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Your Free Local Magazine

JUNE 26' - Issue 163

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Hello Readers,

Welcome to the **June** issue of Look Local Magazine.

June always feels like one of the most generous months of the year. The evenings stretch out, gardens are at their fullest, and our villages begin to hum with summer events, outdoor gatherings and community spirit. After the slower months of winter and early spring, it's lovely to see local life spilling outside again - into village halls, playing fields, gardens, markets and music events.

This month's issue celebrates that sense of activity and connection. Our regular **Over the Garden Gate** feature returns with a beautifully honest reflection on June in the garden - from sweet peas and early harvests to wildflower meadows that have developed a mind of their own. As always, it reminds us that gardens are never truly finished; they grow, change and evolve alongside us.

There's plenty happening locally too. **Chinnor and Thame Friends of the Earth** are hosting their **Green Living Fayre at Chinnor Village Hall on Sunday 7th June**, with sustainable living displays, a bike and scooter exchange, children's activities, live music and refreshments.

For festival lovers, **Electric Hills** returns to **Aston Rowant Cricket Club on Saturday 20th June**, bringing live music, local food and a lively summer atmosphere to the Chilterns. That same weekend, **Thame Pride** takes place in the town centre, followed by the ever-popular **Thame Duck Race on Sunday 21st June**.

Although Thame Carnival is taking a break this year, June still offers lots to enjoy in and around the town. Later in the month, **Thame 10K** and the colourful family-friendly **Thame Colour Run** take place on **Sunday 28th June**, while **Chalgrove's Party in the Park** promises live bands and a relaxed community day on **Saturday 27th June**.

However you spend June - gardening, walking, dancing, browsing stalls, entering a local race or simply enjoying the sunshine - I hope this issue helps you feel connected to all that's happening around us.

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

Love Emma

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**BOOKING DEADLINE FOR
JULY 2026 ISSUE:**

Wednesday 17th June

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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Local homeowners are discovering storage space they already own

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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

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"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.



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OR SCAN ME!

MENINGITIS B - QUESTIONS LOCAL FAMILIES ARE ASKING...

By Dr Oliver Large, Director/Founder/GP, 222 Healthcare.

Following the outbreaks and tragic deaths first in Kent, and then closer to home in Henley and Reading, we have seen a huge increase in questions from local families about meningitis B (MenB) vaccination.

Is my child protected against MenB?

Not necessarily. Many teenagers and young adults received the MenACWY vaccine at school, which protects against meningococcal groups A, C, W and Y - but importantly it does not protect against MenB. This means it is entirely possible for somebody to be fully up to date with school meningitis vaccines but never to have received MenB protection.

My child had MenB vaccines years ago - are they still protected?

This is one of the most difficult questions to answer with certainty. Some children received MenB vaccines privately before, or around the time, the NHS MenB rollout began.

Immunity from vaccines can reduce over time, particularly when vaccination occurred in early childhood, and unfortunately there is not complete clarity regarding exactly how much protection remains 8-10 years later. Because of this, many clinicians feel it is reasonable for families to at least reconsider MenB protection during the teenage years, particularly before university or other periods of close social mixing.

Is it still worth vaccinating now?

For many families, yes - particularly where:

- children were born before the NHS rollout
- previous vaccination history is incomplete
- teenagers are approaching university or shared accommodation
- families want additional reassurance following recent local events

At the same time, meningococcal disease thankfully remains rare overall, even though understandably very frightening because of how severe and rapidly progressive it can be. Vaccination is therefore ultimately a personal decision balancing individual circumstances, previous vaccine history, and appetite for reassurance.

Why are people struggling to find vaccine appointments?

Following recent events, demand for MenB vaccination has risen dramatically nationally, and intermittent supply shortages have affected many clinics and pharmacies.

At 222 Healthcare we have mostly been able to maintain good vaccine stock levels locally, and if you are able to book an appointment through our website, this means vaccine stock is immediately available.

Why choose a private GP setting?

For many families, this is not simply about receiving a vaccine - it is about having the opportunity to properly discuss concerns, previous vaccine history, risk, timing, and unanswered questions in a calmer and more personalised setting. We have found anxiety around MenB to be understandably very high following recent events, particularly amongst teenagers, parents, and university students. Having access to experienced nurses and GPs who can talk things through and help families make informed decisions can therefore be extremely valuable.

What symptoms should people still watch for??

Vaccination significantly reduces risk but does not completely eliminate it. Urgent medical assessment remains important if somebody develops rapidly worsening illness, fever, severe headache, vomiting, drowsiness, confusion, rash, neck stiffness, or severe limb pain.

Further information: <https://222healthcare.co.uk/immunisations/menb>



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"Really lovely inclusivity. Routine vaccine appointment for my son (who is autistic) and Emma was fabulous with him. Explained everything to both of us and helped us feel very comfortable. Wonderful experience, thank you."

Meningitis B Vaccination - Nurse Emma, May 2026

"I was absolutely delighted in the way my health assessment was carried out, together with the follow up appointment and physical examination. Dr. Large is a listener and always allows plenty of time for the consultation, which I found invaluable advice and guidance. I thoroughly recommend this practice in everything they do.."

Well Man Screening - Dr Oliver Large, May 2026



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Make the Most of Summer at Home...

As June arrives and the evenings grow longer, our homes and gardens naturally become the heart of summer living. Whether it's a quiet morning coffee on the patio, a family BBQ, or an evening entertaining friends, this is the time of year when outdoor spaces truly come into their own.

At **Cool Heat Solution**, we believe home comfort should extend beyond the four walls of your house. With the right products, a garden, patio or terrace can become a space you use more often - not just during the hottest afternoons, but throughout the whole season.

Outdoor cooking continues to grow in popularity, with many homeowners looking for more than a standard BBQ. Kamado-style ceramic BBQs, for example, offer exceptional versatility, allowing you to grill, smoke, roast and even bake outdoors. For those who enjoy entertaining, they create a real focal point, combining flavour, theatre and practicality in one stylish piece of equipment.

Of course, British summer evenings can still be unpredictable. Even after a warm day, temperatures often dip once the sun goes down. Outdoor heating — from fire pits and fireplaces to patio heaters - helps extend the evening, adding both warmth and atmosphere to your garden.

Inside the home, summer comfort matters too. As UK summers become warmer, more homeowners are considering air conditioning. Modern systems are quiet, efficient and versatile, helping to cool bedrooms, living areas and home offices during hot weather. Many can also provide energy-efficient heating during the colder months.

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NEWS & EVENTS

Come Together This Summer to Support Local Hospice Care

Florence Nightingale Hospice Charity is inviting local residents to enjoy a summer of community events while supporting vital hospice care across Buckinghamshire and its borders.

The season begins with the much-loved **Midnight Walk** on **Saturday 20th June** at **Roman Park Hall, Aylesbury**. Taking place on the summer solstice, the event offers participants the chance to walk five or ten miles in celebration of life and in memory of loved ones. Friends, families and neighbours are all encouraged to take part, with the evening beginning with a relaxing "Solstice Unwind" session.

Then, on **Sunday 2nd August**, more than 100 talented local children will take to the stage at Aylesbury Waterside Theatre for a special production of **Fame**. With matinee and evening performances available, the show promises to be a joyful highlight of the summer.

Every pound raised helps support compassionate hospice care for patients and families at Florence Nightingale Hospice in Aylesbury, Butterfly House in High Wycombe, and in homes across the region.

For more information about the Midnight Walk and to sign up, visit <https://fnhospice.org.uk/midnightwalk> | Tickets for Fame can be booked by visiting <https://atgtickets.com/aylesbury>.

Lindengate Announces Summer Events Programme

Lindengate Charity has unveiled a packed programme of events for 2026, bringing together community, creativity and wellbeing in its beautiful six-acre therapeutic gardens near Wendover.

Following the success of a recent fundraising evening featuring singer Tony Hadley, which raised almost £6,000 for the charity's mental health work, Lindengate is hosting a wide range of summer activities for all ages. Highlights include monthly Rest & Refresh Pop-Up Cafés with live music, family-friendly Nature Camps during August, outdoor theatre performances from the renowned Mikron Theatre Company, and a five-day August Bank Holiday Art Fair celebrating local creativity.

September will also see the launch of Lindengate's new Food Future Festival, focusing on sustainable growing, healthy eating and outdoor cooking.

Alongside public events, the charity continues to support adults and young people experiencing anxiety, stress and loneliness through therapeutic gardening and nature-based wellbeing programmes.

For more information and tickets, visit www.lindengate.org.uk.

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 - **Sparking Afternoon teas** on selected dates on our website
 - **Steam Gala with visiting locos October 30th to November 1st**
- Check website for details of all our fares, including evening and dining options, plus dates and timetables**

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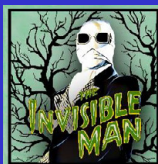
WHAT'S ON AT THE PLAYERS THEATRE

Friday 5th June at 7.30pm

The Invisible Man

Our Star Theatre Company presents a thrillingly funny adaptation of the H G Wells classic.

Tickets £18, students £14



Saturday 6th June at 7.45pm

Cracking Cryptics

Tony Long reveals the mysteries behind solving those fiendish cryptic crosswords.

Tickets £5



Friday 19th June at 7.30pm

Nobody Does It Better

Award-winning tribute artist brings the music of one of pop's greatest legend – **Buddy Holly**

Tickets £20



Tuesday 7th to Saturday 11th July at 7.45pm

Thame Players present

Pack of Lies by Hugh Whitmore

Inspired by a true story, this is a gripping drama about friendship, truth and betrayal.

Tickets £12, concessions £10



Friday 17th and Saturday 18th July at 7.00pm

Così fan Tutte and The Magic Flute

Opera Anywhere return to bring two of Mozart's best-known operas to the Players Theatre stage

Tickets £25, concessions £20, under 18s £15



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 WROTE THE INVISIBLE MAN?

Email your answer with your name and address to info@look-localmagazine.co.uk by 30th June 26th.

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



Chinnor and Thame Friends of the Earth

GREEN LIVING FAYRE

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Sunday 7th June 11am to 3pm Chinnor Village Hall, Church Road, OX39 4PG

BIKES / SCOOTERS (not electric) 11am – 3pm

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Look locally over the garden gate with Lucie Giselle Ponsford

June is the month when the garden begins to reward our patience. From the first sweet peas and homegrown salads to borders bursting into life, this is a season of colour, growth and gentle experimentation. In this month's feature, we reflect on the joy of finally shaping a truly personal garden — one filled with hopeful planting, evolving spaces and the occasional wonderfully unruly wildflower meadow. As always, it's a reminder that gardens are never really finished; they simply grow alongside us..

Successes in the garden: I am thrilled with my sweet peas, which are flowering now with beautiful, long stems. I have always struggled with sweet peas outdoors, but growing them in the polytunnel has been an entirely different experience. I plant them out too early and they simply sulk in the cold. So if you struggle too, my advice is patience. In a cold May like this one, wait until June before planting out, alongside the pumpkins and courgettes.

I have had early beetroot and a wonderful lettuce crop, which makes me deeply grateful for the old polytunnel I bought on eBay and have lugged from place to place until finally finding somewhere permanent for it to stand, and hopefully somewhere permanent for my own bones too.

This is the first garden that truly feels like mine, a place to shape and nurture into the paradise I have spent my career helping other people create. There is something wonderful about finally bringing a lifetime of skills and ideas into your own space. The best gardens I have designed are the ones where clients are as excited as I am, tending it with joy and allowing it to evolve as life changes around them.

Not everything is entirely under control, of course. My wildflower meadow at the front of the house has become something of an exuberant monster. I did not cut it back last August because it had only recently been laid after the June show garden at BBC Gardeners' World Live. Next year, I will be more judicious. For now, I am Chelsea Chopping the plants I want less of, encouraging the ones I love, and mowing tight edges around it in the hope that it looks intentional rather than abandoned.

I am also bringing in roses. One of the things you miss when you have never had a long-term garden of your own is the romance of investment. Roses, wisterias, magnolias, these are acts of faith in the future. I have a magnolia that I am still wandering around the garden with, trying to find the perfect place for its eventual grandeur. I have also planted a beloved Prunus 'Kanzan', whose double blossom tends to divide opinion. Personally, I adore it. I cannot wait to see those branches dripping with blossom, raining pink petals across the garden.

All of this comes with the gentle exasperation of my partner, who would simply like a practical route up the garden for the sheep and an easy line for the mower. There will, inevitably, be compromise. But there will also be whimsy and wonder. And one day, when the garden has settled into itself, I hope to share it with you.

With love, Lucie x

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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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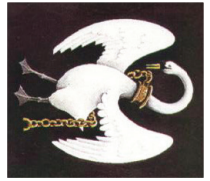
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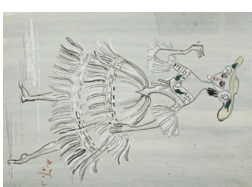
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