Countdown to Christmas

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PLUS+ Dealing with flooding | Remembrance events | MyMarlow | Community news

THE QUARTERLY MAGAZINE FROM MARLOW TOWN COUNCIL
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Since the last edition of the Marlovian, the biggest event in Marlow has been the Remembrance Service and Parade. Luckily the weather was kind to us and as a result there was a record attendance of more than 6,000 people. This year, we were honoured to welcome the Mayor of Marly-le-Roi, Jean-Yves Perrot, from our twin town of 42 years. In return, I travelled to Marly-le-Roi to attend their Remembrance Service on the 11th November, where they also had a record turnout and good weather. I would like to thank the Waitrose volunteers who spent time picking up litter around The Causeway and cemetery in time for our Remembrance Service and Parade on their company’s community day. They enjoyed it so much that they are happy to do it again for the Council in the future.

I was delighted to welcome Town Twinners from our other twin town, Budavar, who visited Marlow in September. The Hungarian Ambassador from London joined the Twinners and enjoyed a lovely dinner at the Assembly Rooms, entertained by Morris dancers.

You may have seen that two historic buildings that were affected by fire are now back in operation and open for business – the Two Brewers Pub in St Peter Street and Marlow Rowing Club. Neither is completely finished but both are open and busy, which is great for the town.

Another initiative I’m involved with is the establishing of Street Associations. This involves a group of volunteers to Love Your Street and Look Out for Each Other. The first pilot is up and running and is supported by local doctors and police. More information will be available in due course.

I have opened many new ventures and attended many events including the Cliveden Manor Care Home and Thames Hospice shop - this to the sound of the Oxford Town Crier! (pictured right). I also attended the Marlow FM Awards evening, where many deserving winners were awarded trophies, including the Community Event of the Year to Marlow Town Regatta and the Community Group Award to Marlow Opportunity Playgroup, all voted for by the people of Marlow.

Personally a memorable event this quarter has been taking sheep over London Bridge as a result of being a Freeman of the City of London. On the same day, I went to see the poppies around the Tower of London with 32 others from Marlow, raising £435 for my charities this year, namely Thames Valley and Chiltern Air Ambulance and Marlow Opportunity Playgroup.

If you would like me to attend or open an event, or if you would like to make a donation to my two chosen charities, please contact Jan Bailey on 01628 484024.

Cllr Suzanne Brown

Mayor’s Message
Cllr Suzanne Brown

“...the biggest event in Marlow has been Remembrance Day... there was a record attendance of more than 6,000 people.”

Cllr Suzanne Brown, Town Mayor
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**Flood review meeting**

On Thursday, 9th October, over 100 residents gave feedback about their experiences of last winter’s floods in Marlow. The aim of the meeting was to review with Marlow residents the role that Marlow Town Council played in managing the floods at the beginning of this year. The feedback will be shared with the agencies responsible for flood management, including Thames Water, the Environment Agency, Bucks County Council, Wycombe District Council and the Fire Service.

Town Clerk, Annie Jones, said: “This was a very positive meeting with some extremely constructive feedback. Many thanks to everyone who came.

“There are a number of issues for us to work on for the future. Several points came across in particular. First, Marlow Town Council needs to be proactive in mobilising volunteers as soon as the possibility of flooding is confirmed. Second, we need to identify homes that have been classified as ‘at risk’ by the Environment Agency. Third, we need to know in advance which residents in ‘at risk’ homes are vulnerable and in need of help. Finally, we need to focus on the importance of constant communication throughout.”

As a result of the meeting, the Marlow Flood Review Working Group has now been established, comprising Councillors and residents. The Environment Agency attended the first meeting and Wycombe District Council the second. Further information about this and the other actions resulting from the meeting, including follow-up with the agencies responsible for flood management, is available on the Marlow Town Council website at www.marlow-tc.gov.uk/Flooding.

Comments from residents at the meeting included: “A relief – so many of us have been wondering what happens to us if it happens again” and “Lots of positive ideas put forward.”

**Tidying up our town**

Waitrose staff, Pam Brown, Liz Brainch and Sarah Goncalves volunteered to litter-pick The Causeway and the area around the War Memorial in advance of the Remembrance Service and Parade on Sunday, 9th November. They met the Mayor at the Town Council office in Court Garden to collect their equipment for the job: grabbers, bin bags, gloves and high-visibility jackets. When they returned to the Town Council offices, they said that they had enjoyed the task and would be more than willing to carry out a similar exercise in the future.

**Spittal Street**

Marlow Town Council has been in discussion with Wycombe District Council and Bucks County Council about Public Realm improvements in Spittal Street. The proposed plans will soon be available for viewing in the MTC office. We will publish the dates of the commencement of the consultation on our website and noticeboards.

**Memorial benches**

Would you like to commemorate the memory of a loved one or maybe publicise your organisation? Marlow Town Council currently has two sites available for the placement of a memorial bench. If you would be interested in sponsoring a bench, please contact Marlow Town Council on 01628 484024 or email office@marlow-tc.gov.uk

**Saturday bus service**

We are disappointed to advise that the trial Saturday bus service will be ending on 31st January 2015. Unfortunately, it did not prove as popular as we had hoped.
Feedback raffle winner

Vera Cresswell was the lucky winner of a bottle of champagne as a result of returning her feedback form and raffle ticket after visiting the Town Council Pop-Up Surgery at the Marlow Carnival in September.

Photo: Town Clerk, Annie Jones, and Town Mayor, Suzanne Brown presenting Vera Cresswell with her raffle prize.

Allotment competition winners

Winners of the Allotment Competition for 2014 were announced at the Allotment Association AGM on Thursday, 27th November. The winners were:

**Master Gardener** - Mrs A Bowles

**Hanging Hill Allotment**
- 1st – Mr A Ross
- 2nd – Mrs M Talbot
- 3rd – Mr C Virgo
- Highly Commended – Mr D Bird
- Best Newcomers – Mr M O’Keef e and Ms S Chivers

**Foxes Piece Allotment**
- 1st – Ms D Bagge and Mr R Carter
- 2nd – Mr M Deri
- 3rd – Mr F Tillier and Mr D Tillier
- Best Newcomer – Mr M Deri

Congratulations to all the winners!
Vision Update
A round-up of this years’ achievements

Communications are at the heart of everything we do as we continue to develop and improve on our strategy. Our Marlovian magazine is much improved, and is printed and delivered to every Marlow household free of charge. We have established our pop-up surgeries, most recently at the Marlow Carnival, where we received great feedback from residents, and we are developing our flood communications (see page 7).

Sponsorship efforts for this year’s Christmas lights have been very successful. We have received donations in excess of last year, and the lights look lovely. We will start soon on next year!

The town’s summer baskets were fabulous, and we now have installed magnificent floral troughs at the entrances to Marlow and other strategic locations, which are boasting lovely winter displays.

One of our goals was to deliver a traditional market for the town, and we are delighted that Transition Town Marlow holds a monthly market in Liston Hall.

We said we would continue to make Remembrance Day and Carols on the Causeway landmark events to be proud of. This year’s Remembrance Parade was the best yet.

We have supported our retailers with:
- Marlow Window Shopper App, launched in November.
- Christmas Treasure Trail, also launched in November.
- The establishment of Shop Watch and Pub Watch with Thames Valley Police, both working really well.

We also support many of our cultural groups through our grant funding.

We continue to work with and involve all our community groups, to deliver a greater sense of community and pride in our town...More next issue.

Enjoy the Festive Season with Crowne Plaza Marlow

Crowne Plaza Marlow invites you to experience a festive season you’ll remember. From ‘Join a Party’ Nights, to bespoke Christmas events, the stunning lakeside venue, set in 5 acres of beautiful countryside, is sure to add a touch of magic to your festivities.

**NEW YEAR’S EVE GALA BALL**
£89.95 per person
including Glass of Bubbly, 4 course dinner, live band, disco and firework finale.

**NEW YEAR’S EVE BUFFET**
£49.95 per person; £29.50 per child; 0-2 years old FREE
Please note that Glaze Restaurant closes at 10pm.

‘agua bar’ NEW YEAR’S EVE DISCO
£25.00 per person including disco and firework finale at midnight. Strictly over 21s only.

www.marlow-tc.gov.uk
As Popular As Ever
Marlow Town Council’s Remembrance Lunch

On Saturday, 8th November, the Town Council hosted a Remembrance Lunch for 25 veterans and their guests in the General Higginson Room in Court Garden House. Joining the veterans were Councillors; representatives of the Town Twinning Associations; Group Captain Frank Clifford, Station Commander from RAF High Wycombe; Marlow Fire Service and Marly-le-Roi Fire Service.

The veterans enjoyed a two-course meal and plenty of conversation. Where possible, all RAF, army and navy guests were seated together so that they could swap experiences.

Group Captain Clifford proposed the Loyal Toast. Marlow Town Mayor, Cllr Suzanne Brown thanked everyone for coming and for the part that the veterans played in giving us the freedom we enjoy today. She requested that all Councillors and staff stand to join in a toast to the guests. Shaun Murphy replied on their behalf to thank the Town Council for hosting the lunch, which the veterans look forward to with great anticipation every year.

For the first time at this event, the Mayor presented some awards. She called upon Richard Boast to come forward and receive an award in recognition of 30 years of service with Marlow Fire Service. He received a standing ovation.

The next award was to her outgoing Mayor’s Escort Cadet, Cpl David Bliss. He was the first Cadet to be given the role to act as the Town Mayor’s Escort. This initiative has been rolled out in other parishes and counties over the last year by the Lieutenancy Office. She presented David with a certificate signed by the Mayor thanking him for his dedication to duty and a badge that the army had commissioned to give to the Mayor's Cadet Escorts.
Meadowside is a small, family-run residential care home for the elderly situated just outside Marlow Town Centre.

The traditional Edwardian-style premises have been carefully converted with the specific needs of elderly people in mind.

Our aim is to create a genuine 'home-from-home' family atmosphere for all our residents.

Accommodation is available for up to twelve; a small number that enables us to provide the highest quality individual care and personal attention to each of our residents.

We are regulated by the Care Quality Commission and comply with the required standards for residential care.

You can visit our website for further information. Please contact Elizabeth directly to discuss your care requirements.

We will be happy to show you around and provide you with an assessment of your care needs and discuss our rates and the service we offer.
Around 6,000 Marlovians descended on The Causeway in central Marlow for the Service of Remembrance on Sunday, 9th November – a record attendance for the event.

A huge crowd gathered around the War Memorial and up the High Street to take part. This year, the town was honoured by the presence of the Mayor of Marly-le-Roi, M. Jean-Yves Perrot, who joined other dignitaries for the service, which was organised jointly by Marlow Town Council and the Royal British Legion.

Deputy Lt Brig Bill O’Leary, TD ADC DL, the Deputy Lieutenant for Buckinghamshire, joined the parade and laid the first wreath on the memorial. The Royal British Legion was led by Parade Commander Lt Col Shaun Murphy (also Chairman of Marlow Branch Royal British Legion) and the Scots Guards Association Pipe Band. The service was conducted by the rector for Marlow, the Rev Dave Bull, along with Father Michael Turner of St. Peter’s Church, Rev David Becher, Christchurch United Reformed Church and John Bustin of All Saints’ Church.

Around 40 wreaths were laid on the memorial commencing with the Deputy Lieutenant, Mayors of Marlow and Marly-le-Roi, and Wycombe District and Bucks County Councils. Members of the armed forces and their cadets followed representatives of the many associations in the town. Deputy Lt Brig Bill O’Leary then took the Salute near the gold double postbox in the High Street and invited two local children to join him on the podium.

The widow of Archie Beaty from the Scots Guards Association Pipe Band, who sadly collapsed and died at last year’s Remembrance Service, laid the Archie Beaty Memorial Wreath. A small private memorial service was held at the Marlow British Legion Headquarters for Archie after the parade had returned there.

Marlow Town Mayor, Suzanne Brown said: “This was the most wonderful turnout for Remembrance, and for the 100th anniversary of the start of the First World War, and we are doubly honoured that the Mayor of Marly-le-Roi was able to join us.”
On Tuesday, 11th November some 60 people gathered at the War Memorial, including children from Spinfield School, members of the Army, Royal British Legion, the public and Town Council representatives. Parade Commander Lt Col Shaun Murphy, Chairman of Marlow Royal British Legion, explained that a cross with a poppy was put on the memorial to commemorate the day that a Marlow serviceman from WW1 was killed. He asked one of the schoolchildren to place a poppy to commemorate a fallen soldier. A two-minute silence was held and traffic stopped voluntarily alongside the memorial, with some drivers getting out of their cars to pay their respects. John Bustin from All Saints’ church recited prayers.

A two-minute silence was held and traffic stopped voluntarily alongside the memorial, with some drivers getting out of their cars to pay their respects.
Switch On & Shop

Tom Kerridge lights up Marlow

Following the resounding success of the first celebrity switch on event last year, Marlovians were out in force once again for Switch On & Shop on Thursday, 20th November, with around 4,000 people crowding the full length of the High Street.

Tom Kerridge, well-known owner and chef of Marlow’s renowned Hand and Flowers restaurant, pressed a huge plunger together with Mayor Suzanne Brown to illuminate Marlow’s wonderful display of Christmas lights.

“I’m incredibly proud to be asked to switch on the lights in Marlow,” said Tom. “I am so happy to call Marlow my home and I thank everybody for their amazing support over the last nine and a half years. Thank you for making us feel so welcome and part of the thriving, friendly and family-based community.” Tom enjoyed a joke with the crowd and posed for photographs with individuals afterwards.

Shops were open late with special promotions, offers and wonderful Christmas displays throughout the town. The initial response from retailers was very positive, with a number saying how good the event was for business. Shoppers were entertained by Next Stage choir and the town’s own radio station, Marlow FM. Tim Ashburner led the crowd in the ‘switch on’ countdown from the top deck of the bus and got everyone in the Christmas mood by playing festive music and announcing the exciting shopping opportunities on offer.

This year, Marlow Town Council launched its new Christmas Treasure Trail, offering an array of fabulous prizes for shoppers (see page 22 for more details).

“I am so happy to call Marlow my home and I thank everybody for their amazing support over the last nine and a half years.”

Tom Kerridge
Switch On & Shop
Marlow’s Christmas lights are sponsored by...

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E: info@baker-roofing.co.uk

www.baker-roofing.co.uk
Before a flood

- Sign up for free flood warning messages from the Environment Agency to receive phone, text or email messages about when flooding is expected.

- Know what the levels of flood warning mean:
  - Flood Alert - Flooding is possible. Be prepared.
  - Flood Warning - Flooding is expected. Immediate action required.
  - Severe Flood Warning - Severe flooding. Danger to life.

- Make a personal flood plan for what you will do if there's a flood. See 'My flood plan' illustration. You can also visit the Environment Agency website.

During the winter of 2013/2014 we experienced extreme flooding in Marlow, which lasted a number of weeks and affected many residents.

Following the recent Marlow flood review public meeting, Marlow Town Council has established a Flood Working Group of Councillors and residents who are working together to produce Marlow’s Community Flood Plan. For information on the actions of this group, visit www.marlow-tc.gov.uk.

In the meantime, should we experience similar conditions this year and in the future, we’ve produced this pull-out guide with help and advice on how to deal with flooding.
Dealing with flooding

• Pack a flood kit including phone numbers, insurance details, bank cards, money, medicines, clothing and personal items, baby/children’s bags.

• Prepare your home in case there is a flood. Advice on how to reduce damage (eg flood proofing, flood boards and airbrick covers) is available from the Environment Agency website.

• Make sure you know how to turn off water, electricity and gas.

• Buy flood insurance to protect your home and your belongings.

During a flood

The Environment Agency, which is responsible for managing flooding from reservoirs and main rivers in England and Wales, says that in the event of a flood, it is vital to put people before property, co-operate with the emergency services if they tell you to evacuate your home and be prepared to act quickly to get yourself to safety.

In the event of an emergency, take the following precautions:

• Gather essentials and move them to a high place. Have torches, medication and waterproofs to hand.

• Fill jugs and saucepans with clean water.

• Move your family and pets upstairs or to a high place with a means of escape.

• Do not under any circumstances touch sources of electricity when standing in flood water.

• If safe to do so, turn off gas, electricity and water when flood water is about to enter your home.

• Keep listening to local radio for updates or call the Environment Agency Floodline on 0845 988 1188.

• Flood water can rise quickly; stay calm and reassure those around you. Call 999 if in danger.

• Avoid walking or driving through flood water.

• Wash hands thoroughly if you touch flood water.

• Do not try to unblock drains yourself.

• Check on elderly friends and neighbours.

Using the Floodline, you can select to receive warnings by phone, text, e-mail, fax or pager. Monitor the BBC Red Button page 405 and listen to local radio bulletins.

KEY TO FLOOD WARNINGS

Flood Alert
Flooding is possible. Be prepared. Keep an eye on the weather situation.

Flood Warning
Flooding is expected. Immediate action required.

Severe Flood Warning
Severe flooding. Danger to life.

Warning No Longer in Force
Warning removed in the last 24 hours. No further flooding is currently expected.
Consider what you need to do before, during and after a flood. This can help you to prepare and reduce the damage flooding can cause.

After a flood

- Find out if it is safe to return to your property. Only return to your home when essential repairs and cleaning have been completed.
- Take care if you have to enter flood water - there might be hidden dangers such as sharp objects, raised manhole covers and pollution.
- Ensure good ventilation if using portable indoor heating appliances to dry out indoor spaces.
- Do not turn on gas or electricity if they may have become wet. Only turn them on when they have been checked by a qualified technician.
- Phone your water company or local authority to ask if your water is safe to drink and wash in.
- For food safety advice after flooding, including how to make baby food without mains water, contact the Food Standards Agency.
- Do not eat food that has touched flood water, and don’t eat fresh food from the fridge or freezer if your electricity has been turned off.
- Wash hands regularly and clean work surfaces before and after preparing food. If water is not available, use hand sanitising gel or wet wipes.
- Make sure your family take their medicines and attend scheduled medical appointments.
- Dial ‘111’ if you have non-urgent health concerns.
- Stay with friends or family, or ask your local authority to help you find alternative accommodation if your home has been damaged by flood water.

Cleaning up

- Call your insurance company as soon as possible and follow their advice.
- Take photographs before you start cleaning and ask your insurer before discarding items.
- Wear rubber boots, gloves and masks to clean up.
- Wash clothes used for cleaning separately.
- Clean all hard surfaces (eg walls, floors) with hot water and detergent.
- Wash soft items (eg clothing, bedding and children’s toys) on a 60°C cycle with detergent.
- Place rubbish in hard bins or in rubbish bags. Dispose of dead rodents and pests in a plastic bag, wearing rubber gloves.
- Heating, dehumidifiers and good ventilation can help dry out your home.
- Mould should disappear as your home dries out but if it persists, contact a specialist cleaner.

Protect your property and possessions

Whether you rent or own your home or business premises, there are many things you can do to help yourself. You can make improvements so if flood water enters your property it causes less damage and drying-out and cleaning is faster and easier. The most important thing is to prepare now by buying and installing flood protection products in advance.
» Dealing with flooding

Try to keep flood water out:
• Doors - Buy flood boards that can be installed when flooding is imminent and raise thresholds.
• Walls and floors - Raise damp-proof brick courses. Sealing floors (‘tanking’) can prevent water rising through the ground.
• Air bricks - Buy special covers that are easy to place over ventilation bricks. (See ‘useful contacts’.)
• Drains and pipes - Fit non-return valves to drains and water inlet and outlet pipes.

…but accept that flood water might get in. In the case of bigger floods this actually needs to happen otherwise the weight of the water outside might cause the building to collapse.

Here are some things you can do to reduce the damage floodwater might cause inside:
• Shelving - Put irreplaceable or valuable items on high-mounted shelves.
• Home entertainment - Fix your audio-visual equipment to the wall about 1.5m above the floor.
• Skirting - Fit water-resistant skirts or varnish them.
• Place bubblewrap around the base and legs of items that are too large or heavy to be moved.
• Pump - Fit a pump in a basement or underfloor void to extract flood water.
• Walls - Dry-line walls. Use horizontal plasterboard or lime-based plaster instead of gypsum. Get a special draining system for cavity walls.
• Flooring - Lay tiles with rugs rather than fitted carpets, which often need replacing after a flood.
• Doors and windows - Install synthetic or waxed windows and doors, or varnish.
• Kitchens and bathrooms - Use resistant materials such as stainless steel, plastic or solid wood. Where possible raise fridges and appliances.
• Electricals - Raise electrical sockets, fuse boxes, controls and wiring to at least 1.5m above floor level. If rewiring, bring cables down the wall to the raised socket so that cabling isn’t affected.

USEFUL CONTACTS

Environment Agency Floodline 0845 9881188
www.environment-agency.gov.uk/homeandleisure/floods/default.aspx

National Flood Forum
An extremely informative booklet including advice on Preparing for a Flood, Emergency Flood Kits, Health and Safety, Coping with the Aftermath, Insurance and Flood Defence Products

Property Protection Adviser
Defra-funded website enabling homeowners and businesses to obtain a tailored report on flood resilience measures that might be appropriate for their property and their likely costs.
www.nationalfloodforum.org.uk/property-level-protection-community-tool

Prepare your property for flooding

Flood Warning Sign Up 0345 9881188
www.gov.uk/sign-up-for-flood-warnings

Thames Water 0800714614
www.thameswater.co.uk/help-and-advice/16739.htm

Marlow Town Council 01628 484024
www.marlow-tc.gov.uk

Bucks County Council/Transport for Buckinghamshire 0845 230 2882 or 01296 382416
www.bucksc.cov.uk/environment/flooding

Wycombe District Council 01494 46100

Financial Support and Relief

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Platts Motor Co. began trading as R.J.E. Platt in Quoiting Square in 1925. Originally started by Reginald Platt, the business is now run by the third generation of the Platt family. In 1932, our service facilities moved to the Oxford Road site. From 1925 through to 1985 we were agents for:

In 1986 we were appointed as dealers for Ford Motor Vehicles. Today we carry out all makes servicing and MOT testing, we have a car wash centre and run one of the few served petrol stations that still sells 4 star fuel.
New for 2014, you can take part in the Marlow Christmas Treasure Trail by collecting a stamp from all 23 locations identified on the Treasure Trail map. Maps are available from all 23 participating retailers, Marlow Information Centre, Library and Town Council Office, and can also be downloaded and printed from our website at www.marlow-tc.gov.uk.

You don’t need to complete the Treasure Trail in any particular order, simply present your Marlow Christmas Treasure Trail Map to staff in the shops and businesses and collect their special stamp. Once you have collected all 23 stamps, write your name, address, telephone number and email on the reverse of the map and deliver it to the Town Council Office, either personally through the letterbox or by post. Once received, we will add Stamp no 24.

All entries must be submitted by noon on Friday, 19th December when the lucky prize winners will be drawn by the Town Mayor, Cllr Suzanne Brown.

Only one entry per person allowed.

Many thanks to all our participating local businesses shown below for their support and enthusiasm. The full list of all the prizes is also featured on our website.

Prizes to be won
- Goody Bag - Beehive Treats
- Gift Voucher - Huttons
- Boxed Mug Set - Cath Kidston
- Voucher - Healthy Stuff
- Leather Gloves - Gatsby
- Gift Card - Jigsaw
- £50 Gift Box - Mooch
- Gift Vouchers - The White Company
- £50 Voucher - Desborough Pets
- V.I.P Night - Mistral
- Voucher - Runners Retreat
- Embroidered Towel Set - Le Cotonniere de Marlow
- Voucher - Children’s Shoe Company
- Gift Voucher - Ceremony
- £150 Voucher - Apollo Photography
- Gift Voucher - Sahara
- Meal for Two - Café Copia
- £40 Gift Set - tinc
- £50 Voucher - Jacu
- Handmade Pottery - Susie Watson Designs
- £150 Gift Voucher - Brothers
- Shellac Manicure - Brothers
- £100 Voucher - Landmark
- £50 Voucher - Bloom and More
- Champagne - Marlow Town Council
This festive season there is a new way to remember and share your favourite items in Marlow’s shops with the launch of its new ‘window shopping’ app, which has been specifically built for the town. The unique, free ‘Marlow Window Shopper’ app was launched to coincide with the popular ‘Switch On & Shop’ event that took place on Thursday, 20th November.

Marlow is believed to be the first town in the world to have its own app specially dedicated to window shopping. Developed by Maidenhead-based Brash and its parent company Siteset, versions of the app are available for both iPhone and Android handsets. Brash has had the support of Marlow Town Council throughout the development of the app and Marlow Chamber of Commerce has also welcomed its introduction.

Shoppers can use the app to photograph an item they like in a shop and save or share the photo together with the retailer’s details, allowing them to return easily to the item and identify its location. They can also develop a list of items with the retailer’s details for each. Details for Marlow’s shops are included in the app.

Peter Sheppard, Director of Brash, says: “We’re very proud to be launching the world’s first ‘window shopper’ app in Marlow and hope it is a great success. Not only will this solve a perennial problem for shoppers of remembering ‘what I saw and where’, but it will also support retailers in Marlow. We’ve really appreciated the help of Marlow Town Council who have been very supportive throughout.”
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Here is a selection of festive events in Marlow occurring in the lead up to Christmas. For a complete listing, visit www.MyMarlow.co.uk or sign up for the monthly events email. In case of last minute changes or cancellations, please check before travelling.

Saturday, 13th December

**A Celebration of Christmas**
An afternoon of musical entertainment for all the family, presented by The Marlow Town Band at All Saints Parish Church. Featuring the band, church choir, local schools and more. Doors open at 2.30pm. Music starts at 3pm.

[www.marlowtownband.co.uk](http://www.marlowtownband.co.uk)

**Christmas Carol Concert**
The Marlow Choral Society will be performing a selection of Christmas carols at their concert compered by Christine Walkden. 7.30pm in the Shelley Theatre.

[www.marlowchoralsociety.org.uk](http://www.marlowchoralsociety.org.uk)

Sunday, 14th & 21st December

**Christmas Trail at Cliveden**
Father Christmas has left some little presents around the gardens at Cliveden. Follow his fun-packed activity trail to find some early stocking fillers. Ideal for children aged 4 years and above. 10am - 2.30pm. £5 per child includes trail and gifts. Usual admission charges also apply.

[www.nationaltrust.org.uk/cliveden](http://www.nationaltrust.org.uk/cliveden)

Thursday, 18th December

**Carols on The Causeway**
Marlow Town Council will once again be holding the popular ‘Carols on The Causeway’ event, with carol singing supported by the Marlow Town Band, starting slightly earlier this year at 6.30pm.

Friday, 19th to Tuesday, 23rd December

**The Elves are Coming to Jam Theatre!**
Children can attend the ‘Elves Gift Making Workshop’ and create something special to take home, plus there is also the ‘Elves VIP Christmas Party Show’ where families experience the excitement the elves have in the days leading up to Christmas Day. Check website for times, cost and booking.

[www.jamtheatre.co.uk](http://www.jamtheatre.co.uk)

Sunday, 21st December

**Service of Nine Lessons and Carols at All Saints Church**
The Girls’ and Men’s Choirs sing a traditional service of carols by candlelight. Don’t miss this opportunity to hear some varied and atmospheric music at a special time of year. Free entry. 6:30pm.

[www.allsaintsmarlow.org](http://www.allsaintsmarlow.org)

Wednesday, 31st December

**New Year’s Eve at The Royal British Legion**
The band, Recollections, will be entertaining throughout the night and ringing in the New Year so get your tickets for this always sell out night. Members £10, non-members £12. Doors open 7pm.

[www.rblmarlow.co.uk](http://www.rblmarlow.co.uk)
The Marlow Museum’s display ‘The Changing Face of Marlow’ concludes at the end of December, but before our spring exhibition, ‘Marlow’s River’, begins in March/April, we will feature a reprise of some of the many displays we have had over the past five or more years.

The Marlow Museum continues to promote the commemoration of the ‘Great War’. The new display from the Marlow Remembers WW1 Association covers the period November 1914 to January 1915 and the so-called ‘Christmas Truce’. During this period, Marlow suffered its biggest loss of men and their stories are told here, as well as what was happening locally.

Soon we’ll be able to tell you our plans for 2015 and the centenary of the construction of the WW1 Training Trenches at Marlow Common. In the meantime, the Association commemorates our heroes at the War Memorial and at local gravesites. If you follow the story of the war or of the town’s losses, do not fail to call into the Marlow Museum and see our take on it. A lot of research has been done already but the association and the museum are always pleased to hear more.

Marlow Museum at Court Garden is open throughout the winter on Sunday afternoons from 2-4pm or for groups by prior appointment. Youth groups or schools are particularly welcome. We have disabled access and admission is FREE.

We would love enquiries from local businesses and are always willing to come to your premises for an informal talk to managers and staff. Marlow has a marvellous heritage and is a great place to live and work. Why not talk it over with us and see what we can both learn.

Contributed by Mike Hyde, Chairman

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Hunt out the award-winning Tiger Garden if you yearn for the authentic experience of exotic Indian cuisine. A host of innovative dishes are on the menu alongside tasty old favourites. Take, for example, salmon fish tikka cooked in tandoori oven with the chef’s special garam masala and our special duck jalfrezi. The Chef’s signature dish he won the award with is Lamb Bhunjon (tender meat spiced with tomato puree, fresh tomatoes, coriander & fenugreek leaves).

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On Sunday 2nd November 2014, Tiger Garden’s Head Chef, Mr. Kodor Ali won the “Chef of the Year 2014” in the Buckinghamshire region at the Bangladesh Caterers Association (BCA) Awards.
The French government is to recognise D-Day veterans with the country’s highest honour

The Government of France has told the UK Ministry of Defence that it wishes to recognise the selfless acts of heroism and determination displayed by all surviving veterans of the Normandy landings, and of the wider campaigns to liberate France in 1944, by awarding them with the Legion d’Honneur. This recognition extends beyond the troops who actually landed on and fought their way up the beaches 70 years ago, and will include Royal Navy and Royal Air Force personnel who operated in support of the landings.

Requests for the award should be made using the application form, which can be downloaded at www.gov.uk/government/publications/d-day-70-application-form-for-award-of-the-legion-dhonneur. Alternatively, contact the Marlow branch of the Royal British Legion at Station Approach, Marlow, SL7 1NT and provide a stamped addressed envelope so the form can be returned to the applicant. The applications will be processed by the Ministry of Defence, who will forward the details to the French authorities.

The French government will be reviewing the applications, so the Ministry of Defence is unable to give any guidance on timings or the arrangements for the presentation of the awards. Awards will not be given posthumously and any further questions should be directed to the French authorities.

Any veterans wishing to apply for the award, or anyone enquiring on their behalf, should either send the form to:

Personnel and Training – Defence Services Secretary – Commemorations
Floor 6 Zone C
Ministry of Defence, Main Building
LONDON, SW1A 2HB

Or email it to PersTrg-DSSec-CommemAug1@mod.uk

Heroes of Normandy
D-Day veterans to be awarded the Legion d’Honneur

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With 900 children under five years old living in Marlow, the Marlow Children’s Centre, managed by Barnardos on behalf of Bucks County Council, is at the heart of the community. It offers a full range of activities to support children and parents from its centres at Foxes Piece and Sandygate, as well as out in the community.

In the past year we’ve welcomed over 160 children with their parents and carers to our Stay & Play and Bumps & Babies sessions, and we’ve encouraged at least 50 children and parents to get active with our Easter and summer holiday Outdoor Fun sessions. We’ve provided workshops, speakers and training to promote child safety, and trained 54 parents in first aid. One parent reported: “The course had a big impact. I’m confident if something happens I’ll be able to do my best for the situation.”

We work closely with our local Midwives and Health Visitors to support positive health outcomes for mums and babies, both ante and post natal. We provide baby massage sessions for new parents and have supported 48 babies with colic, sleep issues and bonding problems over the past year. Sometimes families want more individual support with behaviour, routines, home safety and building parental confidence.

If you have a two-year-old, you could be eligible for childcare funding. We’ve already contacted 34 families about accessing free childcare for their two-year-olds.

Have you ever considered volunteering? Volunteers gain experience, which enhances training and work opportunities, develops potential, increases self-reliance and underpins a sense of self-worth. Barnardos encourages and values the positive contribution volunteers make to our work. Pop into the centre for further information or call our volunteer coordinator, Emma, on 07703 192619.

This is only some of what the Marlow Children’s Centre can offer. If you have or look after a child under five years and would like to know more, call 01628 472121 or contact Debby on 07734 569857.

Do you want to get out of the house over Christmas? Visit the centre and pick up a timetable to find out about all the exciting activities running over the festive period. Alternatively, for full details of children’s centre activities across the county, go to the Bucks family information website at www.bucksfamilyinfo.org

Contributed by Clare Pritchard, Children’s Centre Area Manager
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Celebrating 100 years!

In 1914 the first guiding unit in Marlow was opened. 100 years later Girlguiding in Marlow is thriving and we now have nine units where girls can come and enjoy the activities and fun.

We continue to offer traditional activities that girls have always enjoyed, including camping, cooking and outdoor activities, but we have also introduced new and exciting activities such as the annual Girlguiding pop concert, the Big Gig. Thanks to the dedication of our amazing volunteer leaders in Marlow, we are able to give girls and young women a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference to their lives by helping in their community – for instance at the Marlow Half Marathon or entertaining the elderly.

We continue to offer traditional activities that girls have always enjoyed... but we have also introduced new and exciting activities.

Could you help us to give this opportunity to more girls and young women in Marlow? We are currently looking for women who would be interested in helping us once a week so that we can open another Rainbow unit for girls aged five to seven years and, eventually, another Brownie unit for those aged seven to ten years. No experience is necessary - you just need to enjoy helping girls and young women to develop their skills and have fun!

To find out more contact Sue Berry, District Commissioner on 01628 472168 or email suejberry@gmail.com

Contributed by Sue Berry
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Marlow Round Table
Get out of the house and into the local community

Round Table is the largest voluntary organisation for young men between the ages of 18 and 45 in the world.

Up and down the UK we have thousands of members who are enjoying the social benefits of building new friendships, new contacts, having fun and supporting local communities. Marlow Round Table is no exception.

We are a group of local guys who enjoy helping out in the community. Last year we raised over £12,000 for local charities, with many town events being organised by us including the Marlow May Fayre, the bar at the Marlow Regatta and towing Father Christmas around the area.

Many of our members work away from Marlow and have family commitments. However, they find being a member of Marlow Round Table a great way to get out of the house and meet new friends, whilst giving a little back to the Marlow and district community.

We also have a fantastic social scene within the group. We meet monthly at the Two Brewers in Marlow for a meal and drinks, and we try and organise events with a twist, doing things you perhaps wouldn’t normally do. Whether you fancy paintballing, off-roading, archery, karting, shooting and more – we’ve done it! We also get our families and kids involved with meals out, BBQs, boat trips and even weekends away.

We are always looking out for new members, so if you love living in or around Marlow, and you think you might be interested in joining or perhaps coming along to one of our social nights to meet us, visit www.marlowrt.co.uk for further details.

Contributed by Daniel Welling
Getting in Shape

Tips on how to make your New Year’s resolution stick

1) **Write it down:** It’s been proven that writing down any goals or intentions makes them significantly more likely to be achieved.

2) **Tell people:** A bit of healthy peer pressure is a great way to keep you accountable. Also, if your friends and family know your goals they’re also more likely to help you attain them and keep you on track.

3) **Set S.M.A.R.T goals:** Goals MUST be Specific, Measurable, Attainable, Realistic and Timely. Don’t just try to ‘get fitter’ or ‘lose weight’ – make sure you can measure your success.

4) **Know where your start point is:** If you want to improve something then you must know your start point. Take relevant measurements of your body fat, circumferences, fitness or strength levels depending on your goals. Seeing tangible progress will let you know that you’re on the right track.

5) **Give It Time:** Ask yourself: “How long did it take me to get into my current shape?” Allow at LEAST the same amount of time to undo this. If your extra weight took you two years to gain, then don’t be surprised if it takes you the same amount of time to lose it in a healthy and sustainable way.

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Michael Darren is a Personal Trainer and Strength Coach working in Marlow and the surrounding areas.

MichaelADarren@Gmail.com
www.Twitter.com/MichaelD_PT

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In 2014 more students than ever applied for a place at Henley.

The sixth form college for South Oxfordshire and the Thames Valley, The Henley College attracts students from more than 100 schools across Buckinghamshire, Berkshire and Oxfordshire, thanks to its reputation, the quality of its courses and excellent transport links. With more than 40 high-achieving A Level and vocational diploma courses, as well as Apprenticeships and other opportunities, students are guided towards choosing the route that is right for them, taking into account their individual needs, aspirations and potential.

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Tuesday 3 February 2014 6.00-8.30pm
Deanfield Avenue, Henley-on-Thames, Oxon RG9 1UH
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WHY WAIT UNTIL CHRISTMAS DAY TO SAMPLE OUR CHRISTMAS MENU?

Join us in Riverside Restaurant for lunch or dinner where you will find a menu for all festive occasions. The Riverside Restaurant enjoys a stunning location overlooking the River Thames and is the perfect venue for your festive dining experience.

LUNCHES
1st – 23rd December 2014 (excluding Sunday)

TWO COURSE LUNCH £23.50 per person
THREE COURSE LUNCH £26.50 per person

Three course lunch with coffee and a glass of Prosecco £31.50 per person for pre-booked parties only over 14 guests

DINNERS
1st – 23rd December 2014 (excluding Jazz Dinners)

TWO COURSE DINNER £37.50 per person
THREE COURSE DINNER £45.00 per person

Three course dinner including half a bottle of house wine £55.00 per person

To reserve your table for lunch or dinner, please call 01628 405406 or email events.compleatangler@macdonald-hotels.co.uk

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