

Our

JANUARY 2024

Berryfields

VISIT BERRYFIELDSPC.ORG



Berryfields
Parish Council

A word from the Chairman

I hope everyone has had a lovely Christmas and New Year and enjoyed some time off with family and friends.

We have had some very cold weather these last couple of weeks as we move through winter but hopefully as we head into Spring, we will start to see warmer weather.

Leading up to Christmas we had several annual Christmas celebrations, starting with our Afternoon Tea, our Santa's Grotto & Craft Fair, then finishing off with Santa's Float coming round as much of Berryfields as we could manage. A big thank you to all the volunteers who helped out with all our events and a massive thank you to all that came out to see Santa and gave so generously to our Food Bank at Roman Park Hall. There are some lovely pictures later in this edition from these events.

As we do each year the Parish Council meet to discuss and agree the precept for the coming year for Berryfields. As you may be aware the precept covers the upkeep of our parish, including parks, land, and bins. Further details will be shared once this has been ratified by Bucks Council.

Each year we look ahead to the New Year and what's to come, we are planning many events for our community, including the launch of our Youth Club, a Summer Ball, and our usual annual event. Do keep an eye on social media platforms and later editions of Our Berryfields for details.

As often happens at this time of year when we have lots of storms and windy weather there is a lot of litter blown around Berryfields, we all know it's always windy on bin day! Our very hardworking BerryPickers are always looking for help to keep our community clean and tidy. If you would like to volunteer, please get in touch. We are organising a litter pick day/graffiti removal day in the February Half Term. Further details will be published nearer the time.

Don't forget the Roman Park Foodbank is open on a Thursday morning for anyone who is struggling financially and needs a helping hand. The foodbank relies on donations and grant funding to keep afloat. If you are a local business and would like to sponsor the foodbank, or a resident and would be happy to have a collection box for donations we would love to hear from you.

I hope to see you at our events at Roman Park Hall and around our community and as always please get in touch if you have any questions.

Chairman,
Cllr Laurilee Green
laurilee.green@berryfieldspc.org



Parish Office
Anthea Cass CILCA
Parish Clerk
clerk@berryfieldspc.org
01296 925750

Hall Bookings
booking@berryfieldspc.org

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Everyone is welcome - FREE ENTRY and refreshments - drop in between 2-5pm, browse the stalls, and chat with stallholders.
Scan the QR code to book.



Cllr Paul Redshaw
Vice Chairman
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Cllr Louise Rees
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Cllr Arun Sekhar
arun.sekhar@berryfieldspc.org



Cllr John Yandrapati
john.yandrapati@berryfieldspc.org



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FOR MORE INFO, CONTACT US AT

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Bright
Lights of
Berryfields

Berryfields was as
colourful as ever this
Christmas!

Congratulations to
the lucky winner at
Lawson Way!



Christmas 2023



Thank you to all who attended/supported our events, came out on a cold night to follow Santa around Berryfields and donate to the foodbank, sang and played carols at our Christmas tea and Santas Grotto and to all the volunteers who without you we wouldn't be able to make all this happen.

We look forward to making many more memories in 2024!



GOOD FOOD, GOOD MOOD IT ALL STARTS AT THE GROCERY STORE

A local Berryfields resident has now expanded their grocery business that began over COVID remotely into a unit in the Rabans Lane Industrial Estate.

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Please do not hesitate to arrange a no obligation consultation with us at your best convenience.

Relationship Therapy

By far the most common theme with Couples coming for therapy is a breakdown in communication. Under most relationship conflict, feeling taken for granted or adultery is a lack of communication which leads to feeling misunderstood or even invisible!

So why does this happen? Our brains are wired to find the easy option so we can often fall into unhelpful thought patterns where we mind read based on our experience of the person or do the other persons thinking for them rather than asking them. These strategies, we believe, save us time and avoid conflict, but do they really?!?!? How often has what you thought might be a simple exchange with your partner rapidly spiraled into an argument? When we do not feel connected, appreciated, or understood by our partners we live in a state of hyperarousal where we are unconsciously scanning for evidence that our partner does not get us or appreciate us. This is when a simple request can easily get heard as a criticism, nag or put down. We then respond in a defending way or in defiance reply with a delaying phrase, 'I will in a minute' which sparks a reaction in the partner that made the request. These very simple and common exchanges that happen in relationships fuel the disconnection and frustration with each other and push us further into attacking and defending rather than communicating.

Part of couples therapy is learning about the behaviors we have slipped into that create distance in the relationship. We explore how each person is feeling and look at why this has come about. One of the first things I request couples to do in therapy is to try and listen to understand, rather than to reply! It is a bad habit we can all dip in and out of. This skill is called 'active listening'. We explore ways of trying to really hear what is being communicated rather than using assumptions or predictions which create an attack and defend dialogue. The key is to remove yourself from what you are hearing and ask clarifying questions. So often requests are actually a way to identify unmet needs in your partner.

We also talk about how we can communicate more honestly rather than from frustration. We do this by considering what we are observing, how we are feeling, what we need in that moment and then how to make a request. Leading with an 'I' statement and stating what we are looking for removes the attacking feeling and conveys your true meaning of a desire to connect and engage with your partner.

Using these skills builds self-awareness and can give individuals a sense of confidence. When we feel more aware and in control of our own reactions it is easier to communicate our needs and be fully present with our partners, which in turn strengthens the relationship.

I will be hosting a Relationship Communication Skills Workshop in February at Aylesbury Therapy. For more information, please get in touch.

Nicola Biggs

Call: 07984 155518



Psychotherapist & Clinical Supervisor
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Noses and Tongues

Hey there, little munchkins! Guess what? Your nose is like a superhero for your taste buds! It's like having a secret taste agent right under your nostrils, and it's hilarious!

So, here's the scoop: 80-90% of the tasty info about your food comes from your nose. Yep, your nose is the real food detective. It sniffs out the details and sends messages to your brain like, "Hey, this tastes like a party in your mouth!" or "Warning, danger ahead - consider not eating that!"

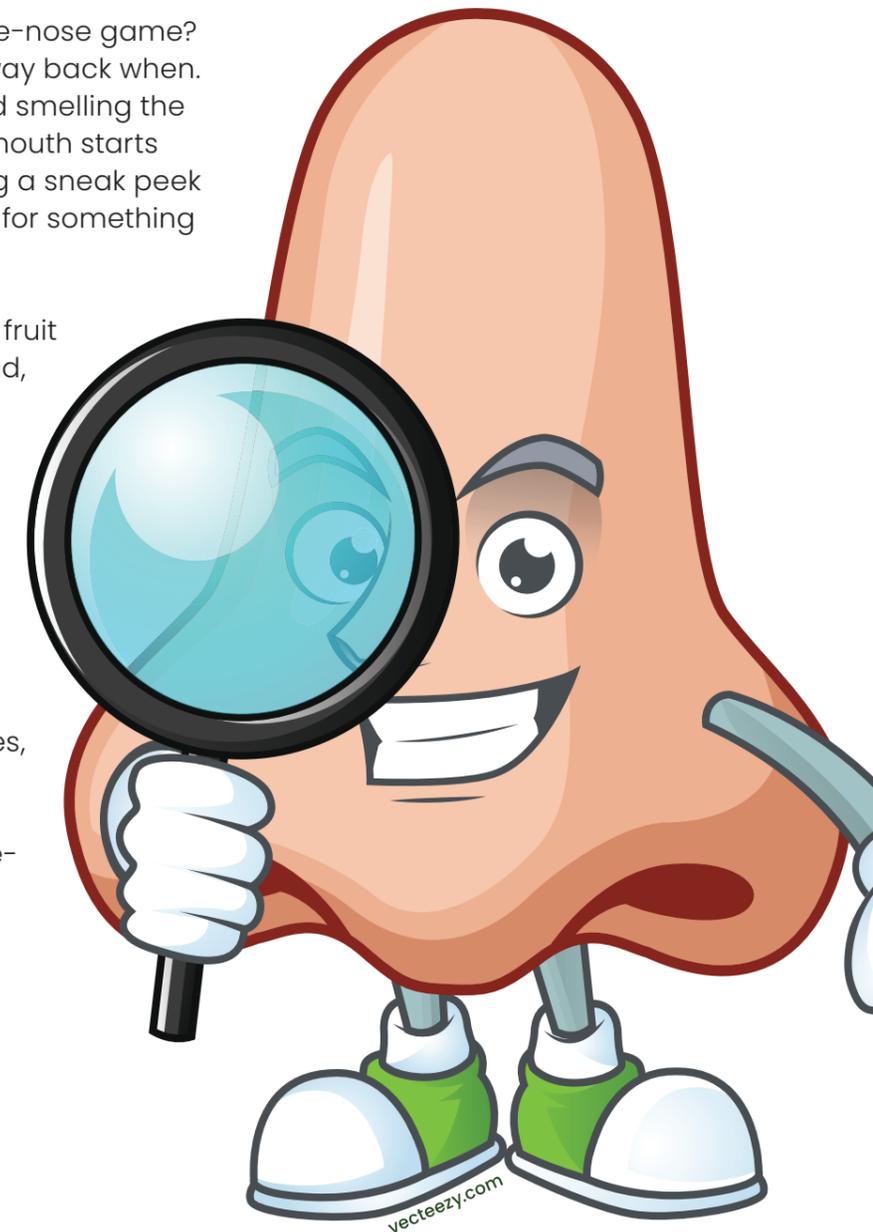
Imagine your nose as a food spy, picking up smells through your nostrils. When the food gets close, it's like a smell party - molecules break off and join the fun. Then, these cool organs called olfactory organs (they're like smell superheroes) catch the scent, turn it into electrical signals, and send it to your brain. Your brain is the boss that decides if the food is yummy, icky, or just plain crazy!

But why does your body play this taste-nose game? Well, it's like a survival strategy from way back when. Remember walking past a bakery and smelling the heavenly scent of fresh bread? Your mouth starts drooling, right? That's your nose giving a sneak peek to your taste buds, saying, "Get ready for something delicious, kiddos!"

And when something smells off, like a fruit trying to pull a sneaky trick and go bad, your nose is the hero that saves the day! It's like having a superpower to sniff out the not-so-tasty stuff. All this nose knowledge is stored in your noggin (your brain), so the next time you see a sad, wrinkly potato, your brain goes, "Nope, not today, my friend!"

Our bodies are like super-duper heroes, always working to keep us alive and kicking. So, let's give a high-five to our silly, quirky, and totally awesome taste-nose tag team!

Ramanuja Gundapudi
Y9 AGS



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Let's talk

Vol 8 Issue 22

11+

We spoke to local students who have proudly passed their 11+ with flying colours !

What is 11+?

The 11+ is an exam students in Year 6 write in order to determine whether they will pursue their education in a grammar school.

When did I do my 11+?

I started my 11+ journey at the beginning of Year 5.

The easiest and hardest part of my journey

The easiest part of my journey was when I would do my practice papers at home. This was because I had practice in doing my mock test and I knew what to do.

The hardest part of my journey was when I started doing questions within the set time limit.

This was because

I would make a wrong decision and start a section where I would take too long, lose time and therefore I would panic.

My top tips and advice

One of my tip would be to not spend too much time on a question and just mark next to it and move on and re-attempt later. I would strongly suggest to attempt the topics that are your strengths so that you have enough time to focus on the ones that are not your strengths. My best piece of advice is to check all the questions as many times as possible as you could have made a small mistake that can lead you to lose a mark!

Finally, try to practice the tests as many times as possible as that will boost your confidence.

Never give up!

Why I did my 11+?

My aspiration is to study in a grammar school where I get to learn various skills that will help me in my future studies. And where I will be continuously challenged to achieve my goals.

My preparation journey

11+ preparation is different from what I learn in school. This requires a very high level of preparation where new topics, techniques and strategies are taught. Everyday I would complete the amount of homework that is required and have weekly tuitions.

Weekly tests were conducted to evaluate my understanding of the topics I learnt the previous week within the timeframe given.

I would complete practice papers and correct all the questions that I had got incorrect on the same day. As the time for the 11+ approached, I would have mock tests. The mock tests gave me an overall idea about the exam, time limits, the environment and the formation of the test.



Dyuthi

What is 11+ and when you do your 11+?

The 11+ is a test to get into a Grammar school. Although you go to Grammar school when you're Year 7, the test is held at the beginning of Year 6 - about 2 weeks after you start in September.

It consists of four main areas: Maths, English, Verbal Reasoning and Non-Verbal Reasoning with the last two not being covered at all in a Primary school. Hence, additional preparation or tuition is beneficial and needed.

The easiest and hardest part of my journey

Easiest was to keep going over areas I already know and was confident with (Maths for me). Hardest part was being consistent, doing homework EVERY day at least 30 min, sometimes one hour even during the last summer holiday leading to the exam when it was crucial not to give up!

My top tips and advice

Make sure you read the questions VERY carefully and if you don't understand, don't spend ages, just move to the next one. For Non-Verbal Reasoning you only have 30 sec for a question, so you need to think strategically. Read variety of genres to expand your vocabulary because usually many students find synonyms and antonyms a bit tricky.

Also after doing a few MOCK exams, you'll easily spot your weakest subject. Make sure, you do more of what is challenging for you, instead of dwelling on the ones you're already confident with! Speed and attention to details are vital so practice, practice to make progress and increase your chances because the competition is fierce. This is my recipe to get 156 points! Good luck to you all and I might see some of you in my Grammar school!

Vincent



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The Aylesbury Vale Academy

RESPECT | ASPIRATION | RESILIENCE

I have been the Head of Aylesbury Vale Academy Primary for the last 5 academic years, having worked at the Secondary phase of AVA and at other local schools, both Primary and Secondary for the past 26 years. I am proud to work in a school which is so family and community orientated. We support local, national and international causes at the school and our staff are committed to making to difference to others. This academic year we have supported the community food bank, help raise £21,000 for the Brain Tumour Charity, collected 2 vans full of supplies which we sent to Pakistan for the Flood Relief and raised £1000 for the Azaylia Foundation (which supports children with Cancer). At Christmas, however, we turn our attention to our own community and our own children.

In December 2020 (during the pandemic) we became increasing aware of families that were struggling both emotionally and financially. As a direct result of this we realised that for many children Christmas was going to be a difficult, rather than magical time. That is when Berryfields Parish Council and Aylesbury Vale Academy joined forces to ensure that every child in our school community (and their siblings) received a gift at Christmas. We started a pledge and fondly named it 'Our Community Christmas Wish' in which we would ensure that no child would go with presents at this special time of year. On 23rd December 2020 the AVA staff 'elves' delivered over 50 presents to children across Aylesbury. We also provided 30 Christmas food hampers to families with children at Aylesbury Vale Academy. This was solely funded by Berryfields Parish Council and donations from the school staff at AVA.

Over the course of the next year we knew that we had to carry on with 'our wish' and decided to expand to help children and families from other local schools. In December 2021 the need for help had increased as families found themselves under increasing pressure and we were able to provide Christmas Gifts for over 100 children with the help of Berryfields Parish Council, Councillor James, Bucks Radio and the amazing staff at AVA. Again on 23rd December 2021 we delivered bags of gifts and food hampers to children and families in our community and the surrounding areas.

As the cost of living crisis hit in 2022 we decided that we needed to ensure that our wish expanded to other areas across the county. With the help of local businesses, the AVA staff, The WI, Bucks Radio, Cllr Susan Morgan, local Knitting and Sewing groups, HS2, local residents and the Parish Council's (on Berryfields and Fairford Leys) we provided 167 Christmas Stockings and 50 Christmas food hampers. We couldn't do this without our amazing supporters and local business owners.

In many cases these deliveries make a huge difference to the families over Christmas and they often help a bleak time be more enjoyable and special. The wish of every parent that I have worked with is to be able to provide for their family and to see their child opening a gift on Christmas morning.

This year (2023) the need had increased once again, everyone is feeling the impact of the rising cost of living and for this reason we reached out further for help. My saying 'Father Christmas doesn't discriminate' applied now more than ever.

Our aim was to increase our gift list to 200 local children in December 2023 and to also provide food hampers through our friends at the Roman Park Food Bank and Buckinghamshire Community Board. We also received sponsorship pledges from Exterior Solutions (run by a local Fairford Leys resident), Minotaur Fight Store and Vale Tyres who were keen to help us grow and support our local children. Help like this made a huge difference.

In the days before Christmas the staff from AVA and Greenridge Primary School delivered over 200 gifts and over 50 food parcels. Thank you to all of our supporters and volunteers for making the lives of so many children happier, the difference you make by supporting this cause really is heart-warming and although the children are not aware of where the gifts come from the magic of Christmas is still alive for them all.

Caroline Baughan

Cllr and Head Teacher



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Representing the Berryfields Estate on Buckinghamshire Council

I am one of the team of three unitary councillors that represent Berryfields Estate on Buckinghamshire Council.

Over the last couple of years, the estate has changed dramatically with roads starting to be adopted by Bucks Council and the completion of the schools, shops and doctors' surgery.

I fully appreciate that the growth in the estate has come with new challenges particularly around traffic, roads and parking and I am very keen to hear your feedback and suggestions.

We have also had some good wins with the decision on the pharmacy and the huge growth in Berryfields as a community with events and litter picking to name just a few.

I believe that it is important for local councillors to be visible and accessible, and I regularly attend parish council meetings to hear feedback from residents. I am also committed to using social media to keep residents informed about the council. I would love to hear from you!

Ashley Waite

Email ashley.waite@buckinghamshire.gov.uk

Phone **07977 401548**

Facebook [@awaitecouncil](https://www.facebook.com/awaitecouncil)



Fancy becoming a community organiser for over 60's days out?

Bernwode Bus is a local charity which focuses on providing affordable and accessible transport for groups within our local communities. We currently have a few volunteer roles which we are looking to recruit for:

Fancy becoming a community organiser?

No experience or qualifications necessary... we're looking for social butterflies who are well-organised and full of fun ideas. You'll be responsible for selecting and organising fun days out for people over 60 within your local community. Bernie will provide the transport and our Marketing Manager will help you to advertise - this is a nice role for people who love to get out and about and meet new people.

Do you enjoy driving and helping others?

It's that time of year again, when we need to request more drivers...

- Have you got ANY occasional time between 9-3 on weekdays?
- Do you hold a regular full UK driving licence?
- Would you enjoy driving a minibus?

If you answered yes to the above questions then we would like to hear from you. We need to recruit more occasional volunteers who can stand in for existing driver's illness, or even, who can commit to one trip each week. Example trips include running a local school to their swimming lessons, collecting and dropping off older people at a local club, or even taking local residents to a community-organised event (in which you could choose to participate).



If you are able to help with either role and fancy helping your local community,
PLEASE CONTACT ASHLEY WAITE ON 07977 401548
We would really appreciate any help you can offer, even if it's only as a one off.

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SCAN ME!



Volunteer Recruitment Day

Sunday 4th February 2024 11am-2pm

No booking required – just turn up and meet the team!

Ever thought about volunteering but don't know where to start? Why not try your local heritage railway, right here in Quanton! The list of available roles is plentiful, and we currently need more hands on deck, so this Volunteer Recruitment Day has been set up to allow potential volunteers to meet current volunteers, take a look around the site, see an engine in steam and find out about what we do and how you might be able to lend a hand.

We have a huge variety of volunteer roles and, basically, these roles fit into one of two types:

- **'Behind the Scenes' volunteers** generally come in during the week and help maintain the site and our artefacts whilst we are closed. This could be mowing, mending, strimming hedges and painting fences, or helping maintain or restore steam engines, carriages, railway buildings etc.
- **'Customer Facing' volunteers** are the ones who come in and spend the day with us when we are open to the public on Sundays and other Special Event days throughout the year. These roles range from helping in our second-hand bookshop, cafe or gift shop, and welcoming visitors on the entrance gate, to crewing one of our steam engines, being a guard on the platform or helping to park cars on our especially busy days when we need as many volunteers here as we can!

You can come for as long as you want, as often as you want. Some volunteers come several times a week, others come only when we have a really busy event coming up. Volunteering is supposed to help you as much as it helps us, so you can do as much or as little as you like – we'll appreciate each and every minute of your time you give us!

To find out more, why not wander down and join us anytime between 11am and 2pm on Sunday 4th February – the cafe will be open; why not bring a friend? We look forward to welcoming you here. If you have a specific query about volunteering or about this recruitment day, please email us at office@bucksrailcentre.org.

Press release issued by: Louisa Richards, Marketing Manager

email: marketing@bucksrailcentre.org | Phone: 01296 655720 | Facebook: 'Buckinghamshire Railway Centre'
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