

Summer 2020

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the Clarion

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Cadmore End, Lane End, Moor End and Wheeler End

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From the Editor

It's been a strange time, the last couple of months. To read about how the people of our villages have coped (admirably) in the Coronavirus crisis, turn to page 8. Some locals have really stepped up to support others and you can read about these community heroes on page 12.

Local businesses have also upped their game to support each other and our residents. Londis and Lacey's in particular deserve our thanks for keeping us well supplied and safe while shopping. And the Meakes star made a welcome appearance for the NHS in April.

Katy Dunn, editor. katyjdunn@btinternet.com



'The Clarion is Lane End Parish Council's magazine and reaches every home in the Parish. This issue gives us the opportunity to read about the amazing contributions made by individuals, local businesses and charities during this crisis.

'We all want to offer our deepest sympathy to those who have lost a loved one at this time and grateful thanks to all whose kindness and initiatives are helping our community weather this storm.'

Mike Detsiny Chair, Lane End Parish Council

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clerk@laneendparishcouncil.org.uk

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Lane End Parish Council last met on Monday 2 March 2020 and due to the current emergency no new date to meet has yet been agreed. Councils will not be holding AGMs this year therefore Mike Detsiny and Graeme Coulter have agreed to continue as Chair and Vice Chair respectively.

Your parish council continues to work behind the scenes via email. Here is a brief outline of some of our recent activities and decisions.

New Facebook page

We have set up a Lane End Parish Council Facebook page and this is being updated regularly to provide important information to the community. Just look up Lane End Parish Council on FB and click Follow.

Community support

Win this difficult time for our villages we have made generous contributions to:

Community Matters – voluntary Holy Trinity Church organisation helping those in need in the parish.

Lane End Community Support Group – volunteers calling on the elderly and socially isolated to help with shopping, prescriptions etc. (See p16 for info.)

One Can Trust – contribution via Londis.

Chalky Field

As is known, we have agreed to sell Chalky Field for residential housing. We received thirteen offers from developers and chose the highest bidder. The sale process has been inevitably delayed by this emergency but we are doing all we can to expedite it.

Grass cutting

As required by law we asked local contractors to submit tenders for our grass cutting contract. This has also inevitably been delayed and the current contractor has agreed to keep going until such time as Council can reach a decision.

Planning Applications

The Planning Applications relevant to Lane End Parish Council are updated on the Parish Councils website laneendparishcouncil.org.uk every Monday from the official list of verified applications supplied by WDC.

Whilst the parish council does not have the power to determine applications, its local knowledge is sought on each and every application.

Street lights

To report a faulty street light please note the column number, the road where the street light is situated and the nearest property and report to the Clerk - Hayley Glasgow 437111 clerk@laneendparishcouncil.org.uk

Pot Holes / road repairs

You can track and report pot holes/ road repairs through the Buckinghamshire County Council website transportforbucks.net or you can call them on 01296 395000 Mon-Thurs 9am-5.30pm and Friday 9am to 5pm.

If you consider this to be dangerous or an emergency, please call BCC on: 01296 382416 (9am-5.30pm Mon-Thurs 9am-5pm Friday) or 01296 486630 (out of hours and weekends).

Fix My Street

If you want to report anything to the council such as things which are **broken or dirty or damaged or dumped, and need fixing, cleaning or clearing**, like graffiti, dog fouling, potholes or street lights that don't work, go to FixMyStreet.com.

All you have to do is type in a postcode and describe your problem. Then FixMyStreet reports it to the people whose job it is to fix it.

Talk to us

We continue to support the parish in any way we can.

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The lockdown

Our villages' experience of the Coronavirus crisis

Report by Katy Dunn

Every email I've read or written in the last few weeks has begun with variations on the words; 'How are you, how are your family, hope you're doing OK in these strange times.' A simple 'hello' is going to feel oddly lacking in future.

The new normal?

We keep being told that these 'strange times' are 'the new normal'. But I think many of us will never feel that it's in any way normal to swerve two metres away from someone when you meet them on a pavement or path, to feel awkward when the cashier in the supermarket talks to you because you're not used to conversing with strangers, and to second-guess everything you do in case it's not in 'the rules'.

Like the general population, in our villages we've each had our own unique experience of 'this strange time' during the Coronavirus pandemic. One villager contacted me to explain how she'd felt extremely anxious before the lockdown, religiously watching the daily Downing Street broadcast and listening to the news to hear the latest as the instructions

changed almost hourly. She said she actually found it a relief when lockdown was finally announced.

Others have found that their anxiety has continued. 'I'm very up and down,' said one Cadmore Ender, 'I can't concentrate on anything. One minute I'm fine and enjoying my garden in the sunshine, the next, my heart's racing and I'm convinced my mum's care home is going to get 'it' and she'll die on her own without me even being able to hold her hand.'

WFH

Working from home has been a challenge for some, a welcome revelation for others, and both those things for many. Not having to commute into London every day on a packed train has freed up several hours in a day for many locals. However, sharing a house and sometimes kitchen-table workspace with attention-demanding children and childcare duties with a working spouse has caused tension in some households.

'My husband just shuts himself in the office and says he's really busy, which means I have to manage everything in the house including the home-schooling,' says one Lane Ender.

Not working

We'd barely heard of the word furlough before mid-March, then it was the word on everyone's lips for

weeks as staff members were put into cold storage across the country. This has been a positive for some—including me, as it's meant that I've been able to spend more time on the Clarion than I'm usually able to with a full-time job. Not having the constant worry of where each member of my family had to be at what time was a real stress reliever and it's felt like a gift to have my kids around when they'd normally be off doing activities or with friends. The wonderful weather in April also helped to make it feel like a weird kind of holiday.



I don't know what will happen with my job when the furlough period is over, but I'm hopeful it will still be there because I really love it.

Others have not been anywhere near so lucky. One of my friends has had to take a 20% pay cut but is nevertheless required to work harder than ever to keep the business afloat.

Another resident who works in the hospitality industry has moved back in with his parents for the duration of the lockdown for company, but feels

'like a teenager again. I was doing OK before—I was renting a studio flat of my own, had money coming in and I was getting on. Now I feel a bit useless and trapped and my parents are driving me mad. I can't see that I'm going to be able to work any time soon and I've still got to pay the rent on the flat. I actually don't know what I'm going to do.'

Home-schooling

People's experience of home-schooling has also been wildly different. One mother said, 'My son is only in Year 3, but he gets so much work it takes the whole day and he's not old enough to do it on his own. We're often still doing work at tea time.' The family is also expected to do assembly. 'The suggested music for this week was 'The Liberty Bell March.' She thought: 'You know where you can stick your ***** liberty bell!'



For others, the work set by school has been worryingly minimal. 'My (teenage) kids are finished by late morning and spend the rest of the day on their devices. They're not talking to their friends as they don't have anything to say to them and

won't even go out for a walk any more. I'm worried they're really missing out,' said one parent.

Noticing nature

High on the list of the things that have saved people's sanity is daily walks and being in the garden. We are incredibly lucky to live in such a beautiful part of the world. We walk a lot anyway because we have a dog, but we've seen so many more people enjoying our regular local walks.

(At a safe social distance) lots of people on our walks have been remarking on how the lack of traffic has made them notice the birdsong. 'It's so loud, how did we miss it before?' The blossom has been wonderful this year, as have the bluebells. And all the beautiful photos on the Facebook Group *Lane*



End Photos 2020 Never Walk Alone is testament to our new appreciation of the natural world around us.

Lots of people have been swapping gardening tips and making the most of Westside's compost mountain and



the lovely plants available at Londis and Lacey's. Social media is full of 'look what I've grown!' posts from people discovering the wonder of growing things from seed for the first time.

Eating and drinking

We've all probably eaten too much, drunk too much, but also exercised more than we've ever done before. I'm definitely resigned to the fact that I'm going to be both fatter and fitter at the end of this. Joe Wicks is a (tiny, perky, squeaky-voiced) God

who has kept many families fit throughout lockdown.

Connecting with others

Not being able to see friends and family has been really hard for most people. 'I really want to see my grandparents who are struggling with this. They're so hopeful about getting back to 'normal' soon, and I don't have the heart to say it's probably not going to be for a while,' says one resident.


My self-isolating neighbour says that the highlight of his week is the 8pm clap for the NHS. 'Even though it's only a couple of minutes, it's lovely to see everyone's faces and give them a wave,' he said.

Another resident wrote in to say: 'I'm the shielded vulnerable group and on my 39th day of lockdown an elderly lady who walks past my home with her dog absolutely made my day. She called out to ask if I was OK or needed anything. When this is over I will tell her just how much this meant to me. There are good people out there!'


Getting used to video chats and online quizzes has been interesting with lots of talking over each other and awkward pauses, but it's been a valued lifeline for many.

If there's anything we've learnt during this time, it's the importance of connection. Long may this last, at least.

Our community heroes

So many people in our villages have ‘stepped up’ in this crisis, from simply checking on vulnerable neighbours to shopping for them and volunteering in a more formal capacity. Here are a few of our local heroes doing their bit to help save lives, make our lives that bit easier or even, just as importantly, keep our spirits up. Our thanks to all of them 

Tom Everitt's quiz

Tom is the Genuine Gardener and you may have also seen him on stage at the village hall in the Lane End Players' pantomimes and plays. He does a hilarious dame! Tom has been running free quizzes live on Facebook throughout the lockdown period and I asked him to explain why 

I wrote and ran pub quizzes, pretty much weekly, for quite a few years, mainly in pubs. Many of them were in Marlow although I've done them all around the local area.

I've done quite a few charity quizzes in and around Lane End. I'm a member of the Lane End players so the performing and talking in front of people aspect of a quiz always came quite easy to me.

When I changed jobs and started my own gardening business two years ago I took a step down from the quizzes, simply because I found it difficult to find as much time to write them. I did continue doing specialist quizzes for a while in The Prince of Wales pub in Marlow including Friends, Harry Potter, Disney, 90s Music, Game of Thrones and many more.

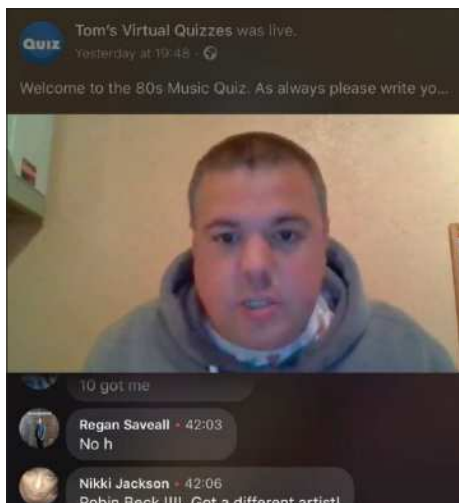
With all those years of quizzing I have a huge catalogue of quizzes I

have written (over 350). So when the lockdown started I wanted to use the resources I have to try and keep people entertained and started doing Live quizzes on Facebook.

I do standard pub quizzes and specialist quizzes too. To date I've done about 15 and will continue for as long as I can through the lockdown, I tend to do 3/4 a week including ones for kids on the weekends.

I did a Harry Potter and a Disney quiz for kids which everyone enjoyed. People like the music quizzes and I have done 90s music, 2000s music and tonight am doing 80s music. It's been fun and people are enjoying them and it takes their minds off of everything else going

on. So if I can make people happy, that's the main thing. I may continue doing them once we are back to normal even if it's just a monthly thing.



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Local D&T teachers making PPE

Report by Katy Dunn

Bolter End couple Vicky and Graham Nicholls are Design and Technology teachers at Holmer Green and Sir William Borlase schools respectively. They've been putting their design and manufacturing skills to good use at home making Personal Protective Equipment for local hospitals, care homes and GP surgeries that have been running short.

'It's not just us,' says Vicky, 'It came out of our Design & Technology teacher Facebook Groups. We started by donating all the goggles and masks we could spare, then we started sharing designs for making the PPE. What people make depends on what equipment they can access. Some people are laser



cutting, others are 3D printing.'

The Nicholls' started making visors just before the Easter holidays by 'raiding' their departments of materials they thought might be useful. They've honed their technique as they've gone on.

'After the Easter holidays it was a bit trickier to manage production as we had to homeschool our two children on top of teaching,' says Vicky, 'But we each brought a 3D printer home from school, simplified the design and now we've a sustainable production line.' Their living room and dining room have been taken over, but their kids understand why they're doing it and that it's



important work.

At the time of writing, the couple were expecting another three 3D printers following a donation from a generous parent from Holmer Green School. Wycombe's Lib Dem candidate Toni Brodelle has been coordinating needs, donations and distribution channels.

The visor headbands are made from PLA—a renewable and biodegradable plastic which becomes soft and mouldable when heated, and rigid when it cools. The 3D printer lays down very thin layers of the PLA according to the plan that's drawn on the computer and eventually builds up to the designated thickness of the object. It takes around an hour to create each headband.

'It's been good to feel like we've been able to do something to help. It's also been lovely going to hospitals and GPs to deliver the PPE, they've been so grateful and appreciative. We're also used to being busy, so it's been a good way to take our minds off things,' says Vicky.

The Nicholls' are also hoping that their work might raise awareness of the importance of their subject; design and technology. 'We've seen during this

time how important the work of key workers such as bin men, postal workers and supermarket workers is. They're considered low-skilled jobs, but they are essential to keep this country running.

'Equally, Design and Technology is not viewed in the same way as so-called academic subjects, but we absolutely need people who can make things and fix things. We can't get away from the fact that we need people who can build your house, fix your plumbing, manufacture the cars that we drive and the clothes that we wear,' says Vicky.



Lane End Community Support Group

Report by Katy Dunn

On 15 March, Ian Horler posted a message on the Lane End Facebook group asking for volunteers to give practical help to the elderly and vulnerable in our villages.

The idea came from caring for his own parents. 'They live in Thame and are lucky that they have my brother and I close by. But it made me think that it must be a frightening time for those who don't have family living locally.'

Ian worked hard to build momentum and there were many offers of help. A committee of Amy Keen, Emma Wharfe and Rebecca Whittaker joined Ian at the Grouse and Ale to work out what could be done. Stacey Davidson agreed to help with communications.

Not long after, Ian's ambulance service taking the elderly to appointments became understandably busy. Amy took on the mammoth task of administration and divided the parish into 11 different sections with a volunteer group and leader for each area.

They designed and printed a leaflet for every household in the parish, giving the name of their area leader

and the phone number to call if anyone needed any help with emergency leaks, DIY, dog-walking, prescription collection or shopping. A volunteer army then delivered all the leaflets.

After the mass leaflet-drop, the response was immediate. 'We were busiest in the first couple of weeks,' says Emma, 'we had around 30 different households requiring regular shopping and many others ad-hoc.'

The organisers were mindful of safeguarding and in order to get going quickly, they at first only worked with volunteers they knew. They also had to work on building trust with the people they were helping. 'Building relationships has been a really lovely thing to do and now we're posting birthday cards for relatives, topping up people's mobiles and being there for a chat. Sometimes people just want that interaction,' says Emma.

Tribute to Londis



Emma particularly wanted to pay tribute to Romi and Arti Mediratta from Londis. 'They've been absolutely incredible and have bent over backwards to help. Romi has been up at 5am to drive into London for the wholesale markets every morning to get everything people need. They've upgraded their systems so that they could take payment over the phone and make everything simpler and safer for the shoppers and they've been doing their own deliveries too. They—and their staff— haven't stopped!' says Emma.

She also wanted to thank the parish council which donated £300 to the cause, plus the parish council chair donated 30 chocolate eggs at Easter. A £2k grant has now also been secured from Bucks County Council.

'The need for shopping has tailed off since Laceys started doing their amazing job with click and collect,' says Emma, and the community support group are exploring what else they can do to help and keep the community spirit going after the lockdown is lifted. They now have 120 volunteers they can call on.

Whilst our village residents are all grateful to Londis, Laceys and all the volunteers who have stepped up in this crisis, Emma says: 'I don't want thanks. It's embarrassing! Doing this has helped me too. Everyone is so gracious, it's humbling. It's kept me going, helped me feel part of the village, and given me a purpose and something to be positive about.'



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One Can Trust

Jane Brown (of Lane End salon No21 Beauty within) heard that the One Can Trust charity were getting low on supplies and decided to do what she could to help—aided by a certain giant white tiger. I asked her how her initiative came about. 

Our giant white tiger has been a star and has helped us collect lots of food for the One Can Trust charity. I first got him when I went to the recycling shop at High Heavens at the end of last year looking for little tealight holders for the grotto at the school Christmas fair. I pulled in and there was the most amazing white tiger sitting on top of a wardrobe. I couldn't leave without him.

We'd already put the tiger on top of our garage over Easter to make people smile as they walked past and when he started getting attention on Facebook, we thought it would be a good way to promote the One Can Trust charity.

We heard from a friend that the One Can warehouse in Wycombe was half empty and in need of some new donations.

Since 2011, One Can Trust has operated a foodbank serving High Wycombe and South Bucks.

Growing quickly to address a growing crisis of food poverty they collect over £200,000 worth of food every year from all over the community.

They sort it, store it and create food parcels that have fed well over 30,000 adults and children.

We've had a brilliant reaction to the tiger and everyone's been so generous. There's a photo of him on the One Can website as a Street Hero. I think at times like these people really pull together and help each other.

He's also been booked as a star attraction for the next Lane End village fete. Everyone's loved him, especially the kids, some of whom have asked if he's real!



Dave's lockdown disco

Dave Pearson has been a mobile DJ for 20 years (alongside his full time job as a car valet). He came up with the idea of staging a Saturday night disco because he loves entertaining and thought people might need cheering up in Lockdown. There's been a fantastic reaction and neighbours look forward to his Saturday nights. 

I decided to help bring the community in Lane End together by running a disco just like I would if I was in a hall doing it. I play the music people request on Facebook Live, introduce each track and give shout-outs to people whose birthday it is.

I do the disco on my lean-to roof and use a ladder to gain access, or I use the bedroom window to take the equipment out that I need.

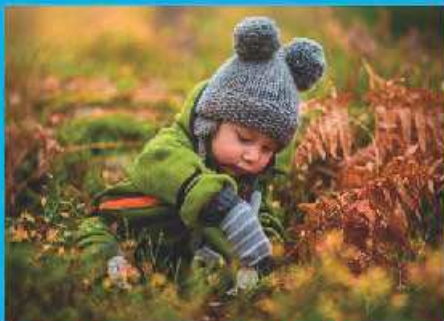


It's been an ideal opportunity during Lockdown to give something to the community and the NHS and key-workers that live in Lane End.

A neighbour has even put a poster in her window saying 'we love DJ Dave Pearson' and I've had a shirt donated from a kind key worker to wear whilst doing the disco.

I originally started playing music for just two hours then my wife said: 'What about the children?' She came up with the idea for playing another hour first for children.

Lockdown has been hard at times finding things for my three children to do, but luckily we live opposite fields so we regularly take them for our one-hour walk, keeping to the social distancing and exploring the woods looking for wildlife and explaining what each animal is.



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email: office@cadmoreendschool.org

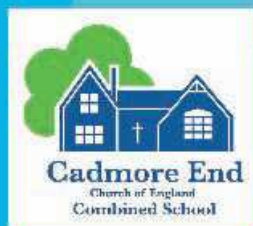
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Lane End Players

Report by Georgie Brooks

Lane End Players were into rehearsals for a World War II-themed revue when we all went into lockdown. It was to coincide with national VE day celebrations, and entitled 'Keep Smiling Through'. Little did we know at the time how apt that title would be! As things are at the moment, we shall be lucky if we manage to put the show on in the autumn.

We are thrilled to have been awarded four NODA awards for our District: Alison Hartnett for best Pantomime Performance (The Snow Queen), Ceri Nicolson for best Panto Production (The Snow Queen), Phillippa Dadd for best Drama Production (Ladies Day) and Charlie Edgley for Best Cameo Performance (Ladies Day). These winners will now go forward as contenders for the regional finals. Well done to all concerned in these productions.

To keep in contact with each other, we have been having weekly Zoom evenings - a steep learning curve technologically for some of our members! We start after we have clapped for carers, and some of our enterprising members have arranged entertainments such as a Quiz and a Murder Mystery Evening this way. Many of our members have

recorded themselves singing 'We'll Meet Again' and these are being combined into a video which will be on Facebook and LEP's website.

We hope to be performing for our faithful audiences again before too long!



Royal British Legion

Report by Seddon Parmoor



By the time you read this, I hope that lockdown is a past horror. The Royal British Legion is a hard working team who carry on with their task of providing much-needed support. There is a telephone buddy service for those in need of support and Branch Committees make phone checks on those known to be vulnerable. If you are concerned about anyone just get in touch with on 01494 881662 and I will pass it on to our Committee. »

All events have been cancelled, but we need to be positive and celebrate successes in the current situation.

I write this on 29 April as we celebrate Colonel Tom who has raised millions of pounds for the NHS. 100 years old, an ex-Serviceman who illustrates the strength of his feelings for this country. We are proving the strength of our citizens faced with this scourge. We can be proud of all our efforts so far and will continue to march on until we beat the common enemy.

VE Day

The Lane End Branch of the Royal British Legion held the Two Minutes' Silence outside the Village Hall Memorial Porch, the village's War Memorial. Only six committee members were present due to self-isolation. The ceremony was not advertised for obvious Covid-19 reasons, but fifteen people did

attend, widely spaced. To our pleasure, the first car stopped, recognised the event and remained stationary for the two minutes. Two lycra-clad cyclists coming the other way also waited, and the busy B482 came to a halt.

'They shall grow not old...' was delivered and the flag was half-masted for the Silence which ended with the Kohima exhortation. 'Now we have remembered those who made today possible, we can go our own ways to celebrate'. The traffic moved on and the drivers give us cheerful waves as we went our separate ways.

Incidentally, if you ever want to know why the flag is flying, there's a small notice board on the flagpole to tell you.

There was a wonderful celebratory spirit in Lane End as colourful bunting garlanded houses and tea parties were held in front gardens.





Lane End Twinning Association

<https://www.laneendtwinning.co.uk>



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From Oléron

Report by Terry Dennett

It seems strange as I sit here writing to hear the sounds of the cuckoos, hoopoes and nightingales in our woods; the sounds of Spring but yet 'confined to barracks'. Like the UK, France is also in the throes of beating Covid 19. At least the region of Nouvelle Aquitaine has the least number of infections in France so that is good news for us all in the Charente Maritime and on Oléron.

Beaches, restaurants and bars remain closed but schools and all shops opened on 11 May. Everyone now has been in confinement for six weeks but local Mayors have been ensuring that the elderly and vulnerable in their communes are all receiving unstinting support. Also the postal workers have been checking and supporting anyone who lives on their own. Face masks will soon be issued to everyone as they are required to be worn in secondary schools and on any public transport.

As you can imagine, the disruption has been enor-

mous and the French economy like the British has taken a real hit. Travel between France and the UK and vice versa has been suspended until September unless restrictions are lifted before then. All sports are now banned until 1 September so no rugby, football or tennis! The Red Bull diving mentioned in my last mis-sive has also been cancelled but the Tour De France has only been postponed and will start on 1 September. This will mean that the Oléron leg of the race will now be held on 8/9 September. This is great news for the islanders and of course all Oléron businesses.

I do hope that next time I write we will be experiencing better times. In the meantime keep safe and well and survive the next phase of confinement with resilience and fortitude.





Frieth
Cricket Club

Report by
Ben Smiley

How the lockdown has affected us

Like sports clubs around the world, Frieth Cricket has been hit by the Coronavirus outbreak, and we have been unable to launch our season in the way that we had planned. This is absolutely the correct thing, and we will follow the guidance issued by the Bucks CC, the ECB (England and Wales Cricket Board) and the Government.

I am writing this having been listening to a lengthy discussion about whether football should restart in the coming weeks, and although village cricket is poles apart from premier-ship football, I couldn't help but agree with Ian Wright in stating that no sporting restart should take place until it is safe for every single person involved. As a spurs fan, I have mixed feelings about having agreed with the Arsenal 'legend', so I'll say no more about it!

It is the nature of our community and our membership that there is little that we've been able to do to help

those who have been shielding themselves, or been in isolation. As such, those of us who can have thrown ourselves into supporting the effort against the pandemic. Club members have been stepping up in their retail roles, delivery jobs, policing duties and so on, and I am sure that their work is making a huge difference. We have offered our ground for people to exercise around, and hope that people have been able to utilise our beautiful space during the wonderful weather that we've had during most of April.

Like all of us, there will be a financial impact of the pandemic on our Club, however this really is small fry when compared to the bigger picture. I would only ask that, when we can, the local community rallies around all of the businesses and organisations in Frieth, Lane End and the other Ends, as well as further afield.

I have been invited to give a small insight into the personal impact of

the Coronavirus pandemic too. It is to my good fortune that I qualified as a teacher last year, and have been working at a primary school in Marlow since June 2019. As such, I have been working with a fantastic team to support the key workers in the area by caring for their children whilst they join the front-line battle.

The fact that so many staff have volunteered to help out since schools closed has meant that I've been in school only a few times to support the small number of children during school hours. When I've not been in school, I've worked with my colleagues to produce home learning packs for the children to complete in their own time, with their families.

At the time of writing, the debate between school and parents as to whether we should be offering online lessons continues, however I do feel that our approach has been the right one. By providing electronic learning packs with a range of paper and internet based tasks, and by delivering paper copies of these packs to those families with limited or no access to technology or the internet, we are ensuring that no child gets left behind another whose home situation enables greater opportunities. Of course, no approach will satisfy everybody, and we'll carefully reflect when schools return as to how beneficial our approach has been.

At home, I am incredibly fortunate

that my wife is an experienced nanny, and had just completed her OFSTED registration as a child-minder when the lockdown started. With a 4- and 1-year old at home, it has been no mean feat to perform my professional duties whilst my wife has guided the children through the challenges of learning to crawl, practising reading, recognising number bonds and standing in order to reach for the remote control/ mug of tea/ telephone.

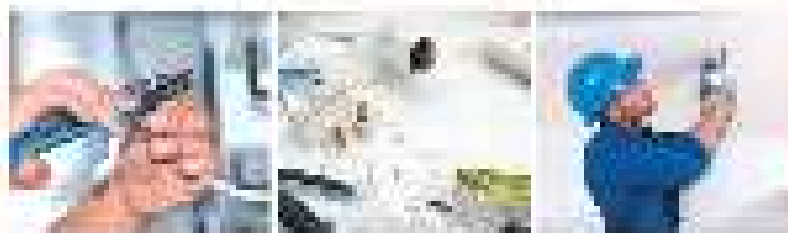
I'm very grateful for this, and the hard work of my wife is rewarded on Saturday night by our neighbour Krazy Dave and his Saturday night disco. It is one of the highlights of our week, and I am really pleased for Dave that he is getting the recognition that he deserves for doing this for the village. Seeing him lug his kit up ladders and out of windows for a couple of hours each Saturday afternoon and knowing how much his DJing will be adding to the household's electricity bill makes me even more appreciative of the efforts, and I can only apologise for being too much of a stickler for social distancing, and not offering to help.

Throughout this pandemic, the overall sense of community within my workplace, the village, the Chilterns and the country as a whole has made me immensely proud and thankful to live where I do. Thank you Lane End.

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Centenary of the village hall

Report by Chris Ramsden

The 100th anniversary of the laying of the foundation stone of Lane End Village Hall was celebrated by a happy lunch with amusing accounts of the original ceremony and communal singing led by Lane End Players. Nobody foresaw that within a short time the Hall would be in lockdown with all activities suspended, probably for the first time in its 100 years of serving the local community.

It took several years of fundraising, interrupted by the First World War, to raise the funds to build the village hall. The foundation stone was laid in 1920 on the site kindly donated by Sir William Clayton (a descendent of Sir Robert? See p44).

In fact, there are two foundations stones. The first stone, visible at the front of the Hall, was laid by Lady Clayton. It had been decided that the Village Hall and a War Memorial should be carried out as one scheme and that the Porch would be the War Memorial. The second stone was laid by Lieut Col FH Cripps DSO.

Life in 1920 must have been austere. The population had just come through WW1 followed by the 'Spanish flu' pandemic. To raise local funds to build a Village Hall was

admirable. What would they have thought that life would be like a hundred years hence? It is unlikely that they would have anticipated TV, mobile phones, mass car and air travel, the internet and modern healthcare.

What they would have hoped for, and would have been pleased to know, is that after 100 years the Hall is still providing a venue for 'meetings, lectures and classes, and for other forms of recreation and leisure-time occupation, with the object of improving the conditions of life for the inhabitants.'

Again we are going through a pandemic and life is austere for many. The Hall is shut: no WI, no Slimming World, no Bridge Club, no Lane End Players, no Medieval Swordsmen, no U3 Choir, no Senior Fitness Class - no anything.

We cannot see into the future. What will life be like in Lane End in 2120? Probably very different. We hope there will be a Village Hall hosting an annual pantomime and the Village Fete. In the shorter term, we can be more certain; we will get through this and the Hall will again be open for business.

Lane End Youth and Community Centre

Report by Katy Donaghue



Firstly and most importantly, we hope you and your loved ones are staying well.

The Community Centre is currently closed and all classes and events have either been cancelled or postponed. However, you can still get in touch via email: leycc@hotmail.co.uk and we'll get back to you as soon as we can.

Charity Gala Evening

Harleyford Golf Club

This event has been rescheduled:

SATURDAY 10 OCTOBER 2020

Purchased tickets will be valid on the new date. If you are unable to join us and would like a refund, please email leycc@hotmail.co.uk

Alternatively, there are still a limited number of tickets available. They cost £40 each and include; a welcome drink, hot & cold buffet, live music, auction, raffle, tombola and a DJ to dance the night away.



Reading Books

We have a bookcase full of second hand books for sale - only 50p each. Please DM Katy Donaghue on Facebook or via email:

leycc@hotmail.co.uk

and she'll deliver a book(s) to you. Cash only, on delivery please.

Thank you for your patience and understanding during this period. We look forward to welcoming you all back to LEYCC once the Government restrictions are lifted. Stay safe.

Lane End Sports Association

Report by David Vance

Like a lot of clubs, our plans have been postponed or cancelled due to Covid-19. Following Government guidelines, we had to shut the playing fields to cars, then after some incidences of vandalism, we've had to close it completely until further notice.

Whilst currently paused due to Covid -19, Wesley Hunt hopes to resume five-a-side football on a Wednesday evening when it is safe. He's hoping to get a Lane End football team together for a Sunday League. Wesley has had a good response for the football, everyone is welcome to

come along. On average, there's been 17-19 turning up every week.

Our winter darts teams have done very well this year with both teams winning their respective leagues. Congratulations to them.

On a personal note, I'd like to thank the community support group which was set up very quickly – well done to all involved. Also thank you to E&R Meakes Ltd. After phoning them about a post on Facebook asking for the star to be raised for all NHS and key workers, it was up the next day.

Myself and the committee hope that all living in the village stay safe and well until life can start to get back to normal.

Hambleden Valley Gardening Club

Report by Janet Collins

We were lucky to have our final talk of the season before the world changed into this world of lockdown. What a lovely talk it was too. Presented by Rachel Siegrid and her partner who run their own cut flower business, Green and Gorgeous near Wallingford. Just to think back to that evening brings a smile to my face, to remember the pictures of the wonderful, colourful and bountiful fields of the flowers

they grow at their nursery. They provide beautiful, fragrant home-grown English flowers for weddings and other such celebrations. We have planned a visit to their nursery at the end of June which we may or may not be able to fulfill, let's hope so. Little did we suspect how much our future life would be put on hold.

A very sad loss to our club year was our annual plant sale due to be held in early May. This has become such an enjoyable and sociable event hosted at the lovely Manor Farm in Fingest. This is our main source of income for the club, but we will doubly look forward to it next year!

So it is with joy and thanks that those of us with gardens and allotments to tend have been able to at least enjoy this enforced time off spending our time productively. We are also so lucky to be able to enjoy this lovely part of the world which we are so fortunate to live in.

Planned visits are dependent on Government Guidelines. New members please call 01491 638691.





Is it time for a career change?

Report by Katy Dunn

For those of us who aren't key workers or still busy working from home, this extended period at home has been a rare opportunity to slow down and reflect. We've none of us had the usual distractions of social life, sport, leisure shopping or cultural activities that usually get us out of the house.

For others, reflection on life situations and career choices might have crept up on us without us necessarily wanting to 'go there' or been imposed upon us through redundancy.

This article is not aimed at those who are out of work and in the incredibly stressful position of needing a job right now to pay the rent and bills. If you are, check out the website <http://www.stillhiring.io/>

For those fortunate enough to still be in a job or with a financial cushion, this IS a good time to re-evaluate your career direction, according to Bucks career coaching specialist Personal Career Management.

There have been many studies about what people want from work. Time and again they show that we want satisfying work that plays to our strengths and offers opportunities for learning and development. That we're respected and appreciated in

our role. And to feel that through our organisation, we make a meaningful impact in the world—that our work has a kind of mission. Is that you and your job?

If not, this may be your opportunity to go out and find a productive role that is a better fit with your personal values.

**This is a
good time to
re-evaluate your
career direction.**

Personal Career Management



There are a couple of reasons for this. First, because potential employers will be more understanding than ever of the reasons why individuals may be job-hunting. Plus, there's likely to be a big re-shuffle in the jobs market after lockdown and there will be new and different opportunities out there.

The other important factor is the time we have at our disposal right now

when we'd usually be commuting, at the gym or in the pub. It's the perfect time to evaluate how we could use our existing skills in a different way or consider upskilling.

Through online training you could set yourself up for an upward trajectory in your chosen career or take you on a completely different route.

In the following pages are a couple of inspiring stories from local people who have taken the plunge. Tabitha Rigden from Wheeler End successfully retrained as a garden designer and has won a coveted design award. Lane Ender, Cat Coleman-Seed is part-way along her journey to becoming a psychotherapist.

First things first, though, some sound advice from Personal Career Management:

Don't

Make a snap decision and quit your current job.

Do

Plan and research thoroughly.

Make sure the job is really what you think it is. Consider job-shadowing.

Think about logistics and finances. Draw up a plan as to how you'll save up for the training and/or the dent in income whilst you're establishing yourself in a new career.

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Local career change case study no.1

Tabitha Rigden—from painting conservator to award-winning garden designer

Wheeler End resident Tabitha Rigden's first career was as a painting conservator. It's a career which requires years of training and obviously wasn't something she'd gone into lightly. But after 15 years: 'I found that the career I'd chosen in my early twenties was a lot less creative than I'd originally thought. I'd confused the practical with the creative and I started to feel I needed to find something else.'

She'd always intended to re-evaluate, but it wasn't until she was on maternity leave with her second child and up in the middle of the night that she found she had time to think. 'It was really in that year that I started to explore options,' says Tabitha, 'It felt like a natural shift because I had a bit of distance from the workplace.'

Design had always been a passion for Tabitha and she had a strong visual aesthetic from working in the art world for many years. She decided to go for garden design rather than interiors because she'd always



loved nature and being outdoors.

In fact this is the reason the family ended up in Wheeler End—they found themselves commuting out of London most weekends for cycling and horse riding in the area. 'We decided we'd prefer to pop in to London when we needed but come back at the end of the day to this paradise,' she explains.

A diploma course at the London College of Garden Design at Kew formalised her garden design training. 'It was a demanding course, set

up for people who were serious about making a career change. It felt like an incredible luxury to go back to school. I never imagined I'd have the opportunity again,' says Tabitha.

That's not to say it wasn't daunting and difficult, juggling home life, child-care and studying. 'There were people who supported me and others who thought I was mad to leave my previous job,' says Tabitha. The family budgeted carefully for Tabitha's period of study, cutting their expenditure back to the bare essentials.

When she got the diploma, 'It felt incredible, possibly more special than when I studied first time because of the journey to get there

and the struggle to make it work.'

Through the course Tabitha met her business partner, Helen Saunders. 'A few months out of college we were still constantly bouncing ideas off each other and we decided to make it more formal.' They are now rigdensaunders.com. 'It's been fantastic,' says Tabitha, 'More productive and a lot less isolating than working alone.'

Tabitha's design for an architect's garden in Chesham Bois brought the edge of the nearby woodland into the garden, with a naturalistic woodland planting scheme that included an array of different berries for foraging, beehives and a floating deck. It



What the judges said:

"A bold, purposeful design demonstrating a thorough understanding of the site and a particular lightness of touch. Comprehensively presented with persuasive and atmospheric images that perfectly capture the design intention."

was submitted to the prestigious Society of Garden Designers Awards and won in its category.

'It was an incredible feeling walking into a room full of my garden heroes and then be up there on the stage with them.' It was a validation of all her hard work and since, 'One thing has led to another and I've been incredibly lucky to work on some wonderful local projects.'

From a lockdown point of view, 'People are spending more time in

their gardens right now and many are taking the opportunity to re-evaluate their living spaces.

We've seen an upsurge in enquiries recently, anything from redesigning the planting in a single bed to an overhaul of the entire site. We're hoping that outdoor garden visits will soon be possible again and in the meantime much of our work can be done remotely,' says Tabitha.

To find out more, visit rigdensaunders.com

Tabitha's career change advice

- * If you're seriously considering a career change, then you should probably go for it! Sooner or later. It's just a question of working out how.
- * Do your research - thoroughly! Talk to people who work in those careers and visit their working environments. Find out what their typical day looks like. Think about where you'd like to be in five years time - professionally, financially and emotionally - and ask yourself whether this is compatible with your new career path.
- * If you can, undertake some sort of formal training, it'll give you confidence and credibility in your new field, as well as contacts and a support network. Choose the best training course within your means. If possible, find one that is geared towards career changers rather than school leavers.
- * Consider the logistics and the financial impact. There is likely to be a short-fall at the start, whether through loss of earnings or the expense of a course. You may need a saving plan to give yourself a financial cushion, or retrain in such a way that you can continue working at the same time.
- * Try to get your immediate family on board with what you are trying to achieve and ensure they understand how your career change may impact their lives in the short term. Equally, try to block out the naysayers.
- * Remember that you bring with you transferable skills from your previous role, as well as life experience. Don't underestimate the value of this!



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Local career change case study no.2

Cat Coleman Seed—from marketing manager, then full-time mum to psychotherapist

At 6am on the morning of my 49th year, I found myself in the kitchen of my Lane End house, writing a list of goals for the coming year. My half century was looming and I felt I needed to take stock of my life and my future.

One of the goals was to find a new, satisfying and challenging career. A scary prospect after many years as a stay-at-home mum.

My first career was in sales and marketing in the pharmaceutical industry. I'd fallen in to the role after university then worked my way up over 12 years to a national management role. I always saw myself as a career woman.

However, after the birth of my first child I took the difficult decision to take a career break. I became wrapped up in being a mother and carer for my parents when they suddenly became ill.

As the children got older I considered what I would do next, but as time went by, I lost confidence and felt that I would no longer fit in a corpo-



rate environment. But I was not sure what else I could do either.

I considered retraining in areas that I was interested in, such as acupuncture, speech therapy or psychotherapy. Psychotherapy appealed the most – as a manager I had always been interested in what inspired and motivated people and I felt that it would be personally satisfying in a way that working for a large blue chip organisation was not.

I never quite got the courage to go for it though – until difficult life changes led me to seek therapy for a short time. I found it hugely helpful

and it also gave me the realisation that I couldn't let my low self-esteem or fear of failure rule me. I had to go for it!

So in my 50th year, with heart pounding, I signed up for an introductory course in psychotherapy. Afterwards, fired with enthusiasm I then applied, and was accepted, on a five-year part time Masters course (MSc) in Transactional Analysis (TA) and Psychotherapy. This would enable me to practice as a psychotherapist once qualified.

In order to raise funds I also took on some home-based freelance work in recruitment and meeting facilitation. This gave me some much needed confidence.

I am now in my second year of Psy-

chotherapy training and whilst the course is intensive and it's not easy to juggle with work and kids, I love it. It is fascinating and stimulating and exactly what I was looking for.

I've already started seeing clients in a voluntary capacity, supervised by an experienced psychotherapist – you need to log 750 client hours before you can qualify. At the end of my 3rd year (2021) I can sit an exam for a Diploma which will let me set up in practice as a Counsellor. (I need to complete the full five years to become a Psychotherapist.)

I am so glad that I started on this career path. I recognise that I have been very lucky not to have to try to fit the training in around a full-time job which I know many people do.



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Cat's career change advice

* Don't be held back by analysis paralysis. It feels like the time is never right and you can talk yourself out of taking up new opportunities.

* Looking back, I wish I had had the confidence to start earlier. I could have fitted the study around the children, even while they were young, and could have managed seeing clients around school hours.

* Weigh up the pros and cons in terms of timings and finances, but if they seem doable then I would urge you to go for it. No time like the present!

* If anyone is thinking about making a career move I would be very pleased to help in any way I can. Email me at catcolemanseed@outlook.com

Is it ever too late to change career?

In short... no. Jobs site Monster.co.uk says it's never too late to switch to a job that makes you happy. Their advice is to make the small part of your job that you enjoy, the main aspect of your new career.

Be honest with yourself—when you get home after work, what do you want to have achieved that day? Earning more money, contributing to society, making something with your hands? Visualise that thing—or feeling and it'll help you achieve it.

Monster also says that retraining later in life can feel daunting, but at least you'll know by now how you learn. Do you learn best by 'doing', in which case an internship or learning on the job could be the better

option—or would you prefer to study?

Monster says many employers these days value experience and attitude over the letters after your name. Think about how your strengths and skills—learnt through study, or on the shop floor—are transferable. Make them bold on your CV.

Network—you've met more people than the 25 year old you. Use this experience and network to ask questions about breaking into a new industry or even put in a good word for you.

Lastly, Monster suggests that before quitting your job, have a word with your boss. Your perfect job might be within your existing company.

Tips for tackling age discrimination

By Personal Career Management

- * Apply only for jobs where you have the right skills and experience.

- * Take your date of birth off your CV (unless you're straight out of school and want to show why you haven't got much experience yet.)

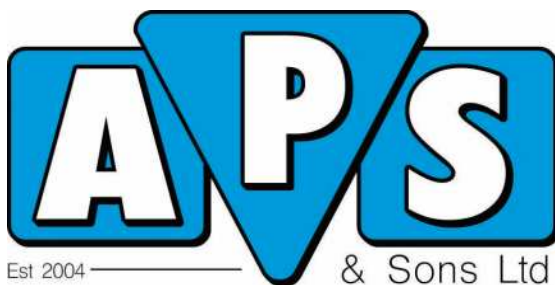
- * Highlight recent achievements to show the value you can bring to the organisation in terms of increased efficiency, improved quality, reduced costs, innovation etc.

- * Don't include all your work history if it goes back a long way.

- * Sprinkle positive action words in your CV like 'led', 'created', 'initiated'. Employers want to see high energy and motivation.

- * Make sure you're on social media sites such as LinkedIn. You want to appear tech-savvy.

- * If there's evidence of age discrimination, you can pursue a legal claim.



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The silver lining

The proverb: 'Every cloud has a silver lining' is said to have originated from Milton's *Comus. A Mask Presented at Ludlow-Castle, 1634*, in which he wrote: 'Was I deceiv'd, or did a sable cloud/Turn forth her silver lining on the night?'.

If there is one arising from our global lockdown, it is that with human noise banished from roads, towns and skies, and glorious Spring weather, we have been able to enjoy the dawn chorus and ongoing birdsong at maximum, untainted volume. Left alone, Nature heals and replenishes.

But what of us, threatened by a deadly, virulent, yet unseen enemy? From the myriad social media posts and news on radio and TV, it seems as though we are rising to the challenge and handling things pretty well.

Ironically, there is no doubt that enforced isolation has brought our little community in Oakwood Place closer together. During the lockdown's first couple of days, we had set up a WhatsApp group for residents to post messages. It went hand-in-hand with



establishing a weekly 'shop for all' at Lacey's Farm: Oakwood residents post their orders on WhatsApp and at 11am every Wednesday, one of us pops down to Lacey's to do the communal shopping. A special 'thank you' to Lacey's staff, who have been extremely accommodating in this regard.

WhatsApp also enables us to ask for all manner of help, supplies, tools, even paint(!) from each other and individuals flag up when they are going to a supermarket or receiving a delivery slot, so that items can be ordered ad hoc. Also, it didn't take long for jokes, pictures and amusing videos to be posted to cheer ourselves up: so far, these haven't been too risqué for potentially delicate sensibilities!

We can also count our blessings for our wonderful countryside in which to take our daily exercise, which brings me back to the birdsong: enjoy this silver lining while you can.

THE
HEADHUNTER



E.J. GRAY

Lane End resident Jerry Gray is author of a darkly humorous satirical novel set in the recruitment industry. He's also a

Footpath report

Report by Julie Wetenhall

I hope this finds you all well. The footpaths around Lane End have never been busier; it's a great thing that everyone has somewhere to get out in these times of trouble and lockdown.

We have been so lucky with the weather and if you have been out walking, I am sure you are aware of the clear blue skies (no pollution), the beautiful blossom on the hedge-



rows, the bluebells in the woods, the wild flowers on Ditchfield Common, a pair of yellowhammers in the hedge and the bird song. I've been painting like mad and would like to use this opportunity to show off a few recent paintings!

The footpaths are being heavily used and so are the stiles and gates etc, many of which are falling into a state of disrepair. I've sent reports to the Chiltern Society in the past, but obviously it seems everywhere in the Chilterns has similar problems. So now, I have spoken to our Parish Council about getting the repairs done. They have agreed to fund these if we (my husband and I) can organise some volunteers to help do

the work. So I would be grateful if anyone who feels like they could help would please email me, and when we get out of our social isolation we will set to!

julie.wetenhall@gmail.com

I am sorry but I am going to have to have a bit of a moan – those with dogs really do need to pick up their dog's poo! If you don't have a bag please stick and flick into undergrowth etc. Please don't pick up in a bag then leave it or chuck it into the undergrowth. Please bin it or take it home with you. My other moan is cyclists on the footpaths. As I have said before, cyclists please use the bridleways, FOOTpaths are for FEET! Enjoy our beautiful village.

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Wellbeing in difficult times

Report by Lilli May

COVID-19 has brought fear, uncertainty, stress, exhaustion, isolation and boredom, and these can all impact our health. But there are things we can do to maintain both our physical and mental health.

Mindfulness is recommended by NICE (National Institute for Health and Care Excellence) as a way to reduce stress and prevent depression. Mindfulness means being aware of what is going on inside and outside ourselves, moment by

moment, not brooding on the past or worrying about the future.

Suggestions include mindful breathing: breathing slowly and deeply for a couple of minutes, in through your nose and out through your mouth, while trying to empty and calm your mind. Mindful observation is noticing and appreciating a natural object such as an insect or flower. Mindful awareness is cultivating contentment in the present moment rather than rushing through to get on with the next task. For example, when chopping vegetables enjoy the sight, smell and feel of the vegetables, and really appreciate the intricacy and beauty of a cabbage, onion or pepper cut in half. For more suggestions: pocketmindfulness.com

We are lucky to live in such a beautiful area with lovely countryside on our doorstep. Studies have shown that spending time in nature can reduce stress, sadness or anger and increase peace of mind. The Japanese art of Shinrin-Yoku emphasises the healing power of nature, and encourages people to spend fifteen minutes a day either walking slowly and mindfully in a natural setting, or if this is not possible looking out your window at a tree, the birds, the clouds. If nothing else, maybe this crisis will allow those of us to reconnect with nature and appreciate its solace and beauty. See forestbathingcentral.com

There are plenty of resources online with guidance. nhs.uk has 5 Steps for mental wellbeing which suggests we connect with other people, keep physically active, learn new skills, give to others and pay attention to the present moment.

Changing our perspective can allow us to use this unusual time as an opportunity to re-evaluate what is really important in our own lives and hopefully we will be able to hold on to some of these things when life returns to normal.

lillimayhomeopathy.com

History of the Grouse & Ale

Report by Andrew McTavish

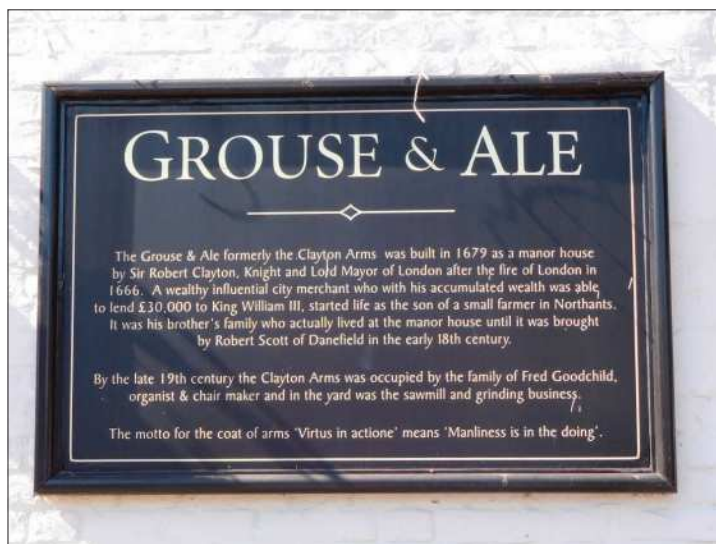
Just as today's Londoners have scattered to second homes in the west country to escape the difficulty of social distancing in the city, in the plague of 1665: 'The richer sort of people... thronged out of town'. (Daniel Defoe *Journal of the Plague year*.)

It's believed that Sir Robert Clayton, Knight and Lord Mayor of London did just that (although there's no actual evidence) and de-camped to Lane End, or possibly it was to escape the chaos of rebuilding after the Great Fire destroyed London in 1666. Whatever the cause, he obviously liked the place enough to build a manor house here, which later became our local pub.

Incidentally, Defoe also records cases of families isolating themselves; families being shut up

indoors if one developed the plague; shops and all entertainment closed; empty streets; weekly death lists by parishes; funerals with few mourners and a limited ceremony. He also writes of farmers bringing food to the outskirts of villages and, scared of coins, insisting that all money was put into a container of vinegar. Even at that time there were crazy conspiracy theories for the cause of the plague. They didn't have 5G then, but comets were blamed.

Who said: 'There is nothing new under the sun'?



Lane End Fete

Report by Alison Hartnett

I am very sad to announce that the 2020 village fete has had to be cancelled due to the current Corona-virus pandemic.

It was a very hard decision to make, but the right one to protect our community and its visitors.

The date for the fete and dog show next year will be Saturday 12 June 2021 and it will be a chance to celebrate our village and to support the upkeep of our beloved village hall, which is used by so many.

I would like to say a huge thank you to EJEF Study Centre for still honouring this year's large cash donation. We hope to see you all next year. Follow us on Instagram @lane_end_village_fete and on Facebook.

Wycombe Court Artists

Below is a picture of last year's fete painted by Julie Wetenhall of Wycombe Court Artists. Due to the current situation, the artists aren't able to hold their usual summer show, but their works can be viewed and purchased on their new website: wycombecourtartists.co.uk/



Milk Men

with Will Lacey 



Challenging times for Laceys

Since the last issue of the Clarion it's fair to say the world has changed, a lot! Covid has massively affected everything that we do. From farming, to the shop and deliveries, everything has been affected. Our strategies and plans have had to change on a near daily basis to keep up.

I have to start by mentioning our team. Every single member, from the longest serving, to the individuals who jumped in for a few days when things got really busy, they have all been fantastic! There has been so much uncertainty, fear, anxiety and worry, but not once has anyone complained. We have had discussions, made plans and implemented new 'rules' to try and deal with the ever-changing situation, and everyone has taken it on board and put 100% in to their role. We are so grateful to them all.

We could see fairly early on this was a big challenge for our business. We

had to implement social distancing to reduce risk. On the farm, the cows still need feeding, and milking and bedding. Crops need to be grown to feed the cows for the rest of the year and all the animals have to be looked after. Getting ill and 'shutting down' was not an option. So we organised the business into teams, limiting contact between the teams. We had the farm, milk processing, delivery and shop teams. The first few days were challenging, as Ed and I have always done bits of everything. Now I was in the shop, unable to go on the farm, even communication became much harder.

By mid-March footfall in the shop was increasing, people's shopping habits were changing, as anxiety levels were rising. We were seeing increasing numbers of people from further afield, as the supermarkets in London were running low of stock, particularly milk and eggs.

Any other time this would be fantastic! However, we decided our priority had to be our regular and local customers, and offering the best service possible to the people who have supported us over the years. It was then we took the decision to cut all our advertising. We took down our social media and our website and removed all contact details. This is the opposite of normal business plans, and not something we had ever thought we would have to do.

We started social distancing and limiting shop numbers about a week before the big supermarkets thought about it, when the number of confirmed cases in the UK was still very low. This was challenging as it was something very new for customers. Now we take it for granted, but for the first two weeks we had to have someone on the door at all times to control this.

For a week we had to limit certain items, milk, eggs, mince etc. This was not a fun experience. We wanted to make sure everyone had some, and prevent people from panic-buying. This was tricky as it felt like we were policing what people could have, without knowing their home situation or if they were buying for a family member etc. Thankfully it has calmed down, and the supply chain has caught up, so trading is back to normal.

As the vulnerable and elderly mem-

bers of society were advised to stay at home, shopping requirements changed, and we set up a click and collect care box scheme. The principle is to order and pay for a box of supplies online, and then at a certain time you can come to the farm and collect, without having contact with any humans.

It's a set box, including fruit, veg, salad, milk, eggs and bread. This keeps the process simple, so we can serve as many people as possible each day, and be sure we could still offer the service even if we had a reduced team. This scheme worked fantastically, and we have sent out hundreds of care boxes so far. This is something we will look to continue as long as there is interest for it.

A large volume of the milk we produce on the farm is sold on our wholesale delivery rounds to shops, cafes, restaurants and manufacturing (chocolate, cheese and ice creams). When the country went in to lockdown, overnight we lost all of these customers as they were no longer allowed to trade. Thankfully over the next few days, many of the farm shops and independent retailers we deliver to started to sell much more milk, so many of the litres we lost, were regained. Our doorstep delivery rounds became so popular we had to stop taking on new customers as we became overwhelmed with requests.

On the farm, the team has been reduced to Gideon, Alan and Sam. They have all had to work extra hard to cover much of the work that Ed or I would normally have been there to help do. After such a wet winter it was a relief when some drier weather came in April, and some good temperatures meant we were able to let cows back out to graze a few days earlier than previous years.

During lockdown more people have been at home, and able to use the public footpaths to get their daily exercise. We find the fields and paths around our farm and Lane End and Cadmore End are well used, and generally people stick to the footpaths. We have had more issues with some land in Marlow, where people may not be as understanding about farming practices and the effects that dropping litter, leaving dog mess and trampling crops can have. Its been quite a challenge this year to try and explain that litter and dog mess can pose serious health risks to our cattle and even a field of grass, is an important feed for our cows. Hopefully now the cows are in the field, it will be easier to explain to people.

I want to finish by saying although the past two months have been a new

challenge, it has been so nice to see the community pull together. We always try to support local businesses, and we have seen support from so many of these small businesses during this lock down that many big, multinational businesses could and would never be able to achieve.

A special thanks to Frieth Cricket Club for lending us their gazebos so our customers could queue without getting wet. Also UK Mats for supplying us with materials to help with social distancing. The support and comments from our customers has been a highlight. This was summed up, in the midst of people panic buying, when Julie Wetenhall stopped to take a photo so she could paint a picture of the scene at the farm shop - thanks Julie!



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The plumber

with Bill Blake 

When I arrived as the local plumber 14 years ago, despite not being a local—yes, a transplanted Yorkshireman—I have been warmly welcomed by the terrific people here.

I've always felt it a privilege to be allowed into people's homes. At this time whilst still in lockdown, it's completely understandable that people are now feeling a little hesitant about letting anyone across their threshold. Yet mine is one of those strange jobs – sometimes I'm a key worker and sometimes I'm not – depending on your plumbing problem.

For those I have helped during the pandemic, I would like to thank you for your trust and belief in my ability to keep everything safe. I have

always had safety at the top of mind and have redoubled my efforts to ensure this during the pandemic.

Personally, I'm also lucky in having a garden to keep my mind and hands busy during lockdown. The weekly 'clap for the carers' has turned into the bang, whistle and clap, and it has really brought out a real surge of community spirit. The green in front of The Chequers has seen the majority of us cheering, which has felt warm and real.

The other thing which has really made me appreciate the kindness of strangers was the lovely yellow page which was pushed through our letterbox in the very early days of lockdown, showing who to call and how to access help if we needed it. I feel proud to live in such a great area.

I look forward to seeing and supporting you on the other side in the new normal.

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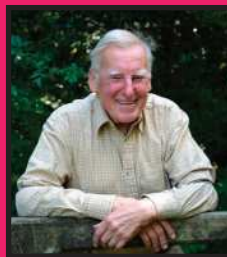
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On the land

with Bryan Edgley 



The importance of home-grown food

In the last issue of *Clarion V* we were all considering the impact of Brexit. For farming it was the new Agriculture Bill 2020 which was intended to show the post-Brexit way forward for British farming in the years to come, with a greater emphasis on environment and conservation than on food production.

Many of us in the farming industry have felt that in recent years Government has lost sight of the importance of food, feeling that the world system of globalisation would always provide plenty of food, and that British farms should concentrate on caring for the environment as a primary objective, while the food we needed could be imported.

But we now have a situation which Bill Gates, founder of Microsoft, foretold in 2015. The lecture was convened by TED, the USA not-for-profit organisation founded in 1984 to arrange major conferences in the

three fields of Technology, Entertainment and Design. In that lecture, Bill Gates forecast that *'if anything kills over 10 million people in the next few decades, it's most likely to be a highly infectious virus rather than a war'*. He went on to state that *'we need lots of advanced R&D in areas of vaccines and diagnostics'*.

Governments worldwide have not encouraged or financed that research into development of suitable vaccines or methods of testing for virus infections or the eventualities forecast by Bill Gates. Research could have started after the outbreak of Severe Acute Respiratory Syndrome (Sars) in 2003. If it had, perhaps suitable vaccines for Sars would be very similar to the vaccine that is now needed to give protection against the threat of Covid-19.

We have seen what empty supermarket shelves look like as a result of normal trading procedures being



upset as a result of the spread of Coronavirus, which reportedly started in a 'wet market' in the Chinese town of Wuhan from wild animals being sold for human consumption. This virus has now spread world-wide, with no vaccine yet developed and ready for use.

We farmers hope that there will be a reappraisal of the principles of globalisation, and that the food which we produce will in future be valued in the way encouraged by the Prince of Wales in a recent article in *Country Life* in which he stated that '*Food does not happen by magic. If the past few weeks have proved any-*

thing, it is that we cannot take it for granted'. We hope that while the Agriculture Bill is still under discussion in Parliament, it will be amended further to reflect the importance of a reliable supply of home-grown food. We hope that support for food grown in Britain will not be another thing - like the development of vaccines - that Government puts off for another day, by which time it might be too late.

At the end of April we were still in the lock down situation, but the work of growing food goes on, and the crops to be harvested in late Summer 2020 will be as essential as ever. The

main precautions that we have had to take have been over-ordering essential crop protection chemicals, many of which are manufactured in Germany and other countries including China.

In a normal season we order only a few days in advance, so that we can be certain which of the alternative products will be the best to use for the prevailing weather and stage of crop growth. But this year we have had to guess in advance the most probable products to be required, and then place a bulk order in the hope that it will be delivered.

On the farm machinery side, the diesel fuel on which the tractors run

is cheaper than previously due to lack of demand from cars and commercial lorry traffic. However, this has an unexpected downside for us in that the demand for US Maize Ethanol has fallen from 7.5 million barrels per week to only 4 million barrels. This has greatly lowered the demand for the raw ingredient of maize, with a consequent fall in its market price. The price of the wheat for breadmaking which we sell in the UK is also linked to this world trading price of maize.

Closer to home, the farm has suffered from the same most unusual extremes of weather that have affected gardeners. We had an



exceptionally wet winter, with above average rainfall in every month from October 2019 to February 2020, followed by very little rain in March and most of April.

The result of the wet autumn was that we only completed around 60% of the planned autumn seedings, leaving more fields to be seeded in the spring – work that started on 12 March. We were thankful that 20mm of rain fell in the night of Friday 20 April, just enough to keep the spring seedings of wheat growing nicely.

The photos show Spring drilling underway on the West Wycombe Estate land at Grove Farm and Bulls-ocks Farm, for which we used the new technique of 'direct drilling'. This

is drilling into soil that has had minimum disturbance or cultivation since the previous crop.

The tines on the drill are a 'wearing part' of the drill – they wear out fast on our flinty soil on the Chiltern Hills, so in these uncertain times we must order and carry a good stock of replacement tines. Many metal wearing parts for farm machinery have to be imported from overseas countries such as China where they are forged.

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changed almost hourly. She said she actually found it a relief when lockdown was finally announced.

Others have found that their anxiety has continued. 'I'm very up and down,' said one Cadmore Ender, 'I can't concentrate on anything. One minute I'm fine and enjoying my garden in the sunshine, the next, my heart's racing and I'm convinced my mum's care home is going to get 'it' and she'll die on her own without me even being able to hold her hand.'

WFH

Working from home has been a challenge for some, a welcome revelation for others, and both those things for many. Not having to commute into London every day on a packed train has freed up several hours in a day for many locals. However, sharing a house and sometimes kitchen-table workspace with attention-demanding children and childcare duties with a working spouse has caused tension in some households.

'My husband just shuts himself in the office and says he's really busy, which means I have to manage everything in the house including the home-schooling,' says one Lane Ender.

Not working

We'd barely heard of the word furlough before mid-March, then it was the word on everyone's lips for

weeks as staff members were put into cold storage across the country. This has been a positive for some—including me, as it's meant that I've been able to spend more time on the Clarion than I'm usually able to with a full-time job. Not having the constant worry of where each member of my family had to be at what time was a real stress reliever and it's felt like a gift to have my kids around when they'd normally be off doing activities or with friends. The wonderful weather in April also helped to make it feel like a weird kind of holiday.



I don't know what will happen with my job when the furlough period is over, but I'm hopeful it will still be there because I really love it.

Others have not been anywhere near so lucky. One of my friends has had to take a 20% pay cut but is nevertheless required to work harder than ever to keep the business afloat.

Another resident who works in the hospitality industry has moved back in with his parents for the duration of the lockdown for company, but feels

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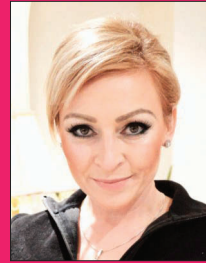
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Grow something! 🌿

with Anya the garden fairy

Follow me on Instagram @anya_thegarden_fairy



In a time of disruption, grow something!

We all have to face challenges at the moment and some things can make us feel anxious and powerless.

There are many changes, but some things stay the same and they bring peace. The sky is blue, the birds are singing, the bees are flying and the seeds are germinating!

I have created our garden in the most disruptive and challenging time of my life and gardening has been my saviour. It's absolutely amazing how a piece of land and a few seeds can change your world and have such a positive impact on your well-being. For me creating a garden and growing plants has been a very healing process and I hope more people will join me and will start growing something this summer.

Growing plants is one of the simplest and most rewarding

things we human can do. Even if it's just herbs on your windowsill! When you look after plants and you see them thrive you feel good, you are in control.

I would like to tell you a little bit more about growing your own food. If you are one of those lucky people who managed to buy seeds before the lockdown you probably have trays full of seedlings ready to be planted out, but if not, don't worry, you can still buy your veg plants locally and start growing them in your garden. It's a great activity for the whole family.



I always go for the varieties of plants that have been given the RHS Award of Garden Merit to have peace of mind that they will do well. If you would like to see the whole updated list of the best plants to grow, you can visit the RHS website and check for updates.

We all have our favourite vegetables and I'll tell you about mine. In our greenhouse we always grow tomatoes, chillies and aubergines. I cannot imagine summer without French beans, courgettes, cucumbers, sweet corn, broad beans, lettuce and herbs grown outside. We also plant a succession of lettuce and herbs like coriander and basil so we have fresh supplies all summer.

I also grow potatoes in grow bags. I plant them in March so we can

harvest them in June and July.

Growing potatoes is great fun to do with the family. Digging up potatoes is like finding hidden treasures in the ground and children love it.

Growing your own food is very rewarding and the best thing is if you can go to your garden or allotment and see what is available and plan your meals around it. Anyone who grows their own will know exactly how wonderful it is and your home-grown veg always tastes better than the one from the shop.

I'm sure more of us will grow something this year and will change the way we see our world! Happy gardening!

Follow me on Instagram
[@anya_thegarden_fairy](#)



5 lockdown interiors tips

Report by **Samantha Johnson**

In the last issue, we were thinking about jobs to banish those dreaded post-Christmas blues. If you didn't manage to start spring cleaning those cupboards then, perhaps lockdown has given you the time to tackle those rainy day jobs. I guarantee you'll feel a great sense of achievement and pride when you're done. (I'm speaking from personal experience as I went through my fabric stash yesterday, something I've been meaning to do for months!)

Since lockdown, our homes have become more important than ever and should be a comfortable place where you and your family can feel happy and safe.

Here are my top interior design ideas for your home during lockdown.

Plan a room design

If you can't get on and decorate right now, enjoy spending time collecting your ideas for the future. These could be paint colours (take a look at House & Garden article '[How to Paint a Room](#)' for some great advice), wallpapers, fabrics, furniture, lighting, flooring, accessories. Collate them all on [Pinterest](#) or in a scrapbook so that you can see how

your design will look. Try to analyse exactly what it is you like about an image. Is it the overall colour scheme you're drawn to? Or do you just love the style of sofa? Maybe you think the floor tiles are divine but you don't actually like the bath.

Draw out a floor plan to scaled measurements and cut out furniture to scale so that you can see how they will fit in the space. Use images from magazines to make a mood board to inspire you and determine a style. Don't feel restricted by current interior design trends; stick to what makes you happy.



Refresh

Now is a great time to refresh your space. This is not just spring cleaning those cobwebs and replacing padding in limp cushions. Try moving furniture around in a room (you can always move it back again tomorrow if it doesn't work for you). Swap around accessories, ornaments, cushions, throws (why not move some items to a different room entirely to give it a new look?)

How about wallpapering the back of a cupboard or wardrobe with left over rolls or sample swatches? It will bring a smile to your face next time you open the door.

Me Space

With schools shut and most of us working from home things can get a bit crowded. We're certainly very aware of this in our household! So, it's really important to try and find a space in your home that is just for you. Where you can go and think, read, write or just be on your own for a while. Set up a comfortable chair next to a window or one of your favourite pieces of art.

Paint

If you don't want to take on decorating a whole room, it might make you happy to see a neglected piece of furniture given a new lease of life. A fresh lick of paint can bring tired furniture back to life or give it a more

contemporary feel. You could get creative and stick wallpaper to part of the furniture using PVA glue (water it down and paint over with clear varnish afterwards to protect it).

Also, a simple way to update a room is to paint a door a colour, or even be brave and paint the ceiling in a bold shade. Much easier and quicker than incorporating a new scheme but still extremely effective.

Introduce Meaning & Fun

Surrounding yourself with things that have meaning to you is always important but even more so right now. Perhaps an heirloom piece of furniture or artwork, or an ornament you discovered on holiday. Something that makes your space unique to you. You could also frame your favourite family photos to create a



picture gallery to hang in the stairway or hall.

I think interiors should have a sense of wit and character so I try to incorporate fun elements wherever I can

in my designs. Many online stores are still open so why not order an object you have admired for a while? It doesn't need to be an expensive investment piece; small objects can add just as much character.



Our homes are our most important sanctuaries, successful interior design is based on planning everything in advance, rather than rushing to get started. Now seems the most perfect moment to do just that! Stay safe and please get in touch if you need any advice or

help. sj@samanthajohnsondesign.com



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We welcome any news or diary dates from community organisations and letters from individuals. The next copy deadline is 1 August and the next issue will be delivered in September.

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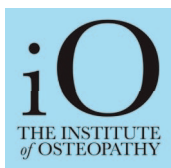
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