

BERRYFIELDS NEWS

SPRING 2023



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Berryfields
Parish Council

A word from the Chairman

Welcome to the Spring edition of the Berryfields News. We have had some very cold weather this winter but hopefully as we had into Spring, we will start to see warmer weather.

In this edition there is some great content from our local schools and local community, and a delicious recipe to try.

As we do each year the Parish Council meet to discuss and agree the amount we have to raise the precept on our Council Tax for Berryfields. I am very pleased to say we have been able to keep that raise to a minimum of 1.8%, which equates to a rise of £1.22 for the year for a Band D. With things like our Roman Park Hall which not only pays for itself but as we hold events and have bookings these can also help to offset future increases and continue to keep it as low as possible.

You may have seen us advertise on our social media to put together a editorial team for the Berryfields news, they will meet each month to put together content for each edition. If this is something you would like to be a part of do get in touch.

There is lots to look forward to over the coming months, both around Berryfields and at our hall, details of some of these events you will find in this edition.

I look forward to seeing you at these events and around our community and as always please get in touch if you have any questions.

Have a lovely Spring and Easter Break!

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



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

Office
Angelika Opoka
Office Administrator
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The Message of Easter Revd Gareth Lane (Vicar for Berryfields)



As I write this Easter message the media is awash with news of the devastating earthquake in Turkey and Syria. The pictures and stories coming out are hard to comprehend with more than 35,000 people having been killed and many more thousands suffering life-changing injuries. With so many buildings destroyed or unsafe, people have been left out in the freezing cold. Many have lost everything - their homes and loved ones - and are now exposed to harsh weather conditions. The cry and prayers around the world are "God where are you in all this?" The Bible though never seems to give us an easy answer to that timeless question. However, what we do see within it's pages is that God has always been in the midst of our pain and suffering.

"For God so loved the World that he gave his only son..."

John 3:16

When Jesus lived on Earth 2000 years ago, he spent much of his life and teachings showing us how to live and how to care for one another, despite our difficulties and differences. The Easter drama that unfolded at the end of Jesus' life was in some respects about him showing us how he went through pain and suffering to put the love of the whole of humankind above himself. For many he is a role model, and many try to follow as he taught, looking out for one another, and putting other's interests above that of their own.



Without the events of that first Easter week, we would simply be remembering Jesus as a great teacher, a charismatic wonder-working holy man, or maybe a failed revolutionary whose memory was kept alive by a few disappointed followers. However, the Bible places Jesus' suffering, death and subsequent

resurrection as the pinnacle, the high point for the Christian faith. As we're munching on our chocolate eggs, which represent new life, we could also consider the amazing events which took place 2000 years ago and how one man put the love of humankind above that of himself. May that in turn cause us to donate generously towards the humanitarian relief effort going on in Turkey/Syria.

If you want to find out more about this Jesus and what He did, then everyone of all ages are welcome along to our Church on Berryfields Easter gatherings. I hope you all have a cracking Easter.

Gareth Lane
Berryfields Community Vicar & Parish Councillor



www.churchonberryfields.org



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



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gareth.lane@berryfieldspc.org



Cllr Paul Redshaw
paul.redshaw@berryfieldspc.org



Cllr John Yandrapati
john.yandrapati@berryfieldspc.org

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Whatever the weather, there is always a warm, friendly welcome awaiting parents/carers at Little Berries, the Berryfields Baby and Toddler Group.

We meet every Thursday morning during term-time at Roman Park Hall.

Mums, Dads, Grandparents, carers and childminders all gather each week with bumps, babies, toddlers and pre-schoolers to play with a huge variety of toys. There is always a different activity to enjoy with your child, from playdough to water, sticking and gluing to colouring, or something more seasonal. There are books, puzzles, building bricks, doll-houses, prams, a kitchen with play food, toy vehicles & garage, dressing-up clothes, and a dedicated baby area with appropriate toys. We now have our own outdoor area for when the weather is good and a larger space indoors for when the weather is not so good!

While the grown-ups enjoy a chat and tea/coffee (and a biscuit!), there's a healthy snack for the children and then join in with a sing-along at the end of each session (with actions, of course!).

Little Berries is just £2.50 for one child and an extra £1 for each additional child. The group is open to everyone, babies to school age.

Come visit us one Thursday!



CAN YOU HELP?

We are always looking for enthusiastic and committed parents to join our committee and help with the running of this group. Please speak to us at the group or send us a message if you would like to know more.

Find us on Facebook @BerryfieldsToddlers or email berryfieldstoddlers@gmail.com



Spring Transport Festival 2023

Saturday 22nd & Sunday 23rd April



- A celebration of transport through the ages
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- Plus, enjoy steam train rides, the railway museum, miniature and model railways, beer tent, live music and visitor centre with café and gift shop...

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INTRODUCTION
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JWT
jwtcoaching.com

SUITABLE FOR AGES 5-18,
ALL ABILITIES WELCOME

We will be running an Open Day in March/April for children and adults whether you are picking up a racket for the first time or a seasoned regular, we have sessions for all. Free sessions will be bookable online!

FOLLOW US TO KEEP UPTO DATE
WITH OUR EVENTS AND OFFERS



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07834 826130



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reg no 1101292

FUNERALS AT Roman Park Hall

Roman Park Hall offers a respectful and comfortable environment for loved ones to come together in a celebration of life. We provide a bespoke service with the aim of relieving as much stress as possible, including:

- A quiet and peaceful environment, hosting up to 180 guests
- The freedom to decorate the venue to your taste
- Bespoke in-house catering offering afternoon tea, buffet and dining menus, with a choice of both hot and cold food
- A fully stocked, licensed bar
- Outdoor space
- Ample free parking
- Friendly and compassionate staff on hand

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

For bookings and enquiries, please contact us at booking@berryfieldspc.org or 01296 925750

Roman Park Hall, Aylesbury HP18 0YT



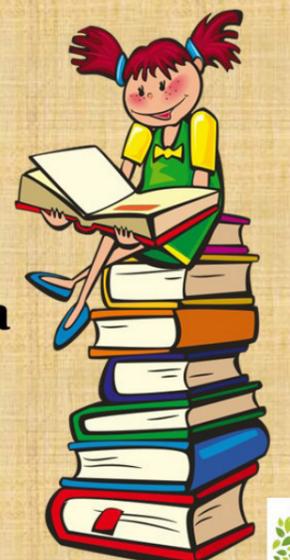
Berryfields Book Swap



Bring a book



Take a book home



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



CAP Wellbeing Workshops

It won't have escaped your notice that over this past year money has become a lot more stretched. Martin Lewis (the TV money saving expert) has become something of a national icon, fighting the corner for those struggling under financial pressures. Something he has been doing is pointing people towards CAP and their money courses.

If you are feeling the pinch, are down to your last can of beans, are struggling under the pressures of making ends meet then our free CAP Wellbeing Workshops have been created especially for you. Last Autumn we had 5 people on our Berryfields workshops and they all said that it made an incredible difference to their future handling and outlook on life. We hold them in the evenings in the doctors surgery. Across the 3 evenings we equip you with tools such as living healthily, eating well, coping under life's pressures, managing your money, how to stick to a budget and improving your relationships – and we have some fun along the way!

The workshops are completely free, if this is something that would interest you and you'd like to know more about our next course starting after Easter, then please Call/Text/WhatsApp us at:

07551 302 614 or send us an email cap@churchonberryfields.org

CAP Wellbeing Workshops

“The best thing about CAP Life Skills was making new friends, learning about money and making good plans.”

With you on your journey to a brighter future

Join a friendly community and gain skills to lift the pressure of low income life

Beverley - found joy and freedom through CAP Wellbeing Workshops

CAP Wellbeing Workshops are a free series, of 3 evenings that'll help you gain practical skills, and discover new ways to live for a brighter future. If you want to see your money go further, improve your health and well-being and much more, then these 3 evenings are for you.

Starting: Thursday 20th April 6-8pm
Venue: Berrycroft Medical Centre
SignUp: 07551 302614 (text/whatsapp)
cap@churchonberryfields.org



Scan for more info

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Roman Park Hall is a great place to welcome someone new into the Church. We offer a bespoke service, customised to suit your needs, including:

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- The freedom to decorate the venue to your taste
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- Waitress service and friendly staff on hand

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

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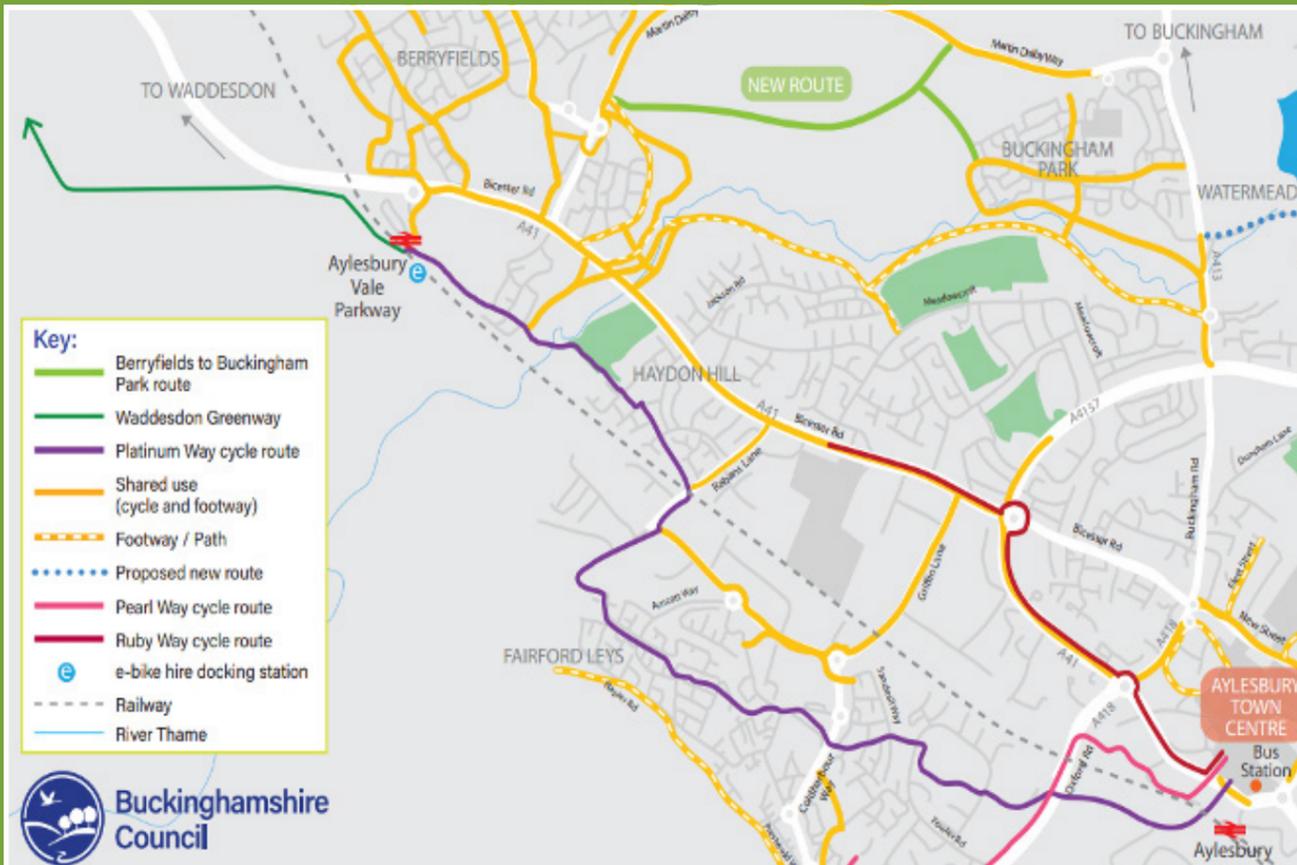


St Peter's Greenway

A new 1.7km route that opened in October 2022 and is a complete traffic surfaced greenway between Berryfields and Buckingham Park- linking to Aylesbury Vale Parkway, Waddesdon Greenway, Waddesdon and the Manor. The route is already proving to be popular amongst local residents/communities.

Along the route there are also solar lights, resting places and newly planted trees. A big thank you to the volunteers that planted 800 trees over two days in January, more is being planted in February.

More information can be found by visiting <http://bit.ly/3EmMq3F> or via the QR code below.



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EASTER ACTIVITIES!



WHY DID THE EASTER BUNNY CROSS THE ROAD? BECAUSE THE CHICKEN HAD HIS EASTER EGGS!

R	S	P	R	I	N	G	Y	Z	L	T
O	C	E	G	G	S	J	K	U	E	M
C	H	S	C	F	W	E	S	K	A	C
Q	O	U	K	Y	J	L	C	V	T	H
W	C	N	D	G	W	L	I	Y	U	I
J	O	D	U	Q	Q	Y	Y	D	O	C
K	L	A	C	L	Z	B	K	N	Y	K
E	A	Y	S	A	B	E	W	A	N	M
W	T	R	E	T	S	A	E	C	N	F
G	E	K	O	Q	I	N	K	Y	U	J
H	M	U	H	U	N	T	G	C	B	C

WHAT KIND OF BOOKS DO BUNNIES LIKE? ONES WITH HOPPY ENDINGS!



EGG HUNT CHICK CANDY BUNNY CHOCOLATE JELLYBEAN SUNDAY EASTER SPRING



WHY CAN'T A RABBIT'S NOSE BE 12 INCHES LONG? BECAUSE THEN IT WOULD BE A FOOT!

WHAT DID THE RABBITS DO AFTER THEIR WEDDING? WENT ON THEIR BUNNYMOON!



FESTIVITIES IN BERRYFIELDS

Thank you to all the residents who supported or volunteered at the Parish Council's festive events!

The AVA choir entertained our Christmas tea guests so beautifully.

Over 100 children came to see and receive a gift from Santa at his Grotto. A massive shout out to Nigel Pike - we couldn't have done it without you!

Thank you to Bernie Bus and his Santa sleigh - all donations went to the Roman Park Food Bank.

Our first New Year's Eve Party at Roman Park Hall was great fun for all who came.



CORONATION PARTY

AT ROMAN PARK HALL

SATURDAY 6 MAY
SAVE THE DATE!



Berryfields Parish Council



@BERRYFIELDS FRIDAY 21.04.2023



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PADDY LENNOX



FRED FERENCZI



NICK PAGE

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HARPERS

Bright Lights of Berryfields

This Christmas, Berryfields came alight with many beautiful colours! It was almost impossible to choose a winner, but by popular vote, the prize was given to Mr and Mrs Short of Moorcroft Lane, for their impressive display. It is a joy to see how much effort residents go to over the festive season!



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METHOD:

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- Place on lightly floured surface and roll about 1/2" thick.
- Cut your donuts out/roll them into balls.
- Fry on medium heat until golden brown.
- Decorate with your favorite topping.

By Pooja Chotai
@incredible_edibles_uk





The Aylesbury Vale Academy

RESPECT | ASPIRATION | RESILIENCE

Message from the Principal

The Aylesbury Vale Academy is a large, non-selective all-through school thriving at the heart of Berryfields community and educating over 1800 students. Our unique status means that we educate children from two to eighteen. As Berryfields has grown so have we in our state-of-the-art building with fantastic indoor spaces and sporting facilities. We place significant importance on academic excellence but value, just as highly, the wide range of experiences learners can access. This balance helps to ensure that learners are fully rounded individuals who can make a positive contribution to society.

Our unique status means we can offer an ambitious range of opportunities in and beyond the classroom. Our Student Parliament have made a huge contribution to the local community, some of our students visited Nepal last year developing leadership skills and learning how to be global citizens and we have over fifty clubs running daily.

Two of our learners are the Gadirova twins, Jessica, and Jennifer who have been with us since Year 7. These students have captured the hearts of the local community with their numerous Olympic, World and European medals. Jessica was also the recipient of the BBC Young Sports Personality of the Year. But it is their humble and hard-working attitude which makes us so proud. It is remarkable to see them walking the corridors and to think that you are a walking amongst Olympians. We are so lucky to have amazing role models at our school.

Get in touch if you would like to know more!

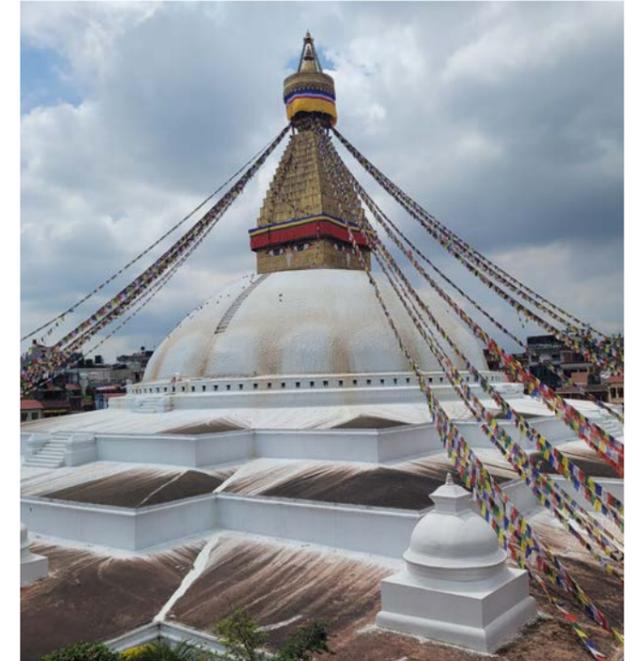
Gavin Gibson
Principal



AVA's trip to Nepal by Annabel Hyland and Zoe Kaenzig

When we heard about an amazing opportunity to visit Nepal with World Challenge. The idea behind the trip is for students to go on an adventure of a lifetime while supporting the country's economy through sustainable tourism and community projects. Although the cost of the trip was very expensive, our group came together to fundraise by doing activities such as car washes, movie nights, and bake sales.

We certainly had a culture shock when we first arrived in the bustling streets of Kathmandu, but we soon adapted to the way of life and greeted everyone we met with "Namaste". Our first stop was the monkey temple where we learnt about the local culture. We hiked to the world peace stupa, took an eight-hour bus journey to Pokhara, stopping halfway to do white water rafting. The final stop on the trip was our homestay community project where we stayed with local families. We ate with them, helped them with farming and truly experienced the Nepalese way of life. It was an experience we will treasure forever. We all came away from the trip having learned so much. A whole new culture and way of life, the joy of travelling and new experiences but most importantly a reminder of what is important in life- we didn't have our computer games, our TVs or fancy clothes and we certainly didn't miss them.



World Challenge 2024

AVA is excited to offer World Challenge again in 2024 after a successful trip to Nepal in 2022. In 2024 we aim to go to Malaysia, which is a once in a lifetime trip for many of our students.

These trips offer great life experiences such as doing marine conservation with turtles, hiking in the Emerald Cameron Highland and doing work with local communities. But the most impressive thing about the World Challenge is the ethos...

World Challenge endeavours to leave as little carbon footprint in the world as possible, and actively tries to offset the net balance to the environment on the trip by helping nature and the communities in which are hosting us. But by far my favourite aspect of World Challenge is the resilience, aspiration and independence that World challenge fosters. World Challenge encourages students to make this money their own way, by getting a job, organising crowd funding events such as selling sweets, cake ales, car washes, in 2022 a student even opened up an online croquet business and got great success.



It would be amazing if the community could support these students by supporting them in their endeavours by allow students to buy from events and coming down to lend your support where you can. Keep an eye out in the AVA parent bulletin and follow AVA on social media to find out when events are taking place to help our students earn their way to a life changing experience.

AVA students' production of *The Static* by Davey Anderson

Aylesbury Vale's Academy winter production of *The Static* took place on the 7th and 8th December 2022. This was a challenging production which the students embraced and worked extremely hard towards. Over the 2 nights the cast delivered a professional and slick performance of the coming-of-age story about desire, guilt and mind over matter. School Governors' who attended remarked on how everyone's hard work was obvious, in the way everything hung together. So much for the students to learn, the stagecraft and movement was great in what was a challenging play in terms of content and demands on the performers.

We have so many talented students here at AVA who are passionate about music and drama and who regularly perform concerts, and productions. The Performing Arts department is always supported well by the school and the local community, and we look forward to more exciting events later this academic year including a summer festival.

Pre-School Section

The Aylesbury Vale Academy Preschool delivers high quality education and care to our community of 2-4-year-olds that is evidence-based and informed by child development research to create developmentally appropriate, play-centred experiences. Our pedagogy is firmly set within an understanding of play as a vehicle for learning and leads the development of a child-focused, communication-friendly environment in which adults are constantly extending and challenging children's skills and thought processes. Our planning seeks to incorporate children's current ideas and fascinations, key events linked to children's cultures and religions, alongside flexible themes and open-ended 'invitations to play'. We are keen to instil a love of reading in our young children and so books form the basis of much of our provision, integrating classic favourites alongside modern texts which reflect and celebrate the diverse nature of our community.

At the AVA Preschool, children are also supported to build independence to grow into adventurous, courageous and resilient individuals as they establish a sense of self and are empowered to assert their own autonomy. Staff respond to each child's emerging needs and interests, guiding their development through warm, collaborative interactions. Every child is assigned a member of Preschool staff as a Key Carer to support them to build strong attachments and facilitate 'expert knowledge' of children's skills and needs. We have a highly experienced and knowledgeable team of Key Carers who know the children inside out and who are a vital element in making our Preschool a place where children feel safe, valued and inspired.

For further information, please contact: avapreschool@theacademy.me

Food Bank

The Aylesbury Vale Academy has a Student Parliament that runs from Reception all the way to Sixth Form. We organised a collection of food to support the Food Bank and since last year we have collected around 1200 items in order to support our community.

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MONDAY
 Jumping Jellies (weekly)
 Yoga (weekly)
 Mucky Ducks (once a month)

TUESDAY
 Pilates (weekly)
 Trainmaster (once a month)

WEDNESDAY
 Hartbeeps (weekly)
 Yoga (weekly)
 U3A (once a month)

THURSDAY
 Little Berries (weekly)
 Pilates (weekly)

FRIDAY
 Tots Disco (weekly)

SATURDAY
 Adele Performing Art School (weekly)
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For bookings and enquiries, please contact us at
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Roman Park Hall, Aylesbury HP18 0YT

Who is Integrative Counselling for?

It is a common misconception that Counselling is only for navigating through a traumatic or emotional life event. In fact, most of my clients come to therapy to get to know themselves better and understand why they react to things in life the way they do! Who we think we are and how others see us is not always the same thing and this can be confusing? We can find ourselves struggling in relationships with friends, family or our partners leaving us feeling frustrated. It can be lonely to be in relationships where you do not feel heard, understood, or appreciated. This can lead to anxiety, depression, or a loss in confidence.



Therapy is a great place to talk about these experiences and start to make sense of what is happening. Our behavioral patterns and beliefs develop through life and don't always change when the environment we are in is changing. Counselling offers a safe, non-judgmental space to unpack some of these situations and look at them from different perspectives. You can start to explore how your thoughts influence you and lead you to conclusions about things based on past experiences rather than the facts in front of you. Many of us don't notice the negative dialogue that runs in our heads or stories we tell ourselves about certain situations. This can be what leads us to repetitive arguments or conflicts where feelings and emotions can escalate rapidly and sometimes feel out of proportion.

Everyone is aware of the benefits of exercise and healthy diet, but not many think about the benefit of regularly looking after our mental health. Just like our bodies, our minds need exercising and a bit of an overhaul now and then. Therapy can provide a space to do this and help us develop new tools and life skills. When we can identify different choices in how to communicate or respond we feel more relaxed and in control of our lives. It teaches us that we can't control others, but we can control how we react and the impact of that reaction on our mental wellbeing.

Integrative Counselling is for anyone who feels stuck, discontent or who is simply curious about their life. It provides a space for growth and reflection. It can help us get through unresolved traumatic experiences as well as help make sense of the world around us. You do not have to commit to weekly sessions, although to start with weekly is often helpful to establish a trusting connection with your therapist. Sessions are more accessible these days with most therapists offering the option of online appointments as well as in person. If you are interested in finding out more about Integrative Counselling, please get in touch and I will be happy to assist you in starting your own therapeutic journey.



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BERRYFIELDS YOUTH CLUB

COMING TO ROMAN PARK HALL!

FOR 12-18 YEAR OLDS

IF YOU HAVE ANY SUGGESTIONS OR REQUESTS, OR IF YOU ARE INTERESTED IN VOLUNTEERING, PLEASE CONTACT US!

 01296 925 750  clerk@berryfieldspc.org  [berryfieldspc](https://facebook.com/berryfieldspc)

Ready, set, breakfast

ESQUIRES
THE ORGANIC COFFEE CO.

Tomato, egg & cheese bagel



Real fruit smoothie



Oat milk mocha



Vegan keralan curry slice



Vegan steak slice

Sausage, egg and cheese muffin

