

Quarter of a century fundraising for local hospices



After 25 years of fundraising in the local area, SHH has now raised over £200,000 for local hospices. SHH was founded in 2001 by Suzi Rose. Its objective was to raise funds for five local hospice charities. By 2013 it was concentrating on fund raising for just four. After a number of name changes, in 2014, it became Speen Helping Hospices (SHH) as this described the full objective of raising money for local Hospices. Since 2020 SHH is now commonly used as it reflects the objective of being a fundraising group in local Chiltern Villages wider than just Speen. Much of the £200,000 raised over 25 years has come from entertainment events – Race Night, Car Boot Sale, Annual Christmas Markets, Ladies Lunches at The Horse Trust, Jazz & other concerts,

Bridge, Comedy Nights, Craft & Food Fairs, a Fashion Show at High Wycombe Town Hall, Arts & Craft Fairs, Charity Golf Day at Burnham Beeches Golf Club and popular Quiz Nights.

Expanding the fundraising activities: *This is where you might be able to help or know of someone who can get involved.*

If you would be interested in raising much needed funds for Helen & Douglas House for Children, Rennie Grove and Peace Hospice Care, South Bucks Hospice at Butterfly House and Florence Nightingale Hospice Charity in 2026 please contact:

events@shh-shop.org or 07778 803260
If you are signing up for (e.g. a half marathon) or organising an event and are looking for an organisation to raise funds for, SHH would love to hear from you.



My health, my responsibility

Healthwatch Bucks want to find out how much people feel it is their responsibility to look after their own health and wellbeing, and what they think is the responsibility of the NHS.

The NHS 10 Year Health Plan for England: fit for the future aims to 'reinvent the NHS through 3 radical shifts'. One of these is 'From Sickness to Prevention'

Project Manager, Alison Holloway says: "We know that people are busy and keeping themselves healthy, or seeking help for health issues isn't always a priority. However, it is always better to prevent people getting unwell rather than having to make people well again.

We want to know if people are aware of resources available already to help them keep as healthy as possible. We also want to understand what would help people in Bucks become better active participants/

agents in their own care."

They would like people to share their feedback in confidence via their online survey on their website:

bit.ly/4rbs6YZ

The survey closes on 31 May.



They would also like to have small group discussions with 6 to 12 people, especially if you're not comfortable using a computer to fill out the survey. Please call 01494 324832 if you would be interested in hosting a group to talk in more detail about this subject.

Healthwatch Bucks will produce a report and a set of recommendations to inform those who are involved with public health in Bucks. This will include what people have said would help them look after their health and wellbeing better.

Zoe McIntosh, Chief Executive of Healthwatch Bucks, says: "We will share what we learn so we can work with providers of health services to make improvements where needed."

Award finalists Ashridge Care Home

At Prestigious National Industry Awards, Ashridge Home Care, based in Amersham has been named as a finalist in the 2026 Home Care Awards in not one, but two categories:

- **Training & Development Expertise**
- **Palliative / End-of-Life Care Expertise**

This is in recognition of the investment it makes in staff and for its expertise in supporting end of life care. Ashridge has become a trusted name in the region, delivering 24/7 live-in care and hourly visiting care to clients depending on their needs. Rated Outstanding in caring by the CQC, the company employs over 100 carers, supporting clients living with conditions such as Parkinson's, Dementia, or recovering from a stroke, illness, or hospital stay.

Trust, compassion, respect, and knowledge are its foundational values, from which Ashridge provides personalised home care working closely with local

GPs, physiotherapists, occupational therapists, hospital discharge teams, and charities and local hospices. Its mission is to enable people to remain in their own homes and communities while maintaining close relationships, which are proven to enhance wellbeing and quality of life. Founder Trudi said: "This recognition reflects the dedication, skill and compassion of our entire team, who work every day to deliver care that is thoughtful, personalised and rooted in dignity and respect. We are always on the look out for people who share our values and want to give back in their local community. No previous experience just a willingness to learn and develop your skills."

The Home Care Awards are well respected national awards, setting industry standards for home care and are renowned for their rigorous judging process. The Awards evening will take place on Friday 6 March 2026.

CHAMELEON SINGLES GROUP



Chameleon started the New Year planning events at the AGM. As usual there were a number of ideas ready for spring and summer.

Regular events will continue including Lunch Club on the second Friday of the month, Pub Night on the last Thursday and a monthly Zoom social. All of these events are great places to meet other members and offer a special welcome to those new to the group.

For spring the group is planning a trip to St Malo in France and for summer some days out. Chameleon is looking at doing some walks that are accessible this year, aware that sometimes the terrain can be a bit difficult.

Over the last few months Chameleon members have enjoyed a number of social events including an at home supper, visit to the Rebellion Brewery, Quiz Night and coffee and cake at a member's home.

If you are single, 40-60's, looking for new friends and social life, Chameleon Singles is a great group to try. It already has local people from the Prestwood, Great Missenden area and you would be welcome too.

To find out more call Terrie on 01494 445816, Trevor on 07879 332975 or e-mail: info@chameleonsingles.org.uk. Visit the group on-line at: www.chameleonsingles.org.uk or search on Facebook or Nextdoor

MONTHLY LUNCH CLUB FOR MEN, BASED IN OLD AMERSHAM



The Misbourne Club, founded in 1969, promotes fellowship and companionship for retired men. We have regular monthly meetings with an informal lunch at a reasonable cost at the Kings Arms in Amersham, with a stimulating talk after lunch.

And a Christmas lunch and a summer outing with partners invited and other activities too.

See our website: www.themisbourneclub.org

Interested?

Email our Secretary on misbourneclubsec@gmail.com or phone or leave a message on 07810 797870

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