YOUR Buckinghamshire

TOP TIPS
to get you through winter!





Baubles? No.

We all get recycling. Now let's get it right.

Scan the QR code to check what you can (and can't) recycle using our Waste Wizard.

Or visit recycleforbuckinghamshire.co.uk



Now you can win amazing prizes by recycling right...at home!



Litterlotto is a free mobile app that rewards you for binning your waste when on the go, but now you can use it at home too!

The new functions help you recycle more with useful tips & information on hard to recycle items. Everything you recycle whilst using the app gets an entry into the national £1000 prize draw and Buckinghamshire residents get an entry into an exclusive £250 prize draw!

Download now









Welco

to the winter edition of 'Your Buckinghamshire' magazine

We're focussing in this edition on making sure we're all geared up for these colder months. We've got some great tips for keeping well over winter and make sure you see the dates when you can take advantage of our free Christmas parking offers to do your festive shopping! Please also take a look at the support on offer and how we are continuing to help our residents facing cost of living pressures.

Another big priority is keeping our road network up to standard. Our roads are under extreme pressure from very heavy use which is exacerbated by HS2 construction traffic. The winter weather will inevitably take its toll too. However, the £105 million we've invested this year has reaped dividends and we've completed a huge repairs and improvements programme during 2023, details of which you can read about in the coming pages.

As ever, we are facing tough choices as we finalise our budget for next year so please look out for more detail on this. One of the best ways to find out what's going on is to sign up to my regular eNewsletter email updates that I send out to residents every 2-3 weeks.

I wish you all a healthy and happy Christmas,

Martin Tett

Leader, Buckinghamshire Council

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Have you signed up to our eNewsletter yet?

This is your way to find out about the latest news as well as updates on our services such as road improvement works, bin collection changes and other important local information.

Sign up to receive our regular updates buckinghamshire.gov.uk/signup





We want to find out what you think about this magazine!

Turn to page 30 to take part in our short survey.

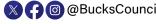
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magazine@buckinghamshire.gov.uk.

We make every effort to ensure that all information within is correct and accurate at the time of going to press.

The Gateway, Gatehouse Road, Aylesbury HP19 8FF





Park for free this Christmas

To make it easier to pop to your local town centre for a spot of Christmas shopping this year, Buckinghamshire Council is once again introducing free parking in council-run car parks on selected dates, in the run up to the festive season.

Parking will be free in council-owned car parks which support local high streets across the county on Saturday 9 and Saturday 16 December.

With lots of small independent businesses with stores in towns and villages in Bucks the choices are limitless. With businesses offering everything from artisan food and drink to handcrafted and customised items, shopping local gives the chance to find that unique gift just perfect for friends and family. Choosing to shop in this way also provides vital support to these businesses who rely on trade from their local community.





To find out which car parks are included in the free parking days visit the website: buckinghamshire.gov.uk/parking

Win family tickets for the panto!

Take the whole family to the panto by entering our competition to win FREE tickets for either Aylesbury Waterside Theatre or Wycombe Swan Theatre.

At the Waterside, you won't be sleepy with this year's pantomime, Snow White and the Seven Dwarfs! This popular fairy tale is brought to life by James Bye (EastEnders, Strictly Come Dancing) and Andy Collins (BBC Three Counties Breakfast Show).

At Wycombe Swan, you can revisit the tale as old as time and have roaring fun with Beauty and The Beast. Be their guest and spot a sensational cast, including Joe McFadden (Holby City, Strictly) and Emmerdale's Suzanne Shaw.

For your chance to win tickets for two adults and two children for one of the pantos, simply tell us how many Christmas trees are hidden in this magazine.



Email your answer and your name, email address and preferred theatre, to: magazine@buckinghamshire.gov.uk or post your answer to: Panto Competition, Communications Team, Buckinghamshire Council, The Gateway, Gatehouse Road, Aylesbury, HP19 8FF

CLOSING DATE: Friday 15 December. Tickets for Waterside are for 27 December at 6pm and Wycombe Swan for any performance between Monday 18 and Sunday 31 December.

t&c's: Tickets are non-transferable and non-refundable

Be a wizard with waste this Christmas...

When it comes to what to do with your waste after the festive period, look no further than the Waste Wizard.

Here are some top tips:

- Real Christmas tree Chop it up and put it in your garden waste collection or take it to your local household recycling centre.
- Fairy lights Any items that take a battery or have a plug must not be put in your rubbish bin. Instead take them to a household recycling centre, or if they still work reuse or donate them.
- Christmas cards These are paper-based and can be recycled at home, along with their envelopes. Any embellishments, such as ribbons or glitter, cannot be recycled, so should be removed first and put in the bin.
- Wrapping paper If it is just paper it can be recycled.
 Wrapping paper is often laminated or contains nonpaper embellishments including glitter and plastic
 which cannot be recycled. The best way to check
 is the scrunch test. Scrunch the paper in your hand
 and if it springs back it cannot be recycled, if it stays
 scrunched it can be recycled.

Scan for the Waste Wizard!



Household Recycling Centres

Buckinghamshire's ten sites will be closed on Christmas Day, Boxing Day and New Year's Day. On all other days the sites are open for their usual days and winter opening hours of 9.00am to 4.00pm.

Annual garden waste suspension

As is usual during winter, Buckinghamshire's garden waste collection service stops for six weeks between 11 December 2023 and 11 January 2024 inclusive. Collections will resume from Monday 22 January.

recycleforbuckinghamshire.co.uk

Usual collection day	Revised collection day	
Monday 25 December (Christmas Day)	Wednesday 27 December	
Tuesday 26 December (Boxing Day)	Thursday 28 December	
Wednesday 27 December	Friday 29 December	
Thursday 28 December	Saturday 30 December	
Friday 29 December	Tuesday 2 January	
Monday 1 January (New Year's Day)	Wednesday 3 January	
Tuesday 2 January	Thursday 4 January	
Wednesday 3 January	Friday 5 January	
Thursday 4 January	Saturday 6 January	
Friday 5 January	Monday 8 January	
Monday 8 January	Tuesday 9 January	
Tuesday 9 January	Wednesday 10 January	
Wednesday 10 January	Thursday 11 January	
Thursday 11 January	Friday 12 January	
Friday 12 January	Saturday 13 January	

Improving our roads

Since April, our Buckinghamshire Highways partnership with Balfour Beatty Living Places and Atkins has got off to a flying start with a range of works progressing across the county. This includes extensive repairs, regular maintenance and exciting highways projects.

Throughout the spring and summer, our highways teams have forged ahead with a detailed programme of road repairs, making good the worst of the damage from last winter, at a cracking pace. Alongside this we are continuing to make significant improvements to our network as part of our £105m four-year investment which promises to deliver a range of enhancements and upgrades to highways across the county.



Permanent repairs

Like the rest of the country, our roads were heavily impacted by the severe weather last winter which caused a huge rise in the number of potholes and defects reported. Our roads are also being damaged by the vast increase in HGV vehicles on our network due to HS2 and East West Rail construction. We are in constant negotiation with both companies around their obligations to repair the roads they are damaging.

Progress

We have reached agreement with East West Rail on twenty roads that they will repair. Across the whole network, the council's focus during the spring and summer has been to make permanent repairs. Crews have worked around the clock, seven days a week to fix the worst areas. With a range of specialist machinery and experienced technicians at our disposal, progress has been excellent.

Lighting the way

This year we have embarked on a county-wide upgrade of our streetlights. All streetlights are in the process of being converted to LED bulbs which are 75% more energy efficient. By the end of the year 98% of streetlights will be converted.

We are also upgrading additional lighting, designed to aid night-time driving, such as illuminated bollards to help motorists see better in the darker hours.

Cleaner gullies

For the third year running we are cleaning the county's network of 85,000 gullies and carried out repairs where needed. With longer periods of heavy rain during the winter months, clearing gullies



in the summer months can help excess water to drain away more quickly, lessening the likelihood of flooding.

Zero tolerance with utilities works

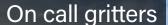
A lot of works on our roads are not carried out by the council but by utilities companies including water, gas, electricity and broadband providers. We grant permits to these companies to carry out their works and give strict conditions such as hours of work and time frames for the work to be completed.

In the past year we have seen a huge rise in the number of work requests from utilities companies. Juggling differing demands from these companies alongside our own works requires careful planning so we have a dedicated team of staff who coordinate the different works, aiming to minimise disruption for residents as much as possible.

Sometimes utilities companies don't stick to the terms of their permits, so to clamp down on this we have recently adopted a zerotolerance approach. We are carrying out repeat inspections on all utilities works and if the terms of the permit are broken, we can and do, fine the companies. We are also checking the quality of 'reinstatement' works to check the work is up to standard when the holes are filled and surface re-laid following utilities works.

Winter safety

During autumn and winter our main focus shifts away from repairs towards keeping the roads safe and dealing with weather related issues. Maintenance programmes and reactive repairs continue but the colder and wetter weather means that most repairs are more limited and can often only be temporary. This is because permanent repairs need to be carried out in warmer, drier conditions like spring and summer.



When temperatures plummet, our gritter crews are on standby around the clock. Our 25 gritting lorries regularly travel the length and breadth of the county, treating over 870 miles of roads and priority routes, keeping roads safer and traffic moving. This year we are benefitting from upgraded vehicles as part of our new highways partnership.

We've repaired in excess of 22,000 potholes since April this year



If you see a problem on one of our roads that needs fixing, please report it to us: buckinghamshire.gov.uk/fix-my-street

OPPORTUNITY SUCCEEDING BUCKS FOR ALL

Creating opportunity for all

We're marking the first anniversary of Buckinghamshire's flagship programme to improve opportunities for people in the county - Opportunity Bucks. The Opportunity Bucks programme focuses on ten wards in Buckinghamshire where people are experiencing the most hardship: Aylesbury North, Aylesbury North-West, Aylesbury South-West, Chesham, Abbey, Booker, Cressex & Castlefield, Ryemead & Micklefield, Terriers & Amersham Hill, Totteridge & Bowerdean and West Wycombe.

The council is working with external partners and local community and voluntary organisations which support residents in our target communities. Dedicated Ward Partnerships have also been set up to ensure residents can help inform and shape the priorities in their own areas.

Collaboratively, Opportunity Bucks aims to address five key themes:

- 1. Education and Youth Engagement
- 2. Jobs, Careers and Skills
- 3. Standard of Living
- 4. Quality of Public Realm
- 5. Health and Wellbeing

In its first year, the Opportunity Bucks programme has:

- Held the Bucks Skills Show for 4,700 local young people to inform their career aspirations.
- Delivered adult numeracy and literacy campaigns.
- Commenced work to address road safety issues around the Castlefield area of Wycombe.
- Established community cafés to connect residents with each other and services that can support them.
- Launched new Play Streets and smoke- free parks and playgrounds.
- Delivered community action days to tidy up the target wards and connect communities with services.

If you live in one of the 10 Opportunity Bucks wards, take a look at how you can join your local Ward Partnership



buckinghamshire.gov.uk/ ward-partnerships

Find out more about Opportunity Bucks



buckinghamshire.gov.uk/opportunity-bucks



Left to right: Buckinghamshire Jobs and Apprenticeships Fair, Play Streets, Community Action Day

Become a foster carer and change a child's life

In Buckinghamshire, we are focussing this winter on a major push for more people to come forward as foster carers.

We have a shortage of foster carers and over 500 children in care who need love, support and guidance to build their future. More foster carers means being able to offer these children a loving and stable home environment and there is support all the way.

Being a foster carer means caring for a child as part of your family in your home. You could foster a child for a single night or a number of years, even until the child is an adult.

You can foster a child regardless of your sexual orientation, relationship status, faith or ethnicity if you are in full time employment. All that we ask is that you can provide a child (or children) with a stable and committed family that understands their needs.

When you foster with Bucks, you will be joining a community of welcoming carers and will benefit from:

- generous allowances to cover the cost of supporting your foster child
- clear and thorough ongoing training to help you feel prepared
- a dedicated Fostering Support team to go to for help and advice, including a Fostering Supervising Social Worker to work with you throughout your fostering career
- established and direct relationships with the children's social workers, allowing us to quickly respond to any questions you may have along your journey
- access to our fostering social events and support groups for you and your family



Debbie, one of our foster carers shares her experience of fostering with Bucks:

"Fostering children through Buckinghamshire Council is one of the most rewarding, challenging, and worthwhile experiences you can have. You become part of a friendly, passionate, and hugely supportive community that works together to build a bright future for children in care. We are also part of The Fostering Network's Mockingbird programme. It's been such a pleasure to be there for the children and adults in our group, it really does feel like one big family.

"You might feel worried or daunted about the process of becoming a foster carer – but please don't worry – get in touch with Buckinghamshire Council, they'll answer any questions you have and put you in touch with foster carers like me who can share their experiences with you."



To learn more about fostering, visit **buckinghamshire.gov.uk/fostering** or scan the QR code above to create a personalised plan to get you ready for fostering.

Bucks Climate Challenge:

Greener Ways for Greener Days

It's been another twelve months of fantastic progress on our ambitious Climate Change and Air Quality strategy.

This strategy was adopted by the council in 2021, when we set bold targets to reduce carbon emissions by at least 75% by 2030 and 90% by 2040. These targets are set against our 1990 emission levels. We're well on target having already achieved a 73.4% reduction, which means we are well on

track to achieving net zero carbon emissions by 2050.

We have, for a second year in a row, exceeded our tree planting targets. We have:

- planted over 145,000 trees.
- created a large-scale woodland in Wing which will eventually contain 132,000 trees.
- created two new woodlands in Hazlemere and Amersham.
- Created two 'Tiny Forests'; Princes Risborough
 Combined School and Bourton Park in Buckingham.





As part of our commitment to meet our seven-year carbon budget, we are reducing emissions with schemes such as Sustainable Warmth and Solar Together, and are exploring how we can decarbonise our fleet. We have:

- Seen a total of 4,356 solar PV panels installed as part of the Solar Together scheme.
- Progressed the upcycling and electrification of a bin lorry.
- Visited over 150 households as part of the Energy Doctor scheme.
- Worked to reduce embodied carbon within new build schools.

We are also committed to sustainable travel and are launching greener ways to get around Buckinghamshire by:

- Extending and improving travel routes, such as Platinum Way and Aylesbury Arm canal towpath, aiming to emphasise walking, wheeling and cycling.
- Supporting schools to encourage active travel with initiatives such as the Modeshift STARS.
- Launching an on 'demand' bus service in and around High Wycombe, called 'PickMeUp'.





Save money on your energy bills with the Energy Doctors

Our team of Energy Doctors at Buckinghamshire Council can help you stay warm and save money by improving the energy efficiency of your home for free.

We can:

- visit your home and advise how you can reduce your energy use and costs.
- install suitable low-cost energy efficiency and water saving measures such as draught proofing for windows, LED bulbs, portable solar generators, aerating shower heads and more.



Eligibility

To qualify for a visit your home must meet all of the following criteria:

- you rent the property through a private rental agreement, or own and live in the property
- your household has an income of £30,000 or less (before tax), is in receipt
 of means tested benefits such as Universal Credit and Council Tax Support,
 or a member of your household is disabled
- the domestic property you live in has an energy performance certificate (EPC) rating of D, E, F or G, or does not legally require an EPC



For more information scan the QR code or visit **buckinghamshire.gov.uk/energy-dr**Or request a visit by phoning Better Housing Better Health on **0800 107 0044**







Are you ready to vote?

A UK Parliamentary election will be held no later than 28 January 2025. In the meantime there are regular by-elections and neighbourhood planning referendums and on 2 May 2024 an election for the Police and Crime Commissioner for Thames Valley will take place.

To be able to vote, you need to be on the electoral register. If you're not already registered to vote, you can apply online at gov.uk/register-to-vote

From now on whenever you vote in person at a polling station, you need to show a valid form of photo ID. To find out more, visit buckinghamshire.gov.uk/how-to-vote, or contact Electoral Services on 01296 798141 or via elections@buckinghamshire.gov.uk

We are also seeking polling and count staff to work on upcoming polls. For more information, please visit buckinghamshire.gov.uk/work-at-elections

Sign me up!

Join the 185,000 Bucks residents who already pay their council tax by Direct Debit and sign up today.

Why?

- It's convenient, quick and easy to set up.
- You decide whether to pay the bill annually or spread the cost over 10 or 12 months.
- You get to choose which of the six payment dates work best for you.
- It's the UK's safest payment method as you are protected by the Direct Debit Guarantee, meaning you'll get an immediate refund for any wrongful payments.



Once set up, payments are automatic so you don't need to do anything else, giving you more time to do the things you enjoy PLUS you won't need any more trips or phone calls to the council or to your bank, building society or post office.



Scan the QR code or sign up online at buckinghamshire.gov.uk /set-up-council-tax-dd

If you can't use our online service please give us a call on 0300 131 6000.

Are you eligible for council tax reduction?

If you are unemployed or on a low income and receiving Universal Credit, you may qualify for a reduction in your council tax – even if you own your home. Find out by visiting our website and keying in 'council tax reduction'.



Regenerating Bucks:

A brighter future

The council has unveiled a blueprint for what regeneration should look like in Buckinghamshire. 'Regenerating Bucks' sets out the overarching approach to development and how to create economic growth whilst retaining and enhancing the natural beauty of our countryside and the heritage of our towns and villages.

It provides a framework for how we can meet the needs of the people of Buckinghamshire by enhancing existing assets, making change where it's needed and attracting new investment into the county.

This vision for regeneration focusses on maximising the potential of Buckinghamshire's three larger towns, Aylesbury, High Wycombe and Chesham, alongside enhancing the strengths of the county's network of towns and villages as well as its extraordinary natural environment.

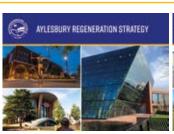
The purpose of the 'Regenerating Bucks' framework is to guide the approach to regeneration in Buckinghamshire and how growth will be delivered for the county. It is not a statutory document and instead provides

a structure and vision that will inform future decisions around planning, development and place-making. It will be a collaborative approach, providing a 'template' for all bodies involved in regeneration in Buckinghamshire, which recognises the growing, ageing local population and how needs and behaviours have changed in recent years. It also addresses how we make our high streets and town centres fit for the future.

Alongside the overarching framework, the council has also produced three separate regeneration strategies for Aylesbury, High Wycombe and Chesham, recognising that successful town centres will support the communities in those areas.

The framework also considers the aligned Opportunity Bucks programme, which aims to create equal access to opportunities for all. It also underpins the delivery of existing funding grants, such as the Future High Street Fund in High Wycombe, The Aylesbury Garden Town initiative, as well as providing the basis to secure future funding opportunities in the county.









You can read the new regeneration documents at buckinghamshire.gov.uk

Stay safe from scams

Our Trading Standards Team want to remind everyone that unfortunately, scams are everywhere, and they're designed to trick you into giving away your money or personal information. It's important to stay vigilant and protect yourself from these fraudsters.

Scammers use all sorts of tricks to con you, and they're always coming up with new schemes. Scams may arrive:

- by post
- by phone call
- by text message or email
- from someone calling at your home

We can all potentially fall for a scam, so it's best to always stop, take five, and think before responding to anything suspicious.



REMEMBER: If something seems too good to be true - it probably is.

If you're unsure about an offer or think you might have been targeted by a scammer, talk to your family and friends or contact Citizens Advice for advice.

Buckinghamshire Council's Trading Standards team can offer support, including a free call blocker device (to eligible residents) and no cold calling stickers.

Call 0808 223 1133 to find out more.

Finally, if you think you've been a victim of fraud, it's important to act quickly. Report it to your bank and Action Fraud on 0300 123 2040 or online at: actionfraud.police.uk



Want to reassure yourself that you are still safe to drive?



Why not consider a Mature Driver Assessment?

In your own car and on roads familiar to you, the assessment will last about 90 minutes and aims to:

- refresh your driving skills
- restore your confidence
- maintain your independence
- help you to drive safer for longer





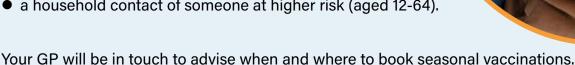
For more information or to book an assessment, visit: **buckinghamshire.gov.uk** and search 'older driver'



Stay well this winter

Prepare for winter and get vaccinated against seasonal viruses, COVID-19 and flu. You can get both vaccines free through the NHS if you are:

- pregnant.
- aged 65 years or over.
- living with a long-term health condition.
- a care home resident.
- an unpaid carer (aged 16-64).
- frontline health and social care staff.
- a household contact of someone at higher risk (aged 12-64).



View local clinic information at: staywell-bob.nhs.uk and search 'vaccine clinics'. Or find out more at nhs.uk and search 'keep warm keep well.'

Remember to check your prescriptions and over-the-counter remedies in advance to ensure you have what you need for the winter months!

Winter can be a challenging time due to the stresses of cold weather, increased heating bills, and planning and budgeting for the festivities. Stress can lead to high blood pressure which is one of the leading risks of cardiovascular diseases. In Buckinghamshire, we've made it even easier to check your blood pressure for free by setting up blood pressure stations in local libraries, community hotspots and faith settings. See how you can make a start to a healthy heart.

Visit: buckinghamshire.gov.uk/love-your-heart

For more information about how to stay well this winter, visit: healthandwellbeingbucks.org and follow @BeHealthyBucks

Especially during winter when we experience less daylight and shorter days, it's important that we make sure mental health is treated just like physical health.

If you are struggling with your mental health contact your GP who will be able to help direct you to the support that is right for you. This may include a referral to NHS mental health services. For local and national support services, visit careadvice:

buckinghamshire.gov.uk/mental-health

Feeling lonely can also have a negative impact on your mental health. Everyone feels lonely from time to time, but for many of us, particularly those in later life, feelings of loneliness can increase during winter and they can start to define our lives and have a significant impact on our wellbeing. Age UK has brought together advice to help if you or someone you know is lonely.

Call: 01296 431911

Email: age@ageukbucks.org.uk Visit: ageuk.org.uk/buckinghamshire

Winter top tips



For tips on how to reduce, reuse and recycle over the festive season, visit

recycleforbuckinghamshire.co.uk
or follow @BucksRecycles ?

or follow @BucksRecycles

3

Keep your eyes

peeled for the newest

members of our gritting fleet.

Sid, Hydroblade, Puffin,
Snow Shark, and Rockhopper.
Follow @BucksHighways (*) to see
when we'll be gritting and check
the local gritting routes online:

buckinghamshire.gov.uk/gritting

If you spot one, snap a pic and share to social media, tagging **@buckscouncil**

Are you winter ready?

Take a look at our 'Planning for emergencies' webpages:

Advice includes: weather proofing homes, getting plumbing and heating appliances checked out, testing smoke and carbon monoxide alarms, getting the car serviced, preparing and responding to flood and extreme weather warnings, loss of water and power, and what to include in an emergency 'grab bag'.



Shop local!

Shopping locally helps
the environment and our local
economy to thrive. Buying from small
businesses, visiting local markets
and festive gift fairs, or dining in local
restaurants, are all excellent ways to
show your support. See our Christmas

free parking dates on page 4.

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Make a note of when our council buildings will be open over the festive season.

Call **0800 999 7677** for social care and housing emergencies.

To report flooding or safety problems on roads and pavements ring **01296 486 630**

Be a good neighbour!

How about lending a hand to support vulnerable people in your community? Checking in on neighbours, volunteering with local organisations and charities, donating gifts, time or money or simply sharing a smile, can all make a difference to support those most in need and help tackle loneliness.



Our advice covers simple and sensible ways to stay safe this festive season: including drink alcohol within your limits, don't leave drinks unattended, only use licensed taxis or plan your journey using public transport. Remember to download the Morning After calculator which indicates how much time to leave after drinking alcohol before you consider driving.

Visit buckinghamshire.gov.uk
/party-safe





Follow
@TravelSafeBucks
and be bright, be seen
this winter!

To stay safe when walking, cycling or scooting, please remember the importance of

fluorescent and reflective materials on clothing
– especially for children making their way to
and from school. It is against the law to cycle
at night without a white front light, a red
back light and a red reflector at the
back of your bike.



Even in the winter, it's important
we keep active and just ten minutes of
daily movement can have a huge impact on
our physical and mental health. Remember
to download the BetterPoints App and earn
rewards for healthy activities, whether you
already have your favourite frosty walk or need
some inspiration from our list of walking
routes in Buckinghamshire:

buckinghamshire.gov.uk/walking

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There's still time to book in some family-friendly fun

We're delivering a fantastic variety of holiday clubs and quality activities for children to enjoy. From our HAF (Holiday Activities and Food) programme, funded by the Department for Education, to family-friendly activities at local libraries and community centres. See what's on:

buckinghamshire.gov.uk /school-winter-holidays



Support this winter

Our Helping Hand service offers support to those most in need in Buckinghamshire. Visit: **buckinghamshire.gov.uk/ask-for-help** or call **01296 531 151.** Monday – Thurs (9am–5.30pm), Fri (9am–5pm)

If you're in immediate need and your request cannot wait until the next working day, call **0800 999 7677.**

You can apply for:

Help with buying or accessing food

If you're struggling to afford or access food, our Helping Hand team can help and refer you to a local food bank.

buckinghamshire.gov.uk/food-support

Many local organisations and groups are running free initiatives, from community fridges to hot meal schemes, to also support residents. And don't forget! During the school holidays we provide free digital food vouchers to families with eligible children. Be sure to redeem yours. Find out more:

buckinghamshire.gov.uk/digital-vouchers

Money management and debt advice

Money problems can be a real worry, but you do not need to go through it alone. There are many local and national organisations that can offer advice and support to help with making ends meet today, as well as longer term solutions for money management. Visit:

buckinghamshire.gov.uk /money-management

Buckinghamshire Council Helping Hand: **01296 531 151**

Citizens Advice: 0808 278 7938

Age UK: 01296 431911

Welcoming spaces

These are locations around the county where residents can go into safe and inclusive spaces, free of charge, to stay warm and enjoy a little company. Our bigger libraries also have space for study or doing homework. Find out more (including how to register your own community venue as being open for local people):

buckinghamshire.gov.uk /welcoming-spaces

Household bills and energy

You can reduce your household bills by saving energy and making your home more energy efficient. We're supporting schemes to help people in Buckinghamshire improve the

efficiency of their homes and reduce energy costs.

Better Housing Better Health (self-referrals)

bhbh.org.uk

O 0800 107 0044

Did you know?

Considering health, costs, and energy efficiency, the recommended temperature to heat your home to during winter is between 18°C and 21°C.

Request a visit from Energy Doctor*

buckinghamshire.gov.uk/energy-doctor

*eligibility criteria apply.

If you are struggling to pay your energy bills speak to your supplier in the first instance. For more advice and information visit:

buckinghamshire.gov.uk/energy-support

Take hold of damp & mould

Whilst you may be tempted to turn off your heating to save on your bills, a combination of heating and effective ventilation is essential to reducing damp and mould in your home. This will also help reduce the risk of respiratory infections caused by damp and mouldy conditions. For advice on preventing damp and mould, and how to report problems with your housing conditions see:

buckinghamshire.gov.uk/prevent-mould





Love your library!

Your local library has something for everyone.

Books, audiobooks, digital newspapers, magazines and more are all free to access.

Plus you can take the library with you wherever you go. Access the eLibrary for digital resources or book computers and loan tablets. Again, all for free!

Libraries also offer regular courses and events for all ages and interests – from bounce and rhyme, knit and natter, health checks, reading groups, performance and so much more.

And if you need to hire a space for a meeting or event, then many libraries have flexible and affordable spaces for local groups, businesses and individuals. Book your space here:

bit.ly/BucksLibrariesRoomBooking

Last year, the council badged all libraries as 'Welcoming Spaces' – a place for anyone to go for warmth, company and a friendly welcome.

Not a member yet?

You can join your local library online or in person for free and enjoy many benefits. To find out more, please visit:

bit.ly/LibrariesBucks





ARE YOU LOOKING FOR A FLEXIBLE, REWARDING CAREER, CLOSE TO HOME?



Studying Nursing at the University of Bedfordshire

Don't let the adverse headlines put you off becoming a nurse — it's a graduate profession that delivers job satisfaction, career progression and enriching experiences. With the University of Bedfordshire and Buckinghamshire Healthcare Trust, based on site at Stoke Mandeville Hospital, you can become part of the next generation of specialist nurses, with career opportunities on your doorstep. Nursing is a graduate job for life: your skills will always be in demand. Not only that, it offers exciting career choices through specialisms such as adult nursing or mental health nursing, and there's plenty of opportunities to take on greater responsibilities as you gain experience.

Nurses work in a wide range of clinical areas and have the potential to make a significant difference to the experience of patients and their families. Providing a range of nursing care activities including monitoring progress, administering treatments or counselling service users and their families leaving them with positive, lasting memories of your care.

A supportive, confident, professional nurse can truly change lives.

- Dr Sally Boyle, Head of School of Nursing, Midwifery & Health Edcuation



The University of Bedfordshire has an exceptional track record in Nursing

- We are tied first for Graduate Prospects Outcomes (Complete Uni Guide 2024)
- 98% of our Nursing graduates go into graduate-level employment (Guardian, 2023)
- We have strong links with healthcare providers in Bedfordshire, Buckinghamshire, Berkshire and Oxfordshire so you can secure a practice placement close to home
- Our students spend at least 50% of their time in practice with our healthcare partners, building their skills and experience
- All our courses are regulated by the Nursing and Midwifery Council, and successfully completing the course allows you to register as a nurse in your specialist area

What's more, when you enrol, you're eligible for a grant of up to £11,000, depending on your field of nursing and situation. The University also offers a range of scholarships and bursaries.



Find out more about becoming a nurse at the University of Bedfordshire: **beds.ac.uk/aylesbury** or scan the QR code.



REASONS TO STUDY
NURSING AT OUR
AYLESBURY CAMPUS

- It's based at Stoke Mandeville Hospital so your studies and practical training are in one place
- 2. Courses are available in Adult Nursing and Mental Health Nursing
- 3. Courses are built around real-life work experience at the hospital
- Modern study facilities include a simulated hospital ward with cutting-edge AV technology and medical mannequins and a library
- 5. Face-to-face teaching only (rather than online as some other unis do)
- Small cohort sizes compared to competitor universities, offering you a more personalised experience
- 'Clinically current' academic staff so you can be sure their teaching is based on upto-date, evidence-based practice



This year's winners revealed!

Congratulations to the winners of the Buckinghamshire Design Awards 2022/23!

The Design Awards celebrate the best examples of good design in the county, with the aim of raising the standards for future built development and land management in Buckinghamshire.

There was a diverse range of winners across the six categories, as well as for the People's Choice Award – which was voted for by members of the public.

This year, a panel of judges reviewed more than 34 recently completed development projects, all of which have demonstrated significant contribution to the local environment.

The winning schemes were:

- Public Spaces
 Riverside, Taplow*
- Historic Places
 Brunel Engine Shed, High Wycombe
- Unique Buildings
 The Village Nursery, Bellingdon
- New Communities
 Chilterns Lifestyle Centre, Amersham
- Travel & Transport
 Platinum Way, Aylesbury
- Climate Change & Nature
 The Village Nursery, Bellingdon
- People's Choice Award
 Brunel Engine Shed, High Wycombe









Chilterns Lifestyle Centre, Amersham



Further details on the winners of the Buckinghamshire Design Awards can be found at:

🕟 buckinghamshire.gov.uk/design-awards-winners-22-23



Make our home your home

At every one of our homes and services you will find a welcoming environment, companionship and freedom from worry, together with great care and friendly faces everyday.

Residential Care Homes | Nursing Homes | Dedicated Dementia Care Respite Care | Services for Adults Living with Learning Disabilities

To discuss your care needs and arrange a visit
0333 005 8735 enquiries@fremantletrust.org
www.fremantletrust.org





Discretely situated in a leafy and quiet residential area, Little Oaks provides exceptional care for the elderly within a homely environment.

The registered care manager is Teresa Patterson who is supported by an experienced and dedicated care team.

At Little Oaks, our residents are at the heart of our home. As we are a small home, once settled in, our residents will personally know all the other residents, staff and owners.

www.little-oaks.com





Our philosophy is to create a warm and homely environment along with a truly individual and dignified experience for all our residents and their loved ones.

Our ethos at Little Oaks is "Our residents do not live in our workplace, we are privileged to work in their home"

We are not part of a larger care organisation. The owners and manager will always be available and very happy to speak to you should you wish or need to contact us.



High Wycombe Call Teresa on: 07340 572524 Email: teresa@little-oaks.com Residential Care Respite care Palliative care

Could you help these children shine?



We are seeking people from all kinds of backgrounds who may be considering adoption to come forward and offer a safe, loving home for a child (or children) in care. A family that will Help Them Shine.

Adoption provides a long term, stable home for children who cannot live with their birth family. The children in our care are all waiting to be part of a family that will help them grow and flourish, even though they may have had a difficult start in life.

Due to their circumstances, some of our children usually have to wait longer to find the right family. This is often because:

- They are a little older
- They are brothers and sisters who need to stay together
- They have additional needs because of significant developmental delays in many areas
- They have non-white ethnic heritage

You can help build a child's family regardless of your sexual orientation, relationship status, faith or ethnicity.

If you have ever thought that adoption might be for you, please do get in touch to find out more: No buckinghamshire.gov.uk/care-children-and-families/adoption

Get involved!

There are lots of ways you can get more involved in council activity and have a say on local issues and the decisions that impact local communities and the county as a whole.

You can find out who your local councillors are if you have anything you want to raise with them by searching on the council's website. You can also watch or attend council meetings.

All of this information is online at **buckinghamshire.gov.uk/council** including a full meeting calendar.

Information about our network of Community Boards is on page 29 - find out about yours at **buckinghamshire.gov.uk/community-boards**

You can also view and take part in consultation and engagement activities by going to yourvoicebucks.citizenspace.com





Contacting the council

There a range of ways that you can contact us and find information out about the Council:

Our website: Buckinghamshire.gov.uk which includes a virtual assistant who can help with the most frequent enquiries. Our website also includes a contact us form if you can't find what you are looking for.

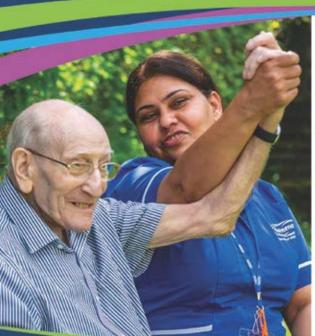
You can talk to us face to face at our **Council Access Points** in our main offices.

You can also get information and advice about our services at our Library Council Access Points (CAPs) where you will also find computers for personal use or to contact our Customer Service Centre.

And finally, you can **call us on 0300 131 6000**, but please be aware that our lines can be busy, particularly on Mondays and around lunchtime.

Caremark (Aylesbury and Wycombe)





Multi-award-winning doctor-led home care for all ages throughout Buckinghamshire that provides:

- · Independence in your own home
- Freedom
- Happiness
- Dignity

Supporting you with

- Short visits
- Long visits
- · Respite care
- 24-hour care (live-in care)
- Complex Care
- Childrens Care
- · Learning Disability Care
- District District Cont
- Physical Disability Care
- Dementia Care

Supporting you for:

- Personal Care
- Medication Support
- · Nutrition and Hydration
- · Meal Preparation
- Mobility
- Companionship
- Shopping
- Transport
- Social Activities

t: 01296 641 662 e: aylesbury@caremark.co.uk www.caremark.co.uk/aylesbury-and-wycombe

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These new homes offer:

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 - Allocated parking

TO FIND OUT MORE VISIT: hightownhomes.com



Do something amazing

- become a Ukrainian sponsor

We are calling for more people to sponsor Ukrainian guests in Buckinghamshire, becoming so-called 'Rematching Sponsors', to provide a temporary home for local Ukrainian individuals and families who are moving out of their initial accommodation. We provide wide-ranging support for all sponsors including administering 'thank you' payments.

While many existing sponsors are happy to carry on hosting people from Ukraine, for some it isn't feasible to continue sharing their home. It means we urgently need people to come forward as Rematching Sponsors. Rematching is vitally important as it can offer guests the chance to stay in the same community they have already settled in.

Photo:

Paul with the
Ukrainian family
he supports as a
Rematch Sponsor,
Artemii and
parents, Dyma
and Hanna
(left to right).



Paul, a Buckinghamshire resident and widower for the past three years recently stepped forward to rehost a young Ukrainian family. After a matter of weeks from their first meeting, the young family, Hanna and children Sofiia and Artemii, moved in and in March 2023 were also joined by the children's father, Dyma.

Can you provide a local, welcoming, and safe space by offering to share your home?

Find out how you can make a difference



buckinghamshire.gov.uk/ukraine-rematching

This rematching sponsorship enabled Sofiia to complete her education at a local secondary school, and Artemii to stay at his local primary school where he is already taking well to learning the English language and is starting to speak in full sentences.

"I took in a Ukrainian family a year ago and have never looked back - no regrets whatsoever. We all get on very well like one big happy family and the whole experience has enriched all our lives. I have not only gained an extended family but also lifelong friends." Paul, a Buckinghamshire resident

We're dedicated to supporting all the county's arriving guests and sponsors through every step of the transition process. This also includes the families who arrived in Buckinghamshire as part of the Afghan Resettlement Programme. Our support, in partnership with local housing association, Fairhive, includes finding suitable housing, helping families to integrate into their new communities and build a new life, support with medical needs, arranging English lessons, finding jobs, and getting children into education. Continued wrap-around support has meant the settled Afghan families are doing exceptionally well with most in employment, children thriving in school and families settled in their communities.



Photo: Sofiia celebrating her 18th birthday with family at Paul's house.



A Helping Hand with the cost of living

Our Helping Hand service continues to offer support to those most in need. If you need to access this service, please read page 18 where we outline how residents can get support this winter.



This year we're using £4.8m of Household Support Fund money from the Department for Work and Pensions to provide a range of help to residents and the voluntary and community support organisations that provide this.

Community Food Chain

The community food chain is a network which channels donations and offers of help to make sure this support and food gets to the people who need it. This help makes a huge difference to the lives of people who are struggling financially.

Food

Donation

Point

Thank you so much

for you support!

Our community food chain is made up of:

Food Champions Over 46 volunteers are working across the county collecting much needed donations for food banks.

Community fridges

There are eight fridges open and one launching soon. These allow people and businesses to donate fresh, good quality food to donate to people in need and to reduce food waste.

Grow to Give

This is a community food initiative providing locally grown food to food banks and community fridges. 3,500 people and families have been helped, and an estimated 3.5 tonnes of locally grown food has been given to food banks and community fridges.

We have:

- managed 5,120 applications for support
- helped 2,540 residents with bespoke support
- referred 1,709 households to local food banks
- funded **1,200** white goods and essential items
- issued nearly 30,000 free school meal holidays digital food vouchers during the May and Summer school holidays in 2023
- supported over 40 food banks and local voluntary organisations

How can you help those in need in your community?

If you enjoy helping others or have excess food, green fingers or free time to donate or volunteer, there are plenty of ways you can support those around you and help make a difference in your community:

- Donate food
- Become a Food Champion
- Set up or volunteer at a community fridge
- Set up or join a Grow to Give food donation scheme
- Volunteer at community food growing and cooking projects



To be part of the community food chain visit: buckinghamshire.gov.uk/help-your-community





- prospects?
- · want to cook healthy meals on a budget for you and your family?
- plan on looking at budgeting for your home? Courses to suit all levels

Find out more or to sign up: studentenguiries@buckinghamshire.gov.uk adultlearningbc.ac.uk 01296 382403







Flying the flag for great parks

Parks and play areas across Buckinghamshire are benefiting from new investments, bringing exciting and fun facilities for families and children to enjoy.

Higginson Park in Marlow was the latest children's play area to receive a makeover earlier this year, with the installation of a variety of modern and interactive equipment for different abilities. This has been followed by a £250,000 revamp of the skatepark in Buckingham.



Next in line for attention is the popular Ropes on the Rye play area in High Wycombe which is being upgraded next year. The facilities at Black Park Country Park are also set to become more accessible with the installation of a 'changing places' toilet for people with disabilities.

In addition to these renovations, six Buckinghamshire parks now hold prestigious, national Green Flag Awards, reflecting their status as some of the best parks in the country:

The Rye, High Wycombe | Hughenden Park, High Wycombe | Higginson Park, Marlow Vale Park, Aylesbury | Bedgrove Park, Aylesbury | Heartlands, Buckingham

Get involved and make a difference

Our **community boards** engage with local communities to explore what's important to them and then work in partnership to create change.

From supporting games clubs to improving community facilities, community boards work with partners to help make Buckinghamshire a great place to live. We'd love passionate residents to get involved.

Find out more about your local community board, and how to get involved, by visiting our website and keying in 'community boards'.



North West Chilterns - Little Meadle Community Garden

A group of volunteers worked hard to bring together a vision developed by the community board.

Local families can use the garden to learn how to grow fruit, vegetables and flowers from seed and it provides opportunities for recreation, exercise and therapy.

Produce can be shared and any surplus given to food banks. In the future, the group hope to create a bug hotel and to invite local schools to visit and get involved.



& Waddesdon

Long CrendonBoard Games Club

The club formed a year ago with seed funding from the community board. We recently visited Mark Frost and son Rory to see how things were going.

One mum who attends regularly with her two sons told us: "Before the club, we rarely did things like this together. We are new to the village and have made new friends since joining."

Aylesbury Community Board – Friars Square's 30th birthday

The celebrations were an opportunity to talk to residents over a game of table tennis. Residents shared what they like about Aylesbury and what they'd like see, do, and learn locally.

One visitor told us: "We've recently moved to Aylesbury and have been welcomed by lovely neighbours. It's been great learning about support from Buckinghamshire Council – the waste wizard is really helpful

for recycling and the Family Information Service has loads of information for things our children can get involved with."





Amersham & Villages - outdoor cinema

About 500 residents enjoyed an outdoor cinema event in September at Amersham Cricket Club featuring Encanto and The Greatest Showman.



Flooding

- how to be prepared

Unfortunately in recent years flooding has become commonplace as we experience more wetter, milder winters.

Flooding can occur for a number of reasons; **flash flooding** or surface

water flooding can happen during heavy and sudden downpours temporarily leaving drainage systems overwhelmed. **Groundwater flooding** happens less frequently but occurs when the water table gets so high it rises above the surface particularly in the south of Buckinghamshire where we find the chalky soils. It's also possible to experience flooding from **rivers and the sea**. Flooding can also occur if a **water pipe or similar infrastructure breaks or bursts.**

In Buckinghamshire some places and properties have experienced all of these types of flooding in recent years with some areas more at risk than others.

Who is responsible for managing flooding and flood prevention?

- The Environment Agency has overall responsibility for the strategic management of all sources of flooding.
- The Environment Agency has operational responsibility for managing the risk of flooding from main rivers, reservoirs, estuaries and the sea.
- Individual home-owners are responsible for taking appropriate action to protect their own property from flooding.
- The Fire and Rescue service is the first port of call in a flooding incident or emergency.
- The council co-ordinates local flood risk management (not operational) and maintains a flood risk management strategy for Buckinghamshire. The council is also responsible for managing flooding on the local highway network.
- The water companies are responsible for flooding from sewers.

How do I know if my property is at risk of flooding?

You can check this on the Environment Agency website by entering your own postcode. You can follow the links by going to **buckinghamshire.gov.uk/flooding** - you can also sign up to get notifications about flooding.

What should I do to prepare if I'm worried about flooding?

In good weather, you can learn more about flood management methods, your own risk, make a flood plan and join a local flood action group. You can also purchase products such as air brick covers and flood gates and doors that might help prevent water entering your property if you are at risk - you need to be sure these are suitable for your particular property.

If you think your property is about to be flooded you should:

- Alert neighbours, especially if they're elderly or more vulnerable
- Block doors and air vents with plastic sheets, sandbags, or other flood resistant products if you have them
- Move valuable and electrical items to a higher level where possible
- Turn off gas, electricity and water supplies
- Don't walk or drive through flood water
- Wash your hands if you touch flood water

Your views on the council's magazine

- Your Buckinghamshire

We want to know what you think about this magazine! Please complete our short survey (should take no more than five minutes).



either online at buckinghamshire.gov.uk/your-buckinghamshire

Or by filling out this page, removing it and posting it to us at:

Magazine survey, c/o the Communications Team, The Gateway, Gatehouse Road, Aylesbury HP19 8FF

Please tell us your views by midnight on Sunday 14 January.

1. Do you read Your Buckinghamshire; Buckinghamshire Council's magazine delivered to homes by the council three times a year?

Please tick one option

- Yes, I always read it
- Yes, I sometimes read it
- I receive it but I don't read it

IF ANY YES answers from Q1

2. How well informed, would you say, does the Your Buckinghamshire magazine keep you about Buckinghamshire Council's activities?

Please tick one option

- Very informed
- Not very informed
- Not at all informed
- 3. Which articles and features do you like most and what topics do you think we should be covering in Your Buckinghamshire magazine?

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	- which you	ails and e-newsletters I can sign up for here: mshire.gov.uk/signup
	Other (pleas	se specify)



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We're the KINDER place YOU should be part of!

BUCKINGHAMSHIRE 2