

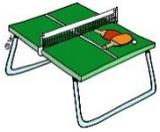


## MENTMORE PARISH NEWSLETTER

Volume 24, Issue 3

September 2017

### “DIARY PAGE”



#### TABLE TENNIS

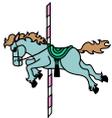
Our small group is getting larger! This is not a problem, as we can expand the time. Meeting afterwards in the Stag is part of the fun. You can come as often or as infrequently as you like and you don't need to worry that you will be among experts - you won't, although people's standards do improve quite quickly once they start to want to win!

The village hall is open from **6.30 - 8.00 pm every Tuesday** for all comers. Membership fees are **£2 per person per session**; just come along and you will be welcomed, as well as having a chance to meet new people.



#### BUCKS HISTORIC CHURCHES TRUST RIDE & STRIDE

St. Mary's Church will be open for participants of this annual event to register their visit and to replenish their reserves with a refreshing drink and a biscuit. Anyone can take part and the money raised is split 50/50 between the Trust and the church of your choice. This year's ride takes place on **Saturday 9<sup>th</sup> September**. Please contact Penny Hibbert (01296 660416) for more information.



#### VILLAGE FETE & BARN DANCE ONCE AGAIN, BY POPULAR REQUEST...



**MENTMORE FETE - Saturday 16<sup>th</sup> September 2-5pm** on the *Village Green*  
&  
**MENTMORE BARN DANCE - Saturday 16<sup>th</sup> September** from **7pm** on the *Village Green*

Hog Roast (Veggie option available, please request in advance) and Bar

Tickets (in advance) - £22.50 (children £10). In support of St Mary's Church

Contact **Caroline Gates** on 07761 199520 or 01296 661123 or **Liz Dack** on 01296 661309

**\*\*\*TICKETS AVAILABLE NOW\*\*\*BRING YOUR FRIENDS\*\*\*SHARE THE FUN\*\*\***



#### “MINDFULNESS FOR BETTER HEALTH” DAY

Quietly, local people are leading the world in research on using mindfulness meditation, very gentle yoga and biomedical testing to improve all sorts of health challenges - including memory-related conditions, struggling with body-size and anxiety.

Come along to the *Village Hall* at **10 am** on **Saturday, 23rd September** for a brief chat about what this might mean for you. Stay afterwards for a bit of meditation and a light lunch - or feel free to leave if it isn't for you. This is an opportunity to be a bit nosy about things that could make you healthier, without a drop of guilt!

Mentmore has a little core of experienced, friendly mindfulness meditators who will make you welcome - whether or not you have tried yoga or mindfulness before.



## PARISH HISTORY EXHIBITION

To mark the completion of the building extensions made to the village hall a photographic exhibition is to be held on **Saturday 30<sup>th</sup> September** and **Sunday 1<sup>st</sup> October from 10 am to 5 pm** in *Mentmore Village Hall*.

The exhibition will tell stories and interesting facts about the people who lived and grew up in the villages - a stroll down memory lane for some and an amazing insight for others. The exhibition presents some of the earliest history of the area using maps and illustrations and the later times using photographs, oral history interviews and slide shows. The village hall will be filled with exhibits and artefacts from different periods. If you have a story to tell or information that you think might be of interest please bring it along to the exhibition or visit our Facebook page (Mentmore Parish History with Photographs and Stories) to get a feel of some of the things we are discovering about this fascinating place.

Entry to the exhibition is free, but there will be tea, coffee and a selection of home-made cakes on sale in the new kitchen.

For more information please contact **Diane Armson** (01296 661141 or 07745928698).



## HARVEST FESTIVAL

St. Mary's Harvest Festival Service will take place in the church on **Sunday 1<sup>st</sup> October at 11.30 am** and will be followed by a bring and share luncheon. All parishioners are welcome.



## PARISH COUNCIL

Meeting dates – **Wednesday 4<sup>th</sup> October** (8pm), **Wednesday 6<sup>th</sup> December** (8pm) in the Village Hall.



## LITTERPICK – Mentmoreons United

You will have noticed more unsightly rubbish on the roadsides in our parish. **Sunday 8<sup>th</sup> October** is the date for our autumn litter-pick. The hall is booked from 10am on that day. Drinks and refreshments will be provided. I would welcome volunteers to take part on that day or on another day around that date, as I know the date will not be possible for everyone. Hi-viz jackets, litter-pickers and bags supplied.

Any fly-tipping should be reported to AVDC - you will find a link on the Parish Council website.

It makes such a difference, so please do join us! For more details please contact Liz Dack ([elizadack@outlook.com](mailto:elizadack@outlook.com)).



## REMEMBRANCE SUNDAY SERVICE

This year's service of Remembrance will be held at St. Mary's Church on **Sunday 12<sup>th</sup> November** at **10.00 am**.



## ANTIQUES, VINTAGE & COLLECTABLES

Looking for presents, something unusual for Christmas? Look no further, come along on **Sunday 10<sup>th</sup> December** to Mentmore *Village Hall* between **1 pm and 5 pm** and see our wonderful and diverse range of goods, including French vintage items.

Coffee, tea and cake will be available.

# UPDATES THANKS UPDATES THANKS

## MENTMORE ARTS FESTIVAL

Final Result:

We donated £5,500 to Thames Valley Air Ambulance, £2,500 to Bucks Young Carers and £2,500 to St. Mary's Church. With thanks to all the many people who helped.

Caroline Gates

## YOUR VILLAGE IN FOCUS



[www.mentmore.org](http://www.mentmore.org)

### Your Parish Councillors are:

Clerk to the Council    Bridget Knight

[clerk@mentmore.org](mailto:clerk@mentmore.org)

Chairman:                Peter Brazier

Vice Chairman:        Jonathan Langley

Councillors:            Liz Dack

Rob Fletcher

Iain Butler

The Parish website has minutes and agendas for meetings, upcoming events and wildlife reports, contact details for AVDC and CC, road closures, a booking service for the village hall and more.

If you have an issue you would like to see on the agenda please contact the parish clerk.

### MENTMORE VILLAGE HALL

The hall has disabled access, can accommodate up to 50 adults and is ideal for children's parties, family get-togethers and educational or social functions.

Hire includes the use of a fully equipped kitchen, tables & chairs and a garden area.

**Price: from £7 per hour for parishioners** (commercial rates negotiable)

Hall furniture and marquees are available for separate hire, rates on application.

To book and for all hire enquiries please call **07707 218 719**

or book online at [www.mentmore.org](http://www.mentmore.org)



## NEWS FROM ST. MARY'S CHURCH

### PARISH OF CHEDDINGTON WITH MENTMORE

I am hugely grateful for the support of villagers for the church in so many ways, not least the amazing Arts Festival and the forthcoming Fete and Barn Dance on 16<sup>th</sup> September, which I am very much looking forward to!

St Mary's, Mentmore and St Giles, Cheddington are two churches in one Parish, and we welcome families from Mentmore, Crafton and Ledburn to **Messy Church**, held in Cheddington Methodist Church (on the Green) between 3.30 – 5.00. Crafts, games, singing and Bible story followed by afternoon tea for all the family make for a happy time. Children must bring an adult with them! Dates are: **24<sup>th</sup> September, 22<sup>nd</sup> October, 26<sup>th</sup> November.**

For young people of secondary school age we have a youth group called GLU which also meets at the Methodist Church on Saturday evenings, 7-8.30 pm. 23<sup>rd</sup> September, other dates tbd.

Following another wonderful Arts Festival – what a great team put it all together - on 17<sup>th</sup> July St Mary's hosted the second Creative Arts Retreat, for a day. The focus was on "Circles of Community"; and there were 8 participants. The church and churchyard offer beautiful spacious surroundings for such an event, and it would be good to develop this sort of opportunity.

## SERVICES

**St Mary's Harvest Festival** will be on **Sunday 1<sup>st</sup> October** at 11.30 a.m., followed by a bring and share lunch, and we welcome all villagers to the service.

**Remembrance Sunday** - the service on **12<sup>th</sup> November** at St Mary's will begin at 10.00 a.m.

On **26<sup>th</sup> November** there is a **Cottesloe Team Eucharist** at St Michael's Church, Stewkley; all the 8 churches in the Benefice join together for worship on that day, and the team clergy share the leading and preaching. The service begins at 10.00 a.m.

Finally **St Mary's 9 Lessons and Carols** will be at 5.00 pm on **Sunday 10<sup>th</sup> December** with the renowned Cheddington Festival Choir, followed by seasonal refreshments.

For enquiries or more information about any of the above, please contact the vicar, Rev Gill Rowell [gillrowell@tiscali.co.uk](mailto:gillrowell@tiscali.co.uk) or 01296 708680.

**MENTMORE CLUB 200** - the fundraising initiative for St. Mary's Church

To help support your parish church and raise funds for St Mary's why not join our Mentmore Club 200. For only £24 per year, per ticket you could win over £1,000 per annum! You can have as many tickets as you like and the prizes range from £10 to £300.

Email: [carolcox48@gmail.com](mailto:carolcox48@gmail.com) or call 07920 140 740

### June winners:

1 <sup>st</sup> Prize of £200	John & Sue Sutton
2 <sup>nd</sup> Prize of £10	Elsa Hill

### July winners:

1 <sup>st</sup> Prize of £30	John White
2 <sup>nd</sup> Prize of £10	Steve & Elaine Powell

### August winners:

1 <sup>st</sup> Prize of £100	Richard & Sue Foster
2 <sup>nd</sup> Prize of £10	John & Sue Sutton

## SERVICE TIMES

	1 <sup>st</sup> Sunday	2 <sup>nd</sup> Sunday	3 <sup>rd</sup> Sunday	4 <sup>th</sup> Sunday	5 <sup>th</sup> Sunday
St Mary's	9.00 am HC	-	9.00 am HC	-	Combined 10.30 with Methodists ( <i>alternate locations</i> )
St Giles	10.30 am HC	9.00 am BCP  10.30-11.15 AA	10.30 am Morning Worship	10.30 am HC	

HC – Holy Communion; AA – All Age; BCP – Book of Common Prayer Holy Communion;

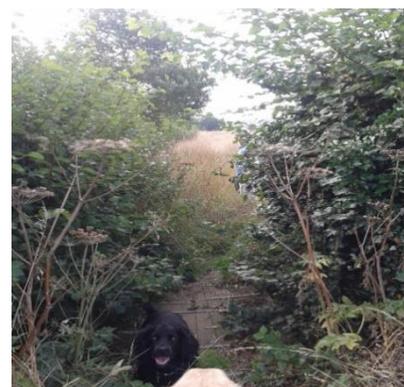


### FOOTPATH WALK – MEN/1/1

The start of route MEN/1/1 is in the centre of Ledburn at Kissing Gate Barn, opposite Leyburne Close, and will take approximately an hour to walk (½hour each way).

The paths are generally well marked, though can be partially hidden by foliage at this time of year, and the stiles are sturdy. Follow the sign over the stile and through the field, bearing slightly to the left towards the far left hand corner, passing through a metal barrier type gate where the field is divided off. There is a stile in the corner leading to some rough ground. Keep going forward through two gaps in the hedging to a field. The path continues straight over the field, bearing slightly to the left. A way marking sign is visible on the other side which may be important if you walk the path when the field has been recently ploughed. At this point, the path turns sharply to the right through leafy growth to cross a bridge over the stream known as Thistlebrook which runs behind the village. The stream marks the parish boundary with Wing, designated as WIN/2A/1.

Looking diagonally left from the bridge, you will see a line of three mature oak trees. Walk across the grass aiming for the middle tree to the edge of the wheat field. The path through the field is clear and easy to walk though may be less so if the field has just been ploughed. In that case, you may be faced with a struggle through mud and over uneven ground. Look to the right to see Ascott House, and then a glimpse of the gardens.

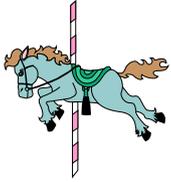


As you reach the other side of this large field, a short digression into the copse on your left takes you to a small memorial area discreetly situated under the shelter of the trees. Back on the path, go through another kissing gate (sometimes muddy) and continuing in the same direction across the corner of the next field, pass through a final kissing gate a few yards away to find yourself in Well Lane. This field may contain livestock.

Turn right up the road and after about 75 yards, turn off left into the field on the opposite side of the road, as indicated by the footpath sign. At this point, you will have been walking for about 20 minutes. Choose the downward path (WIN/1/3) left along the inside of the hedge and parallel with the road along 3 fields and until the path ends after a small tree plantation on your right. You are signed back through the hedge and onto the road at a bridge over Thistlebrook. Here you can continue walking down Well Lane until its junction with the road back into Ledburn where you turn left to arrive at your starting point in approximately 10 minutes. More safely, return the way you have come, avoiding the busier road back into the village.

For a longer walk, when you initially reach Well Lane and follow the footpath sign into the field, take the path that leads straight on and slightly uphill. There is a superb view across to Mentmore as you reach the top of the rise. Following way-marking signs (about ½ an hour) will bring you into Wing where with judicious timing you might find refreshment.

**Liz Dack**



# MENTMORE FETE & BARN DANCE



## 16<sup>th</sup> SEPTEMBER 2017

Want to be involved? This is your chance...  
We need...

- **TEAS & CAKES**

Lots of yummy cakes and biscuits, however small, as well as helpers to set, serve, wash up make drinks, clear tables.

Contact (phone or text) Sue Sutton – 07776 144269 or Sue Stovell – 07731 864540

- **CAKE & HOME PRODUCE STALL**

CAKES - JAMS/CHUTNEYS - VEGETABLES - FRUIT - PLANTS

Contact Caroline – 01296 661123/ 07761 199520

- **TOMBOLA**

TINNED FOOD - TOILETRIES - SMALL TOYS - SMALL ORNAMENTS - BOTTLES - JARS

Contact Liz – 01296 661309 or leave in porch at 34 The Green Mentmore

- **USED CLOTHES**

GOOD QUALITY CLOTHING - SCARVES - HANDBAGS - JEWELLERY

Contact Stephanie – 07919 562414 or Sonia – 07768698583

- **RAFFLE PRIZES**

- **CAKE COMPETITION**

Two entry levels (under 16s and over 16s); the theme is Mentmore and all entries will be judged on taste, appearance and soggy bottoms...

..... **AND ABOVE ALL, WE NEED YOUR PRESENCE!!!**  
**BRING YOUR FRIENDS**

**BOOK YOUR TICKETS FOR THE BARN DANCE** (in advance only) - £22.50 (child's ticket £10)

HOG ROAST (veggie option available) - BAR - caller BOB ADAMS - from 7pm

Contact Caroline – 01296 661123/ 07761 199520 or Liz 01296 661309

**THANK YOU!**



Hello from Horses Helping People, your local therapeutic horsemanship centre! There's lots going on here but, as we are tucked away between Mentmore and Ledburn, a lot of people don't realise we are here, or what we do, so we thought it was time to introduce ourselves.

Horses Helping People is run by Dave Johnson, Debbie La-Haye and their son Morgan, with the help of volunteers. The aim of our centre is to improve life for children and adults that are facing challenges in their lives, by providing the opportunity to spend time with the horses in a natural environment. That might involve taking part in activities (like grooming and leading the horses) that increase confidence and self esteem, or relaxing in a safe peaceful sanctuary, leaving behind the stresses of daily life and recharging batteries.

We have 9 beautiful horses and ponies who take part in the sessions. Each horse has their own personality and preferences – some horses nurture people that are nervous, others are patient with people with learning disabilities, and some make people happy with their cheeky antics!

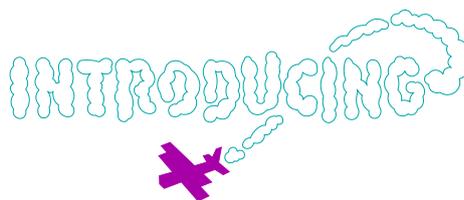
Our participants include Young Carers, Macintyre School, Pebblebrook School, homeless support organisations, people with mental health issues, dementia and autism to name just a few.

Of course, horses are expensive. One of our ongoing challenges is to keep the centre sustainable while making sure sessions are affordable. There is a cost attached to every session we run but, as a not for profit community interest company, we are able to apply for some grants to provide free or subsidised sessions for people on low income.

We are here for the benefit of people in our community, so if there is somebody you know who you think could benefit, please do get in touch either by email [info@horseshelpingpeople.co.uk](mailto:info@horseshelpingpeople.co.uk) or call 01525 377688. Visits to the farm are by appointment only to protect the privacy of our clients.

In future newsletters we'll let you know more about what's going on here. Meanwhile, you can find out more about us on our website [www.horseshelpingpeople.co.uk](http://www.horseshelpingpeople.co.uk) and follow us on our Facebook pages 'Horses Helping People CIC', 'Dementia activities at Horses Helping People' and 'Mindfulness at Horses Helping People'.

We'll have a stand at the village fete, so please do come and say hello!



Congratulations to Clare and Simon Butler of Mentmore, on the birth of  
William  
on 21<sup>st</sup> April 2017

# ADVERTISING FOR LOCAL EVENTS & BUSINESSES

<b>Town Farm</b>	<p>Perfectly timed for that special Christmas gift!</p> <p>Paintings, Illustration Ceramics, Woodcraft, Woodcarving Jewellery, Egyptian quilts Willow weaving, Sculpture</p> <p><a href="http://www.townfarmartshow.blogspot.com">www.townfarmartshow.blogspot.com</a></p> <p>Mulled wine, mince pies &amp; Christmas cake in aid of Rennie Grove Hospice Care</p> <p><b>ONE WEEKEND ONLY</b> Friday 24 - Sunday 26 November 10am - 4pm</p> <p>6 Town Farm, Cheddington, Nr Tring, LU7 0TT PLEASE PARK ON HIGH STREET - NOT IN TOWN FARM</p> <p>Free entry</p>
<b>ART SHOW</b>	

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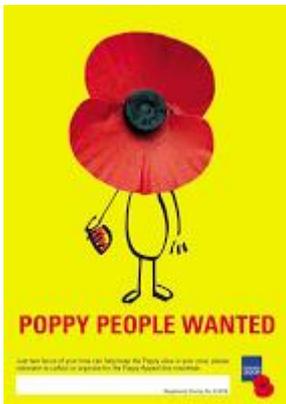


- \*Home in Cheddington (11 years)\*
- \*Business in Berkhamsted (15 years)\*
- \*All surrounding areas\*



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## POPPY APPEAL 2017

If you are able to spend a few hours doing house-to-house collections for this year's Royal British Legion Poppy Appeal, please contact Keith Malcolm on 01296 661419. The dates for the collection are between 28 October and 11 November. I am looking for volunteers for Cheddington and also Mentmore please. Thank you.

Keith Malcolm, Poppy Appeal Organiser, Royal British Legion  
16 Hill Side, Cheddington, Leighton Buzzard Beds LU7 0SP  
01296 661419 // 0781 409 1467  
(Poppy Code EBA06)

## ADVANCE WARNING

### PLANT FAIR

We hope to hold this fundraising event again in April next year. More later, but for now if you are collecting seeds, taking cuttings and dividing overgrown clumps this autumn, there is a home for any spare plants that you have.

**ACCESS TO NEWSLETTER** - Message to anyone with a new neighbour:

Please let Liz ([elizadack@outlook.com](mailto:elizadack@outlook.com)) or Karen ([karen.thomas@dial.pipex.com](mailto:karen.thomas@dial.pipex.com)) know if you know anyone who would like a copy of the newsletter emailed to them every quarter. It can also be found on the Parish Council website [www.mentmore.org](http://www.mentmore.org)

*If you have an item which you would like included in the Winter Newsletter ( December, January and February)  
please contact either Elizabeth Dack (Tel 661309 /email [elizadack@outlook.com](mailto:elizadack@outlook.com))  
or Karen Thomas (Tel 661509 / email [karen.thomas@dial.pipex.com](mailto:karen.thomas@dial.pipex.com))  
Newsletter deadline: 16<sup>th</sup> November 2017*

To offset costs we are looking for small business advertising. Would you like to sponsor an issue? Your ads could be anything from one liners to more striking boxes and graphics. For more information please contact Liz or Karen.

**This newsletter was sponsored by Broadnet Systems & Solutions Ltd.**