the season ahead.

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



222 HEALTHCARE

COMPREHENSIVE PRIVATE GP SERVICES



+ CONSULT ON YOUR TERMS

Our doors are open on an ad-hoc basis for prompt, discretionary care, or with curated Membership benefits.

+ TRUE CONTINUITY OF CARE

Consult with the same dedicated, expert GP at every appointment, ensuring deep medical understanding.

+ SKIP THE 3-WEEK WAIT

Same-day & next-day appointments, making health accessible without delay.

+ BESPOKE MEMBERSHIP PLANS

Bespoke Memberships providing comprehensive, priority health access for you & your family, including Annual Medicals for adults.

HEALTH DIAGNOSTICS & SCREENING



+ HEALTH & WELLNESS SCREENING

Proactive wellness packages to support early detection & proactively care for your health.

+ PRIVATE MEDICALS

For work, driving, insurance, visa applications, and more.

ADDITIONAL SERVICES



+ GP-LED WEIGHT LOSS TREATMENTS

+ VACCINATIONS & TRAVEL HEALTH

+ CRYOTHERAPY

+ CORPORATE HEALTH SOLUTIONS



2nd Floor, Stokenchurch Medical Centre,
Stokenchurch, H. Wycombe, HP14 3SX



Halton Tennis Centre, Halton,
Wendover, Aylesbury, HP22 5PD



www.222healthcare.co.uk



support@222healthcare.co.uk



Call or Scan to
Book Now

0333 2422107





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!

★★★★★

'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

'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 CHINNOR VILLAGE HALL

Contact Sam on
 masters_12@hotmail.com
 07921 928404

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
www.scallywagsdogtraining.net

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 | M: 07868 746406

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 ~ Oxford office email: 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.

GAROLLA

TRANSFORM
FULLY FITTED
FROM
£895*



Maximise
your space,
minimise the mess.

Upgrade to a sleek electric
garage door and unlock
25% more space.

- FREE 5-year warranty
- Fitted by a local Garolla engineer
- Manufactured in the UK



Scan to
explore
our range



BOOK A **FREE SURVEY** TODAY

01235 280 021
GAROLLA.CO.UK



*Terms & conditions apply, see website for details.

Elevate Your Outdoor Cooking

This summer, make the most of your garden with the Henley Stoves Kamado range — available now at Cool Heat Solution.



As the days grow longer and gardens come back to life, May marks the perfect moment to embrace outdoor living. And for many homeowners, that means one thing - firing up the BBQ. But today's outdoor cooking is about so much more than burgers and sausages. It's about creating an experience, bringing people together, and making the most of your space.

At **Cool Heat Solution**, we're seeing a growing demand for high-quality, versatile outdoor cooking solutions - and the Henley Stoves Kamado range is leading the way.

Why Kamado?

Unlike traditional BBQ's, Kamado grills are designed with a thick ceramic shell that retains and circulates heat with incredible efficiency. This allows for precise temperature control, whether you're

cooking low and slow or reaching high heat for searing and grilling.

Kamado 21 - Compact & Perfect for Families

The Kamado 21 is the ideal introduction to Kamado cooking. With a generous cooking area and compact footprint, its perfect for patios and family meals. The dual vent system ensures quick heat-up times and consistent temperatures, giving you complete control.

Kamado 24 - Built for Bigger Gatherings

For those who love to entertain, the Kamado 24 offers a larger cooking surface and robust build, making it easy to host friends and family. Smoke, bake, roast or grill - from pizzas to pulled meats - all with that unmistakable charcoal flavour.

Both models are beautifully crafted, available in 3 colours, durable and

Why Choose a Kamado Grill?



Grill, smoke, bake & roast with ease



Exceptional heat retention



All-season performance



Perfect for entertaining

designed for year-round use.

They are not just BBQ's but an outdoor oven, smoker & centrepiece for every social occasion.



Kamado 21



Kamado 24



Also available in Emerald Green and Chilli Red.

To explore the full range and to purchase your Kamado TODAY visit our website.

Keeping Homes Comfortable All Year Round

From cosy winter evenings to cooler summer days, we help families create homes they truly love



- Air Conditioning - Supply & Installation
- Log Burning & Multi-Fuel Stoves
- Electric Fires & Media Walls
- Patio Heaters & Outdoor Heating

As a small, family run business, we only offer products from Brands that we trust and believe in. We provide honest advice and expert support when required.

Browse
our
Online
Shop

www.coolheatsolution.co.uk

0333 880 6709

Local
Advice
Nationwide
Delivery

Wheatley Farm Shop

Welcome to our farm shop where we stock

Wild Bird Feed
Pet Food - brands include Natures Way & Skinners
Heygates Farm Animal Feed
Animal Care including, Hay, Straw, Wood Shavings for Horses, Rabbits, Guinea Pigs
Snowflake range of shavings, Bedmax & Littlemax Animal Bedding
Gardening Tools
Garden Sundries & Seeds
Growmoor and Melcourt Compost

Opening Hours: Monday - Friday: 9am - 5pm
Saturday: 9am - 4pm

01865 874636 | www.wheatleyfarmshop.co.uk

Old London Road, Wheatley, OX33 1YW

* SPECIAL OFFERS * ON COMPOST

Growmoor multi-purpose compost
50 litre bag

£6.99 each
or
2 for £12.00

Melcourt Sylvagrow peat free
40 litre bag

£7.99 each
or
2 for £15.00



NEWS & EVENTS

Electric Hills Returns – And You Could Be There...

Friday 20th June | 4pm – 1am

Aston Rowant Cricket Club

Electric Hills music festival returns this June — and it's a powerful example of what a community can create together. What began in 2022 as a 500-person gathering under the name Rowachella has grown into a much-loved local event, welcoming around 2,500 people this year.

Set in the stunning Chiltern Hills, an Area of Outstanding Natural Beauty, Electric Hills celebrates both its surroundings and the people behind it. Run by volunteers from Aston Rowant Cricket Club, the festival has grown organically, driven by local passion rather than commercial ambition. At a time when many pubs and live venues have disappeared, it offers something increasingly rare — a space to come together, connect, and enjoy live music in a truly unique setting.

This year's line-up reflects that growth, with Sigala headlining, alongside Kelli Leigh, Sammy Porter, and the hugely popular return of Bloc Off the Wall. Local artists will once again take centre stage across both live and dance arenas, ensuring the festival remains rooted in the community. Beyond the music, visitors can enjoy a carefully curated selection of food and drink, including Ginger Wings, Hellfire BBQ, Pizza Please, and authentic Greek gyros from Lamb Catering. The bars will be stocked with beers from Rebellion Brewery, continuing the festival's strong support for local businesses.

With its vibrant neon jungle theme, Electric Hills transforms the countryside into an unforgettable experience for one night only.



**** WIN TICKETS ****

We have **2 pairs of tickets** to give away to this year's festival!

To enter, simply answer the following question:

Q: Who is Headlining this years Festival?

Email your answer, along with your name and contact details, to info@look-localmagazine.co.uk by the closing date of 31st May 26. Winners will be selected at random from the correct answers and notified via email

Good luck — and we'll see you on the dancefloor!



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

- **Heritage Steam and Diesel every Sunday**
- **May 3rd and 4th** - Teddy Bear Days (Free travel with a teddy!)
- **May 24th and 25th** - Superheros Day (Free travel with a superhero!)
- **May 28th** - Half Term Thursday Steam Day
- **Thursdays 30th July , 6, 13, 20 and 27 August** - Summer Steam Thursdays
- **Steam Gala with visiting locos October 30th to November 1st**

Check website for details of our evening and dining options

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.chinnorrailway.co.uk

STATION ROAD . CHINNOR . OX39 4ER

The Chinnor and Princes Risborough Railway is owned by a registered charity and is operated by volunteers

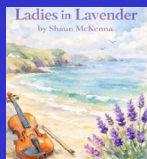
WHAT'S ON AT THE PLAYERS THEATRE

Tuesday 5th to Saturday 9th May at 7.45pm

Ladies in Lavender by Shaun McKenna

Thame Players present an evocative and heartwarming story of unfulfilled dreams and unrequited love.

Tickets £12, concessions £10

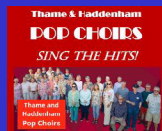


Friday 15th May at 7.45pm

Haddenham & Thame Pop Choirs

Two pop choirs combine to bring a programme of well-known pop songs and harmonies.

Tickets £8



Friday 22nd May at 7.30pm

Voodoo Room

This great band returns for another fantastic night of Hendrix, Clapton and Cream.

Tickets £18



Saturday 23rd May at 7.30pm

Gary Moore Blues Experience

This band reproduces the authentic sound of the blues and the power of blues rock.

Tickets £18



Saturday 30th May at 7.45pm

Rebecca Poole

Rebecca Poole is a master entertainer with an infectiously playful character and deep velvet vocals

Tickets £20, concessions £18



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 HAS DEEP VELVET VOCALS?

Email your answer with your name and address to info@look-localmagazine.co.uk by 31st May 26'.

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



Chinnor and Thame Friends of the Earth's, Green Living Fayre Returns...

Sunday 7th June | 11am - 3pm

Chinnor Village Hall

The Green Living Fayre is set to be a fantastic celebration of sustainable living and community spirit.

This lively local event offers something for everyone, from eco-friendly inspiration to hands-on activities. Visitors can explore a wide range of stalls and displays covering topics such as beekeeping, plastic-free living, recycling, clean air initiatives and greener gardening. There will also be craft demonstrations, along with a selection of local and Fairtrade goods including plants, gifts, books and jewellery.

A popular highlight of the day is the bike and scooter exchange, giving families the chance to buy or sell pre-loved items — a great way to save money and reduce waste. Alongside this, you'll find energy advice, refill options and practical ideas for living more sustainably at home.

Families are especially welcome, with free entry and plenty to keep younger visitors entertained, including children's activities and a fun Plate Garden competition. Add to that a café serving homemade refreshments throughout the day and live music, including performances from the Chinnor Training Silver Band, and you have all the ingredients for a relaxed and enjoyable community event.

Whether you're looking to make small changes or simply enjoy a great local day out, the Green Living Fayre is not to be missed.



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



MARSHALL LANDSCAPES & BUILDING CONTRACTORS

Landscaping • Groundworks • General Building

Reliable • Fully Insured • References Available



Services Include:

- Patios, Driveways, Fencing
- Shed & Garden Bases
- Tree, Hedge & Lawn Work
- Garden Clearance
- Extensions & Conservatories
- Groundworks
- Drainage
- Patio, Driveway & Roof Chemical Cleaning and Sealing

Call Today for a Free Quote

01494 482787 | 07786 915910 | tomm1982@icloud.com

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

The Window Doctor

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



- 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
E: cowlingandcothewindowdoctor@gmail.com



SPECIALIST AIR CONDITIONING

High Efficiency Heating in Winter
Comfort Cooling in Summer.

High quality, Air Conditioning design, installation and servicing for you:

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

QUALITY COOLING

FUJITSU DAIKIN

HITACHI MITSUBISHI F-Q&S

For an appointment to receive a free, no obligation quote call Byron Penfold on
07754 311725
or email, qualitycooling-ac@outlook.com

AL TOM

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
www.altomtrecare.co.uk



DOMESTIC SERVICES



We service and repair all makes and models of:

Washing Machines
Tumble Dryers
Dishwashers
and
Electric Ovens

Authorised Hoover and Candy Dealer

Tel: 01844 291296

Email: 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
W www.localelectricianfast.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



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



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





**WE NOW SELL
AGGREGATES PEA
COTSWOLD STONE
SHINGLE**

**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





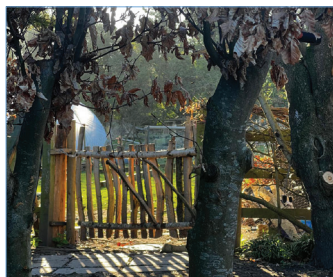
HERITAGE JOINERY

Handcrafted Bespoke Joinery made using the
finest sustainable materials

- Sash/Casement Windows
- Doors
- Cabinetry
- Fitted Wardrobes
- Staircases
- Furniture
- Kitchens
- Joinery packages
- Bespoke Joinery

01865 823103 info@heritageoxford.co.uk
www.heritageoxford.co.uk

Look locally over the garden gate with Lucie Giselle Ponsford



May arrives with a quiet urgency. The gentle pace of early spring gives way to a garden in full motion, where everything seems to grow at once and demand our attention. It's the moment we shift from planning to doing — hands in the soil, trying to keep up while still finding joy in the process.

So, the smugness of last month has completely evaporated with the onslaught of every weed under the sun. Although of course, we respect them as wildflowers in their own right. Still, I now find myself battling to sow everything I want for this year's flower garden and vegetable plot, while also pricking out all those ready seedlings into plug trays to move them forward. At the same time, I'm already thinking about next year: creating my own compost and harvesting more water to support my ever-growing plant family.

You know, the thing about working in a garden, expanding it, evolving it, is the utter joy that nurturing can bring. That process has a wonderful way of taking you outside of yourself, letting worries drift away, even if the overwhelm of what's in front of you sometimes creeps in too.

I have so many plans for my garden, and I'm sure you do too. Over the years, as a garden designer installing hundreds of gardens and designing thousands more, I've realised that the key fundamentals are actually very simple: a patch of green and somewhere to sit in it. That connection, being part of a wider natural space, can be enough.

My favourite go-to for creating little nooks is to find a flowering tree or shrub I love and bring it into a space where I'm likely to sit and watch it evolve. I recently met a lovely lady, with the most enchanting garden. It still needs a little tweaking to make the seating space truly comfortable, but it's filled with wonderful trees, including a monkey puzzle and a ginkgo, both with unusual double trunks.

I started explaining this botanically, but she gently put me in my place, saying she and her husband see them as themselves, entwined and growing together over a lifetime. It was such a beautiful perspective, and it's inspired me to plant more experiences with my own family in my garden. I've even just built a treehouse for my son, with a bit of help from my husband-to-be.

So if I can encourage you to do anything, it's this: get into the garden, potter away, embrace the overwhelm, let your mind wander, and create a space full of beauty and meaning.

With love, Lucie x

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

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

Web: 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

IG [@lucieponsford_mimosagarden](https://www.instagram.com/lucieponsford_mimosagarden) FB [@mimosadesign](https://www.facebook.com/mimosadesign)

W. 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: jpcltd@outlook.com | Web: www.jpcgroup.co.uk

Office Tel:
(01844) 274951

Mobile Tel:
(07860) 242473

Mobile Tel:
(07836) 531234
 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






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

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

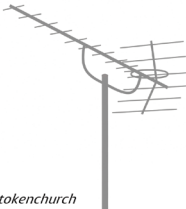
- Freeview TV, FM & DAB aerials
- Additional TV points  Freeview
- Sky Q, HD & Freesat installer  Freesat
- Fault finding & Storm damage
- WiFi & data cabling  sky
- TV wall mounting & audio systems
- Qualified Electrician

Contact us:

01494 483472

07810 236024

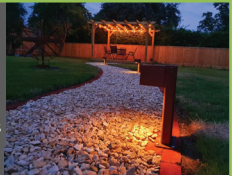
info@tvtaerials.co.uk



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

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



01844 278843 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.

Call Us
01844 617301 |  hello@harris-consultancy.co.uk



LAPTOP



PRINTER



PERSONAL
COMPUTER

WWW.HARRIS-CONSULTANCY.CO.UK





Sustainable gardens are here to stay

Creating sustainable gardens is our way of limiting our impact on the planet. There's many gardening practices you can introduce to your outdoor space and it doesn't have to cost the earth.

Why not try growing your own, keeping your lawn long or companion planting? All of these are great ways to have an even greener garden.

Hartwell Nurseries have all the tools and inspiration you need. While you are here, visit the Tea Rooms for a nice cup of tea, a slice of homemade cake and a chat with our friendly staff.

Happy gardening!



Hartwell Nurseries, Stone, Aylesbury, Buckinghamshire, HP17 8RZ
info@hartwellnurseries.co.uk | 01296 747961



THE SWAN AT TETSWORTH

01844 281777

High Street, Tetsworth, Oxon, OX9 7AB



Vote the BEST ANTIQUES CENTRE in the UK

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 - 6th May 26' | NOON START

Upcoming Auction Highlights



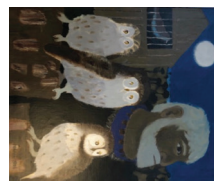
COLLECTION OF SEVEN SIR QUENTIN BLAKE SKETCHES

Est. £1,000 - £2,000



FABERGE WORK MASTER MICHAEL PERCHIN FRAMES

Est. £15,000 - £20,000



MARY FEDDEN, OIL ON CANVAS

Est. £8,000 - £12,000

April Auction Highlights



Lot 71A - A RARE EARLY 20TH CENTURY 22CT GOLD LIVERY 'WORSHIPFUL COMPANY OF CARPENTERS' MEDAL.

SOLD. £5,000 Hammer



Lot 131A - PATRICK MAVROS, A VINTAGE SOUTH AFRICAN SOLID SILVER MODEL OF AN ELEPHANT.

SOLD. £1,200 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