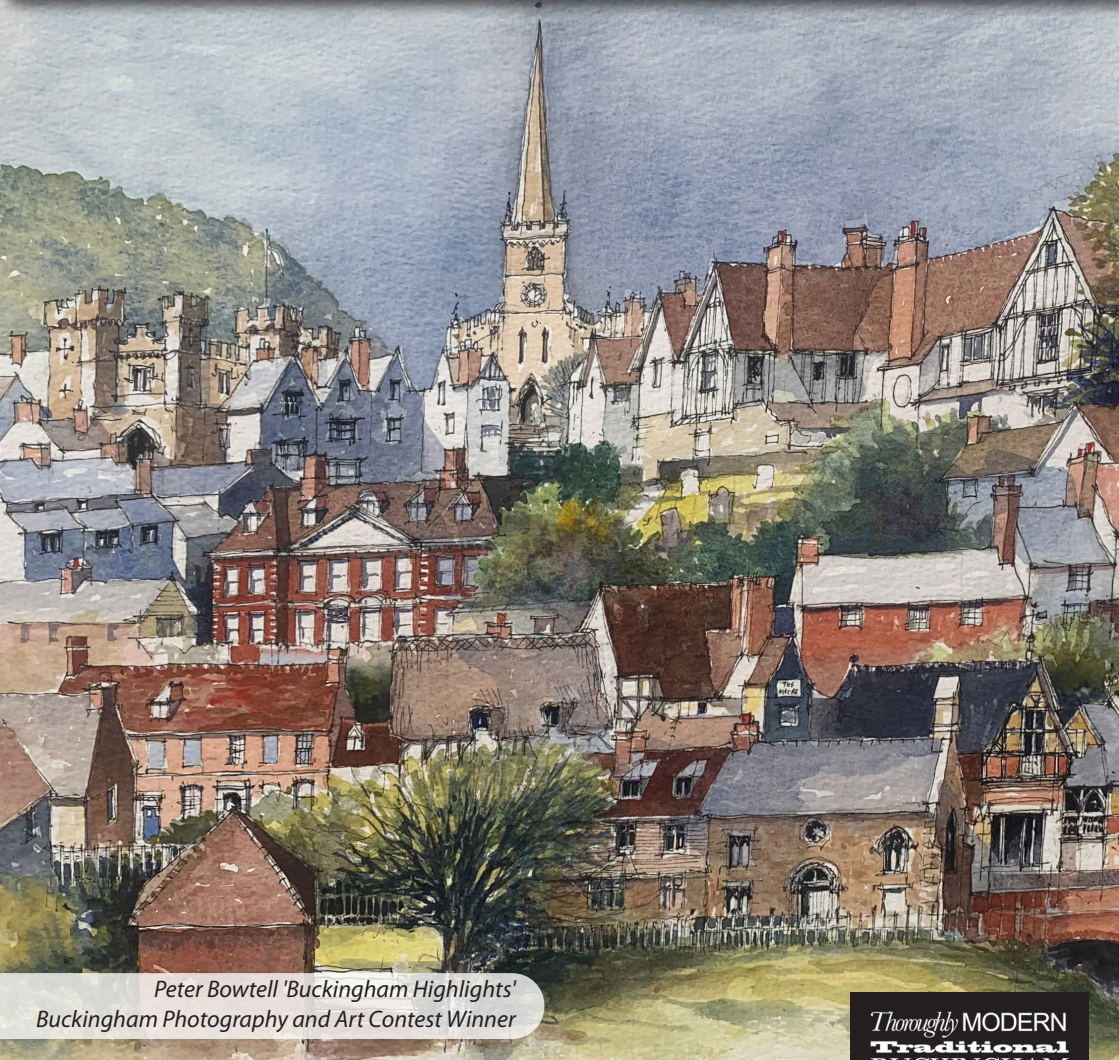




Buckingham TownMatters

Winter issue 2020



Peter Bowtell 'Buckingham Highlights'
Buckingham Photography and Art Contest Winner

Thoroughly MODERN
Traditional
BUCKINGHAM

message from your mayor • food waste
bard of buckingham • winter safety tips • buckingham calendar

A MESSAGE FROM YOUR MAYOR



As we move into winter, we face the same problem that has dominated this year and meant our activities have been curtailed. It was with great sadness that the Town Council had to cancel events including the Remembrance Parade, the Firework Display, and the Christmas Parade.

It has been wonderful to see the creative and inventive way events have taken place online. I was pleased to be able to meet Monty, the 'best in show' at the online dog show.

Buckingham Community Hall Association hosted a Macmillan cake sale in place of the usual coffee morning.

Buckingham Churches Together organised an online children's holiday club, enabling the many children who attend each year still to take part.

There have been online talks and a quiz which many enjoyed.

Winter can be a lonely time especially now with us all following the social distancing measures. I know people in our community look out for each other. We are also fortunate to have many organisations in our Town which offer help, please do not hesitate to contact them.

Stay safe and well everyone.

Best wishes

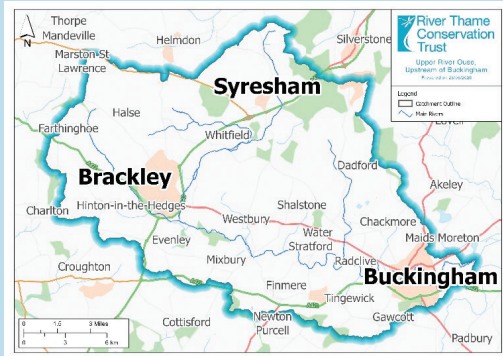
Geraldine Collins

Mayor of Buckingham

NATURAL FLOOD MANAGEMENT

NATURE INSPIRES SUSTAINABLE SOLUTIONS TO FLOODING IN BUCKINGHAM

The River Thames Conservation Trust is working with Buckinghamshire Council to deliver Natural Flood Management (NFM) schemes to reduce the flood risk in Buckingham. This project is being delivered over the next two years. We are currently searching for landowners across the Upper Ouse area (shown below) who would like to work with us and host NFM features on their land.



By restoring natural processes, Natural Flood Management addresses flood risk whilst providing multiple benefits to the environment such as helping biodiversity, reducing pollution and reducing soil and sediment loss. One management tool is to create and restore natural landscape features to slow the flow of water over land. This gives water more time to infiltrate which increases the amount of water stored in the ground. This can come in many forms such as leaky woody dams in streams, ponds in or at the corner of fields, or areas of woodland and many others. These can be made to suit many different land types.



NFM not only helps to reduce flood risk – it provides benefits to the wider environment too. By increasing infiltration, soils and plants absorb pollutants when water passes through them. Slower water helps reduce erosion and soil and sediment losses. These both help to improve water quality in streams and rivers. The NFM measures themselves also create new wetland habitats which help to support wildlife and improve biodiversity.



NFM is a recognised technique and is now integrated into the DEFRA agencies' delivery of environmental

stewardship grants e.g. Natural England Countryside Stewardship and Forestry Commission English Woodland Grant Scheme. The new Environmental Land Management Scheme is likely to reward holding water on your land – so getting involved in Natural Flood Management now could pay off later!



We have funding to deliver Natural Flood Management schemes in the Upper Ouse area as shown on the map.

Please Contact www.riverthame.org or annabel@riverthame.org

CALENDARS FOR SALE

For a second year in a row, we are pleased to announce that the Buckingham Calendar is available to purchase from the Tourist Information Centre and through our website.

This year we opened the competition up to artwork as well as photography and we were blown away by the talent that Buckingham has to offer. It was very difficult to choose the 12 winners to be included in a calendar, but with a good range of images from all the seasons, it is a great addition to your wall.

Discover Buckingham with 12 unique images of the town for £6 from the Tourist Information Centre, it's the perfect present for Christmas.

Thank you to everyone who entered and well done to all the winners.

Here are the winning entries:

January – **Mike Lake**, Canal in the Mist

February – **Peter Bowtell**,
Buckingham Highlights

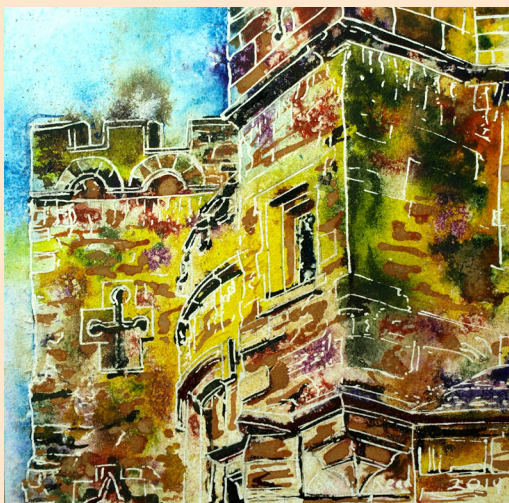
March – **Barbara Farmer**, Woodland of
Western Avenue



April – **Tamika McCullough**,
Springtime Bloom

May – **Irene Schrufer**, Precious Purple

June – **Cathy Read**, Buckingham Gaol



July – **Sandra Windmill**, Gone Fishing



August – **Louise Stubbs**, Canal Stories

September – **Tamika McCullough**, Swan Girl

October – Mural by **Children of Buckingham**

November – **Mike Lake**, Radcliffe Centre in
the Mist

December – **Lynette Dunkley**, Winter's Walk
on the Railway Path

FOOD WASTE

Food is something that unites. It's something that is lovingly grown and nurtured for months before it arrives in our shops.

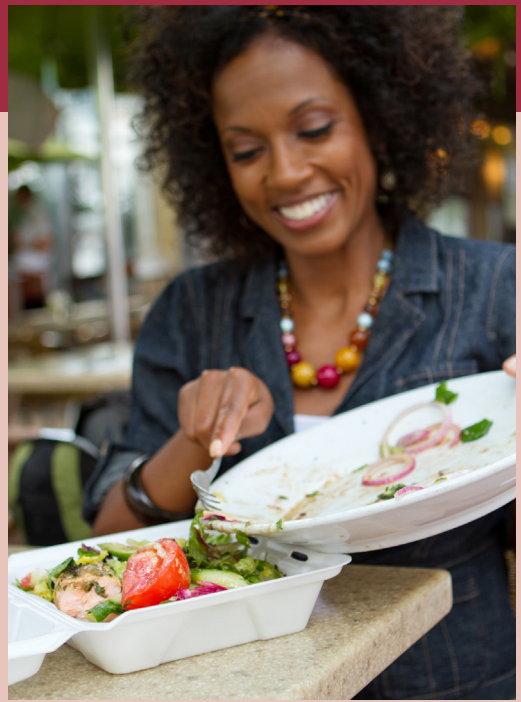
And yet in UK households we waste 6.5 million tonnes of it every year. That's 4.5kg of food wasted from every home in Buckingham and beyond, every week! 3kg of that was perfectly edible. We're not talking egg shells or chicken bones... We mean the last few bites from your plate that you couldn't quite manage, or your bread crusts – all stuff which could have been something delicious.

Saving food means saving money, but reducing food waste is good for the planet too. If global food waste were a country, it would be third largest emitter of greenhouse gases after China and the US. By using up every edible bit of your food, you're doing your bit to look after the environment; imagine what we could achieve if we all make a change!

Collectively we can make a difference. Here's what you can do...

PLAN YOUR SHOPPING AND GET MORE FOR YOUR MONEY

Do you make a shopping list? Many of us don't. But it pays to be organised with your food shopping – saving you time in the aisles and reducing duplicates in your kitchen. Just think of the times you've rushed off to the shops uncertain if you already have enough milk, rice and potatoes.



LOVE YOUR FREEZER

Lots of people don't realise it's safe to freeze food right up to the use-by date, and then defrost in the fridge when you want it. In reality, you can freeze almost all foods, think of it like a pause button. It's a quick and easy way of stopping your food from being wasted, so make the most of your freezer.

MAKE YOUR FOOD GO FURTHER

Leftovers are the best, they save you money, save the food from the bin and save the planet. It's just a case of searching for recipes with whatever is left in the fridge.

For food storage advice, recipes and more visit www.recycleforbuckinghamshire.co.uk/lovefoodhatewaste

PS: Remember if it can't be eaten, you can recycle your food in the weekly food waste collection.

COVID-19 UPDATE

While the Town Council Office remains closed to visitors, many of our services were able to open over the summer, and were delighted to greet residents and visitors.

Unfortunately, **Shopmobility** and the **Tourist Information Centre** were required to close in November, but remain ready to reopen when possible. For advice about local services please contact the team by calling 01280 823 020 weekdays or by email to TIC@buckingham-tc.gov.uk

Lace Hill Sports & Community Centre was also largely closed in November, aside from a very small number of bookings that comply with current Covid-19 guidance.

The Green Spaces team continues to work across the town. Please help keep the team fit and well by not approaching them as they work. If you have an enquiry about our green spaces you can contact the office on 01280 816 426, or by email to admin@buckingham-tc.gov.uk

PAST EVENTS PAST EVENTS

Covid-19 restrictions played a big part in what events could take place during the summer. Some were cancelled and others were adapted to suit the guidelines in place at that time.

VE DAY AND VJ DAY

VE Day (Victory in Europe Day) on Friday 8th May celebrated 75 years since the guns fell silent at the end of World War II. Residents were asked to join in the Nation's Toast to WW2 Heroes at Home, standing at 3pm to raise a glass of refreshment and make a toast: 'to those who gave so much, we thank you.'



The piper, bugler and Town Crier recorded performances which were shared online. Mayor at the time Cllr Mark Cole JP shared a moving speech remembering the contribution Buckingham played to the end of World War II.

On the 15th August it was VJ Day (Victory over Japan Day) The piper and bugler once again recorded performances to share online. The day started at 6am with the piper playing *Battle's O'er*. Later in the day we heard *The Last Post* played by the bugler, followed by a 2 minutes' silence at 11am.

The newly appointed Town Mayor Cllr Geraldine Collins read the Mayor's message after the bugler played *Reveille*. The day came to an end at 8:18pm with the bugler playing *Sunset*.

PAST EVENTS PAST EVENTS

PLAY AROUND THE PARISHES

The annual Play Around The Parishes was reimagined as a Family Hunt for hidden letters around Bourton Park. The theme was changed every two weeks and ranged from Summer Fun, Animals and Disney. The activity was provided by Buckinghamshire Council and supported by the Town Council.



ACTION 4 YOUTH SUMMER ACTIVITIES

The long summer holidays looked very different this year as families came out of lockdown. Young people had already spent several months with limited opportunities to socialise, and although social distancing measures started to lift, childcare from organised groups, summer activities and time with grandparents were often not an option. The Town Council recognised that this was going to be a challenging time for some families.

Action 4 Youth was commissioned to provide a new set of activities for young people over the summer; these activities were run by two qualified youth workers. Funding was provided by Buckingham Town Council and Buckinghamshire Council's Community Board.

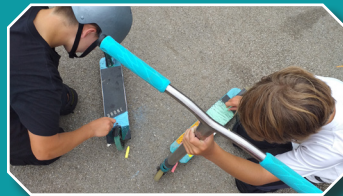


There were four sessions for young children in Chandos Park on each Wednesday in August. However, the greatest success were the 16 sessions aimed at **young people 11-18**, which mostly took place in the **Skate Park**.

These started with getting to know the

young people. Sessions then included:

- Parkour training
- Various signposting and advice sessions
- Kayaking in Chandos Park
- Pavement art – which turned into scooter decoration
- Kwik Cricket
- Scooter painting
- Umbanda drumming



Overall, 165 young people engaged throughout the second part of the project.

The group ran an extra session at no cost on Saturday 5th September with four BMX and Skateboard riders who came with prizes and competitions for the young people. The main prize was a £100 Chilli Stunt Scooter. Session regulars and new attendees had a fantastic time.

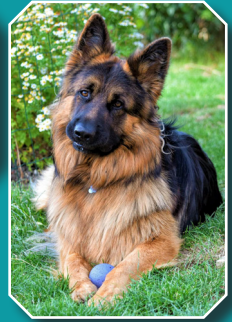
PAST EVENTS PAST EVENTS PAST E

THE BUCKINGHAM DOG SHOW

The **Buckingham Dog Show** is a staple in the BTC event calendar. It is always well-received and attended but could not go ahead as usual. It was decided that it would go ahead virtually. It was just as waggy and furrier than ever, with over 100 entries received!



Classes included Cutest Puppy, Fabulous Fella, Gorgeous Gal, Best Rescue, Dog Most Like Its Owner and Public's Choice. Winners of each class were announced on a daily basis and pictures of all the entries were put on the Town Council's social media sites. Each class was judged by Kimberly Cox Dog Training and Cllr Lisa O'Donoghue. Best In Show was judged by Town Mayor Cllr Geraldine Collins. The overall winner was Monty, an 18-month old German Shepherd who had won Fabulous Fella as well as Public's Choice.



Sponsors for this year's show were Kimberly Cox Dog Training, Arden Grange, Leaders Buckingham and In The Dog 'Ouse.

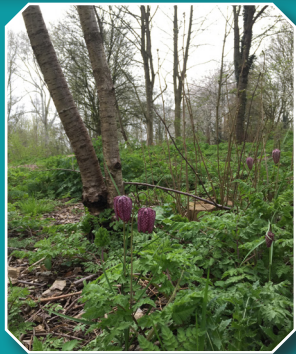


BLOOMING GREAT COMMUNITY BULB PLANT

On a warm Sunday morning in September, volunteers from the Town Council, Buckingham Rotary Club, Buckingham Table and Tree Wardens helped plant 4500 bulbs across Bourton Park. The event forms part of the Town Council's Climate Emergency Action Plan to increase biodiversity in the area and improve the appearance of the park.

Various wooded locations were planted with thousands of Snowdrops, Bluebells, Wild Garlic, Wood Anenomes and Snake's Head Fritillary. By next springtime these will be in full bloom and really brighten up these sections of the Park.

Thank you to all our fantastic volunteers for enabling this positive event to take place, for adhering to social distancing guidelines and for being willing to get their hands (or gloves!) dirty.



PAST EVENTS PAST EVENTS PAST EVENTS

RIVER RINSE



This year's **River Rinse** was able to go ahead on Sunday 27th September with two small groups taking part. The Stowe Sub Aqua Group moved through the river, while the second group of river wardens and Town Council staff cleared the river bank.

The first rinse went from the car park on Bourton Road up to the cricket club. A lot of tree branches had to be cleared as they were overhanging the river or had fallen in, slowing the flow of the water.



Among the finds this year was a child's scooter.



The second rinse on Sunday 4th October was cancelled due to adverse weather caused by Storm Alex.

FUTURE EVENTS FUTURE EVENTS

Due to the current Government Guidelines around events and large gatherings, Buckingham Town Council's Town Centre & Events Committee made the decision in September to cancel the remainder of this year's events. These included the Charter Fair, Bonfire & Fireworks display, and the Christmas Light Switch On.

The decision to cancel the Charter Fair was a joint decision with Head Showman, Marshal Nichols of Nichols Amusements. Mr Nichols brought a small, non-operational juvenile ride into Buckingham in order to maintain the conditions of the Charter.

Buckingham Town Council provides the road closure for the Remembrance Day Parade and the Christmas Parade. A joint decision was made with both the Royal British Legion and the Christmas Parade Committee that the parades should not go ahead this year.

In brighter news Buckingham is benefitting from three no parking charge Saturdays at Cornwall's Meadow car park! The first free parking Saturday was on 31st October 2020. The next two dates are being finalised at the time of this edition going to press. Look out for posters and social media, and come along to enjoy our Saturday and Flea markets as well as Buckingham's great range of shops and services.

ENTERPRISE FOR ALL

Business Enterprise students at the University of Buckingham are being asked, 'what could the Buckingham High Street of the future look like?'

The Business Enterprise and Innovation Unit (BEIU) has launched a new initiative called 'Enterprise for All', designed to help students on all courses develop their enterprise skills while studying for their degree.

In the first challenge, students are being asked to look at the common issues facing the local high street and those across the country. Working in teams, students are

preparing ideas for how businesses can use their unique attributes and support the high street to thrive.

Director of BEIU, Professor Nigel Adams said, 'One of our key objectives is to stimulate an enterprising spirit throughout the University and the region, and we are doing this by actively engaging with our community partners on projects like this one. We are interested in speaking with anyone from within the community who has enterprising ideas. We would be happy to help you develop them.'

THE BARD OF BUCKINGHAM

What is a Poet?

days and weeks of pondering and searching for the answer.



In October 2019, I entered the Buckingham Bardic trials. I had no expectations of becoming a Bard. What an honour, but what a big responsibility to become 'The voice of the community!'

When my term began, I wrote poems about events that happen in the town. My highlight was singing 'Turn the Lights on' just before the countdown to the

Christmas lights switch on. Another, was premiering a poem called 'Sunrise' for The Buckingham Literary Festival. My writing and recording didn't stop during the lockdown.

Now I'm writing a lot more about things around me; from politics and places, to people, feelings and faces. Poetry has become a major part of my life and I really enjoy doing it.

Hopefully my poems have helped one or two people during lockdown, and the verse has resonated with my readers. Being Bard has been a really memorable experience and I'm so grateful to everyone who has cheered me on.

I can't wait to find out who our next Bard of Buckingham will be. The next trial happens in the spring 2021. Please step outside your comfort zone and give it a go. It is life changing!

Dean Jones, The Bard of Buckingham

LONG TERM GRANTS RECIPIENT

Buckingham Town Council supports several local organisations with long term grant funding. One of these is Citizens Advice. The local team at the Buckingham office are there to listen and support if you need help.

CITIZENS ADVICE AYLESBURY VALE – SERVING BUCKINGHAM Do you need help?

The Service:

We provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities.

The service, which is an independent charity, is run mainly by volunteers. In Buckingham our volunteers give in excess of 75 hours each week to help our clients.

Last year, we helped 1,167 people from the Buckingham office and dealt with 4,248 different issues. This continues to grow with the increasing population.

Citizens Advice in Buckingham is still the only agency in the town and surrounding area. We build relationships with local organisations and government organisations to help clients resolve their issues.

What we offer:

We help the community with all manner of issues and a variety of topics.

Debt and benefit assistance are high on our list, followed by employment and housing issues. Other areas in which we support local people include consumer issues and



relationships. This list is not exhaustive, in fact, we have probably covered most things that affect people's lives.

We can help with claims forms for benefits.

We are fortunate to have a small team who carry

out home visits to those in our community who are not able to visit the office in person. Last year alone, we were successful in gaining an extra £295,000 in additional income for our clients.

Contact us:

In normal circumstances our doors are open from Tuesday to Friday (different hours on different days). We are **open** for telephone advice.

You can call the national helpline to speak to an adviser. 0345 245 1289 or Freephone 0800 144 8848

Visit us on Facebook or via our website www.citizensadviceaylesburyvale.org.uk

Citizens Advice national website is easy to navigate, contains a host of information on different topics. www.citizensadvice.org.uk

CORONAVIRUS INFORMATION – our advisers are working remotely and can assist by phone. Unfortunately, our office is still closed.

COUNCILLORS WANTED



CLLR. O'DONOGHUE ON EXPERIENCE AND COMMUNITY

What inspired you to become a Councillor?

I think it was knowing how I could help the community in other ways; I'd been on resident associations in London but we had very little power. After we moved to Buckingham I became involved in helping to form The Buckingham Plan – my first experience of the Council. A co-option to join the Council opened up; friends really helped me to see what I could bring and get out of becoming a Councillor.

What goals did you have?

To do the best that I could for the community.

Councillors bring their own life experiences to the table, how have your perspectives and personal insights helped guide Council projects?

I was the youngest Councillor, and working with BCC Youth Service. Buckingham was a much smaller market town then, and my own experiences growing up in London were more multicultural. I brought a different perspective on what young people thought and what they felt was missing in Buckingham.

What skills and experience have you gained as a Councillor?

Extra people skills, including patience and trust, and chairing meetings.

Did you ever find it difficult to balance your other commitments with being a Councillor?

Working part time, due to disability, I have time in the week I can dedicate to being a Councillor. It is possible to balance things; support helps.

What has been your best moment as a Councillor?

When I was elected Mayor of Buckingham, to think I could achieve something like this is amazing and as I'm very into family history it's fantastic to say there's been a Mayor in our family. Also I travelled to our twin town Mouvaux in France to be part of a joint ceremony to commemorate the beginning of the First World War. The parade through the town, speeches in front of their impressive war memorial and the unveiling of a plaque by their Mayor and myself will stay with me forever.

How important do you think it is that Councillors have a range of backgrounds and experiences?

Very important! If everybody has the same background they're not bringing anything fresh to the table. Often people don't feel there's anything special about them, until they realise they are the only person around the table that has their experiences; that input is really valuable.

What advice would you give someone thinking of becoming a Councillor?

When I first started at the Council, I was given excellent advice: to listen and learn, to attend meetings, not just Full Council but committees as well, and read the agendas and minutes.

Look at the time and support you have available to you and if you can commit to being a Councillor. Have faith in your own experience, everyone has something to give.

COMMUNITY SAFETY

Bright Ideas to keep your home safe during the evenings

This time of year, when the clocks go back, homes are in darkness early in the afternoon – a gift for opportunist burglars. Unfortunately, they see the longer winter nights as an opportunity to increase their criminal activities, so to help you avoid becoming a victim of burglary, Buckinghamshire Council's Community Safety Team is encouraging homeowners to take some simple steps to help protect their home:

- Use a timer switch to turn on lights and a radio to give the impression someone is home
- Keep valuables and other electronic equipment such as laptops out of sight
- Security mark valuables with a UV pen and register them with www.immobilise.com
- Double lock UPVC doors or use dead locks on solid doors
- Keep all spare keys, including car keys, away from the front door and out of sight to avoid them being 'fished' through the letter box





Working together for a safer Buckinghamshire

- Keep windows locked with the key and keep it out of sight
- Don't leave packaging of expensive items purchased on view as an advertisement to thieves

For further crime prevention advice and to contact the Community Safety Team please visit: www.buckinghamshire.gov.uk/community-and-safety/crime-prevention/

You can also follow our social media accounts:

 @Bucks_Safety

 @bcccommunities

Nextdoor – Buckinghamshire Council



Buckingham's local police officers can often be found at community events



WINTER SAFETY TIPS



Winter is almost upon us again. We're sure many residents are looking forward to 2021, but before we get there here are some tips to help you prepare for the colder months.



At home – Make sure you keep warm. Extra insulation can help keep your home warm; Citizens Advice may be able to support you with accessing financial help including the Green Homes Grant or Warm Homes Discount. Check you're on the best fuel tariff. Check your smoke alarm, as the risk of fires can increase in the winter months.

Bad weather – Keep a torch handy in case of power cuts. Salt from grit bins can be used

to salt roads, paths and public areas only. It may be useful to get some extra salt or grit to keep your paths clear at home. Use a wide shovel to clear snow off your drive and around where you live.

Reach Out – If you find yourself indoors, or isolated, over Winter and are feeling blue, reach out. You are not alone.

On the road – Ensure your car tyres are OK for icy roads, and the anti-freeze is topped-up with a winter mix. Keep blankets, Hi-Viz waistcoats, drinking water, pre-packaged food like cereal bars and a snow shovel in your boot for emergencies. And if you have a mobile phone, remember to keep it charged in case you get stranded.

Be a good neighbour – Have you talked with your neighbours, especially the more vulnerable ones, about how you can help each other out in winter months? Could you offer to help them with shopping in icy/snowy weather? Remember to keep in contact with your relatives if they are or have been self-isolating due to Coronavirus, it's been a hard slog since spring and community support makes a big difference to those struggling or feeling lonely.

YOUR VIEWS COUNT

Buckingham Town Matters is produced by Buckingham Town Council in order to provide you with a taste of what keeps Councillors and staff busy. But this is also an invitation for you to tell us what you think of what we do and what you think we should be doing. We are all working together to make Buckingham an even better place, so please let us know:

- what you think we should carry on doing
- what you think we should stop doing, or do less of
- what you think we should start doing, or do a lot more of

Just a reminder... all Town Council meetings are open to the public. You are invited to come along and give us your views.

You can email us at or just drop us a line at the address opposite.
We look forward to hearing from you:

BUCKINGHAM TOWN COUNCILLORS

Cllr. Geraldine Collins – Mayor	01280 823 006	Cllr. Andy Mahi	01280 816 562
Cllr. Martin Try – Deputy Mayor	01280 816 202	Cllr. Howard Mordue	01280 815 418
Cllr. Robina Ahmed	07515 338283	Cllr. Ruth Newell	01280 815 229
Cllr. Terry Bloomfield	01280 815 336	Cllr. Lisa O'Donoghue	01280 824 624
Cllr. Mark Cole JP	01280 816 005	Cllr. Anthony Ralph	01280 813 710
Cllr. Paddy Collins	01280 823 006	Cllr. Mike Smith	07717 377314
Cllr. Margaret Gateley	01280 816 317	Cllr. Christine Strain-Clark	01280 816 832
Cllr. Jon Harvey	01280 812 711	Cllr. Robin Stuchbury	07752 394 162
Cllr. Paul Hirons	01280 812 072	Mr Paul Hodson – Town Clerk	01280 816 426

USEFUL NUMBERS

Buckingham Town Council	01280 816 426	Domestic Violence Helpline	0808 2000 247
Buckingham Cemetery	01280 816 801	Thames Valley Police	101
Buckingham Shopmobility	07738 314 027	NHS Urgent Care	111
Lace Hill Sports & Community Centre	01280 812 872	National Power Cut Helpline	105
Buckingham Community Hall	01280 823 584	National Gas Helpline	0800 11 11
Buckingham Tourist Information Centre	01280 823 020	Crimestoppers	0800 555 111
Buckinghamshire Council	01895 837200	Floodline	0345 988 1188
Transport for Buckinghamshire	01296 382 416	ChildLine	0800 111 999
Citizens Advice Aylesbury Vale	0344 245 1289	Samaritans	01908 667 777
		StreetLink (rough sleeping)	0300 500 0914

Town Council Office, Buckingham Centre, Verney Close, Buckingham, MK18 1JP

Email: office@buckingham-tc.gov.uk or visit: www.buckingham-tc.gov.uk

Call: 01280 816 426 (Please phone for appointments)

Follow us on Facebook:  /BuckinghamTC **or Twitter**  @buckinghamtc **or instagram**  @buckinghamtc

Buckingham Town Council does not endorse or sanction any other materials, products or advertisements which may be delivered together, in or at the same time as our Buckingham Town Matters.

This edition of **BTM** has been designed by Black Dog Design (www.black-dog-design.co.uk), printed by Oxuniprint and distributed to the homes and businesses of Buckingham by In Business Magazines.

This is delivered to approx. 6,500 homes and businesses. It is also available on our website as a PDF and an audio version. Please contact the Town Council if you would like to request a large print copy.

Please note, events organised by Buckingham Town Council may be photographed and these photographs may be published.

CONTINUED HELP AND SUPPORT



For detailed information about Coronavirus in Buckingham and how to access support visit: www.buckingham-tc.gov.uk/coronavirus

Buckinghamshire Council is still here to help with vulnerable people dealing with coronavirus. Call: **01296 383204**. This is a 24-hour phone line.

Buckinghamshire Adult Social Care is available to support adults, families and carers. Call: **01296 383 402**

For advice on how to manage money, debts, benefits, housing, employment issues Citizens Advice can help. Call: **01280 816787**

If you are concerned that you or someone else has been a victim of fraud, contact Action Fraud. Call: **0300 123 2040** as well as your bank.

Samaritans is aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland. There is a 24-hour helpline number you can access 365 days a year. Call: **116 123**

If you need to report non-emergency incidents such as criminal damage, anti-social behaviour or stolen vehicles, please contact Thames Valley Police. **101**.

Buckinghamshire Social Services safeguards and promotes the welfare of vulnerable children and adults and can provide a wide range of services to children and their parents. Call: **01296 395000**.

Buckinghamshire Business First can help if you need advice or support with your business. Visit their website at www.bbf.uk.com for further details.

