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AUGUST 26' - Issue 165

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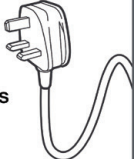
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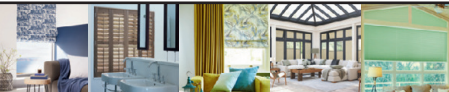
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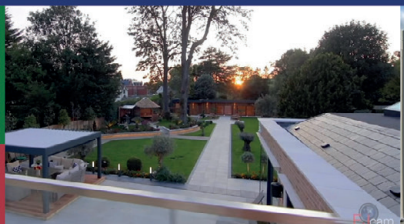
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# Hello Readers,

Welcome to the August issue of Look Local Magazine.

The school holidays are in full swing, gardens are at their lushest, and our villages settle into that relaxed summer rhythm of families making plans, children looking for things to do, and neighbours catching up at local events, cafés, parks and village greens.

This month, we have put together a **Summer Holidays What's On guide**, packed with ideas to help families make the most of the weeks ahead. From library sessions and community events to outdoor adventures, family days out and village activities, there are plenty of ways to keep everyone entertained without travelling too far.

Our regular **Over the Garden Gate** feature also returns, offering a thoughtful reflection on the comfort and healing power of a garden. At this time of year, when so much of life spills outdoors, it feels especially fitting to celebrate the spaces that give us room to breathe, pause and reconnect.

Inside this issue, you'll also find our regular **Thame Players Theatre competition**, giving readers the chance to win tickets and enjoy local theatre. We also feature a useful piece from **Utility Warehouse**, looking at how bringing household bills together could help homeowners manage their essential services more simply.

With summer temperatures becoming increasingly unpredictable, our **air conditioning article** explores why more homeowners are thinking seriously about keeping their homes comfortable - not just for the occasional heatwave, but for better everyday living through the summer months.

Looking ahead, the September issue is a fantastic opportunity for local businesses to get visible before the busy autumn and Christmas season begins. Whether you run a shop, service, café, trade business, beauty salon, gift company, restaurant or local venue, **advertising in Look Local** is a simple way to reach thousands of households across Chinnor, Thame, Chalgrove, Watlington and the surrounding villages.

However you spend August - relaxing, exploring, entertaining the children, enjoying the garden or supporting local events - I hope this issue brings inspiration and a little more connection to the wonderful community around us.

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

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 **Look Local Magazine**

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**WIN  
TICKETS  
TURN TO  
PAGE 16**



## CONTENTS

### 07. HOME & GARDEN

Loft Ladders you can trust from Home County Loft Ladders.

### 08. HEALTH & WELLBEING

Transactional Healthcare or Relationship Based Care explained By 222 Healthcare.

### 13. HOME & GARDEN

Can Utility Warehouse help save you money on your household bills?

### 14. NEWS & EVENTS

Summer Holiday What's On Guide in and around the region.

### 16. COMPETITION

WIN Thame Players Theatre tickets.

### 18. HOME & GARDEN

Cool Heat Solution explains why Air Conditioning isn't just for the summer.

### 22. HOME & GARDEN

Over the Garden Gate with Mimosa Garden Design.

**BOOKING DEADLINE FOR  
SEPTEMBER 2026 ISSUE:**

*Friday 14th August*

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?

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.

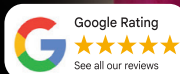


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OR SCAN ME!



# Transactional Healthcare or Relationship-Based Care?...

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

*Healthcare has changed enormously over the past few decades. Medicine is more advanced than ever before, but it's also become much more complex.*

When people talk about the importance of continuity of care, they're often describing the difference between transactional healthcare and relationship-based healthcare.

Neither is right or wrong - both have an important place. A broken wrist, a urine infection or a travel vaccination is often best managed transactionally: identify the problem, provide the treatment and move on.

But for long-term conditions, complex decisions, or simply making the right choices to stay healthy, relationship-based care can make all the difference.

## TRANSACTIONAL HEALTHCARE

*Focuses on today's problem*

*"What can I help you with today?"*

*One consultation at a time*

*Solves the immediate issue*

*Efficient and episode-based*

*Often involves whichever clinician is available*

*You explain your story each time*

*Advice is based on the condition*

*Reactive*

*The clinician knows your medical record*

## RELATIONSHIP-BASED HEALTHCARE

*Focuses on the person over time*

*"How have you been since we last met?"*

*An ongoing partnership*

*Helps guide long-term health decisions*

*Built on continuity and trust*

*Ideally involves someone who knows you well*

*You simply pick up where you left off*

*Advice is tailored to your issues and priorities*

*Proactive*

*The clinician knows you*

One of the greatest benefits of relationship-based care is trust.

I've had patients return after seeing nationally recognised specialists because they wanted to know what I thought about a proposed operation or treatment. They weren't asking me to know more than the specialist. They simply wanted the opinion of someone who knew them, understood their circumstances and whose judgement they trusted.

In those moments, my role isn't to replace the specialist. It's to act as an impartial advocate, helping a patient decide what's right for them.

## CAN YOU STILL FIND RELATIONSHIP-BASED CARE WITHIN THE NHS?

Absolutely.

Many people have wonderful long-term relationships with NHS clinicians. Someone who has had a kidney transplant may know their nephrologist for years. A patient with rheumatoid arthritis may build a close relationship with their rheumatology team. Others are fortunate enough to have the same GP supporting them through anxiety, bereavement or other long-term health challenges.

The challenge isn't that relationship-based care has disappeared. It's that modern healthcare is under enormous pressure, and continuity isn't always possible. There simply aren't enough clinicians or enough time to provide that level of continuity for everyone.

Whenever you do find a clinician who knows you well, whether in the NHS or elsewhere, it's something worth valuing.

Because while medicine is about diagnosing and treating disease, some of the best healthcare is built on something much simpler: a relationship!

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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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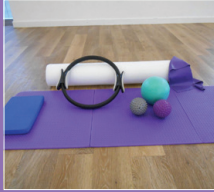
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## A Simpler Way to Manage Your Household Bills...

*With Ofgem's energy price cap having increased from 1st July 2026, many households are once again reviewing their monthly outgoings. For a typical household paying by Direct Debit, the illustrative annual figure has risen by 13% to £1,862, putting renewed focus on how essential home services are managed and where potential savings may be found.*

**Utility Warehouse**, also known as UW, offers homeowners a more joined-up approach by allowing several household services to sit under one provider. Rather than dealing with separate suppliers for energy, broadband, mobile and insurance, customers can bring qualifying services together, helping to simplify accounts, reduce admin and keep more of their essential bills in one place.

For households switching more than one service, UW may offer up to £150 in credit loaded onto a UW Cashback Card, subject to qualifying services and offer terms. UW may also be able to contribute towards eligible early termination fees, which could help make switching more straightforward for those still tied into existing agreements.

The UW Cashback Card is another feature that appeals to homeowners looking for everyday savings. Eligible customers can earn cashback when spending with participating retailers, with some offering up to 10%, while qualifying spending elsewhere can earn 1%, subject to monthly limits.

UW also offers optional household protection products, including home insurance and Boiler & Home Cover, giving customers the option to manage more of their home essentials through one account. For homeowners looking to take better control of household costs, combining services could offer a simpler, more organised way to manage bills while accessing potential 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

## *Summer Holidays What's On*

*As the school holidays get into full swing, there are plenty of local days out and family-friendly activities to enjoy across Chinnor, Thame, Chalgrove, Watlington and the surrounding area.*

Close to home, **Chinnor's August Bank Holiday Marquee** returns to **Whites' Field** from **26th - 31st August**, bringing a programme of community events to the village. Highlights include **Sparkle Bingo** and a **Grease vs Dirty Dancing Night**, both taking place in the marquee at Whites' Field.

Families can also enjoy regular activities at **Chinnor Library**, including **Story Time** and **Lego Saturday** sessions throughout August - a lovely low-cost option, particularly for younger children or rainy days.

For families looking for free or affordable activities, **South Oxfordshire and Vale of White Horse District Councils** have a holiday activity programme running through the summer, including a **Free Mini Fun Day** in Chinnor at the **Recreation Ground, Whites' Field**, on **Thursday 6th August**.

In Chalgrove, families can visit the **Chalgrove Pop-Up Market** at **Chalgrove Village Hall** on **Sunday 23rd August**, running from **11:00am to 2:30pm** - a friendly community event and a good chance to support local makers and stallholders.

There is plenty to explore slightly further afield too. **Stonor Park and Tumblestone Hollow**, near Henley, has a packed summer programme, including **Camp Tumblestone**, which runs until **2nd September**, offering imaginative outdoor play in a beautiful countryside setting.

For animal lovers, **Hogshaw Farm & Wildlife Park** is running **Summer on the Farm** until **31st August**, with animal encounters, outdoor play, tractor rides and summer activities.

A gentler option is **Waterperry Gardens**, where families can enjoy 20 acres of gardens, a tea shop and summer walks. A weekend and bank holiday shuttle bus runs until **30th August**, linking Waterperry with **Thornhill Park & Ride** and **Wheatley**.

In the **Watlington** area, families can enjoy countryside walks, local cafés and nearby nature spots, while events at **Watlington Hill Farm Sanctuary** offer a wonderful connection to the outdoors.

The poster is for a 'SUMMER OF SKATE' event. It features a central graphic of a skateboard with the words 'SUMMER OF SKATE' in large, stylized letters. To the left, there are three circular icons: a helmet, a trophy, and a group of people. To the right, there is a calendar icon and a clock icon. The text on the poster includes: 'Free equipment hire is available. Bring your skateboard or scooter and safety equipment if you have any.', 'Free tuition, competitions, fun games and prizes. Supported by instructors from ATB Shop.', 'For all abilities aged 5 to 16 years. Parents welcome. Stay for the full three hours or simply drop in.', 'FREE SKATE & SCOOTER EVENTS! GAMES & PRIZES', 'WED 26 AUGUST', 'CHINNOR (OX39 4RF)', and '2PM-5PM'. At the bottom, there is a logo for 'ATB SHOP' and social media icons for Instagram, Facebook, and YouTube.

*Whether you're looking for crafts, countryside walks, markets, animals, adventure play or a quiet morning at the library, there are plenty of ways to keep the summer holidays fun, local and affordable.*



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## WHAT'S ON

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- **Kids for a Quid** - children travel for a £1 each
- **Thursdays 30th July, 6, 13, 20 and 27 August** - Summer Steam Thursdays
- **Sparkling 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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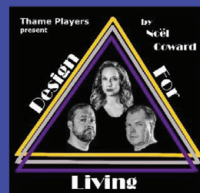
## WHAT'S ON AT THE PLAYERS THEATRE

Tuesday 8<sup>th</sup> to Saturday 12<sup>th</sup> 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 at relevant today as it always was.

**Tickets £12, concessions £10**

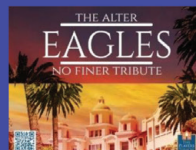


Friday 25<sup>th</sup> September at 7.45pm

### 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.

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Wednesday 30<sup>th</sup> September at 7.45pm

### An Evening with Freddie van Mierlo

The MP for Thame talks about his life and background and answers audience questions.

**Tickets £10 (all proceeds to Sharing Life trust)**

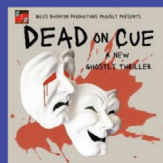


Saturday 3<sup>rd</sup> October at 7.45pm

### Dead on Cue

Giles Shenton returns to Thame with a new ghostly thriller written by Mark Carey.

**Tickets £14.50**



For these shows book online at [www.thameplayers.co.uk](http://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 'DEAD ON CUE'?**

Email your answer with your name and address to [info@look-localmagazine.co.uk](mailto:info@look-localmagazine.co.uk) by 31st August 26'.

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





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### *This Summer has changed the way the UK thinks about Air Conditioning...*

*If this summer of 2026 is teaching us anything, it's that the UK's climate is changing. After experiencing multiple heatwaves in quick succession, demand for residential air conditioning has reached unprecedented levels across the country. Suppliers have struggled to keep up, stock shortages are commonplace and many homeowners wanting air conditioning have joined waiting lists.*

At **Cool Heat Solution**, we've never seen anything quite like it. For over 20 years, we've been installing air conditioning systems throughout the region, and while every summer brings an increase in enquiries, this year is different. The surge in demand highlights something many homeowners haven't previously considered – air conditioning is no longer a luxury reserved for hotter countries. Increasingly, it's becoming an essential part of creating a comfortable, energy-efficient home in the UK.

#### **Air Conditioning Isn't Just for Summer**

One of the biggest misconceptions we hear is that air conditioning is only useful during hot weather. In reality, modern air conditioning systems are incredibly efficient heating systems too. Using advanced heat pump technology, they can provide warm, comfortable heating throughout autumn and winter while using significantly less energy than many traditional electric heaters. In fact, many systems can produce around three to five units of heat for every unit of electricity they consume, making them one of the most economical ways to heat individual rooms.

That means your investment works for you all year round - not just during a few weeks of hot weather.

Whether you're heating a home office, cooling a bedroom for better sleep, keeping a garden room comfortable or maintaining the perfect temperature in your living room, a modern air conditioning system offers year-round comfort at the touch of a button.

#### **Why Autumn is a great time to install**

Ironically, the best time to think about air conditioning isn't during a heatwave. When temperatures soar, demand naturally peaks. Manufacturers experience increased pressure, installation schedules fill quickly and stock can become difficult to source.

By planning ahead and arranging your installation during the autumn months, you'll often benefit from greater availability and have your system installed, commissioned and ready well before the warmer weather returns.

Instead of reacting to the next heatwave, you'll already be enjoying the comfort your system provides—whether that's efficient heating through winter or instant cooling next summer.

#### **Future-Proof Your Home**

Weather experts continue to predict warmer summers and more frequent periods of extreme heat across the UK. While none of us can control the weather, we can prepare for it. Installing air conditioning isn't simply about keeping cool for a few days each year; it's about improving your home's comfort, energy efficiency and versatility throughout every season.

If this summer is making you wish you'd invested sooner, don't wait until the next heatwave arrives. Autumn is the ideal time to plan ahead.

At **Cool Heat Solution**, we offer free, no-obligation surveys and expert advice to help you choose the right system for your home, so when next summer arrives, you'll already be one step ahead.

Visit our website [www.coolheatsolution.co.uk](http://www.coolheatsolution.co.uk), give us a call on **0333 880 6709** or email us at [sales@coolheatsolution.co.uk](mailto:sales@coolheatsolution.co.uk).



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



### *August in the Garden: A Place to Pause...*

*The last month has been rather eventful. I got married. From a horticultural perspective, perhaps the most significant part of that sentence is that, as a very home-made affair, I grew and created the floral displays for the wedding myself. Buckets of sweet peas, with lilies and other cultivated blooms from my brother-in-law. Seasonal blooms filled the arrangements, creating exactly the relaxed country celebration we had hoped for.*

But now that the excitement has settled, I have to admit I am feeling a little tired. Summer is our busiest season at Mimosa. We are installing gardens as quickly as we can so clients can enjoy them while the weather is at its best. Add two primary school children breaking up for the summer holidays, the wedding, and the usual pace of family life, and I have found myself running a little low on energy. My own garden, crisping in the heatwaves, has had to wait.

One thing I am slowly keeping up with is creating a shady woodland corner; a moon garden of white flowers that will glow in the evening light. There will eventually be a simple water feature and a checkerboard-style paved area tucked beneath the trees. It is progressing gently rather than quickly, which is all I can do for my own space.

One thing I have rediscovered this month is that my favourite place in the garden isn't a beautifully planted border or an immaculate terrace. It's the hammock. It is the children's favourite place too, and it is rarely empty. Lying beneath the trees canopy, watching the apples slowly swell above my head, listening to the leaves move in the breeze and quietly hoping I don't experience a Newton moment with a falling apple, has reminded me of something I have always believed. Every garden needs somewhere to simply stop.

When we design gardens, we often talk about movement through the space. Unlike a house, where we naturally flow from room to room, a garden should gently encourage us to pause. It should invite us to linger, to notice the changing light, the scent of the flowers, the insects visiting the borders and the slow rhythm of the seasons.

The wedding flowers have now faded. The sweet peas that perfumed the celebration are no longer being picked. Instead, I've left them to form seed, allowing them to complete their natural cycle. Their job is done for this year. Perhaps that's how many of us feel by late summer. A little faded around the edges, ready for the frantic energy of summer to soften into the slower pace of autumn. Nature never rushes from one season into the next, and perhaps we shouldn't either. For now, I'll happily settle for barbecues, paddling pools, evenings in the hammock, bowls of ripening tomatoes and more courgettes than any family could reasonably eat.

And as another busy summer unfolds, I'm reminded that the gardens we create are never just about planting or paving. They are about creating places where people can reconnect with nature, slow down for a while and simply be. Sometimes, all a garden really needs is a comfortable chair or a hammock beneath an apple tree.

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*With love, Lucie x*





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### What our customers say



*Mary Clements*

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*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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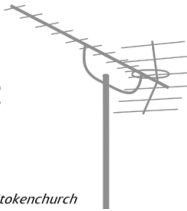
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