

Little Kingshill Village Hall defibrillator event



Defibrillator training in Little Kingshill
Little Kingshill Village Hall was the place to be on Saturday 11 January when 50 residents of all ages had the chance to learn the basics in CPR and how to access and use a defibrillator.

Huge thanks went to Bob Davy and Nick George who are local Volunteer First Responders from South Central Ambulance Service. They expertly guided everyone in learning these vital emergency skills. Bob and Nick were totally amazed by the unbelievable turn out on this cold Saturday in January and they have never trained so many in such a short space of time.

The residents of Little Kingshill

can't thank them enough. One resident commented, 'I knew the course would be useful but I was surprised just how much I learnt during the ½ hour. There are several things that have changed since I first learnt First Aid so it was good to get up to date and have a practice on a dummy with professional guidance.'

Little Kingshill is fortunate to have two defibrillators supplied by Sweet Charity. They are located outside the Village Hall and outside The Full Moon Pub.

Remember in an emergency call 999 and the call handler will guide you through what to do and provide you with the code to access the defibrillator quickly.

If you wish to donate to South Central Ambulance Charity the website is www.scascharity.org.uk



The defibrillator at Little Kingshill Village Hall

BETTER

Prestwood Gym & Fitness Centre Charity run centre for local community fitness

Prestwood Gym and Fitness Centre (PGFC) is the local community fitness centre for the village and surrounding communities. It's a warm and welcoming place with some great activities to encourage the local population to be more active, meet new friends and perhaps, most importantly, have fun.

Every day you have a chance to beat the monthly fitness challenge and win a free month's membership, or visit on a Wednesday for free smoothies, Thursdays for free fruit or Friday for cake and coffee (though they do recognise that, as a fitness centre, the Friday freebie might be questionable!)

This, of course, is in addition to the vast number of fitness classes at the centre. They host 27 sessions a week on the gym floor, with a further 26 in the fitness studio, all of which are led by qualified instructors. This is more than many fitness centres of far greater size.

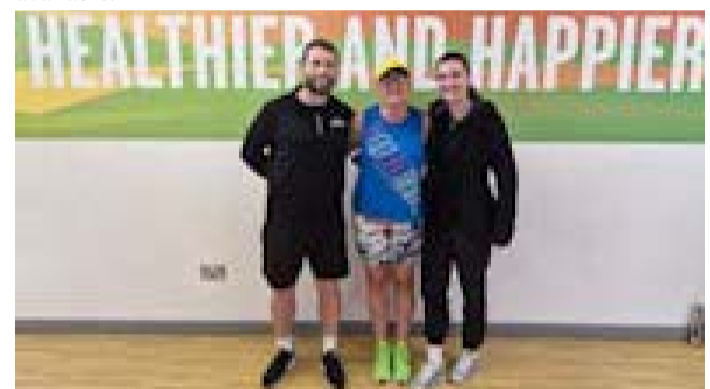
PGFC is operated by GLL, a Not-for-Profit Charitable Social Enterprise. Luke Askew, General Manager for PGFC said, "We've been very encouraged by the recovery since the Covid pandemic and the support of our returning members. However, increasing costs, including the recent National Insurance rates mean that

the centre isn't yet back to its pre Covid numbers, which are essential to ensure the centre remains sustainable".

Plans for the future that the centre is currently working on include:

- Replacing the astroturf football pitch, which after much successful usage is at the end of its lifespan. The new 4G rubber crumb surface will be more forgiving on knees and is more appropriate for football and netball.
- Increasing the space in the gym for additional machines, and the upgrading of the gym equipment, as well as potentially expanding the class studio in the future.
- PGFC has a vacancy for two General Assistants, which Luke would like to be taken up by people from the local area.

As Better is a living wage employer, this is a very good opportunity for someone, with four 4 hour sessions a week available.



Daniel Brennan - Fitness Manager, Mareda Walker - Zumba Instructor and Laura Hooper - Fitness Manager (left to right)

Warm space and warm welcome

Prestwood Gym & Fitness Centre has been designated a Warm Space by GLL (Greenwich Leisure Ltd), the not-for-profit charitable social enterprise that operates it on behalf of Prestwood Sports and Leisure Association.

The new initiative has been set up in response to this winter's cost of living crisis and will offer anyone living in the vicinity of a participating leisure centre a warm welcome, comfortable seating, the opportunity to charge a phone or device, use the free WiFi or even have a hot shower. In addition, leading wholesale food service company Brakes, has agreed to donate free tea, coffee and biscuits.

The Warm Space will be open to all, both leisure centre members and non-members alike on Wednesdays 11am until 1pm. Space will include the centre's Lounge area where people can take some time for themselves or have a chat with other customers or staff.

Commenting on the Warm Spaces initiative Luke Askew, General Manager for the Centre said: "As a facility at the heart of our local community we quickly became aware that a number of local residents were concerned that they might struggle to heat their homes this winter and as a charitable social enterprise we wanted to help. The centre is ideally suited to serve as a warm space. It is easily accessible, known to everyone and a natural meeting place. Our staff will be on hand to offer a welcome to anyone wishing to make the most of our warm space during the difficult months ahead."



Taste and learn at Prestwood Wine Club

Prestwood Wine Club has been going for over two years now and



Carole Hazlehurst with a selection of wines

the number of people who have come along at least once is over 100! Many come along on a regular basis, some just occasionally, with nearly 40 having signed up as full members.

Last year the topics ranged from wines from Thrace, Washington State, Greece, Chile, South Africa and Australia, and there have been presentations from Abbie Bennington, a professional educator, Laithwaites and Majestic. There are usually 6 wines to taste, with a mix of supermarket finds and other less commonly available, the aim being to try things you might not have had before.

Carole is always willing to order wines that she has shown, after the

meeting. This year promises to be just as good, with outside speakers already booked and other areas of the world to be put under the spotlight. It is a friendly club, you don't need to know anything about wine to come along, and new faces are always welcome.

Places must be booked in advance so that there is enough wine. Meetings are at the Village Hall and are usually the 3rd Monday of the month. (see page 13)



A meeting of the Prestwood Wine Club

Contact: carole@vinovation.co.uk for more details. Thanks to Bob Scott for the pictures.

Speen Helping Hospices

Supporting:

- Helen & Douglas House for Children
- South Bucks Hospice
- Florence Nightingale Hospice Charity
- Rennie Grove and Peace Hospice Care



SHH held a series of very successful fundraising events in 2024 for the four hospices the group supports.

Moving into 2025, a new series of events are being organised. Wherever possible these are held in different local Chiltern villages. The group was established back in 2001 in Speen, but it is looking for a lot more input from the local villages like Prestwood, Great Hampden, Bryants Bottom, Hughenden and surrounding areas.

The group would love to find any ladies in these areas who might be interested in helping organise and promote events in their locality. In particular the group is looking for individuals to help with the fundraising. It was great to have a member of the

High Wycombe Rotary Club support the work, raising £1,500 in the autumn by a charity abseil down a tower in Portsmouth. Fundraising could include almost anything, for example - sponsored runs, half marathons or fun runs on behalf of SHH.

If you would be interested in raising money by taking part in an event or finding out more about becoming part of the fundraising group at SHH, please contact Gráinne Suter, the Chair of SHH:

events@shh-shop.org or 07778803260

The second fundraising event of 2025 takes place on Friday 28 March at Lacey Green Village Hall - A Ladies Beauty and Pamper Night.

For further information about all our events check out the website: www.shh-shop.org