



marlovian

all your news from the community

Autumn 2021

Royal *Swan Upping*

Census of the River Thames swan population returns

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all your news from the community

COVER: Hilary Martin
MARLOW TOWN COUNCIL
Editor: Hilary Martin
Magazine Co-ordinator: Jan Bailey
To submit an article, email jan@marlow-tc.gov.uk or call **01628 484024**.

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Managing director: Chris Savage
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Production manager: Michelle Miley



Designer: Grace Tracey
Accounts: Vicki Charles, Steve Clapton

Tel: **01491 822750**
www.randagroup.co.uk
lmaitland@roundandabout.co.uk

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The Benefits of Cohabitation Agreements

The myth of 'common law marriage' has led people into a false sense of security where they will often believe that they have the same rights as married couples upon the breakdown of the relationship. Unfortunately, there are no automatic rights over property or finances for unmarried couples, no matter how long you have been together.

A cohabitation agreement can be entered into by the cohabitants to set out their intentions in relation to any assets (including property) that are jointly or individually owned and state what will happen to them if the relationship breaks down.

Cohabitation agreements aren't just for romantically involved couples but are often made for friends and siblings that decide to move in together, the agreement can be drawn up at any time but it's best to do so before moving in together.

Olivia Dann, from the Family and Divorce team at Blaser Mills Law outlines the benefits of creating a cohabitation agreement.

1. A well drafted cohabitation agreement records each party's legal and beneficial interest in the assets and property involved. This reduces the possibility of a dispute about ownership if cohabitation ends and helps reduce the chances of costly litigation.
2. The end of any relationship can be very difficult and stressful, a cohabitation agreement can make the process much simpler by outlining each partner's rights and responsibilities from the beginning.
3. A cohabitation agreement can also help to reduce the risk of conflict whilst living together. It can outline things like how much each person contributes to the mortgage, bills and other financial commitments.
4. It can help with provisions for the future. If one partner has been financially dependent on the other for years or has children, they will have no right to maintenance payments for themselves after a breakup. Unlike divorce or the dissolution of a civil partnership, cohabitation

doesn't automatically carry any obligation for ongoing support for either party - unless this was established in a legal agreement.

5. It can include provisions to execute a Will in favour of the dependent partner. This means that a claim under the Inheritance (Provision for Family and Dependents) Act will be more successful.

How Blaser Mills Law can help

It is important that you and your partner obtain independent legal advice to ensure that the agreement is fair and that there are no surprises after you have both signed the agreement.

If you are considering setting up a cohabitation agreement or to get further information and advice please contact **Olivia Dann** on **01494 478612** or email ojd@blasermills.co.uk.

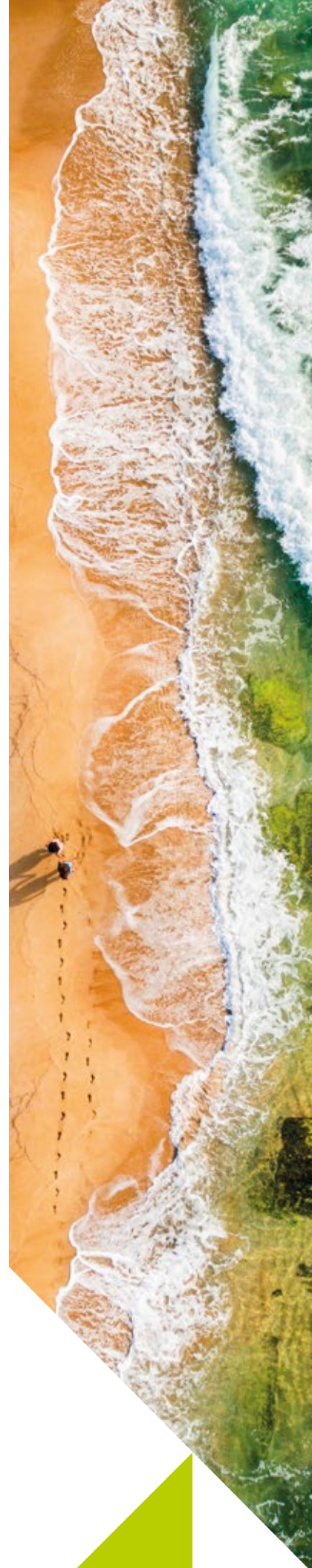


About Olivia

Olivia lives in Beaconsfield and works in the High Wycombe office at Blaser Mills Law.

She is currently cohabiting with her partner and so understands the risks involved when intermingling finances when you remain unmarried.

In her spare time, Olivia enjoys playing netball, baking and looking after the animals on the farm where she lives. She is also a qualified scuba diver.



Mayor's Message

Welcome to Autumn



At last, some relaxation of Covid restrictions and our town is starting to buzz again. I am in and around the town most days and there really is a feeling that the worst of the pandemic is behind us. Whilst caution, the wearing of masks and sanitisation are still recommended, our shops, restaurants and other businesses are attracting residents and visitors back. Places of worship and community halls are re-opening and the number of events that I can attend is increasing.

In recent weeks, I have joined litter-picking by pupils of Sandysgate School in May Balfour gardens, opened a new shop for a local independent retailer, attended the annual world-famous Swan Upping event with the Royal Swan Uppers, and visited Marlow Lighthouse at Holy Trinity School. My diary is now filling up with more local events over the coming months and I look forward to attending the many activities that our local organisations and clubs provide for their members and other residents.

I am pleased to let you know that our autumn civic events are currently being finalised, subject to any Government Covid restrictions that may be in place. Our widely supported Remembrance Day commemoration will take place on Sunday, 14th November, followed later in the month by the pre-Christmas Switch-On of our Christmas lights on Thursday, 25th November. Carols on the Causeway around the Christmas tree will be held on Monday, 20th December.



Details will shortly be available on the Town Council's website and all are welcome to attend. I and my fellow councillors look forward to welcoming you to these events.

It has been the tradition of the Mayor to nominate a charity to support during the mayoral year. Whilst it is the new Marlow Mayor's Charity (Reg no 1192089) that ultimately approves any donations, I have nominated Thames Hospice as my charity. It provides world-class palliative and end-of-life care and support to people aged 16 and over across East Berkshire and South Buckinghamshire, including Marlow. Based in superb purpose-built premises in Maidenhead, their facilities are second to none.

I look forward to attending the many activities that our local organisations and clubs provide for their members and other residents

My main fundraising event will be the Mayor's Golf Day, which will be held at Harleyford Golf Club on 12th April 2022. Due to Covid, all charities have seen reduced income, so if you would like to contribute to my charity, please contact the Town Council office.

As reported in the last Marlovian, local elections took place on 6th May and there is now a new Council in place for the next four-year term. Five new councillors were elected - David Brown, Carol Heap, Chris Hoyle, Natalia Mityaeva and Coleen Stapley – and all councillors are contributing fully to the Council's work. Full contact details for all councillors are on page 26 of this Marlovian and on our website.

Your Council is currently reviewing its committee structure to ensure that it serves the changing needs of our residents and we hope to announce further details of these in November. We have already announced a new Environment & Sustainability sub-committee and full details of its work are regularly reported in the Marlovian, on our website and on social media.

Kind regards

Cllr Richard Scott
Marlow Town Mayor



Town Council News

Autumn 2021

Sunflowers from Marlow C of E Infant School

Town Clerk Hilary Martin was presented with sunflowers by Wild Marlow Student Ambassadors as the school broke up for the summer holiday. The six sunflowers have been planted in the wildflower beds on Wiltshire Road and Henley Road and we look forward to seeing them flower.

Grounds maintenance tender

Marlow Town Council is inviting tenders for the next grounds maintenance contract, due to commence 1st April 2022. The services required are grass cutting, shrub bed maintenance, bench maintenance and some additional related duties. Tender documentation, including terms of reference, can be obtained from: Marlow Town Council at office@marlow-tc.gov.uk or telephone **01628 484 024** for further details.

The closing date for any enquiries for this tender is Tuesday, 14th September 2021 and the tender submission date is Monday, 4th October 2021.

Switch On

This year's very popular Switch On and Shop event will be held on Thursday, 25th November. Check our website nearer the time for more up-to-date information.

www.marlow-tc.gov.uk

Remembrance

Marlow's Remembrance Parade and Service will be held on Sunday, 14th November at The Causeway, Marlow. All are welcome to come along. The service will commence at 10.45am. The High Street will be closed to traffic from 8am until the finish of the Parade at approximately 11.30am. Marlow Bridge will also be closed to vehicles during this time.

Defibrillators

Here is a list of the defibrillators that are around Marlow, together with a simple guide on how to use them. If you need to use a defibrillator, phone 999 and you will be given the code to open the box. The machine will talk you through what to do.

- Marlow Medical Doctors, The Doctors' House, Victoria Road – **01628 484666**
- Higginson Park, near the Resolute Café on the wall outside the public toilets. The nearest park entrance is on the corner of Pound Lane and Marlow High Street
- Court Garden Sports Complex, Pound Lane
- Institute Road near the Marlow Post Office. The sign is

on the wall just past the Post Office at the entrance to the alley. The defibrillator is on the wall in the alley

- On the left-hand corner of Seymour Park Road and Oak Tree Road, in the telephone box
- On the corner of Lock Road and Station Road, in the telephone box opposite the Marlow Donkey

A-board policy

Marlow Town Council's A-board policy has been in force now for one year. During this time officers have worked closely with local business owners to ensure that advertising boards are treated equally for all town centre businesses and do not obstruct footpaths. Confiscation of offending boards is a last resort and officers ensure that the rules are enforced fairly. The full policy can be viewed on our website here.

www.marlow-tc.gov.uk/a-board-policy/

A Day in the Life of the Town Council's Community and Amenity Officers

It may sound like a rather mundane job, but for Marlow Town Council's two Community and Amenity Officers, there's nothing mundane about their role in looking after the town.

The two Officers cover the 'outdoor' responsibilities of the Council. These include running the town's two allotments, Hanging Hill and Foxes Piece – fixing taps, numbering plots and ensuring compliance – and looking after the town's parks: Riley Park, Seymour Park, Gossmore Park/Pergola Gardens, May Balfour Gardens and Campbell Road. A daily routine involves checking for litter and graffiti, carrying out a visual check on playground equipment to ensure it's functioning properly, and looking out for broken glass and other hazards. They report fly tipping and actively look out for work that needs to be reported to Bucks Council.

They do periodic inspections of the two defibrillators in the town, report any vandalism, and check on the phone boxes. Recently, at the Newfield Gardens Book Swap kiosk, for example, they checked for leaks and carried out some necessary waterproofing.

At the cemetery between Sandygate and Trinity Road, the pair assist with cutting grass, clearing the alleyways of leaves and detritus, washing gravestones, blowing grass clippings and of course, compliance with the regulations of the cemetery. They also edge the grassy areas and water in new turf as needed, chopping back trees if necessary to allow skip lorries in.

"We're sensitive to the nesting season when we're cutting

back, of course,” they say. “We try to disturb wildlife as little as possible.”

The Officers also manage the Community Payback group, which meets every Tuesday at the cemetery. Usually there are between three and eight people in the group, which spends the day assisting the Officers under the eye of their own supervisor.

“We do whatever’s needed to look after the areas of Marlow Town Council’s responsibility,” one of them says. “Every day is different, and we may get called to do a particular job en route. For instance, we were weeding at Riley Park when we received a message to check the playground apparatus while we were there. Another time we were called to help with an injured swan.”

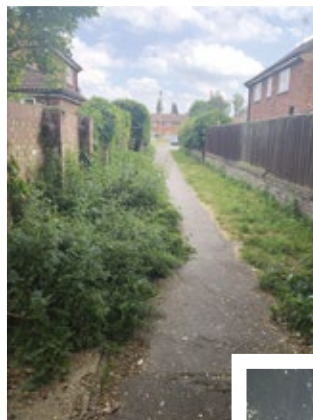
They assist with public events in the town such as Pub in the Park, and always listen to the residents about what needs doing in their particular area of the town.

The Officers are provided with a MTC-branded van, and there are plans to get an environmentally-friendly version soon. “We cover a lot of ground, often carrying out six to seven jobs per day between the two of us – even though we only work mornings. We’re both Marlow born and bred, and know the town really well. We love what we do. This isn’t just a job - we’ll do anything that’s needed to help the town look good. At Christmas we even worked through the night to help with the virtual Christmas Lights Switch-On.”

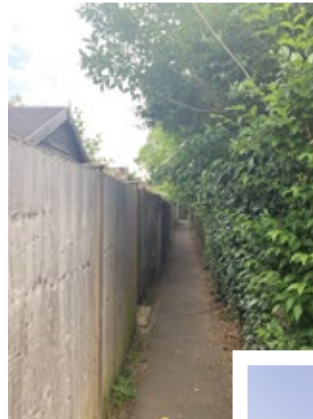
*Footpath before and after photos*_____



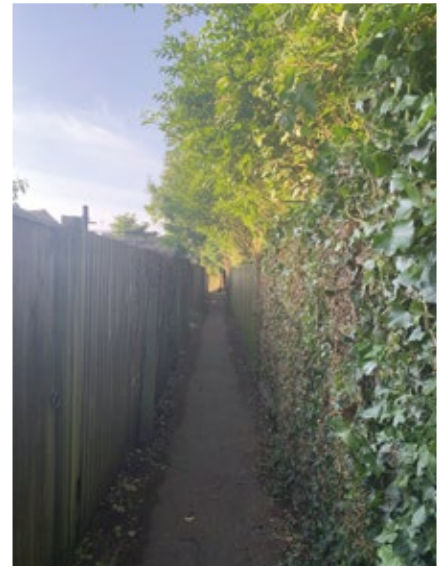
Community and Amenity Officers cleared the Oxford Road footpath



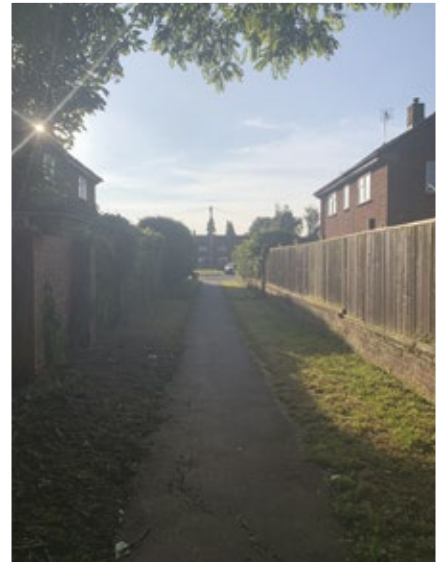
Community Payback Group cleared Willowmead and Allanson Road area footpaths



Allanson Road



Willowmead to Allanson Road





Sustainable Marlow

Local initiatives to tackle climate change

Town council goes electric to cut carbon

Marlow Town Council has begun switching its garden maintenance tools from petrol to electricity as part of its efforts to tackle climate change.

The Council's amenities team uses a range of power tools to keep the town tidy and its pathways clear of vegetation. When a petrol-powered long-pole hedge trimmer reached the end of its life it was replaced, for the first time, with a battery-powered one. According to the Council's amenities team early experience with the new tool has been very positive.

"This tool has proved very effective both from a power perspective and in terms of battery life," the Community and Amenities Officer said. "We actually find ourselves using it more than we did the old one, because it really speeds up trimming jobs."

The switch is one element in a broader programme to cut carbon. In July councillors agreed to focus on six action areas, including a progressive shift to electricity for all grounds maintenance tools used by both council staff and, when possible, contractors.

The Council is also looking at purchasing an electric bicycle for staff to use for trips around town, to switch its diesel van to an electric version and to put a timer on the town's annual Christmas lights to reduce their associated emissions. In addition, it is lobbying Buckinghamshire to find greener solutions for the Marlow town bus, which is part-funded by the Town Council.



Recycle your flexible plastic packaging at Sainsbury's Marlow

Marlovians can now recycle flexible plastic packaging, thanks to Sainsbury's. Rigid plastics like milk bottles and cartons are routinely collected via household blue bins, but few local authorities, including Buckinghamshire, collect flexible plastic films.

Britons currently throw away a lot of flexible plastics, which make up one-third of all plastic packaging in Britain. In Marlow all this waste goes via our black bins to a waste-to-energy plant near Aylesbury. The government has said it wants to roll out nationwide recycling of flexible plastic packaging, but this is unlikely before the second half of this decade.

Thanks to Sainsbury's, many types of flexible plastic packaging can now be taken to its West Street store for collection and recycling. This includes carrier bags, bread bags, cereal bags, vegetable wrappings, biscuit wrappers, toilet roll wrappers, frozen food bags, clothing bags, and bottle multi-pack wrapping.

For the technically minded, the plastic polymers that are covered by the scheme are polypropylene (PP) as well as polyethylene (PE) and low-density polyethylene (LDPE). The Town Council applauds Sainsbury's for this initiative and encourages all residents able to do so to separate their flexible plastics and take them to Sainsbury's in West Street. As always with recycling, actions need to be proportional. For example, if items are soiled, it would usually be better to dispose of them rather than consume heat and water to clean them for recycling.



Marlow hosts UK-leading electric car trial

Some residents have noticed that one bay in Liston Road car park has been labelled “permit holders only”. The reason is that Marlow is becoming one of the first places in Britain to trial wireless electric vehicle charging. A specially adapted electric Renault Zoe will shortly be available for public hire from this bay.

Marlow is already a leader in private take-up of electric vehicles, but the vast majority of these are kept on private drives where they can be safely charged using plug-in cables. The Liston Road trial explores an alternative for people without off-street parking, or indeed without their own vehicle.

The project is being run by a group of organisations including Buckinghamshire Council with funding from the Government’s Office for Zero Emission Vehicles (OZEV).

An induction charging pad has been built into the dedicated parking bay, and the adapted Renault Zoe will be able to charge simply by parking over it. The developers stress that the technology has been extensively tested and poses no health risks to people or pets.

A key objective of the trial is to enable residents to try out the vehicle and become familiar with how to charge it using the wireless pad. Rentals will be available via the

*Rentals will be available via
the online car hire firm Hiyacar
and users will be able to hire the
vehicle for periods of one hour
up to three days*

online car hire firm Hiyacar and users will be able to hire the vehicle for periods of one hour up to three days.

People’s ability to hire the vehicle is an important part of the trial, according to Char.gy, which is supplying the charging technology and the car. “Car clubs and other forms of shared transport that support the use of a vehicle on an ad hoc basis could reduce the number of cars required per household,” the firm says. This could “lead to reduced numbers of cars on the road, reduced congestion and better availability of parking spaces.”

Buckinghamshire Council strongly supports the trial, which it says will help “shape the future of sustainable transport across the UK”.

For more information see www.osric.co.uk

Green Shoots

Marlow Energy Group announces photo competition

Big prizes are available for the best photos showing improvements to our environment around Marlow. Win £50 for first place, £35 for second place and a £20 voucher from both FourState and Saddle Safari for third and fourth places.

Marlow Energy Group (MEG) will be awarding these prizes for the best photos — whether they showcase flora, fauna, or material construction.

Maybe you have seen a new bird box or a wind turbine; new trees planted or a rainwater harvesting system; wildflower verges or a new solar panel; a special bicycle or a conservation or recycling project; a heat pump or an innovative composting system — we’re interested!

Send up to three of your photos in Jpeg, TIF, or PDF format to marlowenergygroup@gmail.com, along with your name and post code.

There is no age limit! Good luck to everyone!

Terms and Conditions

The competition is open to all, young, or old, but not to professional photographers.

The competition is open from 1st July until the closing date of 30th September.

Send in up to three photos in colour or black and white. Include a title if you like.

Competition entrants retain their copyright for each photo submitted, but by submitting their images, give MEG permission to use them on social media platforms, in news media and exhibitions/displays. Every endeavour will be made to credit originators, but MEG cannot be held responsible for any errors or omissions.

MEG’s photo committee will judge the competition and announce the winners at the end of October. Their decision will be final.

**www.marlowenergygroup.com
marlowenergygroup@gmail.com**



Eco Schools

Marlow pupils pledge to go green



Pupils from 11 primary schools in and around Marlow pledged to help the environment during the town's first ever schools eco-conference in July. Students' top priorities were to support wildlife and to recycle more waste.

The conference was led by Kevin Ford, Headteacher at Great Marlow School, assisted by Phil Irving of Sustainable Marlow, Marlow Town Council's environmental programme.

As part of the conference pupils watched an inspirational video, including sections made by a host of local environment groups and experts as well as famous naturalist and Cookham resident Steve Backshall and chief of the Environment Agency James Bevan.

The aim of the conference was to inspire and motivate Marlow's schoolchildren to work together to tackle local and global environmental challenges. The event marks the start of an ongoing eco-programme across all Marlow's schools. Initially planned to be in-person, the conference was made virtual for Covid safety reasons.

Before the conference, primary schools were invited to share their key issues and projects. These were collated into themes by students from Marlow's secondary schools. Posters showing the themes were distributed to every primary school and can be seen in the photo below.

Classes or eco-teams drawn from every primary school then discussed what was important to them and agreed

on their top priorities. The top five which emerged from this were to: make a home for bees, do more recycling, create a wildlife garden, become plastic-free, and build a nature corridor.

*The actions that the schools
have decided on this week
will be taken forward into the
next year and beyond, with
the continuing support of local
community groups*

Individual schools pledged to work on many other projects, including: creating eco-teams, reducing food waste, doing more outdoor learning, using solar energy, making a vegetable patch, turning screens off, walking and cycling more, and encouraging fair trade.

Marlow resident Phil Irving, who leads work with schools for Sustainable Marlow, said: "It's been an honour to work with such an enthusiastic group of schools, local groups and environmental experts, and it's been a true team effort. The actions that the schools have decided on this week will be taken forward into the next year and beyond, with the continuing support of local community groups.

The conference is an important first step in what will be a long-term programme with local schools."

Kevin Ford said: "Although we couldn't hold the conference in person this year, as a local schools community we're committed to doing more together. Small local actions can make a big difference and we can achieve great things by working as one on shared priorities that the children themselves have decided on. I look forward to exchanging ideas and supporting each other when the new school year starts in the autumn."





Flood Alleviation Scheme

Reducing flood risk in Eastern Marlow

Buckinghamshire Council is proposing a Flood Alleviation Scheme in Eastern Marlow along the Newt Ditch, and are now sharing the detailed designs which have been informed from feedback received from the local community and key stakeholders on the proposals during spring 2021.

Buckinghamshire Council would now like to hear the views from local residents and businesses on their detailed designs. An online workshop for the local community is being held on 7th September between 7:30pm-9pm on Microsoft Teams. To register for the workshop please contact: **Ffion.Roberts@jacobs.com**

The Scheme aims to reduce flood risk to 41 residential and nine non-residential properties in this historically flood prone area and demonstrates Buckinghamshire Council's commitment to managing flood risk. The proposed solution is focused around the culvert under Dedmere Road from Fieldhouse Way through to the open channel section either side of the A404.

The Council will submit a planning application at the end of 2021 and construction work will start in 2022 phased

over two years, subject to planning permission and funding approval.

Peter Strachan, Cabinet Member for Climate Change and Environment, said: "We're committed to managing flood risk, and this project is one of the various key projects aimed at managing flood risk across the county. "I'd encourage local residents and businesses to have their say on the proposed Flood Alleviation Scheme in Eastern Marlow by joining our online workshop on Tuesday, 7th September. Any feedback we receive will help us to amend our plans, where possible."

The detailed designs can be found on Buckinghamshire Council's website:

<https://bit.ly/FloodAlleviationScheme>





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Who Does What?

Who looks after you in Marlow?



Marlow Town Council

One of 169 Parish/Town
Councils in Buckinghamshire Council
Tel: **01628 484024**



Buckinghamshire Council

One of 55 Unitary Councils in
England
Tel: **01296 395000**



You can email Marlow Town Council directly through
our website **[www.marlow-tc.gov.uk/static/marlow/
contactus.aspx](http://www.marlow-tc.gov.uk/static/marlow/contactus.aspx)**
Telephone **01628 484024**
Follow us on Facebook, Instagram and Twitter
@MarlowTC



Do you know which council empties your dustbins,
runs the Marlow Library, owns our allotments,
repairs broken lights, owns and runs our cemetery and
chapel, or is responsible for Higginson Park?

We know it can be confusing. It's not always easy to find
out who is responsible for what, which can sometimes
be very frustrating. The information below is designed to
point you in the right direction.

The Marlow Town Council office will always try and help
you with your initial queries and put you on the right path,
even if we can't help directly. We all work together to try
and ensure the best for the residents of Marlow. If you
are in any doubt who to ask just telephone the office on
01628 484024.



MARLOWTOWNCOUNCIL

Marlow Town Council are responsible for:

- Events such as: Remembrance Day Service & Parade, Carols on The Causeway, Switch on and Shop, Celebrate Marlow, Mayor's Civic Service, and the Mayor's Charity Golf Day
- Two allotment sites – Hanging Hill off Prospect Road and Foxes Piece
- The cemetery and chapel at Wethered Road
- May Balfour Gardens in Institute Road
- Marlow town bus service
- Shopmobility in Marlow
- Advertising banners across the High Street and Spittal Street
- Gossmore Recreation Ground
- Seymour Park including the play areas
- Riley Park and Campbell Road play areas
- Grass and hedge cutting in designated areas
- Removal of flyposters and illegal signs on public highway and attached to street furniture
- Contribution towards Marlow's PCSO

Buckinghamshire Council are responsible for:

- Trading Standards
- Transport for Bucks, highways, pavements, street lighting
- Highways and public footpath repair and maintenance
- Social care, adult and children's services
- Schools
- Libraries
- Household waste sites
- Higginson Park, upkeep and maintenance
- Court Garden Leisure Centre
- Car parks – Court Garden, Dean Street, Institute Road, Liston Road, Riley Road, Gossmore Recreation
- Planning applications and building controls
- Environmental health
- Street trading
- Street name signs
- CCTV
- Public toilets and litter bins
- Bin collection and pest control

You can use their website to report a missed bin
collection: **[www.buckinghamshire.gov.uk/bin-
collection-recycling-and-waste/](http://www.buckinghamshire.gov.uk/bin-collection-recycling-and-waste/)**

They have a handy range of online tools to report
problems. You can report potholes, problems with
street lighting, highways issues, and report issues and
complaints with public transport. You can also apply for a
whole range of licences from planting shrubs on council-
owned land to placing a skip on the road.

**[www.buckinghamshire.gov.uk/parking-roads-
and-transport](http://www.buckinghamshire.gov.uk/parking-roads-and-transport)**

Telephone **01296 383500**

All local planning applications are also available to view
online here: **[www.wycombe.gov.uk/pages/Planning-
and-building-control/Planning-applications/Find-
a-planning-application.aspx](http://www.wycombe.gov.uk/pages/Planning-and-building-control/Planning-applications/Find-a-planning-application.aspx)**

Telephone **01494 461000**

Milestone Celebration

Former Marlow Urban District Councillor turns 100



Former Marlow Councillor Edwin 'John' Carvell turned 100 in April of this year, celebrating with his close family by enjoying his favourite meal of steak and chips at his home in the town.

John was elected to the Marlow Urban District Council in May 1969 as a representative of the Riverside Residents' Association

Born on 20th April 1921 as one of six children, John was brought up in Egham in Surrey. In 1930 his father died, leaving his mother to bring up the children alone. John won a scholarship to Bedford School in 1933, but family finances forced him to leave in 1937, starting work for Bedfordshire County Council in the education department.

As a member of the Territorial Army, he was called up in August 1939, weeks before the start of the Second World War. He remained in service until June 1946 before returning to work for the local authority.

He moved to High Wycombe in 1954 with his family, eventually becoming Export Director for Reckitt Industrial, part of Reckitt and Coleman. Later they moved to Marlow where he worked in the family business.



Top row: Tom Jackson ,Clerk, Maurice Oram, Aubrey Maynard, Dorenn Sendall, Admin, Jack Burslem. Environmental Health. Middle: Les Wells, Frank Edmunds, Daphne Jones. Admin, Bottom: Ruth Jewell, John Hester, Brooke Furnston, John Carvell, Cyril Chalk

John was elected to the Marlow Urban District Council in May 1969 as a representative of the Riverside Residents' Association, which was formed primarily to object to unregulated development on the Industrial Estate, now known as Globe Park.

He left Marlow in 1989 to relocate to Wales with his wife Joan, but was later widowed, returning to take on the role of a Reckitt's pension visitor for many years.

He continues to live independently in Marlow surrounded by his family of two sons and their partners, three grandchildren and five great-grandchildren.

Many thanks to Bernard Carvell



John on his 100th birthday with his daughter in law, Diane



Wood dust extractor at the rear of Riverpark Drive, erected without permission - which sparked the formation of the residents association



Meet The New Councillors

Five new Councillors were elected in May 2021



**Councillor
David Brown**

I first came to Marlow in 1987 when my parents moved here from the County Durham area of the North East. I had just joined the Royal Marines at the age of 17, and stayed with them for more than 13 years.

I spent five of those years as a sportsman and competed in the 1993 World Championships for cross-country skiing in Falun, Sweden.

By the time I left the Marines I was a qualified mechanical engineer. I spent six or so years in Sydney Australia, where I also qualified as a financial adviser.

When I came back to the UK for my wife's work, we settled back in Marlow where we have been for the last twelve or so years bringing up our two daughters.

I re-qualified as a UK financial adviser working for Beacon Asset Management in Marlow, then Beaufort Asset Management in Reading as a group pension scheme adviser. I later moved on to JLT as a compliance officer in the wealth management and investment management space. I worked at JLT for over two years when I unfortunately had a stroke at work.

Recovery was hard but I believe I am through the hard yards and I believe no challenge is insurmountable.

My goal is to serve the people and businesses of Marlow to my best ability while encouraging the wonderful town I live in to prosper.

attorney, assisting small and medium UK enterprises with their operations and investments in the US.

I moved to Marlow from Chiswick in London two years ago with my husband and children and I genuinely believe Marlow is a lovely place to live, work and raise a family. It has a wonderful feeling of vibrancy and friendship, a place full of historic and literary connections as well as the natural beauty of the Thames and the countryside.

Since becoming a Marlow Town Councillor, I have been delighted to learn about many societies, associations, and voluntary groups that continuously contribute to the well-being and improvement of our town. As a new councillor, I would like to support ongoing and newly proposed projects run by residents that make Marlow such a unique and wonderful place to be.

I look forward to engaging with Marlow residents and businesses to hear their views and wishes for the town and where possible support them in realising those.

I am a member of the Town Council's Resources Committee and will be assisting with the financial affairs of Marlow. I am also the Council's representative to the Marlow Twinning Association and hope to contribute to the celebrations for the 50th anniversary of our twinning with Marly-le-Roi in France next year.

I would love to collect feedback and hear about residents' and businesses' thoughts on our town. Please feel free to approach me when you see me in town or through the Council's contact details below:

nmityaeva@marlow-tc.gov.uk



**Councillor
Natalia
Mityaeva**

I was born and raised in the Russian Far East and spent my university and early career in the United States, in Alaska and Massachusetts. I am a qualified US tax



**Councillor
Colleen
Stapley**

Originally from Pittsburgh, PA, I first came to Marlow in 2009 for a Masters programme in Creative Planning at Bucks New University. After graduation I moved to Sydney and lived

there for three years, working in numerous advertising agencies. My Marlow-born husband and I married in the US and I moved back to Marlow in 2013. We have

a daughter who attends Little Marlow C of E, and host international students in our home.

My career has spanned various advertising, branding and design agencies in London, Sydney and the US, working on accounts such as: Silverstone, Costa Coffee, Diageo, Bayer, Tesco and many more. Currently I work as a freelance Strategy Director, where I help to create brands from scratch, or help established brands reposition themselves, to tell meaningful and relevant stories both visually and verbally to the right audience.

I love living in Marlow and can be seen tending to my plants in my front garden or decorating my house for the holidays, walking or biking into town and supporting local businesses at one of our many Marlow cafes and pubs with my family.

The environment, sustainability and well-being are huge priorities and passions for me personally. I am looking forward to helping clean up the air in our town and at our school gates, encouraging more EV use and active travel and trying to improve our children's health and well-being so that all those who live in Marlow and our planet will not just survive, but thrive.



*Councillor
Chris Hoyle*

I moved into Marlow in 2002 with my wife Helen after a number of years living in London and a period of time travelling around the world. We quickly fell in love with the unique nature of Marlow and knew this was

going to be the place where we would settle down and create our home. Since moving here we have had two boys, who will both be at Great Marlow School from this September.

Prior to becoming a Councillor at the recent election, I had been an active member of Marlow Round Table for many years – raising money and helping local good causes by cooking burgers at the May Fayre and Duck Race each year; by dressing up as Pudsey Bear for Children in Need and collecting money on the bridge; by pulling Santa's sleigh around the town with a car to kick off the festive season; by pulling pints and helping organise the awesome Marlow Town Regatta in Higginson Park.

I feel we are very lucky to live here. The River, Parks and people together create a unique and caring community.

I am always blown away by the passion people have for various elements of Marlow life and the volunteering that goes under the radar to make everything run so well.

I intend to focus on maintaining what we have in Marlow – looking to keep and enhance the best aspects of Marlow life. I want to hear people's views to understand the balance of opinion – inevitably today there is a broad spread of opinions on most topics.



*Councillor
Carol Heap*

As a new Town Councillor for Marlow I will be working in partnership with the community to resolve local issues and to help make Marlow an even better place to live for all residents.

Now Covid restrictions have eased, I have enjoyed being out and about in Marlow and having the opportunity again to speak to residents, listen to their views and hear what they would like to see the Council do in the future. It is really important to me that we listen to residents and take their views and ideas on board.

I am very interested in the environment and the sustainability agenda. The Town Council has made great strides in this area in the last couple of years and I am looking forward to the next phase — particularly to seeing an increase in active transport schemes across the town.

I am also one of three Buckinghamshire councillors representing Marlow. In this role I am Chairman of SW Chilterns Community Board Community Engagement Group. The remit of this group is to encourage and assist individuals, local organisations and community groups to bring forward their ideas for projects and events that will benefit the community, bring people together and build resilience. The focus of these events will be broadly around health and well-being, social isolation, young people and older residents. A number of events are already planned in the area that covers Marlow, Bourne End, Medmenham and the surrounding region.

<https://www.buckinghamshire.gov.uk/community-and-safety/improving-your-local-community/south-west-chilterns-community-board/>

Swan Upping



Annual census event returns to Marlow

The Swan Uppers were welcomed back to Marlow on Tuesday 20th July for the annual census of the swan population on the River Thames. Last year's event was cancelled due to Covid.

Mayor Richard Scott and Mayoress Linda Scott followed the Swan Uppers on the boat Alaska, together with the Lord Lieutenant, Countess Howe. A drinks reception for the HM Swan Marker, Swan Uppers and other guests was hosted by the Mayor on The Lawn at the Compleat Angler.

On Wednesday morning the Mayor attended an information session where the Swan Marker explained the history and process of Swan Upping to local schoolchildren.

HM Swan Marker David Barber said, "Members of the public have been extremely observant during the Covid-19 lockdown and have reported many injured swans. This has enabled the swans to be rescued and treated promptly, avoiding unnecessary suffering.

"This year, the breeding season has been successful in terms of cygnet numbers and there has been a decrease in the number of dog attacks on swan nests reported. However, we have been disappointed to see a vast increase in the incidence of pollution in the river over the same period. Engine and diesel oil deposited in the water along with other debris and pollutants cause serious

problems for swans and other water-borne wildlife. These situations are entirely avoidable and have a devastating impact upon both the wildlife and the environment."

"I was delighted to join the Royal Swan Marker, David Barber, and the teams from the Dyers and Vintners Companies for this year's Swan Upping event," the Mayor said. "Due to Covid, the Swan Upping did not take place last year, so to be back on the Thames watching the "Swan Uppers" carry out their important task of checking on the swans and ringing the new cygnets was very enjoyable."

A drinks reception for the HM Swan Marker, Swan Uppers and other guests was hosted by the Mayor on The Lawn at the Compleat Angler

In a change to the usual arrangements, the 100-year-old steamboat 'Alaska' was used for guests to get a really close up view of the action.



Marlow National Trust



Long-awaited get together held at Cliveden

Marlow National Trust Association (MNTA) held its first outdoor get-together for 18 months in the beautiful surroundings of the Cliveden estate on Tuesday, 27th July.

Despite some very English weather - sunshine and showers - the group enjoyed a picnic in an area beside the Japanese Water Gardens, where a £1,000 donation from MNTA has recently helped to fund a planting project.

Cliveden's acting GM Rosie Stokes and her team gave the Marlow group a warm welcome. Rosie said this was the first National Trust supporters' group they've had back for a classic English picnic since re-opening their property following the lifting of Covid restrictions.

Head Gardener Anthony Mason gave a short talk and answered questions, after which the 40 MNTA members could wander at their leisure, returning for tea and homemade cakes at 3.30pm and the awarding of long-service medals to some of the association's volunteers.

MNTA was founded in 1984 and has a lively programme

of speaker's evenings, outings and holidays in the UK and abroad.

The MNTA gives support to all our local National Trust properties, covering the Cliveden Estate, Hughenden Manor which includes West Wycombe, and Greys Court which includes Nuffield Place.



For further information contact: John P. Smith, MNTA Chairman on **01628 484156** or email **smith_spinfield@btinternet.com**





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The Official magazine for Marlow Town Council

the marlovian

all your news from the community



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Take A Walk, Not The Car

Active Communities health scheme



We all know hopping in the car to get somewhere, even just around the corner, is part and parcel of daily routine. But Buckinghamshire Council is urging people to follow a really simple premise – where possible, 'Take a walk, not the car'.

It's all part of the Council's new Active Communities health initiative. It might feel a bit obvious, but choosing to drive instead of walk means you're sitting down for longer, especially if you spend time stuck in traffic before then sitting down at a desk in front of a screen all day.

Research has shown that sitting down for prolonged periods of time has detrimental effects on our long-term health and this is something we are keen to tackle. This is why we are encouraging residents in parts of Buckinghamshire to sit less and move more.

The new 'Take a walk, not the car' campaign is part of an initiative created to give everyone the chance to add a little activity to their daily routine. For the next few weeks, the focus is on the way we can limit our use of every kind of transport. For example:

- For regular use, try to leave the car at home at least once a week.
- If you have to use the car, park it further away (different street, furthest spot in the car park) and walk the extra distance.
- If taking a bus, get on or off a stop later than usual.
- Try to actively travel in other ways – walking, cycling or scooting.

- Reduce the use of a buggy for the very young encouraging them to walk or toddle.
- Take a walk, take a friend. Find someone to walk with to make the journey more enjoyable.
- Don't use lifts or escalators - take the stairs instead!

Even if you cannot do this every day, making the occasional change can add less sitting and more moving to our daily routine to improve more than our own health; reducing our use of transport will benefit our environment, too. Protecting health and well-being across Bucks is a key priority for the Council, especially when health has been thrown under such sharp focus through the Covid pandemic.

Carl Jackson, Buckinghamshire Council's Deputy Cabinet Member for Health and Well-being (Public Health), said: "The 'Take a walk, not the car' scheme is the next step in our exciting Active Communities pilot to encourage people to look at their daily routines and see how they can add just a little more activity every day. Over time these simple acts of sitting less and standing and moving more can become part of our usual behaviour, so benefiting both our physical and mental health and well-being."

To find out more about the Active Communities initiative and how to participate, visit: **www.buckinghamshire.gov.uk/activecommunities**



Well-being, You And Marlow

Make your health and well-being a priority



When I think of defining well-being, I think of the description by the New Economics Foundation. It is a picture that speaks volumes:

'Well-being can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole'

Most people would agree that a strong sense of well-being is something to strive towards. But once we look beyond the definition it can be difficult to define well-being in day-to-day life. There are a number of factors that may influence our well-being, both internally and externally, resulting in being unwell instead of being well.

Nature is so central to our psychological and emotional health

Our brains are incredibly powerful. As we go through life, experiences, life events and other people's influences feed into our subconscious mind, impacting our well-being. Our current behaviours and how we evaluate our lives have all been modelled on what we saw growing up:

Age 0 to 7 years is when we imprint. Our early experiences have already left a mark.

Age 7 to 14 years is when we model our behaviours by imitating others.

Age 14 to 21 is when we learn our socialisation skills, which we then develop as we mature.

All this has already shaped our view of ourselves, other people and of course, our well-being. However, a few tweaks to a routine can transform mindset, or can break and create habits.

Consider what you do today to care for your health and well-being in the following areas:

1. Physical e.g. exercise.
2. Emotional e.g. journaling.
3. Psychological e.g. coaching.
4. Social e.g. networking.
5. Spiritual e.g. praying.
6. Financial e.g. saver or a spender?
7. Educational e.g. reading.

Once you are comfortable with your answers, grab yourself a pen and paper then answer the following questions:

- **How does your current behaviour benefit you?**
- **Is there a cost to what you currently do as a routine?**
- **Could there be something stopping you from prioritising well-being?**
- **Magic wand moment - what would your ideal well-being routine look like for you?**
- **What will you do to maintain your practice?**
- **Who can help you on your well-being journey?**

Mental Health Awareness Week (MHAW) this year introduced the theme of Connecting Back with Nature. MHAW stated: 'Nature is so central to our psychological and emotional health that it's almost impossible to realise good mental health for all without a greater connection to the natural world.' It has also been proven that spending time outside increases creativity, improves concentration and results in a greater sense of well-being.

It is fair to say that being a Marlovian has its benefits, especially when it comes to nature. Marlow is within driving distance of stunning National Trust beauty spots such as Hughenden Manor, Cliveden and West Wycombe Park. However, the greatest benefits are within Marlow. There are a number of outstanding walks in the area, such as Higginson Park, Marlow to Henley Riverside walk, Hunt's wood and Happy Valley.

Well-being is however you choose to define it.

Someone once said to me 'you can't pour from an empty cup.' If we don't look after ourselves, we will not be functioning at our best. Make your well-being a priority. No matter how small the step, I promise you it is worth it.

Contributed by Marlow resident *Lucy Grimwade*



Lighthouse Marlow Week

'Hope' was the theme of the children's holiday club this year



Every year, the first week in August is blocked out in many parents' diaries as the week of Lighthouse Marlow. Last year, we weren't able to run a face-to-face Lighthouse, but this year it was back – in a new 'Covid-secure' format, with fewer children and volunteers.

It provided the same mix of energetic singing, shouting and messy games — plus well organised sessions of Craft, Sport, Drama and Discovery. In the latter, the messages in Bible stories are linked to our lives and those of children in today's world.

The overall theme of the week was Hope, and the daily stories focussed on the following key phrases 'I am brave', 'I am not afraid', 'I can make a difference', 'I am not alone' and 'I have hope'.

The 236 children who came all had an amazing time, as did our 183 volunteers. But the best way of sharing it with you is through pictures of some of the things that went on. If you want to see more, there are many more photos, videos from the 'Mainstage' sessions, and a

video summing up the week on the Lighthouse Marlow Facebook page.

Thanks are due to the parents, volunteers, church members and organisations that have supported us financially and/or in kind this year. These include Marlow Town Council, Marlow Methodist and Baptist Churches, Marlow Bottom Methodist Church, Tower Garage and the Co-op, Bourne End. Our costs this year were, however, greater than donations received to date and additional financial donations would help secure the future of Lighthouse in Marlow.

Donations can be made through our website <https://lighthousecentral.org/lighthouses/marlow/donate> or by contacting us at marlow@lighthousecentral.org.

Contributed by *Sarah Jones*

Chair of Trustees, Lighthouse Marlow.

Lighthouse Marlow is a registered charity 1178062



Mindful Action

School creates group act of kindness for Marlow community



On Tuesday and Wednesday, 29th and 30th June, Year Two children from Marlow C of E Infant School took part in Mindful Action in the May Balfour Garden.

Marlow Town Council was delighted to welcome the Dragonfly and Grasshopper classes to the event, which was held for the benefit of the local community. Pupils worked together in a group effort providing a service to others by planting bulbs, cleaning benches and litter-picking in the garden. By doing this, the young residents learnt that they were part of a larger community and were able to glimpse the bigger picture of the world around them.



Sharon Reynolds, Headteacher, said: "We feel it is important that the children understand, and are able to demonstrate our school values in their everyday lives. Service is one of our school values and the children have learned that Service is about helping and showing kindness without receiving a reward for what they have done".

The Town Council provided the bulbs, litter-pickers and some fresh fruit and drinks for the hard-working youngsters.

Cllr Richard Scott, who visited the children on both mornings, thanked the children, saying: "You should all be very proud of what you're doing. Marlow thanks you!"



Meadowside

RESIDENTIAL CARE HOME

Meadowside is a small, family-run residential care home for the elderly situated just outside Marlow Town Centre.

The traditional Edwardian-style premises have been carefully converted with the specific needs of elderly people in mind.

Our aim is to create a genuine 'home-from-home' family atmosphere for all our residents.

Accommodation is available for up to fourteen; a small number that enables us to provide the highest quality individual care and personal attention to each of our residents.

We are regulated by the Care Quality Commission and comply with the required standards for residential care.

We have constructed a warm and comfortable garden room for safe visiting and other activities to minimise the risk of COVID-19.

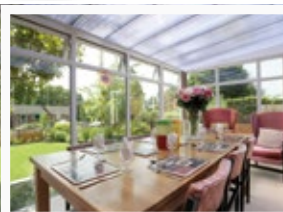
Strict infection control measures are in place throughout to safeguard our residents, staff and all healthcare workers as well as families, friends and visitors. We welcome new enquiries and can safely take in new admissions.

You can visit our website for further information. Please contact Elizabeth directly to discuss your care requirements.

We will be happy to show you our facilities and provide you with an assessment of your care needs and further information about the service we offer.



Rated "GOOD" by the CQC in all Key Lines of Enquiry



Elizabeth Hassard | Managing-Director | Meadowside Residential Care Home, 202 Little Marlow Road, Marlow, Buckinghamshire SL7 1HX | Tel. 01628 898068
E-mail: enquiries@meadowsidecarehome.co.uk
Web: www.meadowsidecarehome.co.uk

Marlow Thames Rotary Club

New President announced as Rotary Club celebrates an extraordinary year



The Rotary Club of Marlow Thames appointed its 24th President in a Covid-compliant ceremony at the Temple Golf Club on 25th June. Steve Berry became the new leader of the pack – taking over from Nicole Hockly who had experienced a full 52 weeks of hosting meetings by Zoom.

In looking back at the last twelve months, Nicole commented that the period had almost certainly been the most challenging and difficult in the club's history. But – despite the impact of lockdown and restrictions – it had also arguably been the busiest.

Rotary Clubs are primarily about community service – and Covid has simply changed the way clubs look at this important role. Nicole commented on her year: "The first priority was to see how we could support those in most need – and we decided to concentrate much of our effort on helping the Wycombe based charity One Can Trust. To date the club has donated a staggering £17,000 – with much of the money coming from monthly donations by Club Members. Money also came from the proceeds of the 2020 Marlow Santa's Fun Run.

"But it is about more than money. Members and supporters of the Marlow Thames Rotary Club have also actively worked as volunteers at local Flu and Covid Vaccination Centres, and have been heavily involved in supporting Tom Kerridge's "Meals for Marlow" initiative. Members have given over 1500 hours of personal time to the vaccination effort and close to 200 hours to the food distribution effort. I am incredibly proud of the way members have responded."



The Marlow Thames Rotary Club is probably best-known for organising – along with the other Rotary Clubs in Marlow – the local Marlow Santa's Fun Run. Even in lockdown this event achieved nearly 1000 entrants and raised over £30,000 for mainly local charities. Over 20 charities benefitted from this community event. Planning for the usual 3000 entrants later this year is well underway.

However Nicole was keen to point out that there is much more to the club calendar than the Santa's Fun Run. She added: "This year we also introduced the Christmas Tree of Hope – which raised £1000 for local charities, and will be repeated next Christmas. We also distributed a large number of Christmas hampers to families experiencing serious care issues, we helped clear woods at a local nature reserve and – perhaps most important of all – we retained our club ethos despite not being able to meet in person. A fantastic year – and I am very proud to have been a part of this tremendous club."

New President Steve Berry vowed to carry on the good work. Among other things he highlighted the intention to run the Cookham Regatta on Saturday 4th September, and of course a very big Marlow Santa's Fun Run on Sunday, 5th December. He commented: "The work continues – and we can now look forward to resuming live meetings. Hopefully in a few months' time, life will be much closer to normal - and we can get back to doing those things that help others in a more visible way!"

Find out more about Marlow Thames Rotary Club at:
<https://www.rotary-ribi.org/clubs/homepage.php?ClubID=1823> **<https://www.facebook.com/MarlowThamesRotary/>**



Dementia Action For Marlow

Support group for people living with dementia



We are an unincorporated volunteer group specifically set up for people living with dementia and their carers. The word 'Action' in our group name was intentional, as no action was seen to exist in Marlow. It was the right thing to do, providing the emphasis we needed.

Our aims are: to provide, support and facilitate social interaction by making regular contact and arranging small 'café gatherings'; to enable friendships between those in similar situations; and to provide a voice to improve the availability of information, pathways, help and support.

We have during the course of past year set up group meetings and Zooms during the difficult Covid times. We have built up a friendly, supportive circle of people living with dementia and their carers. It is an ever-growing group who meet in the Age Concern gardens every Wednesday afternoon and we have come together in person in the Pugin Rooms in St Peter's Street on every first Tuesday since 3rd August.

We have published information guides listing local and national organisations that can help friends living with dementia and their carers find solutions to their needs.

This is broken down into three sections: General Information, Benefits and Care.

The group has grown incomparably over the year, requiring us to take on extra volunteers, to whom we are especially grateful. Also, the youth of Marlow have shown an interest in learning more about dementia and how it affects different people. We welcome anyone who would like to meet with us. We are flexible and adaptable and will try to accommodate whatever comes our way.

For further information, please contact:

Jan Sambrook on **07771 982903** or email **jan@thesambrooks.net**

Jen Mason on **07980 650643** or email **jeannettemason@hotmail.com**

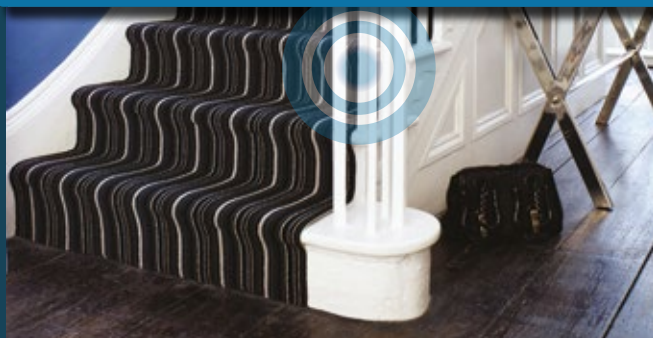
Jenny Miles on **07794 247111** or email **jennymiles.DAM@gmail.com**

Facebook: **Dementia Action Marlow**

Email: **Contactdementiaactionmarlow@gmail.com**



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Be Scam Aware!

Tips for protecting yourself from fraud



Did you know that scams cost the UK economy between 5-10 billion pounds a year, with only 5% of them being reported? 53% of people over 65 years old have been targeted by scams.

You can protect yourself and others by following these 5 tips:

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2. Never disclose your personal or bank details.
3. Don't assume everyone is genuine.
4. Take your time, don't be rushed into making decisions.
5. Stay in control.

If you receive lots of nuisance phone calls, we can help stop this. Buckinghamshire and Surrey Trading Standards are offering free call blocking devices to all eligible residents. The device plugs into your landline and works with your existing phone. It is programmed with your known contacts and allows other trusted organisations (e.g. GP) to get through via a filtering system. All other nuisance calls are then blocked.

To help you feel more empowered on your doorstep to say no to unwanted knocks on your door, we have free

No Cold Calling stickers that you can display. Other residents have found that they act as a deterrent to unwanted traders.

- To request more information about call blockers or to get your free no cold calling sticker pack please email us at **trading.standards@surreycc.gov.uk** or call our colleagues at Citizens Advice on **0808 223 1133**
- To report a scam, contact Action Fraud on **0300 123 2040**
- To get advice or report a trader to trading standards, contact Citizen Advice on **0808 223 1133**
- If you (or someone you know) is at imminent risk from losing money to a scam, contact police on 999. If it is a non-emergency, ring police on 101
- To become more scam aware, attend one of our free Friends Against Scams sessions **<https://www.eventbrite.co.uk/o/buckinghamshire-and-surrey-trading-standards-32720403671>**
- To know the latest scams, follow our social media.

If you receive lots of nuisance phone calls, we can help stop this

Remember, scams are frauds and fraud is a crime!



Marlow Museum

Visit the museum and discover 5,000 years of local history



The Marlow Museum at Court Garden was so pleased to reopen its door (for fresh air circulation) recently and receive visitors. The exhibition of 5,000 years of local history is featured, as well as a variety of local objects.

Our wonderful volunteer Stewards would love to talk to you or listen to your story. If you have ever thought of being a Steward or have a skill or experience you could offer do come and talk to us. We no doubt have a role just for you.

Question time:

As well as beer what did they make in the former brewery?

Who climbed to the top of the church steeple and why?

Why have we a 'mermaid' on the Causeway?

What are jam riots?

How are we twinned with Buda(pest)?

Why did soldiers come here in 1915?

Were there people here in the Bronze Age?

Where is Market Square?

Do you know where to find out the answers?

One guess. Correct – Marlow Museum.

A Charitable Incorporated Organisation working towards Accreditation.

See you soon.

Contributed by *Mike Hyde*
Marlow Museum

*On your way to Higginson Park,
the Leisure Centre or just out for a
walk? Why not call in to see us?*

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Your Councillors



Marlow North West Ward

Cllr David Brown

Mob: 07988 690005
dbrown@marlow-tc.gov.uk



Cllr Roy Cadman

Tel: 01628 482299
rcadman@marlow-tc.gov.uk



*Cllr Natalia Mityaeva
Chairman Resources*

Mob: 07881 632820
nmityaeva@marlow-tc.gov.uk



Cllr Carol Heap

Mob: 07727 469759
carolheap@marlow-tc.gov.uk



*Cllr Chris Hoyle
Deputy Leader*

Tel: 07944 151515
choyle@marlow-tc.gov.uk



*Cllr Neil Marshall
Chairman Planning*

Tel: 01628 475615
Mob: 07919 113855
nmarshall@marlow-tc.gov.uk



Cllr Roger Wilson

Tel: 01628 482469
Mob: 07889 305429
rwilson@marlow-tc.gov.uk



Marlow South East Ward

Cllr Tim Avery

Mob: 07767 640212
tavery@marlow-tc.gov.uk



*Cllr Chris Funnell
Leader*

Tel: 01628 482654
Mob: 07766 300421
cfunnell@marlow-tc.gov.uk



Cllr Colleen Stapley

Mob: 07784 196821
cstapley@marlow-tc.gov.uk



Marlow South Ward

*Cllr Richard Scott
Mayor*

Tel: 01628 488186
rscott@marlow-tc.gov.uk



*Cllr Jocelyn Towns
Deputy Mayor / Chairman
Environment & Sustainability*

Tel: 01628 477914
Mob: 07715 547251
jtowns@marlow-tc.gov.uk



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