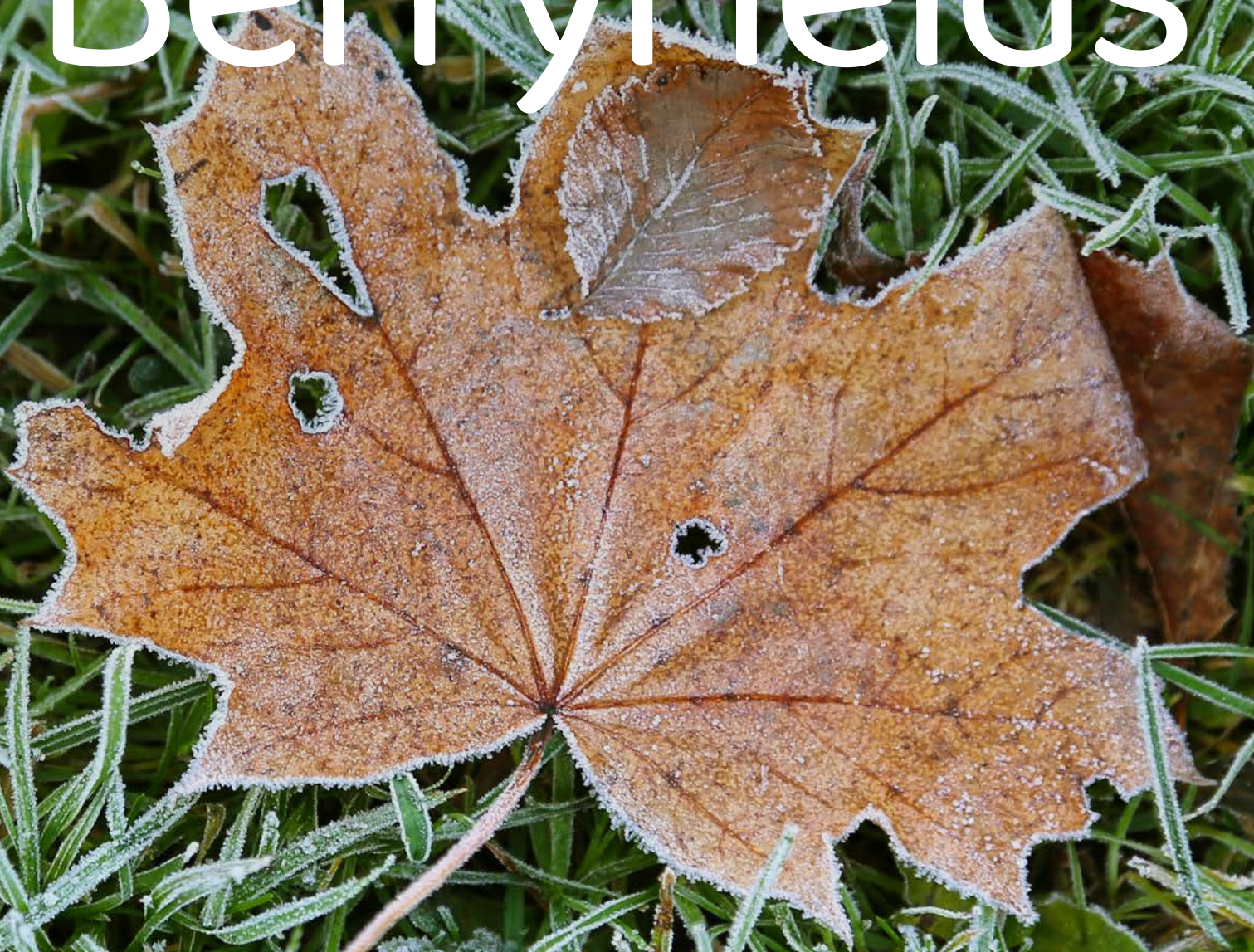


Our

AUTUMN/WINTER 2023

Berryfields



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Berryfields
Parish Council

A word from the Chairman

Welcome to the last edition of this year, as almost unbelievably this edition includes all events leading up to Christmas and details on our New Year Eve Party!

It's been a very busy summer, despite the weather not always being very summery! We had several events for our children in our community and each was a great success and enjoyed by all those who came along.

As we head through Autumn and into Winter, please don't forget the Roman Park Hall Food bank who is always here to support anyone in need.

It's been great to see many of our parishioners helping to keep our community clean and tidy and graffiti free, thank you for doing your bit for all of us. We have plenty of supplies of equipment and products to clear away graffiti without damaging what it's on, so please pop by the office to grab some!

In the coming months, with the support of Bucks Councillor Ashley Waite, we will be launching some initiatives to help with speeding and parking on our estate. Keep a look out for how you can help make Berryfields safer for everyone.

Do come along and celebrate both Christmas and New Year's Eve with us at the hall, details about these events can be found in this edition and on our Facebook page closer to the time. Don't hesitate to contact either myself or the Parish Council office with any issues or questions, we are always there to help!

If you have any content or articles you would like to include in future editions then please get in touch, ourberryfields@berryfieldspc.org.

While it's still a little while away, I hope everyone has a great time celebrating Diwali, and lovely Christmas.

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



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

Amanda Jones
Assistant Clerk
amanda.jones@berryfieldspc.org
01296 925750

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Vicar's Christmas Cheer

Peace on Earth and
Goodwill to
all Mankind



Dear fellow Berryfielders,

Christmas is a season that many of us look forward to. The buzz of shopping centres full of music and decorations; TV adverts; Christingles; Nativity Plays; visits to Santa's grotto etc... the excitement of gifts; reconnecting with family. Behind it all lies a profound message of hope, love, and the promise of a brighter future.

Two thousand years ago, in a humble stable in Bethlehem, a child was born who would go on to change the course of history. His name was Jesus, and his life embodied the very principles we celebrate during this season - compassion, forgiveness, and unconditional love.

While Christmas may have its roots in Christian tradition, its message is for all. It speaks to the core of our shared humanity, reminding us that, regardless of our backgrounds, we are all connected by the threads of love and kindness.

In a world that often seems divided, let Christmas be a reminder that we are, indeed, one community. May the joy of the season's message fill your hearts, and the warmth of love surround you and your loved ones. As we exchange gifts and share meals, let us also extend a hand of friendship to those living around us, fostering a sense of unity that goes beyond any differences.

I hope that you will be able to join us in one or more of our Community Christmas events here in Berryfields: On Sunday 17th December there is 'Berryfields Carols' with the Primary school choirs and AVA band at Berryfields Green; and on Saturday 23rd December there will be 'Carols Round the Crib' in the AVA Primary Hall.

Of course, if you want to find out more about this Jesus and His message then do drop me a line or join us on any Sunday mornings at 10:30 in the AVA Primary School Hall. On behalf of Church on Berryfields, we wish you and your families the love of Jesus, His peace and goodwill this Christmas and a Happy New Year of blessings.

With love and blessings,

Revd Gareth Lane



**It's time for the Berryfields Community to come
together and enter into the spirit of Christmas.**

www.churchonberryfields.org/christmas



Cllr Arun Sekhar
Vice Chairman
arun.sekhar@berryfieldspc.org



Cllr Louise Rees
louise.rees@berryfieldspc.org



Cllr Bindu Gundapudi
bindu.gundapudi@berryfieldspc.org



Cllr Nigel Pike
nigel.pike@berryfieldspc.org



Cllr Lucy Harmes
lucy.harmes@berryfieldspc.org



Cllr Gareth Lane
gareth.lane@berryfieldspc.org



Cllr Rick Smith
rick.smith@berryfieldspc.org



Cllr Paul Redshaw
paul.redshaw@berryfieldspc.org



Cllr John Yandrapati
john.yandrapati@berryfieldspc.org

Christmas on Berryfields

Come and join in as we celebrate Christmas together as a community

CAROLS ON THE GREEN

Sunday 17th December
3-5pm
Berryfields Green

Christmas Crafts & Candy Store
Mince Pies & Mulled Wine
Greenridge & AVA Primary School
Choirs, AVA Secondary Band
Nativity Character Activity
Free Glow Sticks for Children
All Activities free, pay for refreshments

CAROLS ROUND THE CRIB

Saturday 23rd December
5:30-7pm
AVA Primary School Hall

Enjoy an interactive Christmas gathering for all ages, to experience again the wonder of the Christmas story

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Our expertise extends beyond the new build, barn conversions, basement extensions and complex restorations. Our experience and competence has been built over the years through managing high-end residential projects in Central London and Cotswolds, under well respected masters of Construction excellence, - OLF Construction.

We support our Clients from the concept and design stage through planning and until the completion of the works. Our main goal is our Client's satisfaction therefore our focus is always on quality and detail.

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

Berryfields Care Home creates 'Christmas' for year-in-a-day event for charity

Chartwell Manor, a flagship newly-built Maria Mallaband Care Group in Berryfields, got behind a local charity in September, helping to create 'Christmas' for their Year-in-a-Day event for critically ill children.

The 61-bed care home, which marked its first anniversary in October, named Emmett's Genies as its chosen charity and has been fundraising for them throughout the year, so far donating in region of £700 to support the charity's amazing work bringing smiles to the faces of very poorly children.

So, when it came to helping the charity put on this magical event, creating a year's worth of special celebrations in just 24 hours, the team at Chartwell jumped at the chance.

Chartwell Manor had the honour of hosting Christmas and were among the supporters and volunteers helping to host 22 critically and terminally ill children and their families at Stoke Mandeville Stadium on 9th-10th September. There, in just 24 hours they celebrated Valentine's, Easter, Summer, Halloween, Bonfire Night and finally Christmas.

The families arrived at midday and after an epic party taking them through the year, they went to sleep on 'Christmas Eve' and awoke to discover Christmas morning – sponsored by Chartwell Manor, and supported by Chartwell staff volunteers.

Every child received a giant named stocking filled with gifts, had the chance to meet Santa in his grotto and see Mrs Claus in her kitchen. The room was decorated with a dozen Christmas trees and hung with festive scenes, and the children even had a snowball fight.



Care Home Hazel Greenway said:

"Emmett's Genies is an incredible Aylesbury charity run entirely by volunteers who create wonderful experiences for children going through the toughest of times, bringing joy and helping them make memories with their families to last a lifetime.

"It is our great privilege to support them, and being part of this event was incredibly special. Creating Christmas in September was certainly one of the more unusual things they've done – especially on one of the hottest days of the year but to see the big smiles on the children's faces was amazing and meant so much to the colleagues who went along to help!"



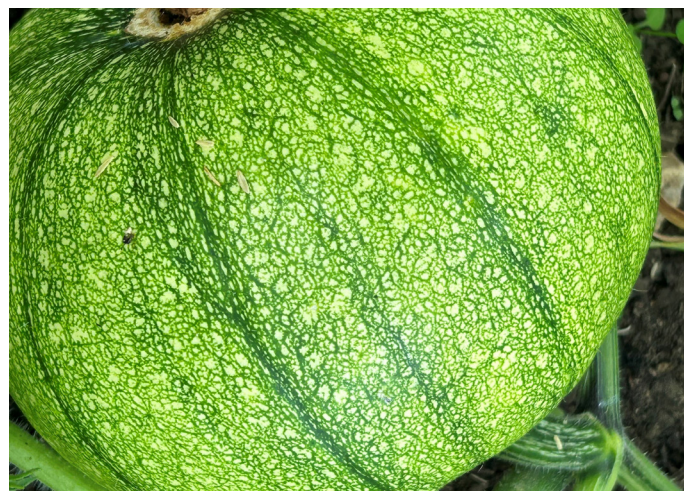
Emmett's Genies was founded to help bring some magic into the lives of children with serious or life-limiting conditions, granting small wishes and providing memory-making, quality experiences. The charity's ultimate goal is to create a "wish village" to provide respite and long-lasting, once-in-a-lifetime memories for critically ill children and their families.



For more information visit:
www.mmccarehomes.co.uk/care-homes/chartwell-manor

Berryfields Allotments

Despite the erratic weather this spring/summer our allotmenters have been busy growing an abundance of fruit and vegetables.



There is a waiting list for plots at the allotments, if you'd like to get your name added please email clerk@berryfieldspc.org with your address and contact details.

Chiltern View
BACK FOR 2023
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BIGGEST ICE RINK AROUND!
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SATURDAY 4TH NOVEMBER 2023

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PRESIDENT ROAD, HP18 0YA



As some of you maybe aware, ever since the shops at Berryfields opened there has been an empty shop at the end of the row which has been leased by Jardines in the hope of bringing a well needed Pharmacy to Berryfields.

This has been a very long process with numerous hurdles, applications and refusals but we have some excellent news The national Appeals Authority has quashed the NHSE's decision and have now granted consent to open a pharmacy providing full NHS services in Berryfields.

This has been a combined approach between Berryfields Parish council who has provided local support and communication with the residents of the estate, Your ward councillor, Ashley Waite who has been key in pushing the case for a pharmacy at the highest level of Buckinghamshire Council, and finally your local MP Rob Butler has been a huge supporter of the pharmacy and all its benefits and has been campaigning in Westminster for changes to the approval process.

Has Modi, the managing director had the following to say "Your emails and feedback, backed up with support from the Parish Council and the ward Councillor Ashley Waite, were particularly instrumental - for which we are very grateful. THANK YOU.

We now need to get the premises fitted out and get it approved by the General Pharmaceutical Council before opening. We have already commenced the process - but can take 8 - 12 weeks. We will of course keep you updated.

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ROMAN PARK HALL, SIR HENRY LEE CRESCENT,
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Roman Park

Save the Date... 9th December



Santa's Grotto

At Roman Park Hall

Stall holders wanted... contact clerk@berryfieldspc.org

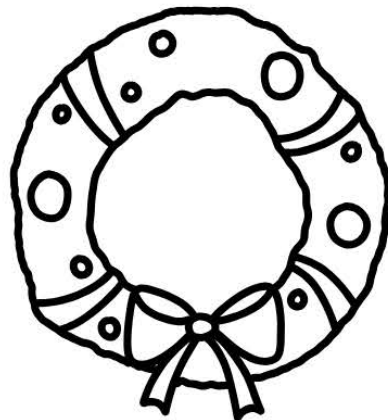
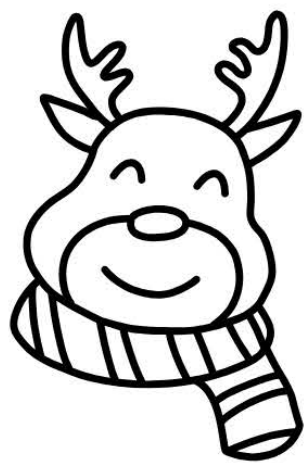
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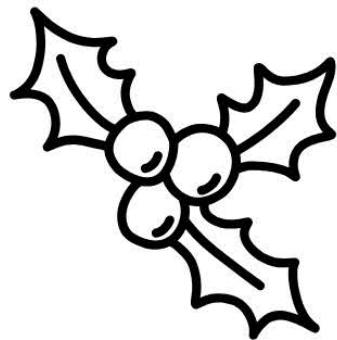
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Kids Corner





DEAR SANTA

I PROMISE I WILL ANSWER WITH THE TRUTH

MY NAME IS:

I AM YEARS OLD. I LIVE IN:

THIS YEAR I HAVE BEEN:

SUPER GREAT REALLY GOOD PRETTY GOOD

ONE GOOD THING I DID WAS:

I LEARNED THAT:

My wish for Christmas is:

SIGNATURE _____




Designed by Diyaa Ashok

Christmas Quiz

What is something you can make with snow?

What is a popular winter beverage?

What scent is often associated with Christmas?

What is a popular Christmas movie?

What is something you might hear Santa say?

What is a Christmas song that lots of people know?

What is something red and white?

Who else lives in the North Pole apart from Santa?



Christmas Maze Challenge

Can you help the elf collect the presents?
You have 5 minutes to find the correct path



PETS CORNER

Holiday activities to do with your pets:

- Hang a stocking just for them filled with treats
- Dress them up in a Christmas sweater
- Make them some pet friendly treats
- Have a movie marathon with your pets
- Make a DIY paw print ornament to hang up on your Christmas tree
- Play games with them and keep them busy

What's a sheep's favourite Christmas song?

Fleece Navidad





Roman Park Community Trust

Roman Park Community Trust food bank has grown from strength to strength, thanks to our brilliant volunteers, generous donations and grant funders.

The food bank is run from the containers at Roman Park Hall each Thursday morning. Our friendly volunteers each week pack food parcels for any local person/families who find themselves struggling financially. We don't judge or ask too many questions and anyone who is struggling to buy food is welcome. Up to 25 items including dried, tinned and fresh food and toiletries are offered in return for £5 donation.

A collection box is held inside the Roman Park Hall for anyone who wishes to donate food to the food bank. Alternatively, we work closely with Bernie Bus and are looking for volunteers to have a box outside their house for fortnightly collections on a Saturday.

**Call 01296 925750 if you can help
Come and see us on a Thursday morning if we can help you.**




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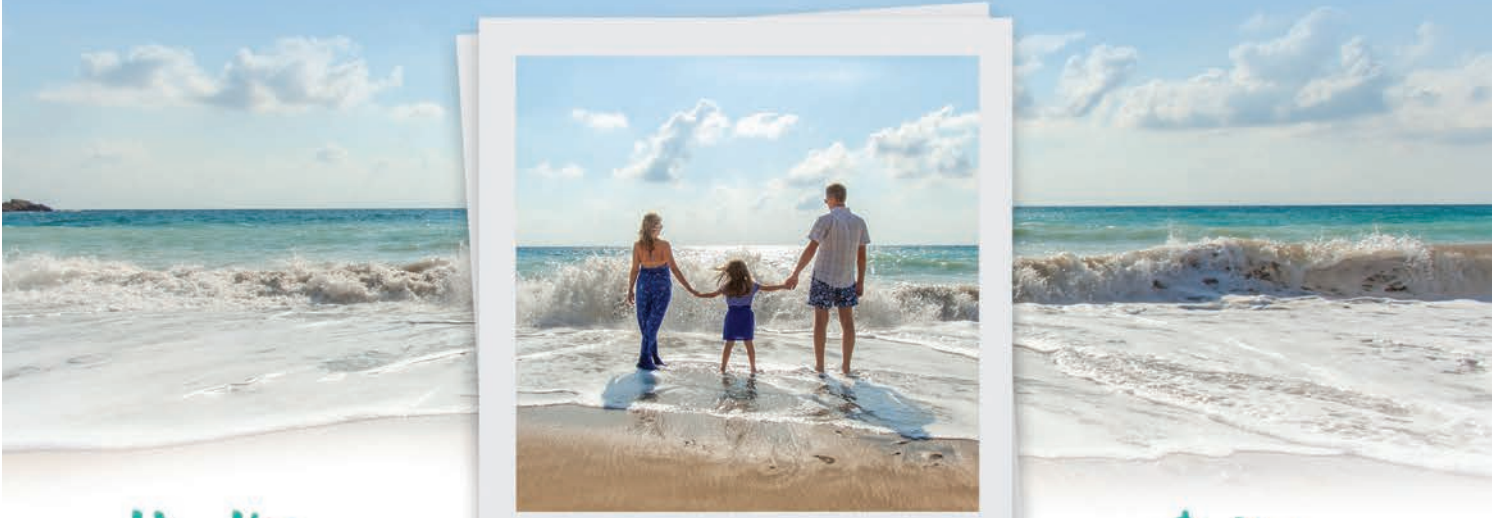
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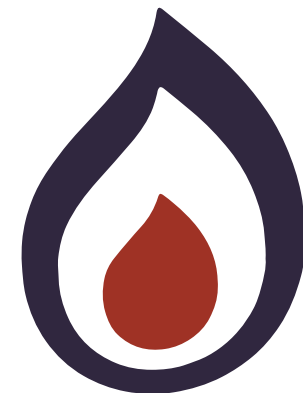
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Regular Activities at Roman Park Hall

Monday	<p>Jumping Jelly Beans (weekly) Babies and toddlers www.jumpingjellybeans.co.uk</p>
Tuesday	<p>Jumping Jelly Beans (weekly) Babies and toddlers www.jumpingjellybeans.co.uk</p> <p>Coach Nicola (weekly) Post Natal Fitness Group www.coachnicola.com</p> <p>Pilates (weekly) www.dglphysiotherapyandpilates.co.uk</p> <p>Train Master (monthly) Pre-school children www.trainmaster.co.uk/oxbucks</p> <p>KASO Dance and Fitness Studios (weekly) www.kasostudios.co.uk</p>
Wednesday	<p>Hartbeeps (weekly) Babies and toddlers - www.hartbeeps.com</p> <p>Chess classes (weekly) For children 6+ (Berryfields residents) Naveen Zunjarwad - 07913 373806</p> <p>Salsa (weekly) www.salsainaylesbury.co.uk</p> <p>U3A (monthly) www.u3a.org.uk</p>
Thursday	<p>Little Berries (weekly) Babies and toddlers www.berryfieldspc.org/little-berries</p> <p>Pilates (weekly) www.dglphysiotherapyandpilates.co.uk</p>
Friday	<p>Sunny Bunny Soft Play (weekly from October 2023) For babies and children under 5 www.uwuevents.co.uk/sunny-bunny-soft-play</p>
Saturday	<p>Adele Performing Arts School (weekly) www.appas.co.uk</p>

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My Fit Pod: Transforming Lives Through Fitness and Mental Well-Being

In an increasingly hectic world, the profound connection between exercise, mental health, and obesity prevention cannot be overstated. The power of physical activity to uplift the spirit and transform lives is undeniable. In this editorial, we delve into the pivotal role of exercise in mental well-being and obesity management, with a spotlight on how My Fit Pod provides the ideal platform to embark on this transformative journey.

In an era dominated by screens and constant connectivity, our mental well-being often takes a back seat. Stress, anxiety, and depression have become all too common. Yet, there's a beacon of hope, and it's as simple as a brisk walk or a heart-pounding workout. Exercise releases endorphins, the body's natural mood elevators, leaving you feeling happier, more relaxed, and better equipped to tackle life's challenges.

Also, regular exercise can significantly reduce the risk of mental health disorders. It provides a structured routine, a sense of accomplishment, and a much-needed respite from the chaos of daily life. My Fit Pod understands this invaluable link between mental health and exercise and offers a haven where you can prioritize your mental well-being without distractions.

Obesity has reached alarming proportions, with serious health consequences. The good news is that exercise plays a pivotal role in obesity prevention and management. It helps burn calories, build muscle, and boost metabolism, all essential for maintaining a healthy lifestyle. My Fit Pod's pay-as-you-go mode or subscriptions ensure that cost is no longer a barrier to adopting a regular fitness routine, a crucial step in the fight against obesity.

My Fit Pod goes beyond being just a gym; it's a wellness sanctuary committed to your holistic health. With its private, whole-gym experience, it provides the perfect backdrop for your exercise journey. The solitude of a My Fit Pod session allows you to focus solely on your fitness goals, free from the distractions that can deter progress.


This unique fitness space not only promotes physical health but also fosters a supportive community. At My Fit Pod, you'll find like-minded individuals working towards similar goals, sharing their experiences, and encouraging one another all over our social media.

In conclusion, exercise is a potent remedy for enhancing mental health and combating obesity. The benefits are well-documented and extend far beyond physical fitness. With My Fit Pod, embarking on this transformative journey has never been easier. The pay-as-you-go model makes fitness accessible to all, while the private, whole-gym setting ensures you have the freedom and focus to make exercise a consistent part of your life.

Join My Fit Pod today, and make exercise not just a routine but a life-changing ritual. Your mental well-being and your battle to obtain a healthy lifestyle deserve this investment in yourself.

With Strength and Determination,
Guy Woodliffe-Thomas, My Fit Pod (Aylesbury)

hello@myfitpod.co.uk | www.myfitpod.co.uk

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- The freedom to decorate the venue to your taste
- Bespoke in-house catering with dining and buffet options
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- A fully stocked, licensed bar
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- Ample free parking
- Friendly and compassionate staff on hand

(There is a nearby hotel and trainline for guests traveling from afar)

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Sleep and health

As quoted by Lao-Tse,

We put thirty spokes together and call it a wheel. But it is on the space where there is nothing that the usefulness of the wheels depends.

We turn clay to make vessel. But it is on the space where there is nothing that the usefulness of the vessel depends.

We pierce doors and windows to make a house. And it is on these spaces where there is nothing that the usefulness of the house depends.

Therefore just as we take advantage of what is, we should recognize the usefulness of what is not."

In the same way sometimes, we focus so much in 'doing' and do not appreciate the importance of 'not doing'. Sleep is an essential routine for our body.

Like exercise/activity is one side of the coin which strengthens our muscles and joints. Sleep is on the other side of coin that helps the body and mind to recover, restore and repair. Good restful sleep is important for immune system, metabolism, hormone production, mental health etc.

Lack of sleep causes several issues:

- Short-term sleep deprivation - affects concentration, mood, memory, fatigue, headaches etc
- Long-term - poor school performance, cognitive decline, affects relationship and social life, excess eating, risk of dementia.

Good sleep routine, allowing wind down time, maintaining screen hygiene, cutting down on caffeine in the evenings helps to have better sleep.

For further information www.nhs.uk for advice and guidance about sleep.

Dr Rose Bandla
Wirral



**The newest park in
Berryfields was opened in
July 2023, in Valerie Way..**

Did you know there are 13 play parks in Berryfields?
Details of each park can be found on the Parish
Council website...

www.berryfieldspc.org
click on Amenities > Play Parks

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Roman Park Hall, Sir Henry Lee Crescent, HP18 0YT

OVER 55S Christmas Tea

WEDNESDAY 6 DECEMBER 2-4PM

AFTERNOON TEA AND CHRISTMAS CAROLS

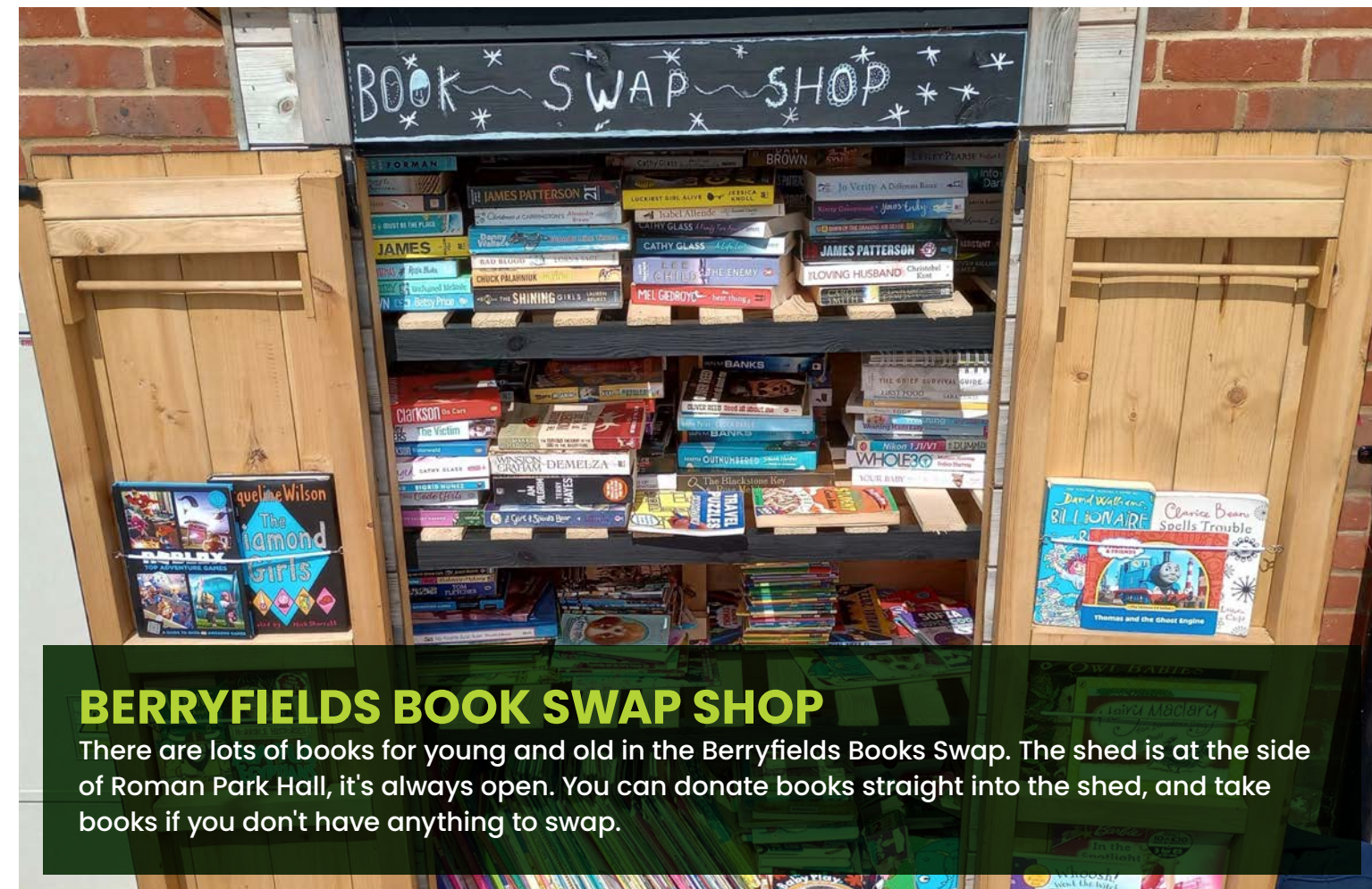
BERRYFIELDS RESIDENTS ARE WARMLY INVITED TO
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AT
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SIR HENRY LEE CRESCENT,
AYLESBURY, BUCKINGHAMSHIRE,
HP18 0YT



BERRYFIELDS BOOK SWAP SHOP

There are lots of books for young and old in the Berryfields Books Swap. The shed is at the side of Roman Park Hall, it's always open. You can donate books straight into the shed, and take books if you don't have anything to swap.

Roman Park Hall

NEW YEARS EVE PARTY

WITH DJ DAN BLAZE

7.00pm to 1.00am

ALL AGES, FAMILIES & KIDS WELCOME
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Roman Park Hall, Berryfields, Aylesbury, HP18 0YT

Licensed Bar, Bring Your Own Snacks,
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