JULY 2025

COMMUNITY NEWSLETTER

LOUGHTON AND GREAT HOLM PARISH COUNCIL





Congratulations to the winners of this year's drawing and photography competitions!
The heron above was drawn by Izzy Murphy, age 11.
The kingfisher photograph above was taken by Malcolm Wilson.

Introduction and Welcome!

Welcome to our Summer Newsletter!

It's easy to feel distant from politics these days—but we want to show you that here in our Parish, it's very much alive and kicking. And who knows? Maybe you'll even feel inspired to get involved...

Each member of the Parish Council brings their own unique perspective and passion—whether it's protecting our local environment and tackling biodiversity loss, supporting volunteers, charities, and families in need, or building connections across generations. Together, it's all about one thing: making Loughton and Great Holm a greener, friendlier, and better place to live.

However, none of this works without you. Community is at the heart of everything we do—and that means your voice, your time and your ideas are invaluable.

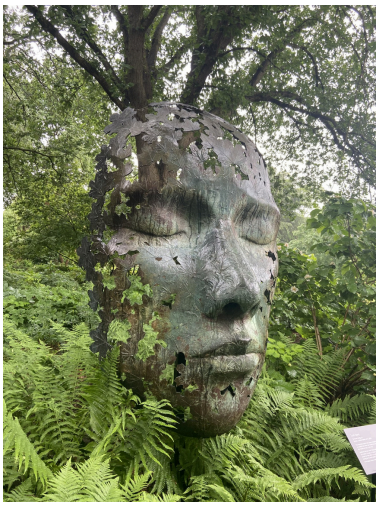
Inside this issue, you'll find:
- Details about our regular coffee mornings at The Grumpy Cook
- A full calendar of summer events for children and adults
- Dates and info for our monthly meetings—come along, speak up, or simply listen
- And even an invitation to join our council (particularly if you live in Great Holm at the moment!)

I'd like to give a heartfelt thank you to everyone who helps make this all possible—especially our staff, Paula, Martin and Andrew, and our dedicated councillors. A special thanks to Zoe Nolan and Marenza Altieri-Douglas, who recently stepped down after many years of active and passionate service.

We hope you enjoy reading—and maybe find a way to get involved. As W.B. Yeats (supposedly) said, "There are no strangers here; only friends you haven't yet met." Hopefully we'll see you around!

Tim Lee - Chair of The Parish Council





Kew Gardens Coach Trip May 2025

In May 2025 we took 53 residents to Kew Gardens for the day.

This is the second year we have run a residents coach trip and it is aimed at residents who are 60+ years old.

We had a great day - despite the rain! Thanks to all those that came along!



NEIGHBOURHOOD WATCH

WORKING IN YOUR COMMUNITY

For over 40 years, Neighbourhood Watch has been encouraging safer and stronger communities. For many of us, this is reflected in our own instincts to be good neighbours and look out for each other.

As individuals or families we value living in a safe and secure home and this is greatly helped by living in safe and secure environments and communities. To this aim, Neighbourhood Watch links with the Police and other authorities, helping bring a strong emphasis on crime awareness and crime prevention, as well as encouraging reporting to the Police our suspicions or concerns.

You may have received our leaflet already.



It has three simple messages:

1. Join Neighbourhood Watch at **ourwatch.org.uk** By doing this you will receive the all-important local Police Alert messages.
2. Once signed-up please also join your local Neighbourhood Watch scheme using the postcode search.
3. If that scheme is not near you, please apply to start your own scheme. Once approved, the Milton Keynes Neighbourhood Watch Association can supply materials including street signs.



SUMMER CRIME PREVENTION

Summer is here and some simple tips to keep you, your family and property safer:



- Remember to close windows, and lock cars and caravans when leaving. Keyless fobs - think about keeping them in a 'faraday' pouch.
- Ensure pets are protected from heat, and have ample water and food, and not kept unattended in vehicles.
- Don't leave valuables in cars. If you have to, then place them out of sight.
- At home, keep sheds and garages looked. Store garden equipment away at night.
- Bikes - use a lock when leaving unattended, even if for only a few minutes.
- Be conscious of other people and your surroundings. If you spot anti-social behaviour - report it.
- Whilst out and about be aware of your mobile, camera, keys, sunglasses, purse, wallet - all targets for thieves.
- Use smart bulbs at home or lights on timers. Fit sensors to lights in the garden to illuminate when movement is sensed.
- Don't discuss holiday plans in public or on social media.
- Don't put your home address on your holiday baggage label.
- If you are planning a holiday, ask neighbours to watch over your home and to ensure that post is pushed completely through the letterbox.
- **Better still, set up a local Neighbourhood Watch scheme to build safer homes and communities.**

To join Neighbourhood Watch, sign-up at the website **ourwatch.org.uk** and become a member. It's free. Whilst there, join a local Neighbourhood Watch scheme or start a scheme yourself. It's easy and an excellent way to bring your neighbours together to build a safer community.

JOIN
ourwatch.org.uk

SHENLEY FAIRWAYS

Opening Soon

Located at Shenley Leisure Centre, Shenley Fairways is a brand new facility housing two SkyTrak powered golf simulators. Whether you use it to fine tune your swing, play on some of the most popular courses in the world, private lessons or social gatherings Shenley Fairways will be a place to enhance your game.

Scan the code to go to our website.

Please call 01908 502488 or email enquiries@shenleyleisurecentre.co.uk to register your interest.
Scan the QR code to take you to shenleyleisure.org.uk for the latest information.
SHENLEY LEISURE CENTRE, BURCHARD CRESCENT, SHENLEY CHURCH END, MK5 6HF





Spring into Art & Nature at Westbury Arts Centre

Located in a beautiful Grade II listed heritage building near Shenley Wood, Milton Keynes, Westbury Arts Centre is a charity dedicated to nurturing creativity and artistic growth.






Here's what we offer:

Art Workshops & Courses – Develop new techniques and skills in a welcoming and friendly environment.

Nature Events - Walks in the grounds to find out about plants and wildlife. Learn about beekeeping.

Exhibitions & Events – Celebrate and immerse yourself in visual arts.

Venue Hire – A unique and inspiring space for your next workshop or event.

WWW.WESTBURYARTSCENTRE.ORG.UK

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BUSINESS IS POWERED BY PRINT

Watling Street Practice

Acute Hub at Shenley Church End Site

- Provides **same-day appointments** for patients with **urgent needs**.
- Staffed by a full team including **GPs, Allied Health Professionals, Nurses**, and support staff.
- Offers **both face-to-face and digital appointments**.
- **No change** in how you contact the practice—use the Online Consultation tool on the website or **call your usual site**.
- Access this service by visiting **watlingstreetpractice.com** or calling **01908 501177**.
- All treatment requests are **triaged by clinical staff**, led by GPs.
- If your need is urgent, you will be **allocated a same-day appointment**.
- **Appointments are required—this is not a walk-in service.**

Skin Protection

"Why You Should Protect Your Skin from the Sun" - by Dr Amit Goyal

Skin cancer is the most common type of cancer. It is primarily caused by exposure to ultraviolet (UV) radiation from the sun, which damages skin cell DNA and can lead to abnormal growths like tumours or sun spots.

Three key tips to protect your skin from UV damage:

1. Apply high-SPF sunscreen daily, even on cloudy days.
2. Wear sunglasses to shield your eyes from harmful UV rays.
3. Use hats and long-sleeved clothing when spending time in the sun.



If you're concerned about a patch of skin, consider visiting your local Pharmacy for advice or contact your GP.

Read the full article and other information on skin health: www.myskindoc.co.uk/blog

Ordering Repeat Prescriptions

How to Order:

1. NHS Account (App or Website)
View and select your repeat medications and dosages.
2. Online Triage (AccuRx)
Use the admin function to request medication (accessed via our website).
3. SystmOnline (GP Online System)
View and order repeat medication and dosages.

Prescription Collection:

- Ready to collect from your pharmacy 6–7 working days after ordering (excluding Bank Holidays).
- Order in advance to avoid delays.



WATLING STREET PRACTICE

COMMUNITY & SOCIAL SUPPORT
EMERGENCY & ACUTE CARE
HEALTHCARE & NURSING SUPPORT
MEDICATION & PRESCRIBING SUPPORT
MENTAL HEALTH & WELLBEING
PHYSICAL HEALTH & REHABILITATION

OUR SITES
Great Holm, MK8 9HN
Shenley Church End, MK5 6EY
Stony Stratford, MK11 1YA

OPERATING HOURS
General Hours
Monday - Friday 8am - 6:30pm
Enhanced Access
Monday - Friday 7am - 8am & 6:30pm - 8pm
Saturday 9am - 5pm

CONTACT US
Great Holm, 01908 568446
Shenley Church End, 01908 501177
Stony Stratford, 01908 260382

FIND US ON
watlingstreetpractice.com
wsp.watlingstreetpractice@nhs.net

VISIT OUR WEBSITE

Need Help?

- Speak to your local pharmacist for questions about your medication or over-the-counter options.

Please Note:

- You can request your medication by phone after 1pm.
- We no longer accept requests for medication via paper form.



Community News



Coffee Mornings

We now host our popular coffee mornings WEEKLY at The Grumpy Cook Cafe in Loughton Pavilion.

These are held every Friday between 10.30am and midday. No booking needed - just turn up!

Refreshments are provided and all are welcome. Do pop along!



Bee Project

We distributed hundreds of packets of wildflower seeds to our local schools and residents in the spring of 2025.

By planting and caring for flowers, we can actively contribute to supporting pollinators, reducing air pollution, and fostering a greater appreciation for nature, ecosystems and biodiversity.



Memorial Benches

We installed two memorial benches for Queen Elizabeth II this year. One in both Loughton and Great Holm.

The Loughton Bench is opposite the Black Beauty Playpark overlooking the Equestrian Centre.

The Great Holm bench is outside The Community Centre on Kensington Drive.



Memorial Trees

Alongside these memorial benches we have planted a memorial tree.

We have planted a Dwarf Weeping Cherry Tree beside the Loughton bench and a Dwarf Flamingo Willow Tree beside the Great Holm bench.

Thanks to everyone who has watered these trees for us recently during the dry spring / summer months!

Clerks Column

It's been a busy year for me as Clerk to the Parish Council.

We have completed so many projects over the past 12 months, and lots more exciting things are on the horizon this year.

The art project in Loughton Valley was a highlight for me. I visited the site every day to see the progress our artist was making, and I found it wonderful that so many residents popped by to say hello and have a chat. The finished artwork is simply amazing. Thanks to Neil from Arkade Graphics for such a fabulous piece of work that we all can enjoy for many years to come!

The Swift nesting box project was also another highlight for me. Huge thanks to Martin Borrill, our Parish Caretaker for building all 30 swift nesting boxes - that took some time and patience and it was very much appreciated.

Martin is often around the Parish maintaining our Community Buildings, removing graffiti, fixing fencing and reporting issues to Milton Keynes City Council. Thanks to Martin for everything he does in the Parish.

We also employ Andrew White. Andrew is our litter picker. He helps us keep our area clean and litter free. He often goes above and beyond to keep our estates looking tidy. Thanks also to Andrew for all his hard work this year.

In addition to all the projects I also manage the day to day running of the Parish Council so if you have any questions or need any support please do email me:

parish.clerk@loughtonandgreatholm-pc.gov.uk



Picture of Paula, Martin and Andrew

I hope you all enjoy reading this newsletter and I hope to see you soon!

Paula Milford
Clerk to the Council

In other news...



Biodiversity Areas

Our Loughton Biodiversity area project has been approved for a further 5 years.

Thanks to Milton Keynes City Council for continuing to work with us on this project. You'll soon see some signage going up around these areas so you can help us record any plants or animals you see. You will just need to scan the QR code on the sign and log your findings!



Dog Bins

We have installed two larger dog waste bins around Lodge Lake. These larger bins are located at the bottom of Chawton Crescent and by The Kam Tong.

These bins were frequently overflowing, especially in the summer months. Can we please remind you that if a dog waste bin is full you can take it home and dispose of it in your black bin. Thank you very much.



Our Art Project!

Huge thanks to Arkade Graphics who worked so hard transforming an unkept, unloved, graffiti ridden bridge support within Loughton Valley into a beautiful masterpiece in March 2025.

Once we saw the designs that Neil came up with we knew immediately that we wanted him to complete this project for us! He spent 5 days painting the artwork, and we have applied anti-graffiti paint over it to help keep it looking lovely! If you haven't had a chance to look at it yet it is located on the bridge support under the H5 Portway in Loughton Valley. Between Lodge Lake and the stepping stones.



A Rose for Carolyn Rose

We planted a Rose in Church Walk in Loughton in memory of Carolyn Rose.

Many of you would have known Carolyn. She founded Loughton Residents Association in the early 1990's and later joined The Parish Council completing many projects as a Councillor. Her dedication to our Parish will not be forgotten.



Community Events

We hosted 2 community events last year. One in August and one in December. Both events included Ark Farm, arts and crafts, free refreshments, face-painting and candyfloss!

We will be running these community events yearly so please do come along. Everyone (no matter your age) is welcome! Look our for details in this newsletter, on our noticeboards and our FB page!





Before Arkade got to work...

In other news...



Great Holm Landscaping

We communicated with Milton Keynes City Council regarding the decaying weed ridden bushes opposite the Community Centre in Great Holm.
The old bushes were then removed and replaced with fresh grass seed. Huge thanks to MKCC for working with us, and transforming this area into a clean, tidy welcoming space.



Black Poplar Trees

In December we planted 5 very rare black poplar trees in Loughton Valley working alongside The High Sheriff of Buckinghamshire, Roger Jefcoate the UK's most renowned black poplar expert, Milton Keynes City Council and The Parks Trust!
Thank you so much to Roger for donating the trees for this project.



New MUGA!

A new Multi-Use Games Area (MUGA) is going to be installed in Great Holm to replace the existing facility, which has become old and worn over time. This upgrade will provide residents with a modern, safe, and versatile space for sports and recreational activities.

We are going to increase the size from 8x10m to 10x20m, (c. 25' x 30' to 30' x 60') and add a goal post and hoop at each end, making this area far more functional.

We have worked hard to gain planning permission from Milton Keynes City Council, and have already received £18,000 towards this project from the National Lottery Community Fund.
UPDATE !!
We have just received the fantastic news that we will also be receiving £34,140.21 from the FCC Communities Foundation towards this project, so we can now complete this over the coming months!

We would like to say a huge thank you to both our funders for supporting this project!



Swift Boxes

We fully funded 30 Swift nesting boxes in early 2025 and all were installed by the beginning of April 2025 ready for this year's Swift return!

Thanks must go to Paul Dubrey for co-ordinating this project for us with such enthusiasm and dedication.

If you have one of our boxes do keep us updated on any residents!



Remembrance Sunday

Last year we attended the Remembrance Day Service at All Saints Church, Loughton. We then joined the parade with the local Scouts, Cubs and Beavers to lay our Poppy wreath at Loughton Memorial Hall.

Photo to the right shows Gordon Dalgarno, Zoe Nolan and Mark Eaton at Loughton Memorial Hall.



In other news...

Our Parish Council is made up of 5 Loughton Councillors and 5 Great Holm Councillors. 10 in total. We currently have 2 Councillor Vacancies in our Great Holm area

Please contact our Clerk -Paula Milford for further information on these roles. We would love to talk to you!

LOUGHTON AND GREAT HOLM PARISH COUNCIL

Your Community Needs You!

BECOME A PARISH COUNCILLOR



If you've never been to a Parish Council meeting before, you may be forgiven for thinking that Parish Councillors are a group of (probably older) people who meet now and then in a draughty village hall.

However, this is not quite the whole truth! Our Councillors cover all ages and are from all walks of life but they have one thing in common - they want to see our community change for the better! The role of Councillor can give you a great sense of achievement and pride.

By becoming a Parish Councillor you become someone your community will look to for help, guidance and support. You can help influence decisions for the benefit of the people you live alongside.

Myths about Parish Councils...

We are not directly linked to the Church - although we obviously work with them if needed
You do not have to be political - we encourage applications from everyone who would like to make a difference to the area they live in!

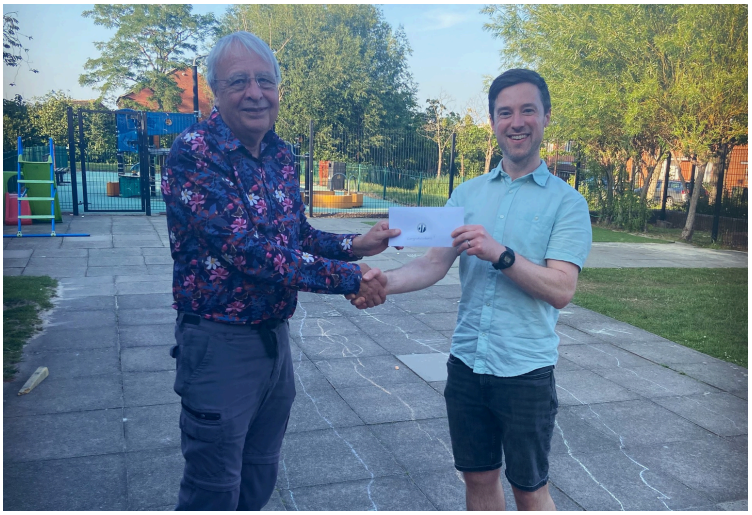


Photo Competition Winner!

Malcolm Wilson won £50 worth of Kam Tong Vouchers for winning our recent photography competition. Malcolm came along to our Parish Council meeting in June where Tim Lee (The Chair of the Council) awarded him with his prize! His picture is the stunning kingfisher on the front of this newsletter.

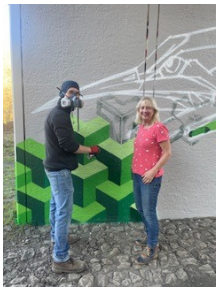
We really did have some fantastic entries and would like to thank everyone that sent a photo in!

Future Parish Council meeting dates.
All residents welcome from 7.10pm for an informal chat with Councillors before the formal meeting starts promptly at 7.30pm

Monday 21st July 2025 - Loughton Memorial Hall
No Meeting in August
Monday 15th September 2025 - Great Holm Community Centre
Monday 20th October 2025 - Loughton Memorial Hall
Monday 17th November 2025 - Great Holm Community Centre
Monday 15th December 2025 - Loughton Memorial Hall



Planting the Rose for Carolyn



Zoe and Arkade



Don visiting the new care home in Great Holm



Coming up … Summer 2025

Please note you will need to stay with your child for these sessions if they need supervision. These are not childcare sessions. Thank you.



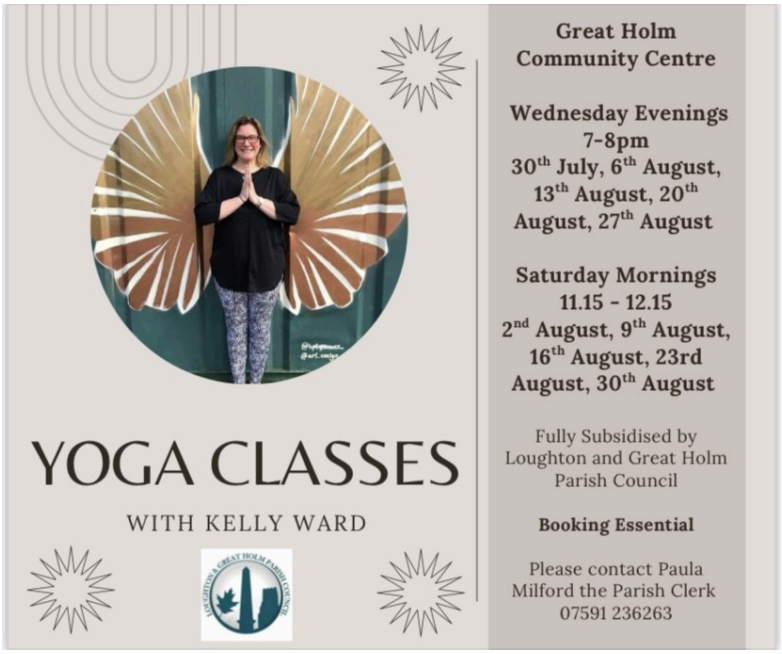


Kick Off Football Academy will be in Loughton and Great Holm running both **football training sessions and games** over the summer holidays.

There will be 2 sessions per day. Please check which session is suitable for your child.

No booking required. Just turn up!





Following the success of last years Yoga sessions Kelly will be teaching **two sessions a week** at Great Holm Community Centre during the summer holidays.

These are adults only classes and advance booking is essential - please contact Paula our Clerk on 07951 236263 to book yourself in.
Spaces are limited.

Meet your Parish Councillors



Tim Lee

Tim is the Chair of the Parish Council and lives in Loughton.

He has been on the Parish Council since the May 2023 elections.



Mark Eaton

Mark is the Vice-Chair of the Parish Council and lives in Loughton.

Mark joined the Council by Co-Option in January 2024.



Hilary Dyer

Hilary lives in Great Holm has been on the Parish Council since 1991.

Hilary is the Chair of the Planning Working Party.



Don Hoyle

Don lives in Great Holm and has been on the Parish Council since 2019.



Judith Heinemann

Judith lives in Loughton and has been on the Parish Council since the May 2023 elections.



Richard Chappell

Richard lives in Loughton and was co-opted onto the Parish Council in January 2024.



Gordon Dalgarno

Gordon lives in Loughton and was co-opted onto the Parish Council in December 2023.



Becky Tripp

Becky lives in Great Holm and was co-opted on to the Parish Council in May 2024.



2 Councillor Vacancies

We have 2 Councillor vacancies - please contact Paula if you would like further information on these roles.