



# marlovian

all your news from the community

Winter 2022

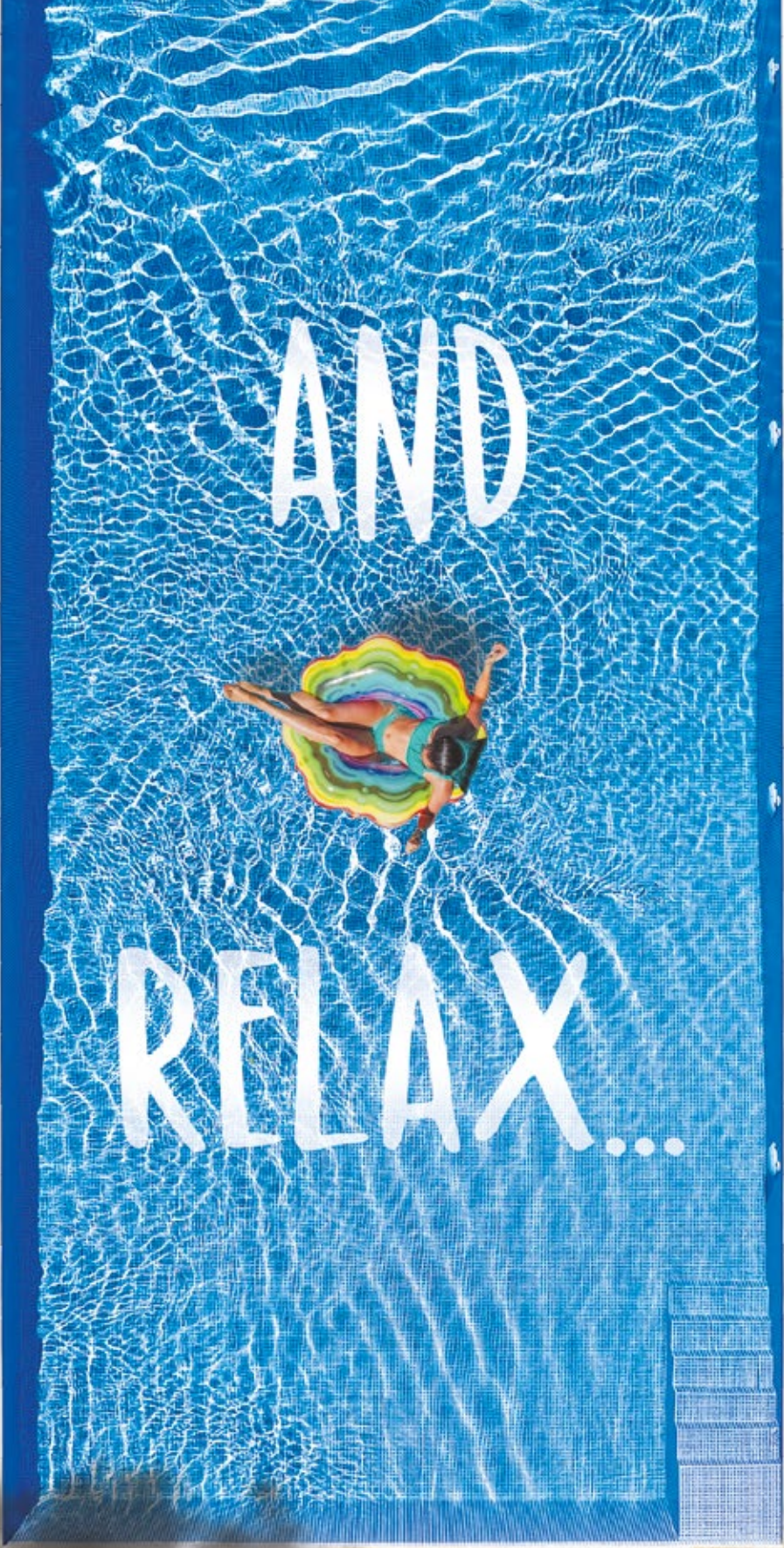
# Marlow. *Illuminated*

Dragon's Den star Peter Jones switches on Christmas lights

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An aerial photograph of a swimming pool with a blue tiled interior. A person is floating on a colorful, multi-colored inflatable ring in the center of the pool. The water surface shows ripples and reflections. The pool is surrounded by a light-colored stone or tile deck. The words "AND" and "RELAX..." are written in large, white, sans-serif capital letters across the upper and middle sections of the pool area.

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the **marlovian**  
all your news from the community

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# Mayor's Message

## Welcome



It was with great sadness that we received the news that Her Majesty, Queen Elizabeth II had passed away in early September at the age of 96. On behalf of all residents, the Town Council offered its condolences to all her family and gave thanks, as a nation and a Kingdom, for her extraordinary life, work and devotion to duty.

The day after the death, I was privileged to read the Proclamation of the Accession of King Charles III to the throne to Marlow residents. I was also pleased to represent Marlow at several civic services commemorating Her Majesty's long life, including at All Saints' Church, Marlow, Aylesbury (Buckinghamshire Council) and High Wycombe (High Wycombe Charter Trustees).

During the summer months, I have visited and supported many town organisations and events - evidence that Marlow is a busy town with an excellent community spirit. These included a painting exhibition by local artist, Richard Grinter, and the Marlow Carnival. A full list of my engagements is published with the agenda of all Council meetings. I look forward to meeting with you at our town events and please do contact the Town Council office if you would like me to attend any of your activities.

Our annual Remembrance commemoration took place on 13th November and as usual was well supported by residents, representatives of our armed forces and civic dignitaries from Buckinghamshire and our twin town of Marly-le-Roi. I was pleased to visit Marly-le-Roi on 11th November for their commemoration.



On 24th November, our fabulous Christmas lights were switched on by Peter Jones of Dragons Den, heralding the start of the festive season (the event is fully covered in the next few pages). The other big events leading up to Christmas are the Chamber of Trade late night shopping on Thursday, 1st December, the Rotary Clubs of Marlow charity Santa Fun Run on Sunday, 4th December, and the Town Council Carols on The Causeway on Wednesday, 14th December. Please do support these local events.

Elsewhere in this Marlovian are details of further progress in our sustainability strategy. We're inviting residents to take simple steps to reduce their carbon emissions and to help nature with a new initiative, which we've called The BIG Sustainable Marlow Challenge. The Challenge encourages greener living, while at the same time looking after our money and health and strengthening our community.

We are all facing difficult times for well-publicised reasons but I do hope you are able to enjoy the forthcoming festive season. On behalf of the Town Council, I wish you and your families a peaceful Christmas and New Year.

*Cllr Richard Scott*

Marlow Town Mayor

# Town Council News

Winter 2022



## Fix My Street

Found a pothole? Blocked drain in the road? Damage to kerbs and pavements? Streetlight not working? Did you know that the easiest and quickest way to get any of these problems fixed is by reporting it online? Bucks County Council is responsible for these issues, which can all be reported online.

You will receive an immediate email acknowledgement of your issue, a follow-up report with a timescale to fix the issue and, finally, an email when the problem is resolved. The system is simple and easy to use, and you can choose not to have your name shown publicly. You can also see on their interactive map all the other problems that have been logged locally. You can use Fix My Street for Marlow by using this link:

**[www.fixmystreet.buckscc.gov.uk](http://www.fixmystreet.buckscc.gov.uk)**

## Free parking

By arrangement with Buckinghamshire Council, parking in all Buckinghamshire Council-owned car parks will be free on the first three Saturdays in December i.e. 3rd, 10th and 17th.

## Home found for Shopmobility

The Council has been searching for a new home for the three Shopmobility vehicles provided free of charge for use in the town. We are delighted to report that we have reached an agreement with Places for People for the scooters to remain available to hire from the Leisure Centre. If you would like to hire a scooter, please call the centre on **01628 405222**.



Archive photo 2006

## Parking in all Buckinghamshire Council-owned car park will be free on the first three Saturdays in December

## MVAS

The Council has three MVAS devices that you may have seen around the town. The machines are used to gather data on traffic speeds, to be shared with Buckinghamshire Highways and the Police. Any residents who have concerns about traffic speeds and have suggestions for locations are welcome to contact the office at **[office@marlow-tc.gov.uk](mailto:office@marlow-tc.gov.uk)**.

## Thames Path upgrade welcomed

Community groups have warmly welcomed improvements made to the Thames Path near Marlow that are benefiting locals and long-distance walkers alike. The work was carried out in September after more than 12 months of lobbying by Marlow Town Council.

The Thames Path is one of the UK's greatest national trails, running for 185 miles from the Woolwich Foot Tunnel in London to the river's source in Gloucestershire. Going upstream, it reaches Marlow at Gossmore Park and departs again from Higginson Park

Stretches of the path downstream at Riverwoods and upstream shortly before Temple Lock had become badly degraded. In wet weather, the upper section, in particular, became a mud bath. Buckinghamshire initially stalled on resurfacing, but after repeated requests by the Town Council it found funding for the job.

Marlow community groups have been delighted by the improvements. John Gillbe, joint event director of Higginson Marlow parkrun said the resurfacing towards Temple Lock had made the course safer and more enjoyable, and the event less prone to cancellation, and even enabled a regular runner (Jessica Gibbon) to set a new female course record.

Margaret Brewer, a Marlow volunteer with Buckinghamshire Council's Simply Walks programme said that the group "really appreciates the new paths, which I'm sure will encourage more walkers, especially at this time of year when, in the past, they were muddy and unpleasant to walk along."

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# Time To Go Green!

*We challenge residents to cut their carbon footprints*

Residents of Marlow are invited to take simple steps to reduce their carbon emissions and to help nature with a new initiative. The BIG Sustainable Marlow Challenge is encouraging greener living, at the same time looking after our money and health and strengthening our community.

*There are many ways to live more sustainably. The Challenge simplifies this into five “eco-missions” very relevant to most households in Marlow. These are:*

- Cutting carbon emissions in the home.
- Reducing rubbish.
- Walking and cycling more.
- Switching to an electric car.
- Helping nature.

Help with each eco-mission can be found on the Challenge home page on the Council's website in the form of a handy list of “top tips”: specific and practical ways to help the planet whilst improving people's lives, whether by keeping homes more comfortable in winter or improving health by walking to the shops rather than driving.

*If we all pull together, then even with small changes, we will see more sustainable habits grow and we'll reach net zero more quickly.*

The top tips are only the start of the Challenge. The Council aims to share examples of residents who have successfully adopted sustainable behaviours with the rest of the town. So, try the greener living top tips and share your story so other residents can benefit. Just let the BIG Sustainable Marlow Challenge team know.

The Challenge is being delivered in cooperation with some of Marlow's environmental groups and will also publicise projects they run to encourage greener living. For example: Releaf Marlow's Free Family Trees scheme, which is offering Marlow residents free saplings this winter to plant in their gardens.

The Challenge marks a new phase in the Council's commitment to sustainability. It launched its Sustainable Marlow programme in 2019, strengthened its environmental policy and took steps to reduce its own environmental footprint. Now, the Council is seeking to encourage similar actions across the community, hoping to make Marlow a leader in local sustainability.

Jocelyn Towns, Deputy Mayor and Chair of the Council's Environment Committee said: “The Challenge will encourage people to come together and be a part of creating a greener Marlow for our future. If we all pull together, then even with small changes, we will see more sustainable habits grow and we'll reach net zero more quickly.”



The Challenge was also welcomed by Great Marlow School's Head Teacher. Kevin Ford said: “I am delighted to hear about the Big Sustainable Marlow Challenge and I am very much looking forward to encouraging the school children in Marlow to take part. Over the last few years, Marlow's schools have collaborated on several environmental projects, and I am certain the Challenge will be taken up by many children and staff.”

# Marlow Energy Group

*Free service helps save money and the planet*



**M**arlow Energy Group (MEG) is offering a free service, offering thermal surveys to houses in Marlow and Marlow Bottom.

*Should you wish to help with surveying, please email us.*

MEG uses its Thermal Imaging Camera, bought with grants from Buckinghamshire Council, Transition Town Marlow and Marlow Environmental Trust, to survey houses externally (see thermal photo to the right; areas in red indicate heat loss). Once a house is surveyed, MEG sends the householder a report, pointing out where any heat losses are occurring. Along with this report, MEG provides a list of organisations that can advise on remedies, and another list of organisations offering grants to improve energy efficiency.

If you are interested in having your house surveyed, please email **[marlowenergygroup@gmail.com](mailto:marlowenergygroup@gmail.com)** for

an survey application form. We intend to conduct these surveys in early 2023.

Should you wish to help with surveying, please email us. MEG will give full training to volunteers in all aspects of thermal imaging photography.

For more information on MEG, please visit **[www.marlowenergygroup.com](http://www.marlowenergygroup.com)**



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# Christmas Switch-On

*Peter Jones fires up Marlow's Christmas Lights*

Events

At this year's celebrity Switch-On, which took place on Thursday, 24th November, Dragons' Den star Peter Jones illuminated the stunning display of Christmas lights in Marlow town centre.

Hundreds of families flocked to the High Street to mark the occasion amid 'real' snow. Entertainment included 'cheeky elves' and stilt walkers, while Marlow FM broadcast live and played festive songs to the crowds.

From the top level of the double-decker bus parked in the High Street, Peter said: "I'm thrilled to switch the Christmas lights on here in Marlow, my global investment HQ for nearly 20 years. Every day I deliberately drive along the High Street, often stopping for coffee or look around the shops – it's a good start to my day. Marlow is a very special place."

Mayor Richard Scott said: "It's brilliant to see so many people come to celebrate the Switch On of our wonderful Christmas lights this year, and we're delighted that Peter was able to accept our invitation to turn them on. Thank you to him, to all our generous sponsors, and to everyone for coming — I wish you all a very Happy Christmas."

See pages 14 and 15 for this year's Christmas lights sponsors.



Photo credits: (top) Jon Perry; (below) Catherine Day





*Christmas Switch-On continued* <<



*Photo credit: (bottom left and right) Jon Perry*

## » Christmas Switch On continued



Photo credit: Jon Perry



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# Carols On The Causeway

Events

*Santa, singing and seasonal treats*

This popular event hosted by the Mayor in the run up to Christmas, is being held on a different day this year. It has been moved to Wednesday, 14th December. Free Mulled wine generously donated by The George and Dragon and mince pies and free soft fruit drinks for children provided by Marlow Town Council. All whilst stocks last!

Father Christmas will be in his cosy grotto at The Causeway from 6.00pm waiting to see his young visitors and will be giving out Christmas chocolates and a surprise gift from Marlow Town Council.

From 6.30pm Marlow Town Band will be in playing all the favourite carols and new for this year, Harmony Belles Choir will be singing some Christmas songs to entertain us.

So do come along and join in the fun.



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# Remembrance Sunday



*Residents and organisations paid their respects*

Organised by Marlow Town Council and the Marlow Royal British Legion, the Remembrance Parade and Service were held on Sunday, 13th November at the Memorial on The Causeway.

The parade, which consisted of members of the armed forces, veterans, Royal British Legion, cadets, local organisations, Brownies, Guides and Scouts, left from the Royal British Legion Headquarters in Station Approach and finished at the Memorial on The Causeway. Rev Canon Dave Bull of All Saints' Church led the service, assisted by Kenn Baird of Newfield Community Church and Rev Kate Strange of Marlow Methodist Church. Marlow's Town Band played the hymns and national anthems.

The Town Mayor, Cllr Richard Scott, read a prayer for the fallen and those who suffer, while Cllr David Brown and cadets from the three cadet units in the town read out the names of the Fallen as the wreaths were being laid. Chairman Shaun Murphy gave the Royal British Legion Exhortation and The Kohima Epitaph.

Deputy Lieutenant Air Vice-Marshall Chris R Elliot, CB CBE DLC, commenced the wreath-laying by placing a wreath on behalf of the Lord Lieutenant of Buckinghamshire. Mayor Richard Scott laid a wreath on behalf of the People of Marlow and the Mayor from Marly-le-Roi, accompanied him to lay a wreath on behalf of the people of Marly-le-Roi. Over 40 wreaths were laid by representatives of local organisations.

The Deputy Lieutenant took the Salute from the parade in the High Street before it marched back to the Legion Headquarters in Station Road.

Mayor Richard Scott said: "I was very pleased to have led the town's remembrance again and I'm delighted that so many residents and organisations took part to pay their respects. It was particularly pleasing to see many of the town's younger residents participating in the parade and the service. The mayor of our French twin town of Marly-le-Roi Mr Jean-Yves Perrot also attended for the first time in six years, together with Deputy Mayor Cecile Deleplanque. I hope that support for this key town event will continue to grow over the coming years".

*Photo credits: (below left top & bottom) My Marlow; (below right) Jon Perry*





*Remembrance Sunday continued* <<

*Photo credit: Jon Perry*



*Photo credit: (left to right) My Marlow*



*Photo credit: Jon Perry*



*Photo credit: (left to right) My Marlow*

# Armistice Day

Events

## Mayor visits twin town Marly-le-Roi to honour the fallen

In addition to commemorating the Marlow fallen of two world wars and subsequent conflicts on Remembrance Day, 13th November in Marlow, Mayor Richard Scott visited our twin town in Marly-le-Roi on Armistice Day, 11th November. The mayor laid a wreath on behalf of Marlow and its residents and also gave the following speech:

"I am honoured to be with you in Marly on this very important day, when we commemorate and remember not only the end of the devastating first world war in 1918, but also those who died and suffered in the second world war which ended 77 years ago.

On 11th November, our two countries come together to remember the sacrifice of millions of our citizens. In both wars, huge sacrifices were made by our ancestors, loved ones, family members, friends and fellow citizens. These two world wars were difficult times in the history of Europe and must not be repeated.

Since 1945, we have been fortunate to live together in peace and I hope it will remain that way for many years to come. However, we are facing challenges in eastern



Photos (left to right): Marly memorial; 50th anniversary tree

Europe and the whole world must work together to bring peace to Ukraine and the surrounding nations.

In our small way, Marlow and Marly will continue to work together to strengthen the relationship between our two countries over the coming years."

The Mayor also took the opportunity to plant a tree in the Maillol gardens in Marly to commemorate the 50th anniversary of town twinning between our two towns.

# Recognition Awards

## Nominations open for Mayor's new community awards

As a council we continue to work on initiatives to help Marlow become an even better place to live, work and visit. We're unable to do this on our own; we need people in the community to act alongside us to support our efforts and start initiatives of their own. Going forward, we want to be able to honour these people in our community for playing a vital role in creating a better future for all. These new awards will recognise local entrepreneurial talent of all residents, both young and old, who create opportunities for people in the community to come together, connect and engage with each other to help shape Marlow's future. With this new mindset, we need to look to these new awards in a different way to inspire people to help shape the future with us. The awards would be for:

### Young Future of Marlow

#### Marlow resident aged 18 and under.

This award will be presented to young people who have demonstrated entrepreneurial spirit (creating something completely new or improving/tweaking something that already exists) that has benefitted Marlow schools/school kids or residents in any aspect of their lives, including mental health, wellbeing or environment/sustainability

through a programme, initiative, group, class, team, event, or place/space for people to come together.

### Future of Marlow

#### Marlow resident aged 19 years and older.

This award will be presented to residents who have demonstrated entrepreneurial spirit (creating something completely new or improving/tweaking something that already exists) that has benefitted Marlow schools/school kids or residents in any aspect of their lives, including mental health, wellbeing or environment/sustainability through a programme, initiative, group, class, team, event, or place/space for people to come together.

### Future of Marlow Lifetime Achievement

This award will be presented to residents who have contributed time and effort year after year to the betterment of Marlow's residents and town for at least 20 years consistently through running of or participating in local programmes, initiatives, groups, events in Marlow.

More information on nominating and timescales is on our website. These awards will be presented at the Civic Celebration on 12th March 2023.



# Plastic Blitz

## *Marlow Wombles joins Plastic Blitz to reduce Thames litter*



The Marlow Wombles, along with members of the Rotary Club of Marlow Bridge and Misbourne Matins, ran a litter pick from Marlow Rugby Club to Hurley Lock on Sunday, 18th September.

This was part of the Plastic Blitz – a Thames Valley-wide campaign from Brentwood in Essex to Burford in Oxfordshire, running from 17th to 25th September. The campaign was organised by Thames 21 with the backing of the Environment Agency. In total 23 Rotary Clubs from Brentwood, Staines in Middlesex and Clubs throughout the Thames Valley took part, along with 25 other environmental groups.

The Plastic Blitz, which is now in its second year, is building a database as part of an EU-funded study into plastic pollution. Along the Marlow stretch of river the group did a general pick along the whole length and analysed two specific stretches. This was the second clean-up that Rotary Clubs in the Thames Valley District has organised this year, and it was noticeable that considerably less litter was collected, although there were a few 'hot spots'. One of the main reasons must be the Marlow Wombles with their diligent regular clean-ups of the town and riverbank.



The Marlow Wombles and the Rotary Clubs of Marlow Bridge, Henley-on-Thames and Misbourne Matins were also at the this year's Marlow Carnival informing and encouraging people to help improve the local environment.

For more information contact Brian Jonson:  
[\*\*jonson@sky.com\*\*](mailto:jonson@sky.com)



# A little bit of summer

*Marlow infants donated sunflower plants across the town*



During the summer term, all of the children at Marlow C of E Infant School planted dwarf sunflower seeds in small pots. This was the beginning of a project which aimed to help them understand the school value of Service. The children wanted to do something that would benefit the community by creating habitats around the town for pollinators. Over 180 seeds were planted!



Looking after our seeds so that they grow into strong plants.



Sharing our project with our school community - a sunflower display.



We donated sunflowers to Marlow Town Council for planting in their 'wild areas'.

The pupils learned about the conditions that seeds need to germinate, linking to our science week topic of growth. They watered them regularly as they grew and were thrilled to see the emerging plants.

Once the plants were big enough our Eco Warriors were on hand to donate them to local organisations to plant or share with others. They certainly provided sunshine, made people smile and helped to contribute to the biodiversity across the town.



Our 'Wild Marlow' ambassador donating some sunflowers to Marefield Community housing.



Donating sunflowers to Reverend Dave Bull for planting in the churchyard at All Saints church.



Some sunflowers were donated to Marlow Bowls club. John Henniker came to pick them up from school.

# Have you come far?

## Marlow Archaeology Group unearths local origins



Who do you think you are? The popular television programme that traces the family history of well-known personalities might be better titled 'Who do you think you were?' because it's about origins. It concentrates on the relatively recent past but, of course, that past goes back into antiquity. And with the advent of DNA testing, aspects of that distant past can be revealed. Revealing the hidden past is what archaeology is all about.

Just over a year ago, on 1st September 2021, the Marlow Archaeology Group (MAG) came into being, formed by the merger of Archaeology in Marlow and Marlow Archaeological Society. Both societies had proud histories of investigating the hidden past of our town and the surrounding area and the new group continues that work. We focus on this area of the Thames Valley and this year took part in the excavation at Church Paddock in Cookham. This is directed by the University of Reading and is looking for evidence of the Anglo Saxon history of the village. Already, the finds point to an important early religious and administrative centre nearby that had royal patronage.



MAG hosts monthly talks by experts in their subjects and this autumn these have covered the Roman town of Wroxeter, the Stonehenge Landscape and Ancient Paths and Trackways.

Her Late Majesty famously used to ask people "Have you come far?" We have, and archaeology has charted that journey and continues to do so.

If archaeology interests you, you can find out more at **[www.marlowarch.co.uk](http://www.marlowarch.co.uk)**. Why not get in touch and maybe learn more of your distant origins?

Contributed by *Peter Borrowes*



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# Aid to Ukraine

*Marlow United Reformed Church are collecting donations*



For eight months now, Marlow United Reformed Church (URC) has been at the heart of a project sending aid to Ukraine. We have sent five transports, including two full HGVs, to a base in Poland where aid has been used to support Ukrainian refugees in Poland. Aid is now also being taken into Ukraine to support villages with little or no support, which, as the picture below shows, are facing horrific circumstances.



## *Our donation list currently is:*

- First Aid items
- Oil, Flour, Oats, Buckwheat, Rice, Pasta
- Breakfast Cereals, Instant Food (Eg Pot Noodles)
- Tea, Coffee, Sugar
- Canned Food
- Sweets and Chocolate
- Pens, Pencils, Notebooks
- Washing Liquid, Soap Powder
- Shampoo, Toothpaste, Toothbrushes
- Crockery (sets of four)
- Duvets, Pillows, Duvet Covers, Pillowcases (all should be new or near new)

Donations are received at the URC (Oxford Road, Marlow) on Fridays 10-11.30am and on Sundays 4-4.45pm. The list does change, because we only collect what we are asked to collect – people working there know what is needed better than we do! This list can be found on the church doors, or on the webpage and Facebook page of Christ Church URC Marlow.

Items are then sorted and boxed by the volunteers who represent different parts of Marlow. But each box will contain a heart, maybe one coloured in, or as is very often the case, one that has been knitted. It was great to receive a picture of a Marlow heart being delivered and held by a child in a Ukrainian village.

Our next delivery will be going soon so it would be brilliant if you can donate and help us fill that truck!

# Read Easy Chilterns

*New local charity helping adults learn to read*



A new local charity helping adults across the Chilterns to learn to read has received support from Jay Blades MBE and a £5,000 donation from Buckinghamshire New University (BNU). Across England, 2.4 million adults cannot read at all or struggle to read which can make everyday life challenging and impact on mental health.

Read Easy Chilterns is part of Read Easy UK which featured on the BBC documentary about dyslexia - 'Jay Blades: Learning to Read at 51'.

Louise Harvey, a Read Easy Chilterns volunteer who lives in Bucks and works at BNU, said: "Our service is completely free. We're a friendly, inclusive organisation where everyone is welcome at any stage of their journey of learning to read. Working one-on-one with their own reading coach, at times that fit around their commitments, means there's no pressure or deadlines. Thanks to the very generous support of BNU, our volunteers and venue partners, we're here to help any adult who either can't read or who lacks confidence with reading, for whatever reason."



The charity supports adults living and working in Buckinghamshire who want to improve their reading skills to enhance their chances in life and work. Both in-person and remote, digital-led coaching sessions are available, with volunteers giving their time for free. Each £50 donated to the charity pays for a new reader's learning resources.

Do you know anyone wanting to start or improve their reading? Please ask them to call **07810 184371** for a confidential chat with Andy Gaze at Read Easy Chilterns. <https://readeasy.org.uk/groups/read-easy-chilterns>

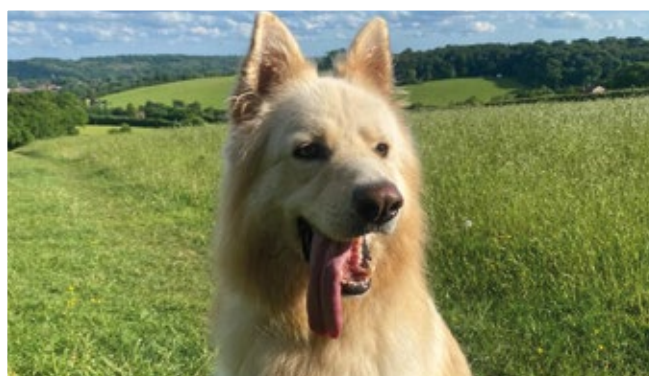
# It's A Dog's Life

*Duke's Pet Food Bank helps canine friends in difficult times*

Hello! Duke's Pet Food Bank was started by me, Duke. I'm a German Shepherd (I know, handsome eh?) and I live in Marlow with my loyal hooman, Karen. I'm spoilt rotten, but lots of my chums aren't so lucky. With the cost of living going up faster than my hooman's blood pressure when I spot a squirrel, I realised that some of my friends were going hungry. I don't want them to end up in a rescue because their hoomans can't afford them. Us pets are part of the family and sometimes the only companion a person has. So I've started a pet food bank.

With your help, we can feed hungry pet dogs and cats - although quite why anyone would want anything but a German Shepherd is beyond me. Anyway, with the help of my hooman, I've put two collection bins round Marlow where you can donate dry or wet cat and dog food. No donation is too small, and everything you give will go straight to peckish pets in need and definitely not straight into my furry belly, I promise. Annoyingly, the hooman insists on this, hmph!

We started in September with a goal of 100 meals; to date we have collected and donated over 800 meals.



Check out our Munch-O-Meter on our web page. If you want to donate or help or you know anyone that needs help, then please contact us. Donation Boxes are at 30 Station Road, Marlow, SL7 1ND and A Dog's Best Friend Training and Socialisation Facility - near Westthorpe House

Facebook: **@dukespetfoodbank**  
Web: **www.dukespetfoodbank.com**  
Email: **woof@dukespetfoodbank.com**  
Hooman: **07768 458968**

# Wildlife Photo Competition

*Wild Marlow's photography exhibition draws the crowds*

Wild Marlow's exhibition of the winning photos in its Wildlife Photo Competition was held on Saturday, 22nd October, at All Saints' Church Hall on The Causeway. All the winning photos were on display, and visitors voted for the 'People's Choice' from 24 pictures selected by the judges. It was a very close contest, with a clear winner — Dawn Delight by Victoria Paull. Over 300 visitors participated in the vote.

Verity West of Wild Marlow presented prizes to the overall winner of the competition, Graham Parkinson, with his photo: Hettie Came to Tea, and to the winner of the Junior School category, Lucas Jacob, aged 6, for Looking up from within the Seven Sisters. The winner of the Senior School prize was fourteen-year-old Benjamin Tattershall Dodd, for his picture, Blue Eyed Bird.

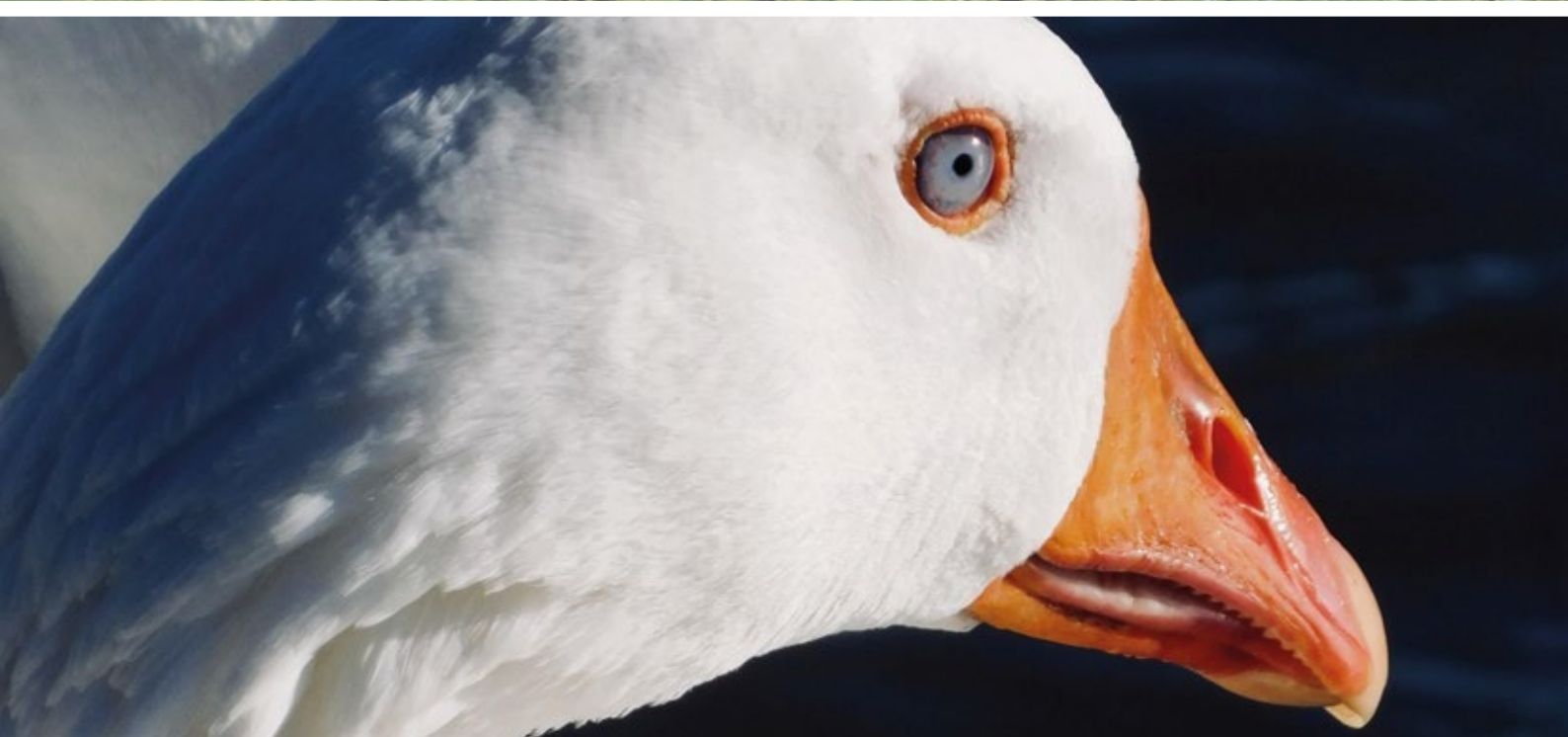
"It's wonderful to see the range and variety of wildlife in our area demonstrated by such fantastic photographs," Verity said. "We very much hope this competition will encourage people to appreciate and nurture our precious local wildlife. The judges were impressed by the outstanding quality of the entries, and I'm sure they'd agree we have some very worthy winners this year."



The winning photos including the People's Choice are in Wild Marlow's 2023 calendar, available (£10) from **[www.wildmarlow.org.uk](http://www.wildmarlow.org.uk)**, The Marlow Bookshop, 23 Living, FourState and upcoming Marlow Markets.

*Photos: (Bottom) Dawn Delight by Victoria Paull - People's Choice; (Opposite top to bottom) Hettie Came to Tea by Graham Parkinson - Adult and Overall prize winner; Blue Eyed Bird by Benjamin Tattershall - Senior School winner; Looking up from Within the Seven Sisters by Lucas Jacob - Junior School winner*





# Your Councillors



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# High conflict personality divorces are on the rise

I was recently discussing the effect of divorce with a close friend of mine who is a GP. I commented on the impact of separation and divorce on a client's physical well-being and he pointed out that one question found in almost every health insurance application is 'have you divorced or separated in the last two years?'. He claimed that the link between mental and physical health is indisputable.

Separating and divorcing is traumatic at the best of times. Your relationship is breaking down, your financial stability is threatened, your home might be taken away from you and perhaps most importantly you will also need to consider child arrangements.

Even in an amicable divorce, the consequences are huge but when a divorce involves a high-conflict personality the effects can be devastating. Although it's convenient to use labels such as narcissistic personality disorder, borderline personality disorder, or coercive control, the impact is often the same.

**Some researchers estimate that 15-30% of marriages end due to a high-conflict, and the rest end in a low-conflict divorce.**

Managing the process of divorce or separation if one (or both) party has such a personality is challenging. Specific strategies need to be adopted to minimise the impact on both parties and most importantly on the children.

I regularly read articles that suggest that when divorcing a person with a high-conflict personality, the objective of that person is not necessarily the best financial settlement or the best solution for their children. Their wish is often simply to annihilate the other.

This makes managing the process significantly more complex than just dealing with the legal aspects

of the relationship breakdown.

Whilst not requiring a qualification in psychotherapy, your lawyer needs a full understanding of the impact of a relationship breakdown involving a high-conflict personality.

Joint accounts will be closed without consent, credit cards will be cancelled, and children will be taken away without the others' consent or alienated. The tactics of an individual with a high-conflict personality are numerous and destructive. All these need to be pre-empted and dealt with effectively.

Understanding the impact of dealing with such a person inevitably makes the process easier for our clients although it is unlikely that it will ever be referred to as easy.

## Get in touch with Lucinda

Lucinda Holliday works closely with a team of psychotherapists and counsellors and has extensive experience and training on how to deal with high-conflict personalities in separation/divorce.

Lucinda is also local to Marlow and is located at the Blaser Mills Law office in Liston Court.

For a confidential chat with Lucinda, you can contact her directly on **01494 478 603** or email [ljmh@blasermills.co.uk](mailto:ljmh@blasermills.co.uk)

**blasermills.co.uk**



Before

After



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