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JULY 26th - Issue 164

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Hello Readers,

Welcome to the July issue of Look Local Magazine.

July brings with it the feeling that summer has truly arrived. Gardens are overflowing, the evenings seem to stretch on forever, and as schools break up later this month, families begin looking for ways to fill those long summer days without always travelling too far from home.

Fortunately, there is plenty happening locally. **Princes Risborough Festival Week** runs from 4th-11th July, culminating in its lively Street Festival, with entertainment, community stalls, music and activities for all ages. Closer to home, Chinnor's next **Repair Café** takes place at **St Andrew's Church on Saturday 11th July**, giving residents the chance to bring along household items in need of a new lease of life.

Families can also enjoy regular **Story Time** sessions at **Chinnor Library**, with a special **Lego Saturday** on 18th July - a lovely, low-cost way to begin the school holidays. That evening, **Chinnor Village Hall** welcomes **The Sophie Holder Band** for local music lovers.

For children eager to stay active, summer camps begin locally from 20th July. **Elite Camps Thame** offers holiday activities for children aged four to thirteen, while **Chinnor Rugby Club** is hosting multi-activity days featuring sport, outdoor games, crafts and adventurous challenges. South Oxfordshire District Council also offers a range of free and affordable holiday activities across the area, so it is worth checking what is available before the holidays begin.

Inside this month's magazine, our regular **Over the Garden Gate** feature returns with more seasonal reflections and practical inspiration. We also look at the importance of checking and protecting your skin during the summer months with advice from **222 Healthcare**, while our **Utility Warehouse** feature explores whether bringing essential household services together could make bills simpler to manage.

And, of course, don't forget to enter our regular competition for the chance to **WIN TICKETS** to **Thame Players Theatre** on page 17.

However you spend July exploring local events, enjoying family days out, pottering in the garden or simply slowing down in the sunshine - I hope this issue helps you make the most of summer close to home.

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

Love Emma

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 **Look Local Magazine**

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**WIN
TICKETS**
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**BOOKING DEADLINE FOR
AUGUST 2026 ISSUE:**

Wednesday 15th July

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

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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.

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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!

SUMMER SKIN CHECKS: A Simple Habit That Could Save Your Life...

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

Now the long summer evenings have arrived and many families are preparing for holidays, barbecues, sporting events and more time outdoors, it is worth taking a moment to think about skin health. Summer often brings our greatest exposure to ultraviolet (UV) radiation. Whether gardening, walking the dog, watching children's sports or enjoying a holiday abroad, increased UV exposure can damage the skin and raise the risk of skin cancer.

Skin cancer is one of the most common cancers in the UK. Fortunately, when detected early, most cases can be treated successfully. Becoming familiar with your skin and checking regularly for changes is therefore an important health habit. At **222 Healthcare**, we strongly believe in prevention and early detection. A few minutes spent checking your skin each month could identify changes before they become more serious.

HOW TO PERFORM A SKIN CHECK

A skin check can be completed at home in a well-lit room using a full-length mirror. Ask a partner, friend or family member to help inspect difficult-to-see areas. Work methodically from head to toe:

- Examine the front and back of your body and check both sides with your arms raised.
- Look at your underarms, forearms, hands and palms.
- Inspect your legs, feet, soles and between your toes.
- Examine your face, ears, neck and scalp.
- Use a hand mirror to check your back and buttocks.

Taking photographs of moles or marks can help you compare them over time.

WHAT SHOULD YOU LOOK FOR?

The key message is simple: look for anything new, changing or unusual. Signs that should prompt further assessment include:

- A new mole or skin growth or a mole that looks noticeably different from the others.
- Changes in a mole's size, shape or colour.
- A lesion that becomes raised, irregular or multicoloured.
- A spot that repeatedly itches, bleeds, crusts or scabs.
- A sore that does not heal within three weeks.

Most changes are harmless, but it is always better to have concerns checked.

PREVENTION IS BETTER THAN CURE

Protecting your skin from excessive UV exposure can help reduce risk. Use a high-factor sunscreen and reapply it regularly, particularly after swimming. Wear a hat and UV-protective sunglasses, seek shade during the hottest part of the day and take extra care abroad, where UV levels may be higher. Children's skin is especially vulnerable, so good sun protection should begin early. Remember that sun damage accumulates over a lifetime.

WHEN SHOULD YOU SEE A DOCTOR?

Arrange a medical review if you notice a new or changing mark that concerns you. At **222 Healthcare**, our GPs regularly assess moles and skin lesions. We can often provide reassurance, but where further investigation is required, onward referral for dermoscopy can be arranged.

A SMALL CHECK THAT COULD MAKE A BIG DIFFERENCE?

We encourage everyone to perform a head-to-toe skin check once a month throughout the year. It costs nothing, takes only a few minutes and may help identify a problem when treatment is most effective. If you have noticed a new mole, changing lesion or have concerns about your skin, our team would be happy to help.

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

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

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Could Bringing Your Household Bills Together Help You Save?

From 1st July 2026, Ofgem's energy price cap will rise by 13% for a typical household paying by Direct Debit, taking the illustrative annual figure to £1,862. With household budgets once again under pressure, many homeowners may be looking more closely at how their essential services are organised and where savings could be made.

Utility Warehouse, also known as UW, offers a different approach by bringing several everyday household services together with one provider. Customers can choose from energy, broadband, mobile and insurance, helping to reduce the number of separate suppliers, accounts and bills they need to manage. The more qualifying services a household combines, the more opportunities there may be to benefit from bundle savings.

Homeowners switching more than one service may currently be eligible for up to £150 in credit loaded onto a UW Cashback Card, subject to the offer's terms and qualifying services. UW also states that it may contribute towards eligible early termination fees, which could make switching easier for households still tied into existing contracts. The Cashback Card allows eligible customers to earn cashback on everyday spending. Participating retailers may offer up to 10%, while qualifying purchases elsewhere can earn 1%, subject to monthly limits. Rather than being paid separately, the cashback is automatically deducted from the customer's UW bill.

UW also offers optional household protection products, including home insurance and Boiler & Home Cover, helping customers place more of their essential home services under one account.

For homeowners reviewing their finances, combining services could provide a simpler way to manage household bills while unlocking additional savings and rewards.

Find out more visit <https://uw.co.uk/ref/connector/CN-CLW7>, fill out the form and a UW Partner will contact you to guide you through the process and help you start saving.

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NEWS & EVENTS

Title Anti-Pollution Revolution Takes Over Thame Schools in Oxfordshire First...

Pupils from every school in Thame have joined forces to launch an “Anti-Pollution Revolution” as part of a pioneering clean air initiative believed to be the first of its kind in Oxfordshire.

The **CLEAN AIR FOR THAME Project** has helped children and young people learn about the causes of air pollution, its effects on health and the practical steps communities can take to reduce exposure. Funded through Section 106 contributions from South Oxfordshire District Council, the scheme has been coordinated by Thame Town Council and facilitated by CAG Consultants.

At the heart of the initiative is a pupil-led approach. Students became air-quality investigators, using handheld monitoring equipment to measure pollution levels around their schools and gather real-world data. The findings showed that pollution was higher on roads near schools during drop-off and pick-up times. In response, Lord Williams’s School Eco-Reps have encouraged families to consider whether every journey needs to be made by car.

Data collected throughout the winter and spring has been transformed into a new **Clean Air Map of Thame**. The map highlights cleaner walking and cycling routes, cycle lanes, green spaces and school locations. It also features artwork and illustrations of local landmarks created by pupils from Barley Hill, St Joseph’s and John Hampden primary schools. Students have also worked with a professional graphic designer to create campaign banners and leaflets, which will be displayed and distributed across Thame’s schools. The Clean Air Map, launched in June, marks the culmination of months of science, creativity and community action.

Festival Week Returns to Princes Risborough...

Princes Risborough Festival Week returns from Saturday 4th to Saturday 11th July 2026, offering more than 70 events created by the community for the community.

Organised by Princes Risborough Town Council, the week celebrates the town’s heritage, local organisations and vibrant culture, combining popular favourites with a range of new activities. The full programme is available online, with printed copies also being distributed locally.

The celebrations culminate in the annual Street Festival on **Saturday 11th July**, when the High Street will be transformed with live entertainment, community stalls and family activities.

A much-loved highlight is the return of the pop-up beach in Market Square, complete with traditional deckchairs. Visitors can also look out for colourful stilt walkers, giant bubble displays, free festival-themed face painting, and the return of Smartie Artie with puppetry, magic and comedy.

From 4pm, Bucks Bear will make a special appearance, offering another fun photo opportunity for families.

The main stage, positioned outside the historic Market House, will host performances from local schools and performing arts students, alongside live music from The Cherry Valentines, Kiera Gabrielle and Obviously Aliens. The popular steel band will also return, bringing its upbeat summer sound to the High Street.

The 2026 festival is supported by a range of local businesses and community partners, with BWK Solicitors serving as headline sponsor.

To view the full Festival Week programme, visit www.princesrisboroughtowncouncil.gov.uk or search for Risborough Town Council on Facebook.

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- 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

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Pack of Lies by Hugh Whitmore

Inspired by a true story, this is a gripping drama about friendship, truth and betrayal. Set in leafy Ruislip, the play tells of one of the greatest spy stories of modern times.

Tickets £12, concessions £10



Friday 17th and Saturday 18th July at 7.00pm

Cosi fan Tutte and The Magic Flute

Opera Anywhere return to bring two of Mozart's best-known operas to the Players Theatre, with Cosi fan Tutte performed on Friday 17th and The Magic Flute on Saturday 18th July.

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



Tuesday 8th to Saturday 12th September at 7.45pm
Thame Players present

Design for Living by Noel Coward

One of the great Noel Coward's best loved plays. Coward's sparkling, irreverent and radical drama was written in 1932 and remains relevant today as it always was.

Tickets £12, concessions £10

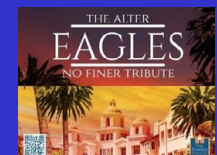


Friday 25th September at 7.45pm

The Alter Eagles – No Finer Tribute

The Alter Eagles are delighted to bring their celebration of one of the best-loved bands of all time - to the Players Theatre.

Tickets £25



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: WHERE IS PACK OF LIES SET?

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

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



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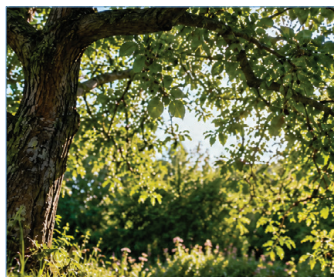
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Finding Eden: The Healing Power of a Garden...

There is no doubt that if you have a beautiful garden, you have a resource to fall back on in times of need. In moments of joy, sadness, overwhelm, and even illness, a garden can offer something uniquely restorative. It provides space to breathe, reflect, and reconnect with what matters.

One project that particularly moved me is a critical care unit designed by Sarah Price on top of a London hospital. The space has been transformed into an outdoor treatment area where long-term patients can experience fresh air, sunlight, and the changing weather after spending weeks confined to hospital beds. Researchers there are monitoring how exposure to nature influences recovery, a concept many gardeners instinctively know: nature heals.

Creating gardens for others is one of the greatest privileges of my work. I love helping people bridge the gap between aspiration and reality, working within budgets, managing expectations, and delivering a bespoke service that reflects both practical needs and personal dreams. Yet I have to admit that life can feel overwhelming for me too.

When that happens, I come outside and sit quietly in my garden. Sometimes it is with a cup of tea in hand. Sometimes it is barefoot on the grass. Sometimes it is simply gazing up through the canopy of my apple tree. In those moments, I stop, think, and breathe.

The garden reminds me of something important: I am part of nature. I am not separate from it. I am certainly not a cancer on the earth. I am someone who can nurture nature, creating beautiful spaces for myself, my family, and, in some small way, the wider world.

More than anything, I am grateful for my garden. Gardens are never finished. They evolve slowly, season by season, year by year. Plants mature, ideas change, and new memories take root. In many ways, they mirror our own lives. Their beauty lies not in perfection, but in their continuous growth.

The slow evolution of a garden creates a nurturing space that can be loved for a lifetime. It offers sanctuary, perspective, and hope. Through life's celebrations and challenges, it remains a constant reminder that growth is possible, healing is real, and sometimes paradise is not a distant dream but a place we cultivate ourselves.

With love, Lucie x

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What our customers say



Mary Clements

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



Olwen Comino-James

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

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