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all your news from the community

Autumn 2023

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Inside...

- 05. Mayor's Message
- 06. Town Council News
- 07. Saddle Safari
- 08. Green Goals
- 10. Great Big School Clean
- 13. The Circuit
- 14. Poppy Appeal
- 16. General Sir George Higginson
- 18. Another Brick In The Wall
- 19. Crime Prevention
- 20. Marlow Energy Group
- 22. Marlow Town Regatta
- 23. Swan Upping
- 24. Marlow Half Marathon



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Mayor's Message

Autumn welcome

What an amazing summer it's been so far. The weather has been good to us — and not so good. Sadly, wind and rain halted Wild Marlow's Bee Festival in Higginson Park — this was so disappointing for everyone due to take part. But the Council is still working to support Marlow's bees and other pollinators with our Wild Verges project and by promoting walking, cycling and recycling.

Marlow held its first Literary Festival, WORDS — organised by the Marlow Writers' Society and held over multiple sites — promoting drama, writing and music. It was a pleasure to be invited and to watch and listen to very talented residents of all ages. Exceptionally high standards all round.

I was so pleased that the wonderful weather did surface for the Marlow Town Regatta and Festival. It was a success that they should be extremely proud of. Well done, Marlow Town Regatta Committee. We had the opportunity to see some excellent rowing from our two



local secondary schools, Sir William Borlase's Grammar School and Great Marlow School, and to enjoy picnicking with friends and families. We also had a visit from councillors from our twinned town Marly-le-Roi, who we presented with a commemorative gift marking the 50th anniversary of the twinning.

I attended the May Balfour Gardens to share in the annual tradition of litter-picking with our local primary school children, and the Deputy Mayor and I visited Great Marlow School for their Celebration of Success. The pupils were awarded trophies for their outstanding achievements.



Another great Marlow tradition is the Swan Upping, where a team of 'Swan Uppers' count and tag the new swans that have been born this year, led by the Royal Swan Upper, David Barber. He spoke to lots of members of the public to explain the reasons and methods of tagging the swans. Sadly, there were fewer birds to tag this year due to avian flu, so we hope the swans flourish in future years.

Other events in Marlow's calendar to look out for will be the Marlow Carnival and Santa's Fun Run — it's always great to see a flood of Santas running up the High Street. Marlow's Celebrity Switch-On is always a must for the diary, as well as the Late Night Shopping event run by the Marlow Chamber of Commerce. We will also be remembering our fallen on Remembrance Sunday.

I wish you all well and look forward to speaking to you soon.

Mayor David Brown





Town Council News

Autumn 2023

New High Street bins

Officers have been working with Buckinghamshire Council following the successful trial of a cigarette butt bin in Marlow High Street, four more bins have now been installed in the town centre. Please, if you smoke, use these bins and keep the streets free of butts.



Marlow Cemetery

Marlow Cemetery is situated in Wethered Road and is managed by Marlow Town Council. The Cemetery has been in use since 1911 and many Marlow families' ancestors have been interred here. When a grave is purchased, a "Grant of Exclusive Right of Burial" is granted to the registered grave owner. This gives them the exclusive rights to the grave for 99 years. All full graves have space for two full burial interments and six ashes interments. As Marlow Cemetery nears capacity, we urge residents to check to see if there is a grave space in the family that they could use for future family interments. If families are unclear on who holds the "Grant of Exclusive Right for Burial" for a plot containing a relative, they may contact the Town Council office for assistance. Once the previous owner has been identified, families will need to agree who will have responsibility for it. Transfer of ownership of the "Grant of Exclusive Rights of Burial" can take place once the Town Council has received all the appropriate paperwork and fees. If you have any queries regarding ownership of a grave space, please contact the Town Council office for assistance. Call **01628 484024** or email **office@marlow-tc.gov.uk**



A-board policy

Marlow Town Council's A-board policy has been in force now for several years. 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 at **www.marlow-tc.gov.uk/a-board-policy**



Autumn Concert Series at All Saints Church Marlow

The next series of free Sunday afternoon concerts starts on 10th September at 3pm. During the Autumn we will be welcoming performers both local and from further afield. We begin with a concert from a Ukrainian violinist, and the series includes organ recitals and performances from singers and a guitarist. In addition, we are delighted to have a recital on 1st October from Nicola Tait Baxter which will be in support of the Music Trust. Do join us for some musical delights! **<https://4u-team.org/churches/all-saints-marlow/>**

Marlow Flood Fayre is back!

After five years, Marlow will welcome its second Flood Fayre. A one-stop-shop to find out about flooding in Marlow. Taking place at Court Garden House over two days, the Marlow Flood Fayre will allow you to speak to representatives from different organisations that will support you before, during and after a flood event.

Join us:

- Tuesday 19th September, 2-8pm
- Wednesday 20th September 9.30am-12.30pm



No Mow May

Don't mow – let the wild flowers grow

Marlow Town Council's new 'No Mow May' initiative started this May, and will happen every May in the future to help bees, butterflies, and other pollinators thrive. The Council is inviting residents to embrace the change and avoid cutting wild grass.

May wild flowers are key to ensuring pollinators' survival but when grass is cut, some wild flowers don't get a good start and many wild species that provide food for pollinators are destroyed.

Essential grass cutting of parks and other high traffic areas where children play and people walk dogs will continue. The majority of the uncut grass will be on verges along roads and in front of residents' houses.

"As a society, we have come to view plants and wildflowers as weeds and tend to dislike untidy lawns," said Deputy Mayor and Chairman of Environment and Wellbeing Committee, Cllr Colleen Stapley. "Unfortunately, this 'killing off what we don't find pretty' mindset has led us to where we are today – desperately trying to help nature heal – which is why we voted to introduce this vital initiative.



"We understand, as with any change, that there may be a natural resistance to things looking different. However, we as a Council can effect larger change that we hope will in turn be adopted and amplified by our residents, because small behaviours add up and we are all in this together.

"Please embrace the change and don't cut our wild grass, and thank you for your support and understanding as we work together to create a better environment for us all."

Saddle Safari

Try a demo Cargo Bike for free!

Saddle Safari in Marlow has a new demonstration Cargo Bike for customers to try — free of charge — on local trips. The aim is to encourage reduced car usage in the town. The Cargo Bike can be used for a weekly shop or to take the kids to school. It can carry 80 kilograms of cargo and be configured with panniers, boxes and child seats.

Call us or pop in to Saddle Safari for a chat.

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Green Goals

Making the environment better with Great Marlow School



This half term, both the Eco-Warriors and Gardening Club have been working together tirelessly to make the school environment and local environment a better place, and we've made great progress.

At the beginning of March, Gardening Club went on a school trip to Flowerland in Bourne End, thanks to our wonderful eco lead, Miss Addy. We were given a budget of £300 to spend on both annual and perennial plants (plants that grow within the span of a year, then die, and plants that grow back every year and die back in winter, respectively). We divided everyone into groups and gave them a task – to find beautiful yet cheap plants we could plant around the school, with different groups overseeing different areas. Some groups decided to choose only purple plants, whereas other groups only picked “hairy” plants or climbing plants. All in all, we collected a fantastic haul of colourful and vibrant plants, even if we did go over budget a little bit (sorry Mr Ford).

The day after the trip we had lots of work to do. We had to get all our new plants in the ground quickly or the money would have gone to waste. So we got to work and scattered them all around the school. Not long after we got them in the ground, we were hit with a dry spell that meant we had to make sure everything was watered daily – which is an arduous task when carrying around buckets of water in 25°C heat. Eventually, we did get some rain!

Thanks to the help of the wonderful DT department, we upcycled some old metal watering cans into nice pots for some of the “hairier” plants. We spray-painted them with many colours and drilled drainage holes beneath, and they made a colourful addition to the school.

This term we've been planting oak saplings on the field – eight in total just behind the Astroturf. Making sure they were all watered sufficiently was very hard. Each one needed six full watering cans of water every month, and they were planted right at the edge of the school grounds, which meant it was very difficult to carry large amounts of water to them. They are definitely one of the more difficult plants to look after, but hopefully in the coming decades future students can reap the fruits of our labour.

We undertook another huge project this term – the pond project. Our aim was to install a new nature pond behind S-block, where lots of important local wildlife could take refuge. It was too big to do alone so we called in some help! We managed to assemble an amazing team of people from Softcat, Wild Marlow and eco-conscious students to help bring all of Miss Addy's hard work and planning together.



There was plenty to do. Firstly, we had to start by clearing the remnants of a pond that had been neglected and allowed to fall into decay. We had an extensive list of things to do before even thinking about getting the new pond lining in. We had to trim down overgrown thorns and brambles to be composted, clear out mud and plants from where the new pond was going to be installed, dig around the edges of the old pond liner, and dig up gravel to be reused.

Clearing up beforehand took us until noon! However, we weren't the only ones getting involved – a cheeky little blackbird had come scavenging for a snack. He wasn't bothered by all the noise we were making and was only interested in a worm or two. It reminded the team why we were doing it and how much of a positive impact it's going to have on local wildlife.

The liner was so gigantic that it was ‘all hands on deck’ to get it properly installed. After we successfully got it in, we had to fill it up with two tonnes of dirt. This meant lots of wheelbarrow trips back and forth. At this stage, everyone had to be very careful of their step as even one puncture to the lining would have negated everyone's hard work and planning. Fortunately, we managed to get it filled up with dirt after a couple of hours without any damage to the liner.

At about 1:30, everyone stopped for a well-deserved break, where the canteen staff very kindly let us have some sausage and chips. 20 minutes later, we resumed our mission, but with even more hands! Mr Ford kindly allowed students who regularly attend gardening club a lesson off timetable to help our endeavour. This meant that we had extra help filling up the pond and clearing up debris from earlier that day.

Just because we were finished for the day, it doesn't mean that the project is done, however! We still must; plant water plants into the pond (Wild Marlow kindly

donated us lots of plants, however we have to clean all the weeds off them, before we plant them, which is a very difficult task) and clear up the surrounding area so that it can be more easily accessed. I believe there is also talks of a nice wooden deck to be put down next to it so that students can more easily access it should they need it for their learning.

Our main goal with this project is to help contribute to the local ecosystem by providing a haven for animals, plants, and insects. It also demonstrates that large eco-projects

Help us leave a positive impact on the environment and offset our carbon footprint!

like this can be done and be a source of inspiration for other schools to pursue their own projects and help fight against climate change!

We are also involved in a solar project. A startup company called Next Day Solar has agreed to help add solar panels to the year 11 pod, in an effort to reduce our carbon footprint and make the pod more self-sufficient. We have also been working with the Marlow Environmental Trust in hopes of appealing for funds

which we can use to make this dream a reality! Our most involved members are using this as an opportunity to improve their understanding of alternative energy such as wind and energy, with the help of the science department (huge thanks to Mr Day), and Next Day Solar.

Our amazing litter picking team also take on huge responsibilities around the school. They play a huge part in making sure the school is presentable and free of litter which could damage local wildlife and habitats. They help make our school environment a better place for everyone, and they are tirelessly working with the Marlow Wombles to expand their reach beyond just the school grounds by seeking to maintain Riley Park in Marlow. Huge thanks to all of our amazing litter pickers, especially Hugh and Alex!

I would also like to extend this huge thanks to; our hardworking site team and Mr Barlow for their astounding support on pond day, Mr Shea for building a wonderful compost bin, Mrs Lamming for hosting weekly gardening meetings, and lastly, Ernest and Mrs Addy for taking responsibility for every project and making sure everything goes smoothly.

If you would like to donate to us, you can do so through wise pay – our projects aren't cheap (again, sorry Mr Ford)! Help us leave a positive impact on the environment and offset our carbon footprint!

Contributed by Sam Johnstone-Taylor

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Great Big School Clean

Marlow schools coming together for the environment



All the schools in Marlow are working together on a variety of environmental projects as the Eco Warriors from all the schools are concerned about the planet. They want to share the responsibility of making a difference to the Earth and its future.

One such collaboration took place at the end of March, when many of the schools took part in the Great Big School Clean #BigBagChallenge. At Keep Britain Tidy, they believe that no one is too small to make a big difference, and when we all come together, that big difference becomes a huge one. This fits in perfectly with the aims of the Marlow Schools Eco Group.

At Keep Britain Tidy, they believe that no one is too small to make a big difference

Pupils from the schools went litter-picking in the community around their schools and some schools also litter-picked their own school grounds. We are hoping to have made a big impact on these areas and encourage others to help keep Marlow tidy.

Marlow Infant School went litter-picking in Seymour Park Recreation Ground and in their school grounds, while Holy Trinity School went to Rookery Park, Little Marlow School to School Lane in Little Marlow, Burford School to Marlow Bottom Playing Fields, St Peter's School to Riley Park, Danesfield School to the Forces Housing Area and Great Marlow School to their school grounds.



Photos: (above) Danesfield; (below left to right) Foxes Piece; (opposite, top left to right) Marlow C of E Infants; (opposite, bottom left to right) St Peter's





Great Big School Clean continued <<



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Seeing The Bigger Picture

Schoolchildren act of kindness for Marlow community

On Tuesday, 20th and Wednesday, 21st June, 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.



You've done a marvellous job here today, Marlow thanks you!

Pupils worked together in a group act of kindness; planting bulbs, washing stonework, 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.

The Town Council provided bulbs, litter-pickers and some fresh fruit for the youngsters. All were rewarded with a certificate of appreciation.

Town Mayor, Cllr David Brown, who visited the children on both mornings, thanked the children, saying: "You've done a marvellous job here today, Marlow thanks you!"

Aid For Ukraine

Trucks are continuing to send donations to Ukraine

The latest truck carrying goods donated to the Aid for Ukraine project set off for Poland on 27th June. Run by the URC churches in Marlow and Maidenhead, the project provides essential items requested by local Ukrainians such as food, first aid supplies, water treatment tablets and towels. This time, there were also supplies on board for two hospitals.

From Poland, the aid will be driven into Ukraine by teams of Polish volunteers. The truck was loaded with flood relief supplies for Kherson and surrounding areas. Our faithful driver, Pavel, made loading the truck easy, as always. We owe him a lot.

The team would like to thank anyone who has donated to the cause in the last year. Our favourite phrase is "Every Pot Noodle counts" although there are times when we never want to see another one!

Contributed by Anne O'Hagan



The Circuit

Get your AED registered. It could help save someone's life.



The objective of this article is to encourage an organisation or individual that has an Automated External Defibrillator (AED) to register the device with The Circuit so that in the case of a cardiac arrest, 999 Emergency Operator Control (999-EOC) will be able to send someone to fetch the AED.

A patient's outcome is improved by 70 per cent if an AED is used in conjunction with CPR.

However, AEDs are only used in two per cent of "out of hospital" cardiac arrests.

If a relative, friend, or perhaps someone you come across in the street suffers a cardiac arrest, it is crucial you call **999** and begin cardio-pulmonary resuscitation (CPR) immediately. The patient's chance of surviving a cardiac arrest reduces by 10 per cent for every minute CPR is delayed. 999-EOC will advise you how to carry out CPR and, if another person is available, will dispatch them to fetch the nearest AED.

Marlow is fortunate to have a small team who volunteer for South Central Ambulance Service (SCAS). These Community First Responders (CFRs) aim to be first on scene for a number of life-critical incidents, including cardiac arrests, heart attacks, strokes, catastrophic bleeds, diabetic emergencies, unconscious patients, all paediatric emergencies, fits/seizures and falls.

One key area that the CFR team has focused on over the last six months is to increase the number of public access AEDs in the town. For example, with the financial support from organisations like Marlow Round Table, the CFR team has been able to take an AED that might have been stored in an office and mount it in a cabinet on an outside wall so that it can be accessed 24-7. A patient's outcome is improved by 70 per cent if an AED is used in conjunction with CPR. However, AEDs are only used in two per cent of "out of hospital" cardiac arrests.

SCAS uses an organisation called the The Circuit: a joint venture between all the ambulance services in England and The British Heart Foundation. The Circuit has information about all public access AEDs, including their location, any security code and the hours that the AED is accessible, as some AEDs may not be available 24-7. It is crucial that any AED is registered so that 999-EOC knows it exists and so can send someone to fetch it.

If your organisation has an AED, as many progressive organisations now have, please ensure that it is registered on The Circuit. The website, **www.defibfinder.uk** will guide you through the registration process but if you require any further assistance, please do not hesitate to email SCAS using **defib@scas.nhs.uk**

Please remember, a registered AED could help to save a life.



Poppy Appeal

Thank you for showing your support



The Poppy Appeal in Marlow has been a great success so far in 2023, with £35,471.44 raised up until July. So a very big 'thank you' to the townspeople of Marlow who have made it a great year. We'd also like to thank all those who have assisted in the Appeal, both Legion members and non-members.

Many do not realise that the Poppy Appeal runs throughout the year from 1st October to 30th September, not just for the two weeks before Remembrance Sunday. The sums raised enable us to help our serving injured servicemen and servicewomen, veterans and dependants. Without your assistance the Royal British Legion would not be able to continue this work.

Sadly, every year a number of volunteers and older collectors decide that they are no longer able to assist us. Of course, they have well and truly done their bit, and now we need new faces to come forward and lend a hand to the Poppy Appeal; we couldn't achieve all that we do without the volunteers who give their time. This year the Appeal runs from Saturday, 21st October through to Sunday, 12th November. There's always space for more collectors on our team during the Appeal fortnight, and we need you to help us provide as many opportunities as possible for people to wear a poppy. Collecting for us is easy and anyone can do it - you don't have to be a Legion member. You do need to be over 16 to collect on your own but you can collect for us with your group.

So become a Poppy Person and help our gallant veterans both young and old, and their dependants.

Show your appreciation to them for all that they do and have done for us. You only need a couple of hours spare to help us and your time would be invaluable. Please contact either Barbara Murphy or Shaun Murphy on **01628 474482** if you can assist in any way or if you want to join the leading Service Charity.

Become a member of the Royal British Legion family today and take pride in supporting all generations of the Armed Forces community. It's not necessary to have been a member of the Armed Forces to join. Apply by phone **0800 307 7773** or online at **www.britishlegion.org.uk/membership**. Membership confers the right to join the Royal British Legion Club Marlow, which is not part of the charity and is a stand-alone company. The Club, which is also classified as a Community Asset and is used by several organisations within Marlow, needs support in these straightened times, so to ensure its longevity come along and join.

A Poppy Dance is being held on Saturday, 21st October with Dave Dunbar, at the Royal British Legion Club in Station Approach. Tickets for this will be available from the Club. All the net proceeds from the dance go to the Poppy Appeal. We look forward to seeing you there!

Finally, during the Poppy Appeal please display the poppy in your windows and make a donation to the Appeal. There will as usual be a Remembrance Sunday Parade sponsored by the Town Council and The Marlow Branch of the Royal British Legion at the War Memorial on The Causeway. Please come along to pay your respects to those that have made the greatest sacrifice.



Photo: Jon Perry

Please display this poster in your window

WE ARE SUPPORTING THE POPPY APPEAL



THE ROYAL BRITISH
LEGION



General Sir George Higginson

Marlow's most distinguished resident



A few pictures from the collection of Michael Eagleton, Marlow Free Press Nostalgia columnist



I don't think many would query the heading of this page. General Sir George Higginson was Marlow's most distinguished resident, hero of the Crimean War, Father of the Grenadier Guards, close friend of the Royal Family, and, after retirement from a spectacular military career, an important and influential figure in local affairs.

Sir George, in the last years of his life, spearheaded the campaign to raise funds to purchase Court Garden House and Estate for the benefit of Marlow: thus we have 'Higginson Park'.

As we approach the Centenary of his passing, aged 100, it may be the right time to put together a booklet

of his life, for which I would be honoured to provide some pictures from my collection. Above are just a few at random. Top left, two Georges at Gylternscroft, King George V and his good friend General George. Top centre, this painting hangs in the hallway of Court Garden House: George was proud to be awarded the Order Of The Bath, this being the ceremonial dress.

George's great-great grandson Lord Ashbrook (Michael Flower), lives in a stately home in Cheshire, Arley Hall and Gardens, which is open to the public. It has a 'Higginson Room' with pictures and ephemera. Just before the Covid lockdown changed everything, Michael Flower was hoping to visit Marlow, but it didn't happen, though

he and I have kept in touch and exchanged memorabilia. Top right, this portrait hangs in his 'Higginson Room' and is the work of Sir Arthur Cope R.A., famous for many paintings of Royalty.

Centre left, the Higginson family and staff are pictured under their distinctive Gyldernscroft blinds: even the butler, on the right, got in on the act. Next is the frontispiece of the General's autobiography 'Seventy One Years of A Guardsman's Life'. This is from a signed copy I located, costing (by my standards) quite a large sum. I have never read it in full: almost entirely detailed war reminiscences and very little about life in Marlow. Then, a rare picture of George and his sister Mrs Dean.

Bottom left, probably my most prized picture: Townsend Cottage, an original watercolour painted by 23-year-old George. Few pictures exist of a young George in the early days of photography, but here is one, with those impressive side whiskers. His father Colonel George Powell Higginson had obtained this historic house in Henley Road, and after extensions renamed it The Croft. This later was changed again to Gyldernscroft to avoid confusion with another local The Croft. Centre, a painting, artist unknown, of Gyldernscroft in the mid 1800s.

The Higginson family grave, on the river side of All Saints churchyard, is now in poor condition, and the Marlow Society's Geoff Wood, myself, and his Lordship in Cheshire are planning to get it restored, with, hopefully, a few others chipping in to help with the cost. At present it

is a sad memorial to a great man and his family. Further details of this will be featured in a future Marlovian.

However, here is the mystery that I have found difficult to solve. Close by this grave is the entrance down to All Saints Crypt, in which many historic memorials were removed or covered over a few years ago during conversion to a Youth Leisure Centre. (Actions that I felt were shameful, as did many others.) Behind a wooden panel is an area containing a tall and rusty iron gate, in front of a crudely built brick wall. A small brass plaque by the lock reads 'Col. Higginson's Vault', father of our General Sir George. But who else is interred in there? Is Sir George upstairs or downstairs? The church seems to have no records, but I recently found a photo that might provide a clue.

Sir George's funeral procession brought almost every Marlow resident onto the streets to pay their last respects. The coffin was accompanied by a large battalion of Grenadier Guards, and the rare photo I found shows a number of the Guards at the graveside firing a volleyed salute into the air. However, the marble cross is still in place. If a new grave had been dug the cross would have been temporarily moved. Thus, my opinion, yet to be confirmed, is that Sir George was laid to rest downstairs in the crypt with his father, and the gate to the vault bricked up afterwards. One day we might find out for sure!

Contributed by Michael Eagleton



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Another Brick In The Wall

Marlow FM is fundraising for a new home!



Marlow FM is a not-for-profit organisation run entirely by unpaid volunteers. We've been Marlow's community radio station for over 12 years, broadcasting around the clock on FM and online.

We love providing a service to the people of Marlow, with a variety of information, entertainment, and music programmes. You've probably seen us at many local events through the year, such as the May Fayre, Regatta, Service of Remembrance and Late Night Shopping.

Big challenge

We're facing a big challenge this year. Our current studio building at Longridge is being demolished as part of their fantastic plans to develop the site, so we have to move to a new home.

The good news is that we've been offered a brilliant location at Great Marlow School, in the old caretaker's garage. But it will take a lot of work to convert it into a suitable studio, and add an extension so we can have more space and a loo!

That's why we're running a campaign to raise £50,000 to build our new home and buy some much-needed new equipment. We've got some exciting plans to do even more in the community, including media training with local schools, creating opportunities for young people in the area to pursue careers in radio and related fields.

Show your support

Can you support us in our campaign? You can buy an engraved brick for £97.50 (our FM frequency!) to be included in a supporters' wall in our new home. This is a great way to show your support and have your name, company name or message permanently displayed.

"Having Marlow FM on our doorstep will unlock an incredible number of opportunities for our students and other young people. They'll have a new platform to express their voices and ideas, and to connect with the community, and they'll be able to develop practical skills that will benefit them in their future careers."

*- Kevin Ford, Headteacher,
Great Marlow School*

Visit our fundraising page at **www.marlowfm.co.uk/donate** to buy a brick or to contribute through GoFundMe.

If you're in a position to make a more substantial contribution, we'd love to talk to you about other ways we can recognise your generosity and partnership. For example, we can offer advertising packages, or studio sponsorship opportunities.

We hope you'll join us in this exciting project and help us secure the future of Marlow FM. Together we can make our new home a reality.



Crime Prevention

Be protected, be connected, be part of Neighbourhood Watch!



In today's fast-paced world, where technology has made it easier to connect with people across the globe, it is paradoxically becoming increasingly common for individuals to feel disconnected from those who live closest to them—their neighbours. While online resources on crime prevention exist, nothing can replace the value of knowing your neighbours and actively working together to create a safe and supportive environment.

Loneliness and isolation can leave vulnerable individuals, especially the elderly, more susceptible to falling victim to scams.

In this article, we will explore the advantages of setting up a NW scheme and how it can positively impact both individuals and the community as a whole.

A NW scheme is proven to reduce crimes such as burglaries, vandalism, cons and scams, and car crime. So, if there is no scheme in your road, why not volunteer to be a NW Coordinator and help to protect your home and community? It might take just a couple of hours per month, but it could make a real difference to you and your neighbours.

What does a scheme Coordinator do?

- Distribute (usually by email) the Thames Valley Alert messages – these email bulletins from the police report on crimes, crime threats, forewarn of known scams, and they are an invaluable way of keeping abreast of issues.

By establishing a communication network among neighbours, it becomes easier to share information about suspicious activities, warn others of potential dangers and engage in open dialogue with the neighbourhood policing teams regarding any specific concerns that you and your neighbours may have.

- Advise households on simple security measures such as property markings, how to deal with cybercrime, car crime, bogus callers and rogue traders

– NW and Thames Valley Police website have lots of information on all of this.

- Encourage neighbours to report any suspicious activity to the police, either by calling **999** if a crime is taking place, **101** for non-emergency calls. You can also report online on TVP website **www.thamesvalley.police.uk**
- Reducing loneliness and isolation. These emotions can leave vulnerable individuals, especially the elderly, more susceptible to falling victim to scams. The prospect of making conversation with another person can make them more willing to open the door to a stranger, engage in a phone conversation with an unknown caller or respond to emails or letters.



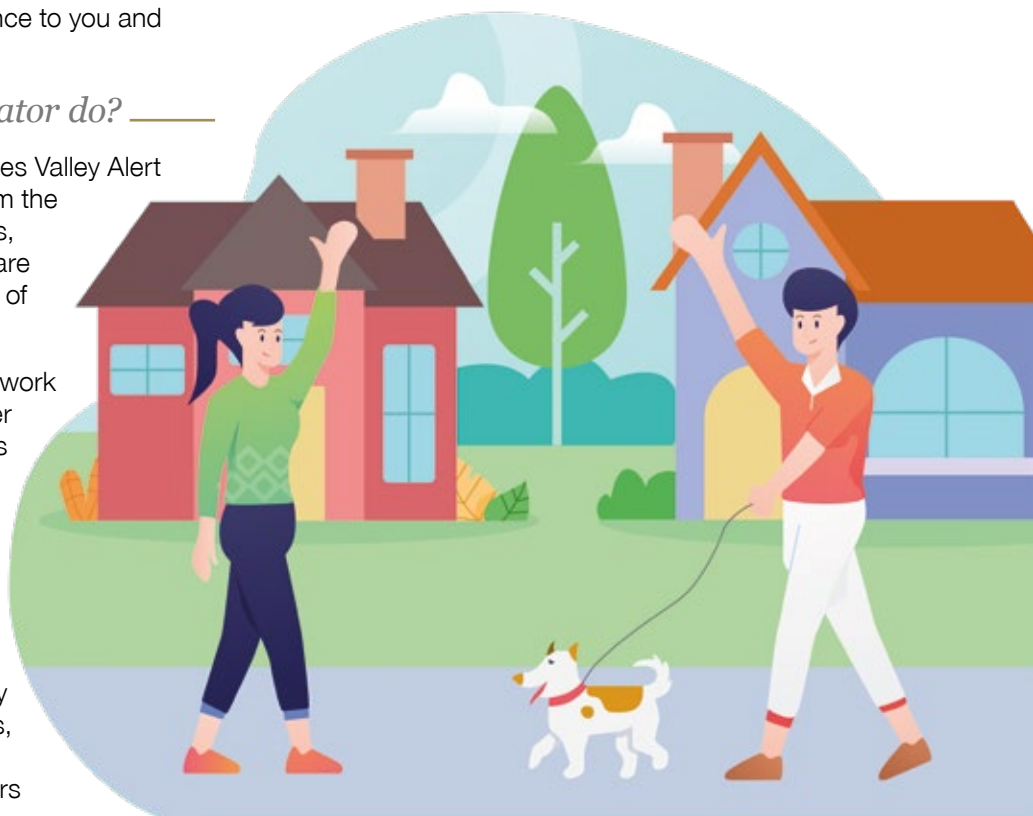
Wycombe District Neighbourhood Watch Association

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Marlow Energy Group

Is Marlow the greenest town in the UK?



During June, an intrepid Marlow Energy Group (MEG) member cycled around Marlow recording the numbers of solar panels currently installed. An initial survey was conducted in the early days of MEG in 2020. Some Marlovian readers will remember that MEG joined with IDDEA in the 'Marlow Solar Streets' project, supported by Marlow Town Council. Participating householders received a discount provided that at least 10 installations were completed. In fact, panels were installed on 15 Marlow houses.

In February 2020, 76 houses had 895 PV (electricity) panels and 40 houses had 76 thermal (water) panels. In June this year, 163 houses had 1,935 PV panels and 59 houses had 116 thermal panels. So in three and half years, the number of PV panels in Marlow has increased by a massive 116% and the number of thermal panels has increased significantly by 53%.

In addition four non-domestic buildings, including one school (Spinfield), have had a total of 186 PV panels and two thermal panels installed.

Is Marlow now the greenest town in the UK?



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Crowning Glory



Tea party to celebrate the King's Coronation

Marlow National Trust Association (MNTA) celebrated the King's Coronation with a tea party in the Methodist Church Hall in Marlow on Monday, 8th May.

Some 60 MNTA members attended the event, which included a video of funny moments from the life of King Charles, a Coronation Quiz, flag-waving, a sing-a-long of Music Hall songs, a loyal toast to His Majesty and



afternoon tea with a delicious array of cakes and scones. Crowning moment of the afternoon was a competition for the best crown or tiara, won by Julia Stacey for her fabulous headdress of fresh flowers.

Judging by the many messages of appreciation, a good time was had by all. More than £600 was raised from the event and this will be donated to local NT property Nuffield Place, at Huntercombe, near Henley-on-Thames, to help with some urgent repairs.

Marlow National Trust Association was founded in 1984 and has a lively programme of monthly speaker's evenings, monthly outings and holidays twice a year, in the UK and abroad. The MNTA gives support to all our local NT properties, covering the Cliveden Estate, Hughenden Manor, which includes West Wycombe, and Greys Court, which includes Nuffield Place.

For more info and details of how to join MNTA, please call John Smith, MNTA Chairman on **01628 484156** or email **Chairman.marlownta@gmail.com**

The Smart Energy Show

See how you can cut bills, boost comfort and fight climate change

Is your home energy bill too high? Is your house cold in wintertime? Are you worried about climate change? Local community association the Marlow Energy Group is organising a special event to help you find solutions on Saturday, 18th November at Court Garden Leisure Centre, with free entry for visitors.

The Smart Energy Show will feature advice and expertise to help make home energy use more efficient, more cost-effective and greener: in a word smarter. Just some of the eco-solutions that should be on display include:

- Impartial advice on how to deal with your energy issues
- Wall and roof insulation to reduce heat loss and reduce heating bills
- In-depth eco-health assessments for your home
- Triple-glazed windows for a cosier, quieter home
- Solar panels to turn your house into a power station
- Home batteries to store your home-generated electricity

- Infrared heating to warm you rather than a whole room
- Smart tariffs available from energy retailers
- Eco-efficient home appliances
- Green architectural design options

For up-to-date details on the Smart Energy Show, please visit the web page, where you can register your email address for show updates **www.marlowenergygroup.com/smart-energy-show**



Marlow Town Regatta



23 years of Marlow's premier sporting and social occasion

Blessed with blazing sunshine for the 'Opening Ceremony' of the 23rd Marlow Town Regatta & Festival, within the Jim Campbell Enclosure. Robin Atkinson, Chairman and Sarah Campbell, Vice Chair thanked the committee - all volunteers gave a warm welcome to guests and dignitaries from Marly-le-Roi, who were there in celebration of the 50th Anniversary of the Town Twinning.

The historic opening featured joint Presidents, Sir Steve Redgrave CBE, DL and Lady Redgrave; Naomi Riches MBE, DL; the Kings Swan Marker, David Barber MVO; Mayor, Cllr David Brown and Deputy Mayor, Cllr Colleen Stapley; Marly Deputy Mayors, Cecile Deleplanque and Benoit Burgaud; Patrick Gautier, Town twinning; and local author and screenwriter of the Marlow Murder Mystery's, Robert Thorogood, who judged the Schools Writing Competition for the second year running, and local artist, Bee Skelton, who painted the wonderful winning piece.

Luella Knight was the 'Overall' winner of the Schools Writing Challenge from Sir William Borlase School. Luella was presented with a 'one off' painting of Marly-le-Roi, for her school to proudly showcase. Luella Knight was also the Winner of the '12-16 Category', Saidee Street was the winner of the '8-11 Category' and Daisy Smith was the winner of the '5-7 Category'. They each won a mug of the Marly painting by Bee and a photoshoot with special guests.

'Marlow's Own Boat Race' - Great Marlow School v Sir William Borlase School, was won by GMS for the 8's and SWB won the 4 x quads.

The 'Marlow Ageing Dads/Dogs' claimed the cup as the winners of the Dragon Boat Festival, some having raced since the start of the competition 23 years ago!

Saturday daytime fun was hosted by Marlow FM live on air, and the afternoon evolved into the 'best regatta party ever', presenting a repertoire of music and live performances, which included swing & jazz from Dave Dunbar, followed by The Rymatones, a Bucks-based Rock 'n' Roll band. Marlow Round Table Riverside Bar provided a fine selection of beverages, alongside varied food stalls. Roaming Rock & Strollers were unplugged throughout the day, with Marlow Town Band performing summer afternoon music on the bandstand. The Raiders of the Lost Archives DJ Set illuminated Marlow with the best DJs in Town, featuring Chris Richards, Ian Springwell and Kev Kinch.

The Sunday Festival was a free event filled with an incredible lineup of family-friendly entertainment, including the thrilling Dragon Boat Festival, Marlow Churches combined service, Jam Theatre Company, Black Eagles Acrobatic Team, Circus Passion with Katy Kartwheel, combined Schools' Choir, cake baking, dog show, petting farm and bouncy castle - all complemented by an array of artisan craft & food stalls all weekend. The children's choir presented by Sheila Wilson melted hearts, charming the audience with originals composed by Sheila herself.

With Thanks to Marlow Rowing Club for its valued and essential support, our generous sponsors and supporters: Blaser Mills Law, Trio Flooring, Swish Fibre, The Shanly Foundation, Pink Affinity, Herbert & Webster, Bentley Motors, Hutchins Marine, Traylens Funfair, Marlow Roundtable, Marlow FM, MyMarlow, Anita Ross Marshall, Jenny Tobin, Marlow Town Council, Bucks County Council, Marlow & Thames Rotary, TAG, Thames Valley Police, Marlow Rugby Union Football Club, Marlow Park Cricket Club and all of the Marlow Murder Club filming crew.



Swan Upping

Marlow Mayor meets the Swan Uppers

Events



The Swan Uppers were welcomed back to Marlow on Tuesday, 18th July for the annual census of the swan population on the River Thames.

Every year at this time the Royal Swan Uppers, who wear the scarlet uniform of His Majesty The King, travel along the river in traditional rowing skiffs, together with Swan Uppers from the Vintners' and Dyers' livery companies.

Mayor David Brown and his wife Stacey joined the group at Cookham, travelling with them by boat to Marlow, where they attended a reception at the Two Brewers. Mayor Brown said: "We greatly enjoyed the experience of Swan Upping. Many thanks to the Royal Swan Uppers, and to Christine Bateman of The Two Brewers for the generous hospitality."

Royal Swan Upper David Barber commented: "Unfortunately, due to Avian Influenza, the swan population has suffered in the last year and there is a shortage of families on the river. We're hoping that next year will be more successful for them."

Swan Upping plays an important role in the conservation of the mute swan and involves The Queen's Swan Warden collecting data, assessing the health of young cygnets and examining them for any injuries. Cygnets are extremely vulnerable at this early stage in their development and Swan Upping affords an opportunity to help both adults and cygnets that might otherwise go untreated.

On Wednesday morning, 19th July, Cllr Richard Scott attended an information session on the lawn of the Compleat Angler with HM Swan Marker, David Barber, who explained the history and process of Swan Upping to local schoolchildren.

Photos credit: (top) Sue Ferber, (middle & bottom) Jon Perry



Marlow Half Marathon



New Frankenstein Event for 2023

"Beware, for I am fearless and therefore powerful."

These words are spoken by Frankenstein's monster in Mary Shelley's renowned novel but could just as easily have been uttered by one of our runners completing last year's Marlow Half Marathon or the Marlow 7. Every year in November, fearless and powerful runners from all over the country flock to the market town of Marlow to compete (or just complete) one of our scenic events.

This year is our 35th year of hosting the events and we've got a special treat lined up for runners - The FRANKENSTEIN. This is a gruelling 6-mile multi-terrain event in the glorious countryside of the very town where Mary Shelley completed her gothic novel. Runners will start with an ascent up to Bovingdon Green, followed by a traverse across Marlow Common. They will then trek through the historic Pullingshill Wood before looping around Hollowhill Wood and beginning a long and fast descent back to Marlow Sports Club.

For runners who prefer to pound the pavements, the Marlow Half or Marlow 7 (a 7-mile race) will also be held this year as they have been previously. And the best

part is, not only will you be supporting sport in Marlow, you'll also be supporting this year's nominated charities, South Bucks Hospice and Women's Aid, adding to the £235,000 we've already raised since the event began.



So choose your race and come and join us at the 35th Marlow Half Marathon, Marlow 7 and Frankenstein on 5th November 2023, where our resident 'Guy Fawkes' will be starting the race.

Entries are now open at <https://marlowhalfmarathon.co.uk>



Marlow Santa's Fun Run



2023 run open to entries – book early and save money!

The Rotary Clubs of Marlow have opened the website for runners (and walkers) taking part in the 19th Annual Marlow Santa's Fun Run this year. The event takes place at 9.30am on Sunday, 3rd December, with entrants congregating at Higginson Park, Marlow, from 8am on the day.

The event is ideal for families, friends, companies, clubs, schools, PTAs, Guide and Scout Groups — and of course any charity team. Businesses in particular may choose to use the event to raise funds for their own in-house charity.

For the fifth consecutive year the Shanly Foundation takes on the role of lead sponsor, and the organisers are delighted to confirm that local company Softcat has again agreed to become a core sponsor. A wide range of other sponsors also support this great event.

John Prout, Chair of the Marlow Santa's Fun Run organising committee says: "We are really excited about the 2023 event. The Charity Pool created great interest last year and with the help of key local supporters we have been able to set it at £10,000 this year. All this money goes to charities chosen by entrants, and we encourage local charities to think about entering a team. Last year a good number of PTAs entered teams – and some ended up raising in excess of £1,000. Whilst rules do apply, we quite simply want to give this money away!"

He added: "We have had to raise our prices a little this year – the first time in around eight years – but by booking before 16th November, families and groups can avoid a more substantial increase. It helps us if you book early – and it helps you!"

The website is now open, and fully explains how the 2023 event will work. Entries can now be made at:
www.santasfunrun.org

All three Rotary Clubs in Marlow are involved in running the event. Marlow Thames Rotary Club President Julian

*On Sunday, 3rd December
we want the course to be a
sea of red Santas*

Rhodes says: "On Sunday, 3rd December we want the course to be a sea of red Santas. We want to create a fantastic, fun weekend that includes teams from local businesses, schools, churches, charities, scout and guide groups, families, neighbourhoods and clubs – all running or walking for a great cause. Come and join us!"



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Healthy co-parenting

Co-parenting can be challenging, especially when conflict between the parents overshadow the well-being of the children who often get caught in the middle. Even parents in a close and loving relationship often wish there was “a manual” they can refer to.

Recognising the need to restore focus on the child and promote positive change, Cafcass (Children and Family Court Advisory and Support Service) has developed the Positive Co-Parenting Programme. This 12-week initiative offers structured sessions for parents involved in family proceedings. By improving communication and encouraging empathy, the program aims to help parents overcome their conflicts, allowing them to prioritise their children’s best interests.

Understanding the programme

The Positive Co-Parenting Programme, administered by Cafcass, is a comprehensive intervention designed to assist families navigating legal proceedings. The primary objective is to help parents recognise and address the negative impact of their conflict on their children. Through a series of 12 structured sessions, parents are guided to enhance communication, restore empathy, and develop a child-centric approach to co-parenting. Each parent will attend a separate course so they do not attend with their co-parent.

Encouraging positive change

The programme fosters positive change by providing parents with the necessary tools and strategies to navigate the complexities of co-parenting. It empowers parents to step into their children’s shoes, gaining a deeper understanding of the emotional and psychological impact their conflicts can have on their well-being. By fostering empathy and perspective-taking, parents can change their behaviours and make more informed decisions that prioritise the needs and best interests of their children.

What to expect

The 12-week programme consists of structured sessions facilitated by trained professionals who specialise in family dynamics and conflict resolution. These practitioners, identified as Family Court Advisors (FCAs), guide parents through various topics, including effective communication techniques, managing conflict, and understanding the developmental needs of children. It utilises evidence-based practices and restorative principles to foster healthy co-parenting relationships.

Restorative practice principles

Restorative practice principles lie at the heart of the Positive Co-Parenting Programme. By encouraging accountability, empathy, and dialogue, these principles help parents understand the impact of their actions on their children and create opportunities for healing and reconciliation. This approach emphasises the importance of repairing relationships and rebuilding trust to create a supportive co-parenting environment where children can thrive.

Identifying suitable cases

Cafcass plays a crucial role in identifying cases that would benefit from the Positive Co-Parenting Programme. Through careful assessment, experienced professionals determine which families would benefit the most. The selection process involves reviewing the dynamics of the case and the parents’ willingness to engage in the programme. Once identified, the case is presented to the judge for consideration, and if agreed upon, the family is allocated to an FCA trained in delivering the programme.

The programme is a testament to the commitment of Cafcass in promoting positive co-parenting and nurturing healthy family relationships during challenging times.

How Blaser Mills Law can help

Our solicitors have extensive experience in resolving disputes between parents, which can be done through mediation, solicitor correspondence or court proceedings.

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About Lucinda

With over 10 years of experience in mediation, Lucinda Holliday, qualified as a mediator in 2011. In 2018 Lucinda went on to get her accreditation in child inclusive mediation which means she can facilitate your children being heard in the mediation process when relevant.

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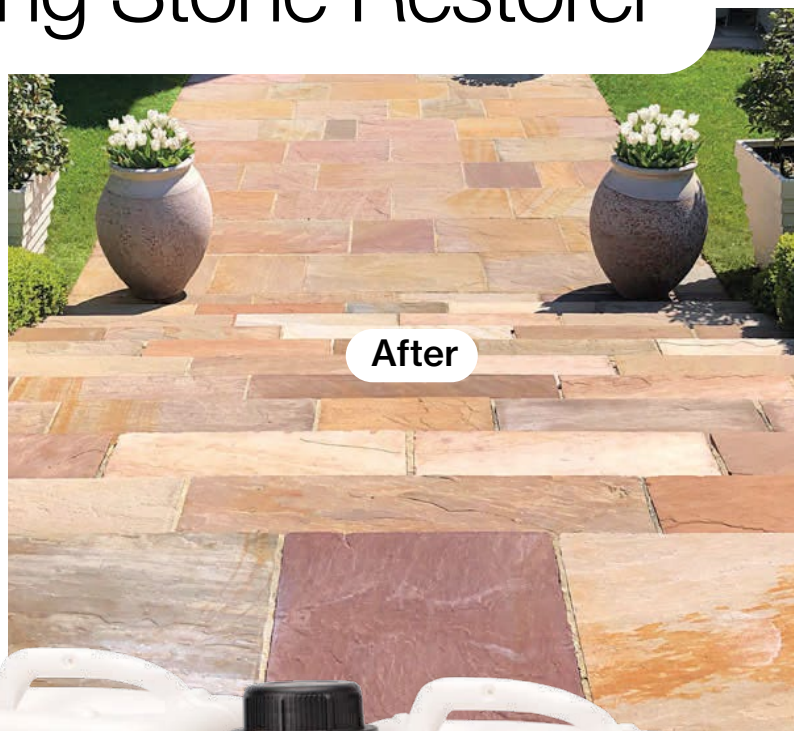
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