

Your Parish MAGAZINE

What's on in
Seer Green
& Jordans

March 2021



Church News

**The Street
where you live**

**March dates
to celebrate**

**Lock-down
fitness tips**



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From the Editors

March seems to be packed with important dates and things to look forward to particularly Spring arriving. There's a 'long stretch' in the evening now; an Irish saying for the evenings becoming longer! Janna has described the feeling of this beautifully in her 'Thought for the month'. We've all become a little more worn down this lockdown so

we hope some of the articles and information in the magazine this month will cheer you up, from ways to keep fit, walks to try, dates to celebrate and ways to keep in contact as a community.

Carol Wright, Sue Puttergill, and Phil Moody

Next Month's Magazine

Please send all contributions for the **April** issue to:

editorseergreen@gmail.com by **7 March**. Diary dates for the next two or three months would be very welcome.

Articles should be **300 words max** and photos should be jpeg format, preferable 300 dpi.

Please note any items submitted may be edited for space, content or style.

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Jordans Music Club
Marion Pell | Chairman 01494 872875

Jordans Village Hall Office 10.00 - 1.00
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Catherine Robinson 01494 873193

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Jordans Meals On Wheels
Eli Merchant 01494 873471

Jordans Picture House
Alan Sealy/Box Office 01494 873205

Jubilee Hall
David Howkins 01494 857760

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Seer Green Allotments
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Andrew McCausland | Minister 01494 677266

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Seer Green Gardeners
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Seer Green Lunch Club
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Seer Green Parish Council
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Seer Green Pre school
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Seer Green Montessori School
Libby Wilson | Director 01494 672209

Seer Green Village Choirs
Jane Smith 07759 841205

Thought for the Month



As I write this, I sit watching tiny snowflakes dancing around at my window. Following the forecast, I had hoped for heavy snow on Saturday night, all day Sunday and Sunday night and yet none arrived. Whilst for some snow fills them with dread, for many the sight of snow is one that is cherished. Many of us have become very familiar with the sights and sounds of Seer Green over the last year when, for much of the time, we have only been able to walk locally. We have discovered new paths and places to explore. When Seer Green became Seer White at the end of January it gave us a different perspective on the village and our familiar views changed. As I wandered around the village you could tangibly feel the sense of joy, as laughter could be heard as people enjoyed snowball fights, sledging and snowmen building. It was a day of change, and for many a very welcome change to the monotony of the previous months.

As we head into March the prospect of snow diminishes, but with that comes the dawn of spring and new life. We already see the snowdrop, crocus and daffodil bulbs starting to appear. As we start to look towards life post strict COVID restrictions, thanks to the amazing work of those involved in creating and distributing the vaccine, we can look to a new horizon. I look forward to the day when our churches are open, our pubs welcoming people again, our school full of children, our village choirs singing and our community celebrating together the friendships forged and strengthened during this difficult time. Until then, we continue to care for one another, staying safe and holding on to the hope that, in the words of Captain Tom, 'tomorrow is a good day.'

Janna Holder - Children's and Family minister and a member of the Holy Trinity Church team



Church Events | News

Church News

Announcement from Cassa

'As you may know, the post that I am in is a locally supported post with a time limit of five years, which comes to an end this year. As this deadline has approached, I have had a sense of call to a new phase of ministry and have therefore begun a process of discernment for our next post. So it is with mixed feelings that I announce that I have been offered and accepted the post as Rector of the Wychert Vale Benefice based in Haddenham, near Thame to which we will move in April. We will miss you all as we have been so happy here but we are also excited about a new part of the adventure of life for our family. My last Sunday will be Sunday 4 April, Easter Sunday.' We will have more details of Cassa's last service in April's magazine.

Lent Theme - 'Self-Care' or 'Soul Shepherding'

The last year has taken its toll on us all, leading to exhaustion, grief and anxiety. So this Lent we are going to take some time to care for ourselves as God's beloved children looking for models for self-care from the Bible. Jesus said, 'come to me all who are weary and burdened and I will give you rest.' So this Lent I invite you to participate with our 'Love yourself as God loves you' Lent calendar with a short prayer and 'self-care' activity for each day and look out for our special themed services on Facebook and Youtube.

Vicar Vacancy - 'How does it work?'

The vacancy process in the Church of England involves a period of

time between one vicar leaving and another arriving, usually a minimum of six months but often up to a year. During this time there is wide consultation in the church and community in order to prepare the 'Parish Profile' which describes the parish, its aspirations and aims and gives a person specification for the new vicar. This then forms the core document for the advertisement. During this time the Church Wardens, in our case Jane Spoerry and Janine Dunnell are in charge of the church with support from the Area Dean Martin Williams and the ministry team. We are fortunate that in this vacancy we have a great ministry team, made up of Rev. Jenny Tebboth, Rev. Paul Henderson, Linda West and Janna Holder. However, they will be carrying out ministry across the two churches in the benefice, Chalfont St Giles and Holy Trinity. This means that a sustainable pattern of services, ministry in schools, pastoral care,

occasional services and mission projects needs to be set up for the vacancy until a new Rector and Associate Vicar are appointed. Please share your thoughts on the new vicar with Jane and Janine or the ministry team.

Environment Sunday

On the 21 March we are going to celebrate Environment Sunday as part of our Eco-Church project. We will welcome the Rev Margot Hodson, a faith and environment advisor and a trustee for A Rocha environmental charity. Do join us on Facebook and Youtube for the service at 10am or on catch up afterwards.

Cassa Messervy - Vicar



Baptisms, weddings and funerals

Funeral

19 February Joy Alder

Contact us

Holy Trinity website www.seergreenandjordanscofe.org

Cassa Messervy - Vicar cassamesservy@gmail.com
or 01494 672496

Church Wardens and
General Enquiries Jane Spoerry 01494 677328
Janine Dunnell 07525 322955

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Church Calendar - March 2021

Sundays in March

- 7 Mar 10am Holy Communion Service
11am Coffee and a Chat on Zoom
- 14 Mar 10am All-Age Mothering Sunday Service
11am Coffee and a Chat on Zoom
- 21 Mar 10am Service for Environment Sunday with a reflection from Rev Margot Hodson.
11am Coffee and a Chat on Zoom
- 28 Mar 10am Palm Sunday Service of Holy Communion
11am Coffee and a Chat on Zoom

Weekdays in March

- Tues 9am Morning Prayer on Zoom.
- Wed 9.30am '5 Minutes Peace' Facebook
- Thurs 9am Morning Prayer on Zoom
10.30-11am Coffee and a Chat on Zoom
11am Study group on Zoom

Services in Holy Week

- 1 April 6pm **Maundy Thursday** Service
- 2 April 10am All-Age **Good Friday** Service
2pm Meditation by the Cross
- 4 April 10am All Age **Easter Day** Service. This will be Cassa's last service with us before she moves to take up her new post as Rector at Wychert Vale.

All our services will be on Holy Trinity's Facebook page at the times shown above www.facebook.com/HolyTrinitySGJ

Shortly after the service they will be available on our You tube channel. www.youtube.com/channel/UCBCQBbOIFypBNotFpjQkizA

You can also watch the services at any time on these platforms

If you would like to come along to any of the events on Zoom just ask Cassa or Janine and Jane our churchwardens for the details



Money and the Church

If you would like to make a donation to the work and upkeep of Holy Trinity Church, there are many quick and easy ways to do so.

Go to our website:
www.seergreenandjordanscofe.org and scroll down the homepage to 'Online Giving' and follow the link.

Or go to
<https://givealittle.co/campaigns/8dda2042-13c4-4379-8a1c-a9b4a5a0d64a>

Donations in cash/cheque may be delivered to the Vicarage or to our treasurer at 58 Chalfont Road,

if you can Gift Aid it, add your name and address.

If you would like to join our planned giving scheme, please speak to Cassa or our treasurer Audrey Hardy on 01494 672592.



Holy Trinity Pastoral Care Team

We are seeking to recruit new volunteers to our pastoral care team. The pandemic has highlighted how important it is to offer support to local people and that they really appreciate the personal contact. We want to be able to continue this work, but to do this we need more volunteers.

We aim to offer confidential support to those who need help with life stresses, for example, illness, loneliness or bereavement. This could mean sending a card, calling someone, taking flowers or a small gift or visiting someone (when this is allowed of course). The team can offer spiritual support too.

Anyone who would be interested in knowing more about the role, please get in touch with either Cassa or myself for further information. Support is offered to all volunteers, on-line training will be available and a debarring clearance is essential, but we can help with that.

Heather Rowe

Pastoral Care Coordinator heather.rowe@talktalk.net or 01494 677573

Our charity for March

This is the second year that Holy Trinity has supported MARES community farm in Amersham. Last year the money we sent bought a reconditioned mini tractor and trailer which has meant cutting the grass has been much easier and they can move heavy things around the farm. Like all small charities MARES has been impacted in how it can carry out its purpose (working in the community to support young people with a range of mental health needs in the farm environment) and in how it can raise funds, so any money we can give this year will be especially appreciated.

Due to Covid-19 regulations Sue Cook who runs MARES has only been able to run limited clubs, with small groups socially distancing as they do jobs on the farm. Sadly, socially distancing rules mean the pony group cannot run but Sue looks forward to some sort of normality returning over the summer, including running the popular family farm tours when the weather is better.

Ever resourceful, Sue has been looking at how to bring in extra pennies and MARES now has a clothing range with their logo on, with all proceeds going back to the charity and introducing animal sponsorship to help pay for animal feed. She produced the first ever MARES calendar in which the animals steal the show and also ran a Christmas

raffle (we won a teapot which we have yet to collect!). It seems Sue may have sneaked a few more animals in, in part due to many needing new homes after people have bred and ended up with too many, or sadly bought unsuitable animals during lockdown.



Several children in the village make use of MARES and this year more than ever our support is needed, mainly to cover animal food costs, so many thanks in advance from Sue, the young farmers and all the animals!

The animal adoption scheme starts at £5 a month for a chicken contact Sue Cook 07886 686166 or info@marescharity.co.uk

Katharine Parker

Village Events | News

One Can update

One Can Trust have launched an app available on all platforms ([see https://apps.apple.com/jm/app/one-can-trust/id1530920258](https://apps.apple.com/jm/app/one-can-trust/id1530920258)). It gives information about the charity, but most importantly, the most urgent items list is updated regularly.

The number of people being supported remains high: there has been a rise of 121% since March 2020, effectively supporting more than twice as many people.

Here are the latest most wanted items:

Baked beans

Biscuits

Cooking sauces (not pasta sauces)

Fresh fruit and vegetables (especially carrots, broccoli, onions & bananas)

Healthy Cereal (e.g. Weetabix, porridge)

Meat balls/hot dogs

Rice (500g bags)

Tea

Tinned fruit

Tinned mixed vegetables

UHT milk

Deodorant

Loo rolls

Shampoo & Conditioner

Soap

Toothbrushes



Collection points at the rear of: 5 Coat Wicks, Best One and 46 Orchard Road.

Items taken to the warehouse on a Friday morning.

Thank you all for your continued support.

Janet Stewart

Can you help seer green scouts?

Since Christmas, Seer Green Scouts have been unable to meet in the new scout hall, because of the Lockdown. This hasn't stopped the fun, however, and all age groups - Beavers, Cubs, Scouts and Explorers - meet regularly on Zoom. Virtual activities have included games, quizzes, scavenger hunts, cooking and crafts. We have a very committed group of young people who look forward to joining online each week.

It's great that Seer Green Scouting is continuing and growing, despite the difficulties that Lockdown throws at us. Sadly, we have many young people on our waiting lists for every section; and it would be great to be able to offer a place to every person who would like to join Scouting.

Can you help?

We are looking for adult leaders and helpers to join our team, whether helping out with organisation or administration, or helping to lead

the Beavers (aged 6 to 8), Cubs (8 to 10.5), Scouts (10.5 to 14.5) or Explorers (14.5 to 17).

This is incredibly rewarding, and we can adapt the commitment to the time you have available. If you love the great outdoors and would like to become a leader, introducing what we call local adventure to the youngsters of Seer Green, please contact our Group Scout Leader, Andy Lapham.

We have a fantastic team but, as always, people need to move on, so we always want to bring in new people. This year, we also need to find a new Chairperson for the group, as John Gamble, our Chairperson of the past 10 years, will be moving on, having steered us through the fundraising and building of our wonderful new scout hall.

If this has sparked your interest, please email Andy at: andrew@seergreenscouts.org.uk.

Update from The Jolly Cricketers

We are offering a Takeaway Menu on Friday and Saturday evenings and Sunday Lunch for collection from the Old Jug and Bottle at the rear of the pub. This is available to order and pay online through our website. We have decided to open for Coffee and Breakfast Rolls on Friday, Saturday and Sunday 10 till Noon. No pre-order required. Collection from the Old Jug & Bottle.

Amanda Lillitou

Seer Green pre school focus on the environment



Last year, we wrote about the children ploughing full swing into 2020, and how they were looking forward to Spring.

The children were taking full advantage of the outdoor mud kitchen and honing their motor skills creating delicious mud pies and stews!!



This is usually great preparation for our older children who typically take part in summer term Forest School.

We also held a highly successful 'Just One Tree' day, which used the money raised to plant numerous trees.

While things have changed significantly one year on, our children remain positive and focused on

their environment – they are still enjoying the mud kitchen, playing in the outdoor spaces. We are already looking forward to the strong possibility that Forest School will take place again next term.

While our children continue to show us how resilient they can be, we reflect on the support many in our wider environment need at this time – including parents, carers and wider families. We are doing all we can to help them, so please reach out if you need support and have young children – even if your child does not attend the Pre-School - and we will do all we can to help.

In return, we would like to ask for support. As a charity serving the local community, the last year has significantly financially impacted the Pre-School. Over the coming months, we will be running fundraising events such as sponsored activities, Easter Activity Packs, a Virtual Grand National and hopefully a summer fete.

We ask our community to support these activities – if you can help or spare a donation of whatever size to enable us to continue to support our young families, please do get in touch – every offer of help makes a massive difference.

Sarah Leslie - chair.seer.green.preschool@gmail.com

Children's Mental Health Week 2021

Since 5 January, for the majority of pupils at Seer Green CE School familiar school routines, collaborative learning and shared play with friends have been replaced by remote learning from home. Children, staff and parents are all doing an amazing job working together to support our children's learning, but we recognise that the national lockdown is a difficult time for everyone - and especially for children, who are missing their friends and teachers.

Last month, Children's Mental Health Week focused on the importance of 'expressing yourself' creatively, to not

only show how you are feeling on the inside, but to spend time engaging in activities that give you pleasure. With this in mind, the younger group of 'key worker' children in school enjoyed 'The Colour Monster' by Anna Lenas, which is a super picture book that helps children to recognise, discuss and label emotions. In response, the children were asked to create a collaborative artwork to show how they were feeling. Pleasingly, the colours pink (love) and yellow (happiness) were much in evidence. We hope you enjoy their work.

Sandra Park - Headteacher



The street where you live

This is an edited transcription of the first of two articles on roads in Seer Green by Geoffrey Sawyer, first published in the Baptist Church OUTREACH Magazine No. 27 in Spring 1978. With thanks to Bob Mitchell for donating this magazine as part of our research for Our Living Village.

Have you ever stopped to wonder just who Howard was to have a couple of roads named after him, where the name "Hearnes" came from, or what "Barrards" has to do with the village?

In the middle of the last century, there were just five – New Barn Lane, Chalfont Road, Lakes Yard, Newmans Lane, and Uxbridge Road – that comprised the actual village. Lakes Yard seems most likely to have been where Hall Place is now and also to have included "Cottage Row" (more commonly "Rasher Row"), since demolished. Uxbridge Road led from "The Three Horseshoes" to "Bayne Hill" and Newmans Lane appears to have been the continuation of this from the "Horseshoes" in the opposite direction. Indeed, Newmans Lane became Graces Lane, then Dealeys Lane (after the family who kept the pub at that time) before ending up as Orchard Road.

"Bayne Hill" was originally "Bean Hill" and, until the late 1700s, the stretch of road linking it with the village was known as "Bean Hill Lane". The field by the side of the incline was called "Bean Hill Close" – a mere difference in spelling from the cul-de-sac there today. Another such example is "Herns Field", which appears on the map as far back as 1753. I wonder if anyone thought then that, two hundred years later, the name would be preserved in a "Meadow" and a "Close". "Little Barrards" and "Great Barrards" were two more fields, the names of which have been perpetuated – this time, in a "Way" on the new Manor Farm estate.

"Well, who WAS Howard? you may be asking. All will be revealed in part two.

But sadly we don't currently have a copy of part two! So, if you know anyone who might have it, or you'd like a full unedited copy of this article, please let me know!

Alan Kell
alan.kell@igsystems.co.uk



Tweet of the Month: 'Ring-necked parakeets: Marmite of the bird world'



If there's one bird that divides opinion, it's the ring-necked parakeet, *Psittacula krameri*, also known as the 'rose-ringed parakeet'. Native to Africa and India, these cheeky, intelligent, sociable birds are now living wild across Europe, as well as the US, Australia and Japan.

Those that love them cite their exotic grass-green plumage, adorned with a red/black neck ring in the male; the way flocks shriek across the sky like fighter jets, dagger tails creating an unmistakable, stylish silhouette; the comical way they use their hooked beak like a third claw to manoeuvre round feeders; and their sheer success when so many species are succumbing to habitat and biodiversity destruction.

In the other camp, those who call them 'grey squirrels with wings' deplore their deafening 'keet keet' cries; the way they monopolise feeders; their competition with native nuthatches, starlings, and woodpeckers for scarce tree-hole nest sites; and potential damage to fruit crops. Recent media reports claimed DEFRA is considering a cull; however the RSPB does not support such a move, recommending watchful waiting.

Despite origin myths positing birds released by Jimi Hendrix or from the set of 'The African Queen', or escaped from aviaries during the Great Storm of 1987, ornithologists believe UK populations descend from sporadic escapes / releases over the last 100+ years. From their first stronghold in Surrey, they now breed as far afield as Glasgow and Bristol, with sightings even farther north and west: the UK population is currently estimated at 170,000.

I've had parakeets visiting my garden feeders in Seer Green since 2009, and often see flocks in Jordans and the surrounding area. It would be interesting to know if they nest locally, or if they're flying in on day trips – please send any information on nesting activity to editor@seergreen@gmail.com with heading BIRDS.

Nora Bennett

Fitness classes crash zoom

Three weeks ago, Rachel (originally a Seer Green girl) and Frazer McArdeil from The Fit House, Gerrards Cross, started free online physical education sessions for local school children to help them and their parents during the winter lockdown. That first week, they had 24 families logging in. At a recent session, the class was so over-subscribed that Zoom couldn't take any more!

Afterwards, Rachel posted: *"This is when you know you have achieved something to help people in society going through hard times! That was Zoom FULL this morning for school PE! Over 100 families joined, meaning that could be 300 kids or more. A huge achievement, and so*

nice that kids are doing the most important thing to help them in life: exercise."

Anyone wanting to join should simply send an email to: info@thefithouse.co.uk, and they will be sent a Zoom link automatically.



Socially distanced rescue

Liz Bates, the Parish Clerk, sent us this picture of an ambulance being dug out of the snow in Bottom Lane.



News from Jordans

My family have enjoyed setting off running and cycling from our doorstep in Jordans but when it comes to walking we jump in the car and head north into the Chiltern hills and set off from Fingest, Turville, Ibstone or another of the appealing villages surrounded by rural hills and valleys. Now I am really not quite sure why?

Now I am going to encourage you to set out just for about 2 hours from your homes in Jordans or Seer Green and enjoy the 'wow' factor that we can enjoy from right on our door steps.

A walk along the footpaths and across the fields leading to Hodgemoor Wood, Three Households and back through Oakland Park golf course.

Set off over the footpath to Seer Green and continue a short way towards the recreation ground. Turn left down Manor Meadow and straight on into Howard Road. Take the right fork into Howard Crescent and take the 2nd footpath on the right which leads into the big field.

Walk diagonally across the field and emerge on the footpath leading up to Rawlings Lane. The gap in the hedge is not very visible but it is findable!

Turn right and continue straight right up to the lane. Turn right along the road and then left into Hodgemoor

Wood and keep to the right hand path all the way up to the gap on the right into the footpath right across the fields.

The footpath turns left and just keep on going behind the gardens of Three Households until a path appears on the right leading down to the road and the footpath on the other side which goes through Oakland Park golf Club.

Little short of half a mile there is a silver railing on the right and after this a footpath on the right. Take this and continue down all the way to Twitchells Lane. Cross into Wilton lane and 'wow' you are back in Jordans!

When setting off this walk I suggest you put a map in your pocket - Chiltern Hills East - Explorer 172 perfect.

However the joy of the walk is that if you do get a little lost you are never far from home!

Ali Cork



Two more pictures of the green in Jordans, this time with snow

Fridge reminders

J & L Mash opening times:-

Closed Monday

Butcher

Tuesday - Saturday 8am - 5pm

Deli

Tuesday - Saturday 9am - 1.30 pm

Post Office opening times:-

Seer Green Baptist Church

Tuesdays 10am - 1pm

BestOne revised opening times as of publishing:-

Monday - Thursday 7am - 4pm

Friday and Saturday 7am - 8pm

Sunday 8am - 2pm

Jordans Village Store

Thursdays 10am - 1pm

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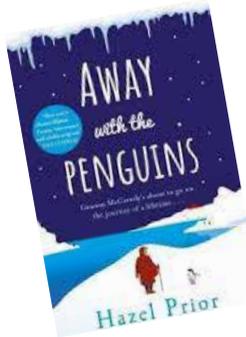
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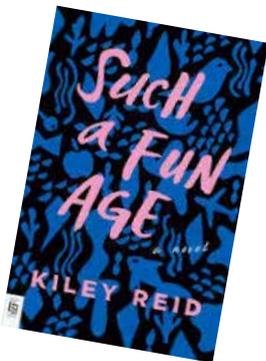


Janet's Book Reviews



Away with the Penguins – Hazel Prior

Veronica McReedy a wealthy, irascible, fiercely independent 85 year old woman lives alone in a remote mansion in Scotland. A long unopened box causes her to look back on her life leading her to make some life changing decisions. After watching a television programme, she determines, against all advice, to travel to Antarctica to visit a financially struggling research project studying an Adelie penguin colony. As the penguins work their charms, Veronica slowly finds layers being peeled back and some hope emerging in her life. This is a beguiling, redemptive novel which I really enjoyed, and learned something about penguins along the way!



Such a Fun Age – Kiley Reid

Some really interesting issues are raised in this skilfully witty novel. When Emira is apprehended at a supermarket for 'kidnapping' the white child she's actually babysitting, it sets off an explosive chain of events. Her employer Alix, a feminist blogger with the best of intentions, resolves to make things right. What we think is true and what turns out to be actually true are two completely different things, something that becomes confrontingly clear, to the protagonist and by extension to readers, by the book's end. A very contemporary read.



The Vanishing Act of Esme Lennox – Maggie O Farrell

An oldie which would feature in my favourite reads. I love Maggie O'Farrell's writing, and this really resonated with me.

A young woman, Iris Lockhart receives a letter out of the blue. Her aunt, Esme, of whom she was completely unaware, has been in a psychiatric unit for over 60 years. The unit is closing, and something must be done about her. So begins Iris's journey into her family history, why was Esme there, why had nobody spoken about her? A wonderful insight into Edwardian attitudes, revealing family secrets.

If you haven't read anything by this wonderful author, start now!

Janet Stewart

March Dates to Celebrate

1 March - St David's Day

Patron Saint of Wales

This day is celebrated with by wearing of Daffodils and Leeks.

Try making Welsh Cakes for Tea!

4 March - World Book Day

Children dress up as their favourite book character for this day.

Why not take photos of yourself all dressed up and with your favourite book.

Read a section of your favourite book to someone.

8 March - International Women's Day

Who is the woman who most influenced you?

Maybe Florence Nightingale, Maya Angelou, Malala, an aunt or your Mother?

14 March - Mothering Sunday

Treat your Mum with a card, flowers or a special breakfast!

A new film comes out this year called Mothering Sunday, with Olivia Coleman and Colin Firth. There is no rating yet though.

14 March - Pi Day

How Do I Celebrate Pi Day?

To celebrate the day, you can:-

Walk around in circles.

Eat a pie.

Throw a custard pie.

Ponder on the wonder of mathematics in general.

Print off Pi Day Colouring Pages and Maths Printables.

The official website of Pi Day can be found at piday.org, where you can find out more about the day and even see Pi calculated to 1 million digits.

15 March - Shakespeare Week

Aimed at 7 to 11 year olds, the website is shakespeareweek.org.uk

17 March - St Patrick's day

Patron St of Ireland

Celebrated with all things green and traditional Irish Stew!

20 March - Spring begins!



21 March - World Poetry Day

Share your favourite poems with family and friends...or even write one!

25 March - Tolkien Day

This happens today as in the story it is when Sauron The Lord Of The Rings fell.

This year's theme is 'Hope & Courage', much needed at the current time!

29 March - Piano Day A day for Piano lovers! It happens on the 88th day of the year. If you're a pianist you'll know why!



Seer Green Allotment Association

Despite the muddy conditions and soaked soil, hardy allotmenters are still attending their plots and preparing up for the upcoming planting season - what to sow and which variety is much on our minds at the moment and beetroot, parsnip and leek seeds amongst other things are already nestling comfortably in seed trays.

One of the joys having an allotment is being in 'The Nature'. Whilst we have CCTV cameras to deter human intruders, wildlife is unaware of them, so we have noted foxes and rabbits entering (without permission!) and muntjac deer



Photo - Amy Lewis

scouting the boundaries also with the intention of breaking and entering. As time passes, one also becomes more and more aware of the very wide variety of birds thriving in and around this area. We have set up a Birding Group amongst our members and if anyone in the village would like to join us, you would be very welcome. You can contact me on 07778 396376.

Bronwen Collins

Lockdown fitness tips

Keep fit at home with simple movement and lifestyle tips from Rich at RHP Personal Training Studio in Seer Green.

www.resultshpgym.co.uk

Movement

Do this quick, effective, full-body home workout.

Improve your posture & mobility, build functional strength, boost your metabolism and energy.



Complete the 5 exercises sequentially, as a circuit. Do 10 reps of each exercise. Repeat the circuit 3 times. Rest as little as needed between exercises. Search exercise names on Google for video demos.

1. Core Dead-Bug
2. Reverse Lunge Twist
3. T Push-Up (can be kneeling)
4. 1-Leg Hip Bridge
5. Bird-Dog



Lifestyle

Fuel and restore your body in a healthy, sustainable way, that allows you to enjoy food and life.

1. Drink plenty of **water** (1 litre per 25kg bodyweight is a good target).
2. **Walk outside** daily to clear your mind, develop endurance, & enhance immunity.
3. Prioritise **sleep quality and quantity**. Rest from electronic devices near bedtime.
4. Counteract sitting by **standing up, or quick stretches** like Down-Dogs or Cat-Cows.
5. Use your hand to **guide your food choices and portions** (see infographic).

Rich Sturla



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