



marlovian

all your news from the community

Autumn 2025



Feathered *Friends*

Swan Upping plays an important role in the conservation of mute swans

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THE QUARTERLY MAGAZINE FROM MARLOWTOWNCOUNCIL



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

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MARLOW TOWN COUNCIL

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Mayor's Message

Welcome to the autumn magazine

As I reflect on the past few months, I can honestly say it has been an incredibly busy yet deeply rewarding start to my time as Mayor. I'm settling into the role and feel both honoured and excited to be representing our wonderful town.

Since taking office, I've made it a priority not only to attend events where I've been invited but also to reach out and get to know many of the incredible community organisations that do so much to support our residents. I am very grateful to all those that have given their time to talk about their organisations and cause. These connections have already shown me just how much passion, dedication, and generosity there is within Marlow. I'm eager to build on these relationships and gain an even deeper understanding of the needs of our residents.

I'm settling into the role and feel both honoured and excited to be representing our wonderful town.

One of the things that matters most to me in this role is using my platform to speak up for others - to shine a light on the needs of our charities and community groups, and to help ensure they get the support they require. These organisations are the backbone of our town, and they are essential in supporting people with real needs. I hope that through raising awareness and celebrating their work, more people will be encouraged to get involved, volunteer, or offer assistance where they can.



Photo: The Mayor of High Wycombe's Civic Service



Photo: The Mayor attends Marlow Regatta at Dorney Lake

June was a particularly exciting month. I was honoured to attend the opening of the Marlow Town Regatta and Festival, where I had the great pleasure of helping judge some of the competitions and I was particularly pleased to meet the young winners of the writing competition.

I was delighted to be invited by the Marlow Energy Group to present prizes for their writing competition at Sir William Borlase's Grammar School. The students' thoughtful entries showed a deep awareness of environmental issues. I also attended the Marlow Regatta, which was an inspiring afternoon of rowing, competitive spirit, and conversation with the regatta winners.

The most touching and emotional event I attended was the Dementia Action Marlow Summer BBQ. The warmth, care, and community spirit on display were truly touching. The volunteers who work with those living with dementia and their carers are making a profound difference in people's lives, and I left the event deeply moved and motivated to help support their work however I can. On that note, if you have some available time, a driving licence and are happy for a DBS enhanced check, the organisation is desperate for volunteer drivers. A few hours a week or month can make such a difference.

In July, I had the pleasure of joining the founder of the Beyond Boundaries Foundation at the charity's launch and fundraising event. Witnessing the passion behind this new initiative was inspiring, and I look forward to seeing the foundation grow and make a meaningful impact.



Photo: Mayor of Marlow, Cllr Boulay with Denise Greene, Founder of Beyond Boundaries Foundation

As One Can Trust will be joining us at Carols on The Causeway later this year, I wanted to take the opportunity to learn more about their work in advance. Alongside my fellow councillors, I visited their offices, where we were warmly welcomed. It was fascinating to hear about the wide range of community projects they run—each making a real difference to those who need it most. In addition to food, donations of personal hygiene products, period management products and nappies for babies are truly needed, every small donation helps make a big impact in the community.



Photo: Mayor of Marlow, Cllr Boulay with Cllr Whelan and Cllr Hawkins meeting the One Can team



Photo: Mayor of Marlow, Cllr Boulay with Royal Swan Marker David Barber

I also had the unique honour of joining the Swan Uppers as they travelled up the river for the annual swan census.

Cllr Jocelyn Towns, Cllr Mark Skoyles, and I visited May Balfour Gardens to meet pupils from Marlow C of E School. The activities, organised by our dedicated Marlow Town Council officers, sparked such curiosity and excitement for nature among the children - it was a joy to see.

On August 12th, the Follow the Donkey Walking and Rail Trail was launched at Bourne End Train Station. It celebrates the heritage of the Marlow / Bourne End railway line which is affectionately known as The Marlow Donkey.

On October 16th I will be hosting the Council's first quarterly local community group and charitable organisation engagement meeting from 6.30pm to 8.30pm in the Higginson Room at Court Garden House, Marlow.

As I continue in my role, I remain committed to being a visible and active presence in Marlow. I look forward to meeting more of my fellow residents and working together to make Marlow an even more inclusive, compassionate and connected town.

Cllr Muryel Boulay
Marlow Town Mayor



Town Council News

Autumn 2025

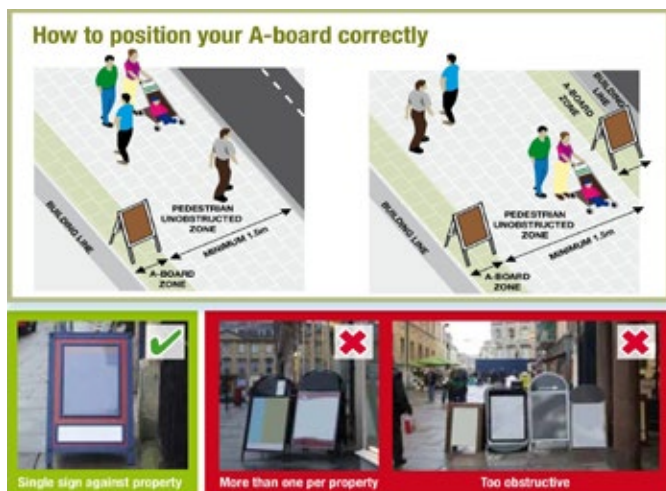
Volunteering in the community

In July the Council welcomed volunteers from Softcat who kindly spent the day in May Balfour Gardens. They sanded down and repainted all of the benches, swept all of the pathways, weeded the bedding areas and trimmed the overhanging trees at the entrance gate. The Council wishes to express its very grateful thanks to Softcat for this kind work volunteering in the community. Are you a local business that would like to help keep our town looking its best? Contact us for information.



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



Phone kiosks in Marlow High Street

The Council resolved at their meeting on August 5th to adopt the phone kiosks in Marlow High Street. The

Council currently has adopted four kiosks around the town that house defibrillators and a library. What would you like to see these kiosks used for? Please do email the office with your suggestions office@marlow-tc.gov.uk

Save the dates

9th November Remembrance Service and Parade

Marlow's Remembrance Service and Parade will be held on Sunday, 9th November at The Causeway, Marlow, with the service commencing at 10.45am. All are welcome to come along. 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.

20th November Christmas Lights Switch On

This year's very popular Christmas Lights Switch On event will be held on Thursday, 20th November.

16th December Carols on The Causeway

After its record attendance last year, this popular community event will be back on Tuesday, 16th December. Everyone is invited to sing carols around the Christmas tree with Marlow Town Band.

Check our website nearer the time for the most up-to-date information. www.marlow-tc.gov.uk

Hanging baskets

As part of its Vision to be the most attractive and vibrant riverside town in the Thames Valley, Marlow Town Council has installed over 100 hanging baskets in the High Street, Spittal Street, West Street and around the Wiltshire Road roundabout, creating a beautiful display. Planters have also been installed around the Welcome to Marlow signs and other locations in the town, including the window boxes in Market Square, and there is extensive planting around the War Memorial and the Frohman Statue.

Bunting

Colourful bunting creates a charming and festive display along the High Street from April to October, transforming the heart of our town into a vibrant and welcoming space. We believe it adds a cheerful aesthetic and fosters a sense of community pride, making Marlow a more attractive destination for tourists and residents to live and shop. At the same time it demonstrates our commitment to celebrating Marlow's unique character and ensuring it remains a lively and inviting town throughout the warmer months.

Bus timetable

See opposite for the new operator bus timetable from 1st September 2025.

between **Marlow & Lane End**
with one journey to **Frieth**

156 156A

Mondays to Fridays except Public Holidays

route number	156A	156	156
Frieth Hayles Field	0745		
Moor Common Church Road	0750		
Lane End Simmons Way	0752	0910	1120
Lane End The Row	0757	0913	1123
Marlow Sunnybank		0920	
Marlow Sandygate Road		0922	
Marlow West Street		0925	
Marlow Terrington Hill		0928	
Marlow Pound Lane		0933	
Marlow Dean Street Car Park	0807		1133
Marlow Bobmore Lane	0810		
Marlow Court Garden Leisure Centre		0935	1140

route number	156	156A	156A
Marlow Court Garden Leisure Centre	1225		
Marlow Bobmore Lane		1520	
Marlow West Street		1525	1800
Marlow Terrington Hill	1226		
Marlow West Street	1232		
Marlow Sandygate Road	1236		
Marlow Sunnybank	1238		
Lane End Simmons Way	1246	1535	1810
Lane End The Row	1249	1538	1813
Moor Common Church Road		1540	1815
Frieth Hayles Field		1545	

No service on **Saturdays, Sundays** or Public Holidays

between **Marlow & High Wycombe**
via **Marlow Bottom**

158

Mondays to Fridays except Public Holidays

Marlow Court Garden Leisure Centre	1020
Marlow High Street	1021
Marlow Sandygate Road	1024
Marlow Seymour Park Road	1028
Marlow Hillside Road	1030
Marlow Bottom Post Office	1032
Marlow Bottom High Heavens Wood	1036
Marlow Bottom Post Office	1042
Cressex Marlow Road	1049
High Wycombe Bus Station	1054

High Wycombe Bus Station bay 15	1345
Cressex Marlow Road	1351
Marlow Bottom Post Office	1357
Marlow Bottom High Heavens Wood	1401
Marlow Bottom Post Office	1405
Marlow Hillside Road	1408
Marlow Seymour Park Road	1411
Marlow Sandygate Road	1415
Marlow High Street	1418
Marlow Court Garden Leisure Centre	1419

No service on **Saturdays, Sundays** or Public Holidays

Marlow Town Service
via **Little Marlow & Marlow Bottom**

160

Mondays to Fridays except Public Holidays

Marlow Court Garden Leisure Centre	0936	1145	1420	1720
Marlow High Street	0937	1146	1421	1721
Marlow Liston Street		1147		
Marlow Bobmore Lane	0941	1150	1425	1725
Little Marlow Winchbottom Lane	0942	1151	1426	1726
Little Marlow Church Road	0946	1155	1430	1730
Westhorpe Caravan Park	0950	1159	1434	1734
Marlow Wiltshire Road	0957	1206	1441	1741
Marlow Bottom High Heavens Wood	1003	1212	1447	1747
Marlow Bottom Post Office	1007	1216	1451	1751
Marlow Hillside Road	1009	1218	1453	1753
Marlow Oak Tree Road	1010	1219	1454	1754
Marlow Spittal Street	1012			
Marlow High Street	1014	1222	1457	1757
Marlow Court Garden Leisure Centre	1015	1223	1458	1758

No service on **Saturdays, Sundays** or Public Holidays

MAINTAINING BOUNDARIES

We all enjoy living in a welcoming, safe and attractive community. One important way we can help is by keeping our property boundaries well maintained. Overgrown hedges, trees, or vegetation that protrude onto public footpaths can quickly become a hazard – particularly for:

- People who are visually impaired
- Those who use walking aids
- Parents and carers pushing prams or pushchairs
- Children walking to school
- Cyclists on shared paths

When pathways are blocked or narrowed, it can force pedestrians into the road or make passing difficult. This not only causes inconvenience but can also put people at risk.

Steps You Can Take

1. Check your boundaries regularly, look for hedges, bushes or tree branches encroaching onto footpaths or public spaces.
2. Be mindful of nesting birds between March and September as this is the main nesting season in the UK. Ideally work should be completed outside of the main nesting season during autumn and winter to avoid disturbance. Thorough checks should be made prior to any work carried out during the nesting season to ensure there are no nests present at the time and the young have fledged.
3. Trim overgrowth promptly, cutting back vegetation ensures paths remain clear and safe. Avoid using power tools during nesting season.
4. Dispose of cuttings responsibly, use your garden waste bin, compost, or take to your local recycling facility.

Why Maintaining Clear Boundaries Matters

- Improves safety for all pedestrians
- Helps those with mobility challenges or visual impairments
- Keeps our neighbourhood looking tidy and cared for
- Shows consideration for your neighbours and the wider community.



How to report an issue

To report overgrown vegetation please go to **fixmystreet.com** and raise a report. Please include the location and upload pictures of the issue if possible.

fixmystreet.com is managed by Buckinghamshire Council who will alert Marlow Town Council to local issues that fall outside of their remit.

If an issue is sited in a location that is covered by our devolved services contract, our team will be out to address it. If the issue is found to be on private property, Marlow Town Council will contact the property owner and request action be taken within two weeks. A follow up notice will be issued if the property does not take action within the permitted period.

Should the issue remain unresolved with no communication from the the property owner setting a date for a resolution or providing a reasonable explanation for the delay, the Council will take the necessary steps to clear the obstruction and the property owner will be liable for the costs.

**Let's all do our part to keep our paths safe, welcoming, and accessible for everyone.
Thank you for helping to make our community a place we can all be proud of.**





Mayor's Charities

Mayor champions Wild Marlow and Brighter Futures Together

The Mayor of Marlow Town Council is pleased to announce she has chosen to support Wild Marlow and Brighter Futures Together.

Each year, the Mayor selects local causes to support, helping to raise awareness and vital funds. This year's chosen organisations reflect a strong commitment to both environmental sustainability and the wellbeing of young people. Together, they support the present and future of Marlow's community, nurturing the young and protecting the environment they call home.

Wild Marlow is a volunteer-run community group working to protect wildlife and biodiversity in the Marlow area. Relying solely on donations, memberships, and grants, the group promotes conservation through education, practical action, and community engagement.

Brighter Futures Together is a not-for-profit Community Interest Company and social enterprise supporting youth mental health across the Thames Valley. All profits go directly into delivering projects and services that build resilience and wellbeing in young people.

The Mayor says, "I'm delighted to support these two inspiring organisations. Both make a real difference in our community, and I look forward to highlighting their incredible work over the coming year."

Fundraising initiatives will be held throughout the year to benefit both organisations, and local residents and businesses are encouraged to get involved.



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Community Engagement

MTC invites local organisations to quarterly meetings



Marlow Town Council is inviting all local charities, Community Interest Companies (CICs), not-for-profit organisations, and community groups to come along to quarterly meetings with local councillors.

These meetings will create an opportunity for open dialogue and collaboration between community organisations and their elected representatives, providing a valuable platform to share updates, raise concerns, and explore new opportunities for partnership and support.

“Our quarterly meetings aim to strengthen the relationship between the Council and the groups who work so hard to make a difference in Marlow and foster greater collaboration between the community organisations of Marlow,” said Mayor of Marlow, Cllr Boulay. “We want to hear from you, understand your challenges, and see how we can help.”

The first meeting has been scheduled for Thursday, 16th October 2025 from 6.30pm to 8.30pm and will be held in the Higginson Room at Court Garden House, Marlow.



In addition to the group meetings, organisations are also welcome to request a councillor to sit in on their own meetings. To do so, email **office@marlow-tc.gov.uk** with details on how a councillor's presence could support your work and contribute to achieving your goals.

Marlow Town Council is committed to supporting the vital work being carried out across the community. Together, we can build stronger connections and continue to make a positive impact for all residents.



DANESFIELD HOUSE HOTEL AND SPA

An Autumn Escape at Danesfield House Hotel & Spa

As the leaves begin to turn and the crisp air carries the scent of autumn, there's no better time to rediscover a timeless local treasure: Danesfield House Hotel and Spa. Nestled in the heart of the Chiltern Hills, this stunning country house blends historic grandeur with warm hospitality – and this season, it's opening its doors to the local community in new and exciting ways.

Danesfield is known for its luxury, but locals will be delighted to find it is warmly accessible too. This autumn, the hotel welcomes nearby residents to join the newly launched **Danesfield Club** – an exclusive membership offering year-round incentives. Also, do not forget to mark your calendars for two very special events: **Family Firework Nights** on the 1st and 5th of November. These evenings promise sparkling skies, seasonal food and a magical atmosphere the whole family will enjoy.

From the peaceful pathways to the vibrant dining rooms, Danesfield House is more than a hotel — it's a place to unwind, connect, and celebrate the changing season. Whether for an afternoon or a full weekend retreat, your autumn sanctuary awaits.



WHERE TRANQUILLITY
MEETS LUXURY – RIGHT
ON YOUR DOORSTEP

SCAN ME! >>>





Danesfield House Hotel and Spa, Henley Road, Marlow, SL7 2EY
www.danesfieldhouse.co.uk

Good Morning Marlow

Deputy Mayor guests on Marlow FM morning show



The Deputy Mayor, Cllr Jenny Simnett, joined Mary Flavelle and Geoff Motley at Marlow FM on Good Morning Marlow on Wednesday, 6th August. Cllr Simnett shared some of the decisions and feedback from the Town Council meeting on the preceding evening at Court Garden. One of the decisions was about the Town Council adopting the BT phone boxes in the High Street and she invited listeners to send in their ideas for their use via email to office@marlow-tc.gov.uk.

The conversation also spanned building confidence and good mental health in young people and the Council's focus on community with their first quarterly Community Engagement meeting planned for Thursday, 16th October in Court Garden from 6.30pm.

Marlow FM is a not-for-profit community radio station staffed by volunteers and broadcasts a mix of music and

talk. Available on 97.5 FM, Marlow FM is accessible to listeners in Marlow, the surrounding areas and streams online.



Offering a full schedule of programmes, most of which are live between 7am – 11pm, 7 days a week, Marlow FM can actively attend and support local events around Marlow thanks to its outside broadcasting capabilities.

The aim of Marlow FM is to bring the community closer together, providing a platform for local voices and organisations and to create opportunities for young people with careers into radio and related fields.

To get in touch with Marlow FM, visit their website www.marlowfm.co.uk, email the studio studio@marlowfm.co.uk or text the station using on **07900 975975**

Four Seasons Club

Local social club for residents over 50

The friendly Four Seasons Club offers a warm welcome to local residents over 50, providing a wonderful opportunity to socialise and enjoy new experiences. Meetings are held on the first Wednesday of each month (excluding January) at 10am in Liston Hall. Each gathering includes a raffle, refreshments, a guest speaker, and a bring-and-buy book and puzzle table.

The club prides itself on a varied programme of fascinating guest speakers. Recent guests have included

the inspirational Stuart Boreham, the first disabled person to row single-handedly across the Atlantic. In March, a representative from Medical Detection Dogs enthralled members with a demonstration of the dogs' incredible skills, and last Christmas, the Marlow Ukulele Group provided a morning of fantastic musical entertainment.

Monthly coach trips are another highlight of the club's calendar, running from March to November. This year's destinations have already included historic Oxford and Rochester, the stunning gardens at Leonardslee, and a sunny seaside day out in Eastbourne. Last November, members enjoyed a Christmas shopping trip to the new complex at Battersea Power Station, with some venturing up the iconic chimney lift for breathtaking views across London.

For those who enjoy a longer break, the club also organises two holidays a year. A recent trip to Whitby was a great success, and a 'Tinsel and Turkey' break is currently being planned for November.

The Four Seasons Club is a fantastic and friendly group for both men and women. New members are always welcome to come along to Liston Hall for a trial morning.

For more information, please call **01628 485 632**.



Wild Marlow

Help save Marlow's swifts



Many of us look forward to the sight of the first swifts arriving in Marlow in early May each year, and the sound of their joyous calls in the summer sky. These beautiful birds are here for only three months of the year, staying until late July, making them the last of our summer migrant bird species to arrive, and one of the first to leave. They come home to breed after spending nine months on migration in central and southern Africa.

But tragically, swifts are now red-listed as a Bird of Conservation Concern in the UK, and we've lost over 60% of our swifts since 1995. This steep and worrying decline is continuing, with no signs of that trend slowing down. A very big factor is loss of nest sites. Traditionally, swifts nest in the eaves of old houses, but with renovations and modern building practices, many of these sites have disappeared. They only feed on airborne insects, so their decline is also impacted by the decline in flying invertebrates.

Wild Marlow is on the case, though, and is busy encouraging swifts to nest in specially designed swift boxes at people's homes, schools, business premises or community buildings. With the help of Bisham Nest Box Group, boxes have already been installed at Rebellion Brewery, Harrow & Hope Vineyard, Little Marlow Church, Marlow Fire Station, The Grand Assembly pub, Heighway Associates Architects (HAA), Holy Trinity Primary School and The Royal Oak.



Verity West of Wild Marlow says: "Check out the Swift Mapper map on our website www.wildmarlow.org.uk and contact us to see if your house, workplace, school, church or other building location would be suitable. We can help with free advice and Bisham Nest Box Group can make and install bespoke boxes for suitable locations. Also use your garden to help encourage more insects, to provide food for these amazing birds."

Wild Marlow is hoping to get a swift box installed at every Marlow school to support our local swift population when they return from Africa next year. For more information, email contact@wildmarlow.org.uk

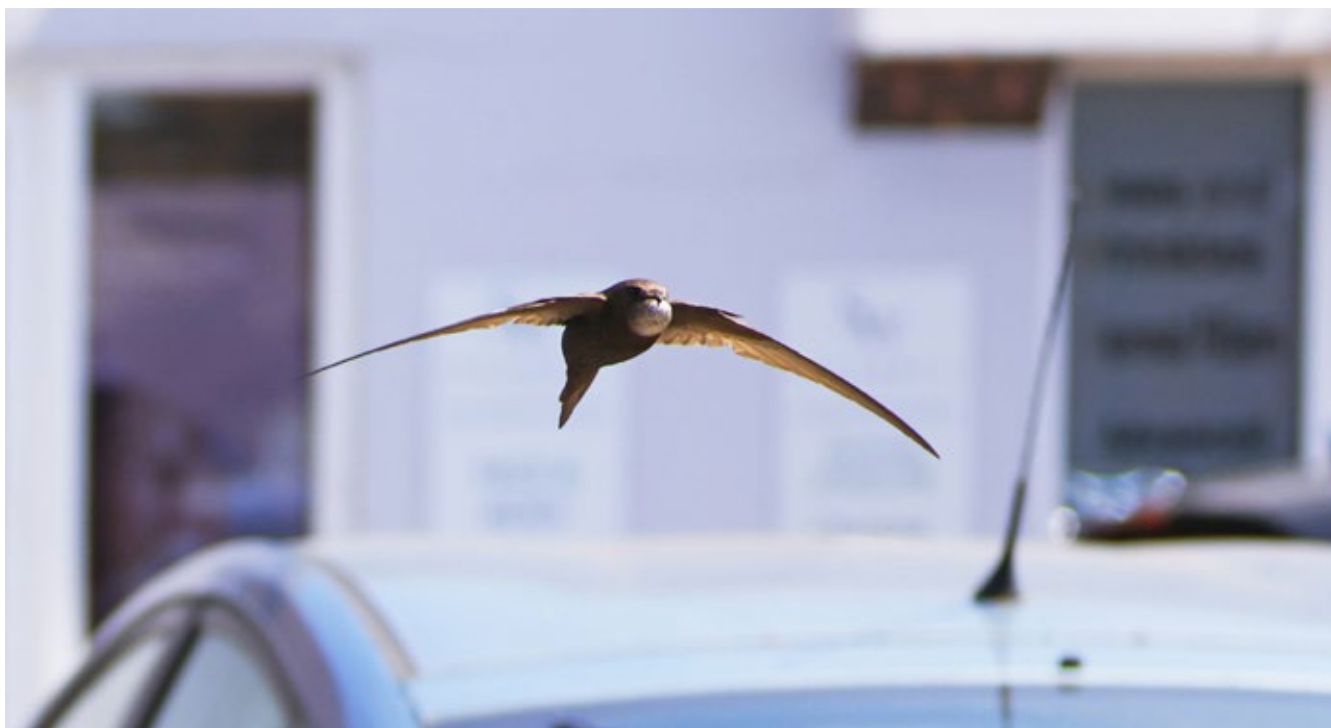


Photo credit: Jon Perry, Marlow Camera Club

Marlow Energy Group

School writing competition winners



For the third year, Marlow Energy Group (MEG) ran a competition for Marlow's two senior schools, Great Marlow School and Sir William Borlases's Grammar School. The competition required students to submit essays, which addressed the subject, 'Preparing for the future: the importance of individual action in combating climate change'.

The competition ran for the first three months of the year and offered prizes of £100, £50 and £25 for the best three entries.

On Monday, 16th June, Sir William Borlase's Grammar school kindly provided a room for their competition entrants and MEG representatives, to take part in the grand presentations. MEG Directors, Jane Mann and Martin Fry had judged the entries and Jane spoke about the high standards of the entries from both schools. Jane introduced Marlow's Mayor, Cllr Muryel Boulay, who presented the prizes. Leo Koczwar, a student from Sir William Borlase's School, won this year and his prize (£100) was presented to him by the Mayor, who also presented the prizes to Zenobia Tooray, who came second and Bella Brassington (unfortunately absent), who came third.

Leo, the winner, used very effective back up facts and figures to show that we can save huge amounts of CO₂ by walking and cycling instead of driving to work or school and by eating plant-based food instead of meat.



He also made the point that individuals can influence companies by switching support from fossil-based companies to those using renewable energy.

Zenobia focussed on the saving that can be made by individuals when they recycle and repair and reuse objects and clothing and reduce the consumption of clothing. She also drew attention to the power of speech which we have as individuals to influence and inspire.

Bella gave three main ways in which we can act as individuals to combat climate change: by reducing our consumption of energy, by prioritising plant-based food and by using sustainable travel agents who advocate local areas to visit, avoiding travel by plane which is the most carbon intensive form of transport.

New Headmaster, Ed Goodall, and Form Teacher Linda Fortnam, joined with the Town's Mayor and the school's competition entrants for a group photograph.

Best wishes, *John Laker*
(MEG Director)



Marlow Society

The new Marlow town trail



The Marlow Society – the Civic Society for Marlow and surrounding villages – has, for many years, (apart from a pandemic interruption), conducted a series of interesting walks in and around the area.

Recently, Society members have asked us what has happened to the 'Town Walk'. Also, members of the public were asking about what is there to see in the town. With the increasing numbers of visitors to the town it became clear that something needed to be done!

Richard Parker and Heather Adams both raised the issue at a Society meeting, having seen what other similar 'destination towns' were doing. Using their research, a design for a revised town trail was created. This leant heavily on the Society's existing guided walks, which are run monthly throughout the summer.

A team of Heather, Richard and members of the Society's Local History Group selected the 12 locations and created a guide, both written and audio. The Society's website has also been updated to include self-guided walks. Signs for the new trail were designed and installed with a QR code. This is with kind permission from Buckinghamshire Council and Marlow Town Council.

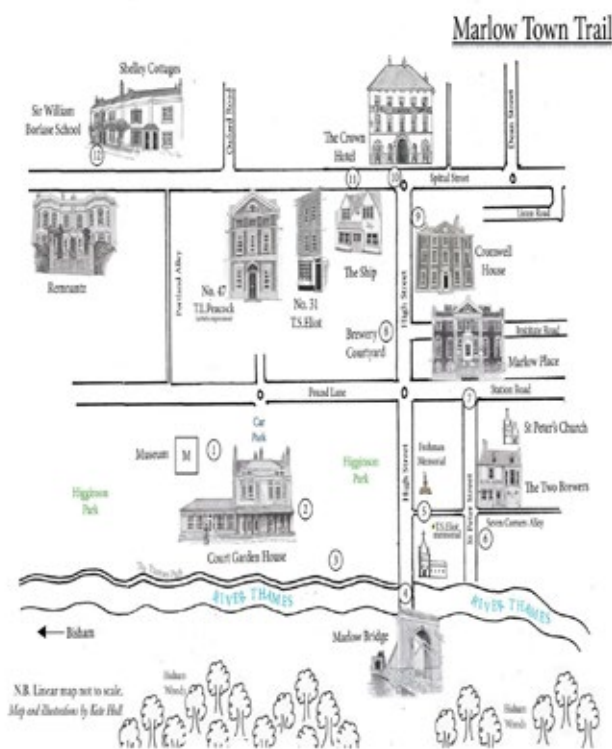


Photo: The Mayor, Cllr Towns and members of The Marlow Society

Overall, there are 12 stops around central Marlow – not all need to be followed in any order, of course, but are clearly signposted. Stop 1 is outside Marlow Museum and stop 12 near Remnantz in West Street. A QR code scan at each post reveals all the key aspects of that location. A map is shown below. Paper maps – at just £1, will be available at Marlow Library, Marlow Museum and The Marlow Bookshop.

The project was funded by the Society with the help from Marlow Town Council and Buckinghamshire Council's Community Board.

This is a great example of how the community can work together. We hope you enjoy your trail!



Modern Hospice Care

Rennie Grove Peace Hospice Care urges locals to find out what modern hospice care is



Hospice charity fears local people are missing out on care after survey reveals 81% of people in Buckinghamshire hold misconceptions about hospice care. Many associate it only with end-of-life services and fail to recognise the wide-ranging support available for patients and their families.

The research, commissioned by Rennie Grove Peace Hospice Care, found that 81% of adults in the county hold at least one common misconception. Among the most persistent myths were the beliefs that hospice care is only for people at the end of life (36%); that support ends when the patient dies (25%); or that hospices are hospital-like places (22%).

Rennie Grove Peace, which supports people within Buckinghamshire and Hertfordshire with progressive life-limiting illnesses, is now calling for greater awareness around the breadth of hospice care — which includes emotional, practical and spiritual support, as well as medical care, and is available from the point of diagnosis with a life-limiting illness.

The charity helps patients to live well during their illness by providing a variety of outpatient, Hospice at Home and inpatient care. Services provided by Rennie Grove Peace are available to people with any progressive life-limiting illness, not just cancer. This includes heart disease, respiratory illness and neurological conditions such as motor neurone disease, as well as many others.

The charity helps patients to live well during their illness by providing a variety of outpatient, Hospice at Home and inpatient care.

The charity's support is available to those around each patient and includes emotional support as well as bereavement services.

Lorraine, who was referred to Rennie Grove Peace in 2024, said: "Going into a hospice can be quite scary because the word 'hospice' makes you think of a place where people go to spend their final days. I had no idea there were so many activities to get involved in before that happens!"

"It's just a shame people don't know more about all the extra help they can give you, as it has transformed my life."

Lorraine has accessed a wide range of services, including creative therapy, emotional support, physiotherapy, Living Well classes and an Advance Care Planning course. She added: "It's just a shame people don't know more about all the extra help they can give you, as it has transformed my life."



Photo: Lorraine says the extra help given by Rennie Grove Peace Hospice Care has transformed her life

Penny, a 45-year-old mum of two, shared similar reflections after being referred to Rennie Grove Peace shortly after her diagnosis with Stage 4 breast cancer:

“My initial reaction was ‘why would I want to go to a hospice, that’s where people go to die’, but I had it all wrong, hospices are also there for people like me who have just been diagnosed.”

Penny has received Reiki, acupuncture, emotional support and participated in courses that helped her manage fatigue, pain, and the emotional impact of her diagnosis.

Too many people in our communities are missing out on the support we offer simply because they don’t realise what modern hospice care is.

Sarah Klinger, Medical Director at Rennie Grove Peace Hospice Care, said: “Too many people in our communities are missing out on the support we offer

simply because they don’t realise what modern hospice care is. We’re here to help people live well for as long as possible, not just in their final days.”

The survey of 498 local adults also revealed that over a fifth (22%) of people would not know how to access hospice care if they or a loved one were diagnosed with a life-limiting illness, and just over a quarter (26%) felt accepting hospice care would feel like ‘admitting defeat’.

With 61% of people having thought about their end of life wishes, but many unsure of next steps, Rennie Grove Peace is urging residents to talk more openly about their wishes and to learn about the support available.

Sarah Klinger added: “We are concerned that people are missing out on the care they need as they have outdated or inaccurate beliefs about what hospice care is. For example, this research shows that not everybody in our community understands that our care is provided free of charge. That’s why we’re educating local people on what hospice care is, to make sure that everybody in our community knows they can turn to us if they are, or someone they know is, diagnosed with a progressive life-limiting illness.”

To learn more about the services available from Rennie Grove Peace Hospice Care, or to support its work, visit renniegrovepeace.org/whatishospicecare



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Marlow Loop



Anniversary Ride around the town enjoyed by cyclists of all ages

The second Sunday in June saw this year's Marlow Loop Anniversary Ride, a leisurely four-mile on-road cycle route that follows the lamp-post stickers around the town. The Loop signage plan was developed by Transition Town Marlow (TTM) in 2017, approved by Buckinghamshire County Council, and then installed by TTM with help from National Citizen Service students. The route has river views, passes several key landmarks and selects quieter roads.

The weather was kind, and 20 cyclists, including Cllrs Elliott, Schoofs and Skoyles, met at The Marlow Donkey



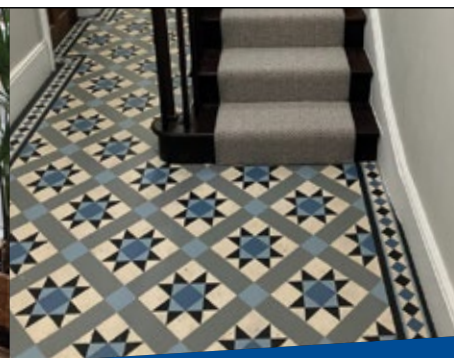
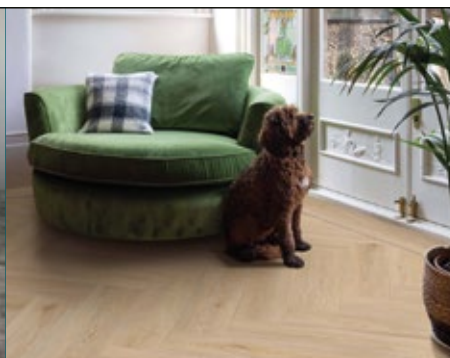
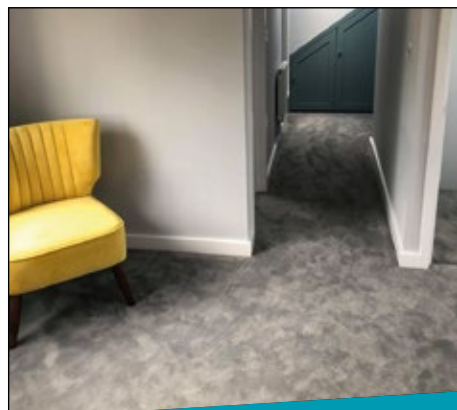
and looped the Loop. There was an option to collect a map and go self-paced, but everyone chose the family-friendly guided tour - with its mid-loop ice cream stop!

In addition to being a fun cycle outing, the Anniversary Ride also aims to build road-confidence in children who are already competent cyclists. The group size and its visibility lets parents concentrate on helping their children. Many people stayed for lunch and a chat at the pub afterwards.



A map of the Marlow Loop is available online at: <https://transitionmarlow.org/home/cycling/marlowloop/>

Visit the TTM website to find out about other activities and to sign up for the monthly newsletter: <https://transitionmarlow.org/>



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MARLOW TOWN Regatta & Festival 25

MARLOW'S PREMIER SPORTING AND SOCIAL OCCASION



Milestone 25th anniversary was an 'Unforgettable Weekend'

Sir Steve Redgrave, thanked Marlovians for helping 'keep its heritage alive'. Marlow Town Regatta & Festival proudly celebrated its Silver Jubilee 25th Year when rowers took to the River Thames on 14th and 15th June. The festival also marked 170 years since Marlow first hosted a regatta on its riverbanks. Thousands of people attended to commemorate the anniversary of the special two-day event, marking a vibrant new chapter in the story of this much-loved annual tradition, enjoying an exciting programme of rowing, adaptive rowing and festivities across Marlow's riverside Higginson Park.

Chairman Robin Atkinson welcomed dignitaries and special guests including the Lord-Lieutenant of Buckinghamshire, the Countess Howe; the High Sheriff of Buckinghamshire, Pippa Kirkbride; the Mayor of Marlow, Cllr Muryel Boulay; Deputy Mayor, Cllr Jenny Simnett; and well-known local figures Sir Steve Redgrave CBE DL, Sophie Redgrave, Naomi Riches MBE DL, David Barber MVO – the King's Swan Marker and Marlow's own celebrated author and screenwriter Robert Thorogood. Celebrated members of Marlow Rowing Club, sponsors, partners, volunteers and guests were warmly received in the Jim Campbell Riverside Enclosure.

Alongside the schools boat race between Great Marlow School & Sir William Borlase, highlights included the launch of the fourth annual Schools Writing Challenge – Our Vibrant Weir – by Vice Chair Sarah Campbell. Robert Thorogood of "Death in Paradise" and "The Marlow Murder Club" fame was welcomed back to judge the entries, reflect on the stories, and present this year's winners. Ukrainian artist Gerasymov Stanislav impressed with his winning painting – a striking take on the local weir.

Swinging jazz opened the show from Dave Dunbar, indie-pop and rock by These Certain People, and high-energy covers from The Bootlegs Band set the tone. Crowds enjoyed classic cars and motorcycles, children's entertainment and live coverage from Marlow FM. The Marlow Round Table Riverside Bar served refreshing drinks together with local food stalls, while the Marlow Town Band entertained from the bandstand. As the sun set, U2BABY — one of the world's top U2 tribute acts — delivered a spectacular headline performance, capturing the band's iconic energy and spirit.

Sunday's Festival was a free event, full of family-friendly entertainment, presenting the thrilling Dragon Boat competition, uplifting Marlow Churches' service, lively Jam Theatre performances, and the charming Come Bye! sheepdog and duck display. Visitors also enjoyed Circus Passion with Katy Kartwheel, a joyful cake competition, a fun dog show, and a bouncy castle for little ones.

In rowing, Adam Hussain (Marlow RC) won the Chelton Cup, with Stephen Montague (Marlow RC) as runner-up. Georgia Carmichael (Maidenhead) took the Fox Smith Cup, followed by Mari Durward-Akhurst (Marlow). Great Marlow School triumphed over Sir William Borlase in three out of four events in Marlow's Own Boat Race.

Overall Winner of the Schools Writing Competition was Isha Vibhin (Holy Trinity School) named for her piece *An Eternal Bond, Divided by Waves*, Isha

also topped the 8–11 age category. Other winners included Liam Privey (5–7) with *The Monster Under the Weir* and Leo Koczwara (Sir William Borlase, 12+) with *The Body in the Weir*. All received book prizes, Amorini Marlow gelato vouchers, and photo shoots with special guests.

At the Dragon Boat Festival, 'Ooh La La' won first place, earning a trophy and framed Ace Playing Cards illustration, with 'Still Got It' and 'Team Oarsome' taking second and third.



Swan Upping



Marlow Mayor, Cllr Muryel Boulay joins historic tradition on the River Thames

On Tuesday, 15th July, the Mayor of Marlow, Cllr Boulay joined the Royal Swan Marker David Barber and the Swan Uppers on their ceremonial journey along the River Thames, travelling from Cookham to Marlow as part of the annual Swan Upping census.

All photos credit: Jon Perry, Marlow Camera Club



Photo: The Swan Uppers on the river

“an honour to be involved in such a centuries-old tradition.”

Cllr Boulay expressed her delight in participating in the event, describing it as “an honour to be involved in such a centuries-old tradition.”

The Swan Uppers took time to engage with local schoolchildren who were invited to meet them at The Compleat Angler where they shared stories about the history and purpose of Swan Upping and to explain their conservation work.

The Royal Swan Marker and the Swan Uppers travel the River Thames in traditional skiffs, dressed in ceremonial uniforms, carrying out an important role in conserving the mute swan population. As they identify whether the swans belong to the King, or to the Vintners’ or Dyers’ livery companies, the cygnets (young swans) are carefully counted, weighed and given health checks. The



Photo: David Barber and a Swan Support member speaking to local schoolchildren

wellbeing of adult swans is also monitored, and valuable data is collected to support ongoing conservation efforts.

Injured birds are identified and treated by members of Swan Support who accompany the Swan Uppers on the river. Swan Support is a voluntary organisation based in Bray who rely entirely on donations to do their valuable work. To find out more, please visit their website **swansupport.org.uk**. To report a swan in need of assistance, email **info@swansupport.org.uk** or phone **01628 876336**.



Photo: David Barber showing a cygnet to local schoolchildren



Photo: Mayor of Marlow, Cllr Muryel Boulay with Royal Swan Marker, David Barber



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Marlow Fun Ride

Primary age children took part in annual cycling challenge

The Marlow Fun ride is held annually to show primary age children that cycling can be safe and enjoyable. At the same time, it encourages hesitant parents to see the value in allowing their children to build confidence and a sense of personal responsibility through cycling. There is no doubt the event achieved its purpose as far as fun is concerned as the pictures illustrate. The Deputy Mayor, Councillor Jenny Simnett, joined us for the event and with bike, was ready for action!



Cllr Simnett visited different parts of the training programme, from the circuit ride taking in around 3km of the delightful estate to the teamwork challenge where groups of four riders had to manage a simulated road accident and then onto the last event, the stretcher race.



Cllr Simnett not only focused on the activities the young participants enjoyed, she was also interested in the invaluable contributions made by volunteers from Marlow helping to make the event successful. Volunteers from Thames Valley Police, Marlow Air Cadets, Bucks Fire and Rescue, Marlow Rotary Clubs and local church members all gave their time and talents to make the Fun Ride.



The morning's activities were brought to a close with the award of medals kindly donated by the Rotary Clubs. Presenting medals to 52 excited participants was not a job for the faint-hearted but Cllr Simnett certainly proved up to the task. In her closing remarks Cllr Simnett acknowledged the practical support provided by local businesses Bonners & Babingtons, Sainsburys, Saddle Safari and Marlow Camera Club. Finally, on behalf of the event organisers, Cllr Simnett offered sincere thanks to SAS UK for their generosity in allowing the use of the magnificent Wittington Estate. Plans are already in hand for next year's Marlow Fun Ride.

Contributed by

Paddy Gallagher, Event Coordinator



Heritage Open Day

Marlow Place will welcome visitors for its open day

The Marlow Society looks forward to welcoming residents and visitors to this year's heritage open day on Sunday, 14th September from 10am to 4pm. Admission is free and all are welcome to come along.

Marlow Place, Marlow's only Grade 1 listed mansion, visited by royalty in Regency times, will once again open its doors. Our exhibition on the principal floor is all about the Williams family who owned it around the end of the 19th century. The founder Thomas Williams amassed great wealth through his monopoly on the supply of copper and at one time owned most of Marlow!

Join us for a Victorian Marlow Walk, departing Marlow Place at 2pm. The walk is bookable in advance via www.marlowsociety.org.uk/events-talks-walks and is subject to a small charge.

Please note parking isn't available on site and sadly there is no disabled access. Public toilets and refreshments are available a short walk away.



Race For Charity

Marlow Half Marathon, The Frankenstein and Marlow 7

We're thrilled to announce that entries are open for the 2025 Marlow Half Marathon, The Frankenstein and Marlow 7 – happening at 9.30am on Sunday, 2nd November.

This is a community event with all profits going to support Marlow Sports Club, and local charities. Last year we raised a total of £26,000 to support these organisations and with your help we are aiming to better that this year.

Starting in front of the iconic Marlow Bridge and with fantastic crowd support as you race up the High Street,



you'll embark on a memorable journey. All three races provide miles of scenic running on virtually traffic-free country lanes.

Whether you're up for the Half Marathon, The Frankenstein's 10km multi-terrain adventure, or the classic Marlow 7 miler, we've got a route you'll love. The Chiltern Hills may pose a challenge, but the breath-taking beauty of this area will inspire you every step of the way.

Enter at <https://marlowhalfmarathon.co.uk>

Santa's Fun Run 2025



Event website now open to entrants. Book early and save money

Event

- Event takes place on Sunday, 7th December at 9.30am.
- This is our 21st consecutive year – again organised by the Rotary Clubs of Marlow.
- Website now live – and 3,000 Santas Suits in stock.
- Reduced prices for early entries (prices increase on 19th November).
- Record 'Charity Pool' of £15,000 to be distributed to charities nominated by entrants (rules apply).
- Target to raise over £100,000 from all sources for mainly local charities.
- Shanly Foundation lead sponsor for the seventh year running.
- Softcat a core sponsor for the forth year running.



The Rotary Clubs of Marlow are pleased to announce that the 2025 Marlow Santa's Fun Run celebrates 21 consecutive years on December 7th, and that the website is now open to runners (and walkers). The event takes place at 9.30am on Sunday, 7th December – with entrants congregating at Higginson Park, Marlow, from 8am on the day.

This year the organisers wish to remind potential entrants that:

- Entries booked BEFORE November 19th will be charged £20 for each adult and £10 for each young person (5-17 years – no charge for under 5 years). After this date the entry price increases to £25 per adult and £12.50 for each young person.

- The popular 'Charity Pool' is set again at £15,000 (any team entering and raising money for a favourite charity and raising £50 can secure an additional £50 for their charity. If a team raises over £500 the chosen charity will qualify for a further share of the 'Charity Pool' (rules apply).
- Entrants can organise teams to raise money for their own favourite charities – or to raise more money for Rotary selected charities.

Charity Pool

The £15,000 'Charity Pool' has been made possible because of the fantastic generosity of a number of local organisations – specifically:

The Shanly Foundation (lead sponsor)

Softcat (core sponsor)

The Clare Foundation

The Heart Of Bucks Foundation

Grundon Waste Management

The event is ideal for families, friends, companies, clubs, schools, PTAs, Guide and Scout Groups, Community Amateur Sports Clubs (CASCs) etc. 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 seventh 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, advertisers and other supporters also support this great event.

John Prout, Chair of the Marlow Santa's Fun Run organising committee, says, "We are really excited about the 2025 event. In 2004 our very first event attracted around 100 entries and each year we have grown and evolved. The unique Charity Pool was introduced in 2021 to incentivise teams to raise money for their own favourite charities - and with the help of key local organisations is set at £15,000 this year. 100% of this money goes to charities and CASCs chosen by entrants, and we encourage all local charities to think about entering a team. Last year a good number of charities, PTAs and CASCs entered teams – and some ended up with figures in excess of £4,000 each. Whilst rules do apply we quite simply want to give this money away!"

He added: "Last year we sold out well before the event date and the 3,000 entrants collectively enabled over £95,000 to go to mainly local charities – we think we

can go past £100,000 this year. Finally, by booking before 19th November families and groups can avoid a substantial increase. It helps us if you book early – and it helps you!”

The website is now open and fully explains how the 2025 event will work. Entries can now be made at www.santasfunrun.org



Lead charities

- Scannappeal (focussing on new breast screening equipment in our area).
- Heart Of Bucks Community Foundation (focussing on their Together Against Poverty appeal).

Both charities do some fantastic things to help people going through very difficult times. But as always, a host of other charities – mainly local – will also benefit from the proceeds of the run. As always Rotary distributes every single penny of the money raised from the Santa's Fun Run.

All three Rotary Clubs in Marlow are involved in running the event – and Marlow Thames Rotary Club President Richard Hockly says: “On Sunday 7th 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, clubs – all running or walking for a great cause. Come and join us!”

For more information visit www.santasfunrun.org

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