

# STANTONBURY PARISH NEWS

**From the recipe corner:  
Moist Carrot Cake**

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**Free Christmas party  
for over 65's!**

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**Xmas recycling and  
collection times**

*page 12*



Photo by Gary McFarlin



**FREE to residents of  
Stantonbury Parish**

126 Kingsfold, Bradville  
Milton Keynes  
MK13 7DX

**w:** [stantonbury-pc.org.uk](http://stantonbury-pc.org.uk)  
**e:** [info@stantonburyparishcouncil.org.uk](mailto:info@stantonburyparishcouncil.org.uk)  
**t:** 01908 227 201

## CHAIRMAN'S REMARKS

### Welcome to the Winter edition of the Parish newsletter.

I would like to update parishioners on the current status of the Council. We regretfully have received and accepted the resignations of Mr David Wright (Bradville) and Mrs Barbara Wright (Oakridge Park) and thank them for their contribution to supporting the Parish.

We welcome Cllr Ann Ronaldson who commences as Bradville Councillor from the 21st November 2019. The position for a Councillor to represent Oakridge Park remains vacant. Any parishioner with an interest in this vacancy should contact the parish office.

Given the increase in workload for Stantonbury Parish Council we will shortly be seeking support from the parish for additional Councillors for Stantonbury, Bradville, Bancroft, Bancroft Park and Oakridge Park. Please look out for the petition document on our website.

We progress with our work on the Neighbourhood Plan and very few comments were made in respect of the revised policies. Whilst we believe our work on the Plan will be finished in December 2019, Milton Keynes Planning Department, will need time to complete their consultations with a view to having a referendum, possibly in May 2020.

Our current understanding with respect to the Mural at the Stantonbury shops is that the Griffin Trust (Stantonbury International School) have expressed a willingness to host the artwork as part of their proposed landscaping scheme, thereby allowing the Aldi development to proceed.

Parish Councillors recently met with Michael Kelleher, Director of Housing and Regeneration, Milton Keynes Council, and they have reported that, in spite of previous statements from Councillor Long of Milton Keynes Council that regeneration is cancelled for eleven

years, this is apparently not the case. Mr Kelleher is seeking Milton Keynes wide regeneration. We are seeking urgent clarification from our Ward Councillors on this apparent about-face. The draft notes of the meeting can be found on our website along with a questionnaire being circulated throughout Milton Keynes.

For those Parishioners going on the Christmas Market trip to Stratford Upon Avon we hope you have a good time. It thus remains for me to wish all our parishioners who are unable to go Seasonal Greetings and a very Happy New Year.



Cllr Graham Davison  
Chairman Stantonbury Parish Council.

## HOW TO CONTACT YOUR PARISH COUNCILLOR

If you wish to contact the Councillor for your area, the best way to do this is either by email: [info@stantonburyparishcouncil.org.uk](mailto:info@stantonburyparishcouncil.org.uk) or by **telephone: 01908 227201**

Your message will be passed on to the appropriate Councillor to deal with.

Putting a post on Facebook or personal messaging a Councillor could lead to issues not being followed up.

We always welcome articles and community notices for inclusion in this newsletter and items of local interest, old photographs, etc. We are very happy to accept photos from around the parish for our front cover of this newsletter as supplied in this edition by Gary McFarlin.

For submission deadlines please contact the Parish Office on 01908 227 201  
Or email: [info@stantonburyparishcouncil.org.uk](mailto:info@stantonburyparishcouncil.org.uk)

Handwritten items can be accepted and photographs could be scanned by the Parish Office. Stantonbury Parish Council reserves the right to edit, defer or refuse articles and advertising submitted for publication.



## LETTERS TO THE PARISH COUNCIL



Stantonbury Parish Council would like to give you the opportunity to let us know, along with fellow parishioners, just what you would like to happen to make Stantonbury Parish the best in Milton Keynes.

All you have to do is write to us at the parish office. We will print your letter in the next edition of the parish magazine along with our response, a copy of which will be sent directly to you.

**We look forward to hearing from you soon.**

### PLEASE SEND YOUR LETTERS TO:

Stantonbury Parish Council  
Parish Office, 126 Kingsfold  
Bradville, Milton Keynes  
MK13 7DX

or email  
[info@stantonburyparishcouncil.org.uk](mailto:info@stantonburyparishcouncil.org.uk)

## Resident E-Newsletter

### Don't Miss Out!

Throughout the year, Stantonbury Parish Council runs various community projects and events to both entertain and support our residents. To keep up to date with the events we run and services we provide, follow us on [Twitter](#), [Instagram](#) and [Facebook](#)!



## PCSO COMMUNITY SUPPORT DROP IN SESSIONS



Every six weeks we are holding a drop-in session at Stantonbury Parish Council with Thames Valley Police officers. These sessions are open to anyone to come along, without an appointment, and confidentially talk to the officers about anything.

### The next sessions to be held are:

**Friday 17th January 2020 1:00 – 3:00 pm**

**Wednesday 26th February 2020 11:00 – 1:00 pm**

**Thursday 2nd April 2020 1:00 – 3:00 pm**

## NEWS FROM MILTON KEYNES CITY DISCOVERY CENTRE

MKCDC hosted its annual Medieval Fayre as part of Milton Keynes' programme for the national Heritage Open Days festival.

Hundreds of visitors poured into the Bradwell Abbey site to learn about its medieval past, meet re-enactors, try their hands at archery and be wowed by the birds of prey displays. An exhibition on Bradwell Abbey and St. Mary informed visitors about the history of the priory and the remaining pilgrimage chapel, dedicated to St. Mary.

At the end of August our Archivist gave a talk at Milton Keynes Central Library on the story of one of MK's most controversial buildings – The Agora in Wolverton. Part of the MK Archives Lunchtime Lecture series, the audience heard interesting stories from the planning, development, construction and opening of the building.

If you'd like to get involved in preserving the history at Bradwell Abbey, why not join the Friends of Bradwell Abbey? Help out at events, in the gardens, or our



educational activities, plus meet new people and make new friends! Contact us via [www.mkcdc.org.uk](http://www.mkcdc.org.uk) for more information.

And speaking of preserving history, work has begun in earnest to stabilise the Bradwell Abbey farmhouse, following trials undertaken in 2017. So far we have uncovered a 12th century fireplace, 12th century wall paintings, a beautiful 12th carving of a head, Tudor wall painting, Tudor fireplaces and 18th century graffiti. Watch this space for more information!



**Is there a community project you would like to be involved in or that your community could benefit from?**

**ACTION 4 OUR COMMUNITIES could help facilitate this. We hold monthly meetings and would welcome ideas.**

**Contact us via**  
**Email: [action-4@outlook.com](mailto:action-4@outlook.com)**  
**Tel: 01908 316 938**

Bancroft, Bancroft Park, Blue Bridge,  
 Bradville, Oakridge Park & Stantonbury

### MK MOLES

**MK Moles is a bowls club for visually impaired adults. They play every Tuesday morning during the summer at Bradwell Bowls Club and in the winter at Bletchley Leisure Centre.**

Like all bowls clubs we have a full fixture list against sighted and visually impaired clubs which are mostly in Milton Keynes but occasionally further afield. We don't always win but do enjoy the camaraderie and making new friends during the games.

If you know of anyone who might be interested in giving it a try please pass on our message and if you could spare the time, we also need helpers and drivers.

**For further information please call:**

**Pam: 01908 317751**

**M: 07790 785675**

**E: [pamcav1@msn.com](mailto:pamcav1@msn.com)**





At the last Macmillan Coffee Morning held in September in SPC offices, residents kindly cooked and donated some delicious cakes for the event. So we thought it would be a chance for us to share one of these recipes with you. Please do let us have any recipes that you would like to be printed and shared in our newsletters.



## Recipe Corner

# Moist Carrot Cake

by Jane Kirkham

Oven 160 degrees 35/40 minutes

### Method

Line the base and then grease two 8 inch cake tins (20cms)

In a medium bowl combine the flour, baking powder, salt and cinnamon. Set aside.

In a large bowl whisk together oil both sugars and vanilla. Whisk in eggs, one at a time. Add the first bowl ingredients in 3 lots NOT all at once. Stir in carrot, nuts and raisins.

Divide equally between the two tins and bake until done. Cool for 15 minutes before turning out.

### Cream cheese frosting

Beat sugar and butter together then beat in cheese. DO NOT over beat as it may go runny.

### INGREDIENTS

250g plain flour  
2 tsp baking powder  
1tsp salt  
1 ½ tsp cinnamon  
295ml oil  
200g granulated sugar  
200g light brown sugar  
1 tsp vanilla extract  
4 large eggs  
300g grated carrots  
100g pecans (or walnuts)  
65g raisins

### CREAM CHEESE FROSTING

150g unsalted butter  
300g full fat Cream Cheese  
45g caster sugar

**A big thank you for all those who contributed the delicious cakes and those who attended the recent Macmillan Coffee Morning at the Parish Offices. We raised £134 for the charity.**





# HUMPHREY THE BEAR

Janet Warren's latest book which is for children is called *Humphrey The Bear*, twelve poems and twelve illustrations about a teddy bear that comes to life and does all sorts of things.



## Introducing Humphrey

Hello I am Humphrey  
the pound shop bear,  
but wait... the person who bought me  
had to have three pounds to spare!

You see... I am no ordinary bear,  
I am rather upper class,  
and should have been displayed  
in a cabinet surrounded by glass.

My owner is called Janet  
and talks to me a lot,  
I really am grateful for  
all the home comforts I have got.

She listens to rather good music  
and I sit and nod my head,  
I really do miss her,  
when she goes upstairs to bed.

During the day I relax  
and watch the world go by,  
sometimes I fall asleep  
after closing my eyes.

I bet you'd like to be me,  
I have everything I need,  
Janet gives me honey and cakes,  
I feel very lucky indeed.

## Humphrey Gets a Job

Humphrey has got a part time job  
working three hours a day,  
he is working for Sugar Puff Radio  
as an early morning DJ.

His favourite bands are Grizzly Bears,  
Coldplay and British Sea Power,  
he enjoys his job because he also  
gets to read the news on the hour.

New bands send him their CD's  
so his music collection is ever growing,  
he keeps some in his cabinet at home,  
which is on the point of overflowing.

He is very good on the radio  
and plays listeners requests,  
he doesn't care for all the music  
but on air his opinion he doesn't express.

Music is a big part of his life  
and he knows all the new releases,  
some he says are not very good,  
others he thinks are masterpieces.

He is off to a music festival soon  
and will do his programme from there,  
he has really done well for himself  
since being bought as a £1 shop bear.

## Ideal Christsmas Presents!

Local Poet Janet Warren has two different poetry books for sale

### **TWENTY- FOUR PLUS ONE £4.99**

Twenty- five poems which are a mixture  
of humorous and serious poems with  
illustrations and a best seller.

### **HUMPHREY THE BEAR £4.99**

A book of twelve poems and illustrations for  
children. These will be personally signed by Janet.  
Illustrations by Susan Darby.

To reserve your copy email [janetwarren541@gmail.com](mailto:janetwarren541@gmail.com) or telephone 01908 312707





# *Free Christmas Party*

*Are you over 65?*

*Living in our Parish?*

*Come along to our free Christmas buffet at one of the following locations:*

Christ Church in Stantonbury  
Monday 2nd December 12:00pm - 2:00pm

*and*

Roman Park Residents Club in Bancroft Park  
Thursday 12th December 12:00pm - 2:00pm

*Come along meet other residents and enjoy Christmas singing and a free raffle.*

*Please book early as limited availability, to get your free ticket please contact the office:*

Stantonbury Parish Council  
126 Kingsfold  
Bradville  
MK13 7DX  
Tel: 01908 227201  
Email: [info@stantonburyparishcouncil.org.uk](mailto:info@stantonburyparishcouncil.org.uk)

*Proof of address may be requested, Shared transport can be provided please make the office aware.*



## HELP YOUR COMMUNITY

# PARISH GUARDIANS

## WHAT DO WE DO?



### SAFE STREETS

Monitor speeds with hand-held speed-cameras and Sentinel on local roads to keep our streets safe



### OUR ENVIRONMENT

Run community litter picks twice a month across the Parish to keep our environment clean



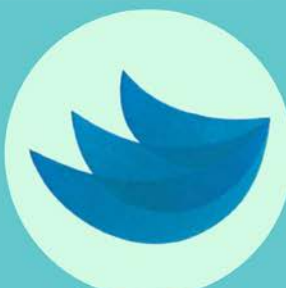
### REPORT AND SORT

Helping to be our eyes and ears by reporting issues spotted whilst out in the Parish by email or phone



### WHO ARE WE

Parish Guardians are residents in our community who care, get involved with community events, and make our environment better



### INTERESTED?

If you're interested, fill out this form online:  
<https://forms.gle/iynmxYMaAKUPwsYy9>  
 or contact the office  
 01908 227201  
 126 Kingsfold, Bradville  
 MK13 7DX



### CAKE THANK YOU

For all our wonderful Parish Guardians we also hold cake and coffee mornings at the office to say thank you for all their hard work

## WANT TO HELP OUR PARISH? BECOME A PARISH GUARDIAN

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Please respond by email to: **info@stantonburyparishcouncil.org.uk** or post this slip to:

**Stantonbury Parish Council, Parish Office, 126 Kingsfold, Bradville, Milton Keynes MK13 7DX**



## PARISH RANGER UPDATE

In the last couple of months, the Parish Rangers have been spending a considerable amount of time clearing the overgrown bushes and moss on the pavements around the parks in the parish. If you know of any parks in the parish that need a little TLC please contact the office. Here are some examples of what they have been doing.

### Winter is coming

We are getting ready for the winter months here at the parish and asking people to report to us or directly to Milton Keynes Council any streets lights/ bus stop lights that are not working. We have also installed



more grit bins around the area, if you feel the need for a grit bin near you, or if you see any issues with your grit bin or street lights please contact the office.

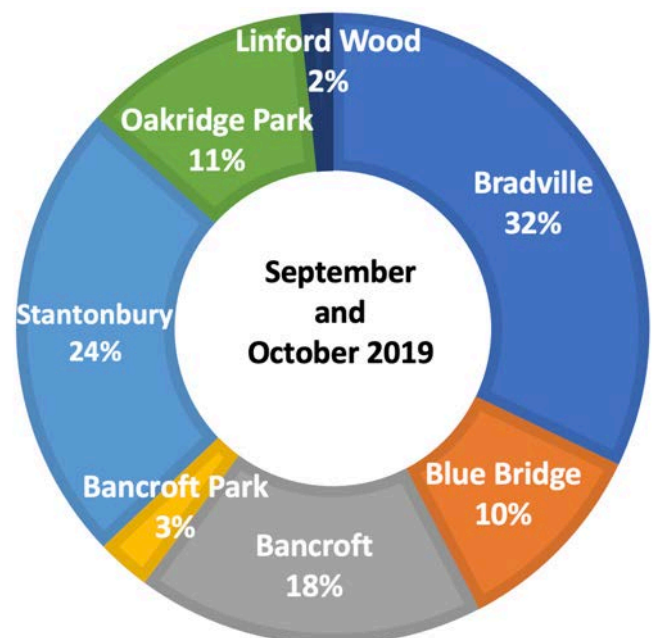
Over the past week the Parish Rangers along with the help of the Parish Guardians have yielded 33 bags of rubbish around the parish. Everyone is welcome to come along and help make the parish a cleaner and tidier place to live, just contact the office and we will let you know when the next litter pick will be taking place in your area, or visit our website and Facebook posts.



A recent photo of our litter pick where we welcomed some new Parish Guardians and collected 10 bags of rubbish from Bancroft. Many thanks to those that took part.

The Rangers spend time in each of the estates on a regular basis please see the figures for September and October 2019.

■ Bradville    ■ Bancroft Park    ■ Oakridge Park  
■ Blue Bridge    ■ Stantonbury    ■ Linford Wood  
■ Bancroft





## MK COMMUNITY CHOIR XMAS CONCERT



The Milton Keynes Community Choir will be holding its Christmas concert on Saturday 14th December 2019 at The Ridgeway Centre, Featherstone Road, Wolverton, MK12 5TH starting at 7.30pm.

The 100 strong choir will be singing a mixed programme of specially arranged seasonal music and will feature guest artists. Tickets cost £10 for adults and £5 for children and can be reserved via the choir's website: [www.miltonkeynescommunitychoir.org](http://www.miltonkeynescommunitychoir.org).

The concert will raise funds for Keech Hospice Care who provide specialist care for children from Bedfordshire, Hertfordshire and Milton Keynes, who have life-limiting and terminal illnesses.

### St James' Church, New Bradwell Christmas Tree Festival

Friday 6<sup>th</sup> December 4.30 – 8pm ☆  
Saturday 7<sup>th</sup> December 10am – 6pm

- ★ A variety of music and refreshments
- ★ A craft stall selling beautiful homemade goods
- ★ Entrance £2.50 per adult
- ★ Children free



For more details go to [www.stjamesnewbradwell.org.uk](http://www.stjamesnewbradwell.org.uk)

**STONY**  
DRY CLEANERS  
IRONING - LAUNDRY



Free Collection & Delivery From Work or Home



**4**  
items  
dry cleaned  
for  
**£18**

Jacket, Trousers,  
Plain Skirt, Coat  
(suit counts as 2 items, 1 coat per order)

To book a collection call 01908 263001  
or online @ [stonydrycleaners.co.uk](http://stonydrycleaners.co.uk)

Only one voucher per person, per promotion. Terms & Conditions Apply  
Discount only given on presentation of this voucher.

**Valid until 31st December 2019**



**Christmas at Christ Church  
Stantonbury Campus  
Join us at our Christmas  
Services and Activities**



**Saturday December 21<sup>st</sup> 9.30am to 12 noon**

**Christmas Coffee and Cake**

**A chance to enjoy fresh coffee, delicious cake and other  
Christmas treats and time to sit and chat**

**Fun and Christmas activities  
for children and adults**

**And carols around the tree**

**Sunday December 22nd**

**Christmas Celebration Cafe Service 10.30am**

**An informal service with drinks and snacks and a chance to  
talk about the theme of the Service**

**Activities for the children**

**Tuesday December 24th Christmas Eve**

**Candlelit Service 9pm to 10pm**

**Midnight in Bethlehem**

**A service of carols and readings**

**Wednesday December 25th**

**Family Service 10.30am**

# Bank Holiday Recycling and Waste Collections

Revised Waste Collections 2019



## NORMAL DATE

## REVISED DATE

### Christmas week

Monday 23rd December	Monday 23rd December
Tuesday 24th December	Tuesday 24th December
Wednesday 25th December	Friday 27th December
Thursday 26th December	Saturday 28th December
Friday 27th December	Monday 30th December

### New Years week

Monday 30th December	Tuesday 31st December
Tuesday 31st December	Thursday 2nd January
Wednesday 1st January	Friday 3rd January
Thursday 2nd January	Saturday 4th January
Friday 3rd January	Monday 6th January

### 1st week January

Monday 6th January	Tuesday 7th January
Tuesday 7th January	Wednesday 8th January
Wednesday 8th January	Thursday 9th January
Thursday 9th January	Friday 10th January
Friday 10th January	Saturday 11th January

### Normal collection resume

**Monday 13th January**

## What goes in the black rubbish sack?

The black sack is for items that cannot be recycled. Please place items that cannot be recycled in black bin bags, or black Eurobin if you live in flats, including:

- crisp packets, biscuit and sweet wrappers\*
- pet food pouches\*
- all tissues and kitchen towel
- plastic film, e.g. clingfilm
- fruit nets
- disposable coffee cups
- coffee capsules/pods\*
- greasy pizza box
- mixed materials, e.g pill packets, padded envelopes, Pringles tubes\*
- bubble wrap
- polystyrene
- laminated paper
- disposable nappies\*\*
- wet wipes and sanitising wipes
- sanitary products
- animal waste/dog mess \*\*
- broken glass or china - please wrap in newspaper or bubblewrap to avoid injury to yourself or our crews
- poor quality clothes
- plastic carrier bags (please recycle at your local supermarket)

**Residents must purchase black bin bags, they are not supplied by MK Council.**

\* These items can NOT be recycled in the clear sack, but via local MK Charity Recycling to raise funds for Willen Hospice and MK Cat Rescue. Please see their website for drop off locations in MK.

\*\* Nappies and animal waste should be double bagged. Large quantities of nappies or animal waste should be placed over a number of bags so that no one bag is overly heavy.





# What goes in the clear recycling sack?

The clear/ pink sack is for items that can be recycled, such as paper, cardboard, cans and plastic bottles. Please recycle the following items in the clear / pink recycling sack, or pink Eurobin in you live in flats:



## Paper and cardboard, including:

Clear recycling sack and Pink Eurobin

- newspapers and magazines
- shredded paper
- catalogues and directories
- writing/typing paper
- leaflets and glossy pamphlets
- cards
- cardboard - breakdown so it can fit inside in the sack. Otherwise, please take it to your local Household Waste Recycling Centres
- paper envelopes with and without windows (padded envelopes go in the black sack)

## Plastic bottles and containers - washed, squashed and lid back on, including:

- drinks bottles
- milk bottles
- detergent and bleach bottles
- shampoo or shower gel bottles
- yoghurt pots and margarine tubs
- food trays, including black plastic (accepted here in MK)
- fruit punnets

- ready meal containers
- bottles with triggers or pumps
- disposable plastic cups and cutlery
- loose plastic bottle caps/lids are also accepted

## Cans and tins - rinsed out, including:

- food tins
- drink cans
- pet food tins
- sweet/biscuit tins
- metal lids from bottles and jars
- empty aerosol spray cans
- Aluminium - rinsed out, including:
- drinks cans
- aluminium foil
- aluminium food trays

## Food and drink cartons (sometimes called Tetrapak), including:

- fruit juice cartons
- soup cartons
- long life milk cartons

If in doubt, leave it out. If you are unsure if an item can be recycled in the clear sack please check out [www.milton-keynes.gov.uk/waste-recycling](http://www.milton-keynes.gov.uk/waste-recycling) or email [customerservices@milton-keynes.gov.uk](mailto:customerservices@milton-keynes.gov.uk) or call tel. 01908 252570.

**Recycling sacks containing the wrong items will not be collected.**

**If you need to reorder a roll of recycling sacks or wish to find out more then please go to: [www.milton-keynes.gov.uk/sack-deliveries](http://www.milton-keynes.gov.uk/sack-deliveries) or call 01908 252570**

**At home with a small baby or  
child?**



**Come along to our friendly**

# **Under Fives Group**

**at**

## **Christ Church Stantonbury**

**Stantonbury campus (opposite the Health Centre)**

# **Thursday**

**9:30 to 11:30 in term time**

**There's lots to do!**



**Toys to play with and a simple craft.**

**Stories, songs and a slice of toast.**

**Have a cuppa and chat – make new friends.**

**£1 a child**

**For more information**

**contact Susan on 07762 057370**

**See our Facebook page:**

**Christ Church Under Fives**





# Neighbourhood Watch

**Hello, in this newsletter I wanted to bring to your attention Neighbourhood Watch and what it means for you as a local resident in the area.**

Neighbourhood Watch first started in the USA in 1964, and made its way to our shores in 1982 where the first group started in Mollington Cheshire. Today, Neighbourhood and Home Watch is one of the UK's largest voluntary movements, covering around 3.8 million households.

## What is Neighbourhood Watch?

It is a major crime prevention initiative with its primary aim to help reduce crime, reduce the opportunity for crime to happen and for a community to work together in making people aware of what is happening around them.

## Why is Neighbourhood Watch important?

Neighbourhood Watch brings people closer together with common goals and wanting the best for their community. Not only keeping an eye out and passing information about concerns they have to each other, whether it be a rogue trader working in the area, or an elderly person they may not have seen for a few days. All this helps keep people in touch with each other, something that due to the age of technology has sometimes been lost.

Being a Neighbourhood Watch member brings with it many benefits speaking to neighbours and the wider community face to face, also the positive links with the Police and knowing your local neighbourhood police team and working together to make it difficult for criminals to act.



Working in partnership with



## First step in setting up:

If you are interested in setting up a scheme in your street/area the first step is to speak to your neighbours and find out if they are interested too. Check and see if the street where you live already has a scheme in place. You can do this by signing up to TVP Alert or [www.ourwatch.org.uk](http://www.ourwatch.org.uk). It can be just a few houses on a street or a couple of streets. Not everyone needs to join for it to work as long as there are enough residents to keep an eye out for each other, their properties and to liaise with the police.

Each scheme needs a coordinator who acts as the key point between police, scheme members and general public.

It's as easy as that!!!

**If you would like more information then please email me on [mknorthcluster@thamesvalley.pnn.police.uk](mailto:mknorthcluster@thamesvalley.pnn.police.uk).**

I am one of 4 PCSOs in your area along with the neighbourhood police team.

*Lesley*



## Bike Register Security Marking – 18th January 2020

**A free 'Bike Registering' event run by our Local PCSOs to get your bike security marked and added to the national cycle database in case of theft will be taking place on Saturday 18th January 2020 from 11.00am – 2.00pm at Roman Park Residence Club, Constantine Way, Milton Keynes, MK13 0RA.**

## How BikeRegister Works

The chemical used etches the coating of your bike frame with a visible permanent blue mark, leaving a neat unique mark which does not affect the frame's integrity\*. A tamper resistant warning label is also added to your frame to warn potential thieves that the bike is marked. You'll need to fill in a form with some basic details about your bike and some personal details. This information will

be sent to BikeRegister who will add it to their national database. If your bike is stolen and then recovered by the police, they will check the bike for security marks and then check the national database – reuniting you with your trusty steed.

**More information about BikeRegister can be found on their website [www.bikeregister.com](http://www.bikeregister.com)**

\*N.B. Any bike with a painted or lacquered finish can be marked with the standard plastic marking compound. However, if your bike frame is uncoated carbon fibre, uncoated aluminium or uncoated titanium, then this product will not be suitable. These frames can be identified with a laminated, tamper resistant warning label with unique QR code that can be scanned instantly with a smart phone. Deters would-be thieves.

# Macular Society

## Beating Macular Disease



**Do you or anyone you know have a macular condition such as Age Related Macular Degeneration? If so, are you aware that we have a very friendly support group which meets on the second Tuesday of each month from 2.00pm till 4.00pm at:**

**Centrecom Meeting Place, 602 North Row, (Behind MK Library),  
Secklow Gate West, Central Milton Keynes MK9 3BJ  
For information please phone Maggie on: 01908 319 292**

We offer practical & emotional support to anyone with central vision loss from any macular condition, as well as to their family and friends, with a varied programme of speakers, social meetings, and lunches out. Come and share your experiences and problems with others who understand.

### **Tuesday 10 December:**

Christmas social meeting: Seasonal toe-tapping entertainment from ukulele group MKlele, not forgetting refreshments and a raffle.

### **Tuesday 14 January**

Needing New Year resolutions following seasonal indulgence? Corinne Wykes from Diabetes UK will bring us up to date with the current fact and fiction of diabetes and the support offered from the local group.

### **Tuesday 11 February**

Lift Up the Curtain of Milton Keynes Theatre with Louise Henderson. All about the latest shows including information on the access facilities available such as touch tours and audio described performances.

### **Tuesday 18 February**

Our popular social meeting of lunch out at The Barn Beefeater.



# Beauty & The Beast

**Friday 13th to  
Sunday 29th December**

(various times)

Rare Pantomimes are delighted to be appearing at Stantonbury Theatre this Christmas. They will bring a talented cast of professional actors together with a chorus of young people to delight you with their production of Beauty and the Beast. Join Belle and the Beast in the enchanted castle. With Dame Dotty taking full control of everyone's lives hindered by the hapless Muddles and arrogant Count George, what could possibly go wrong?

A traditional pantomime for all the family built around audience participation. A real Christmas treat!



**Book your tickets now so you don't miss out!**

**Tickets Adults £20**

**Children U16 £12**

**School & youth groups £8.50**

**Concessions £18**

**Family ticket £60 (2 adults and 2 children )**

For more information and to book call Stantonbury Theatre, box office on **01908 324466**.

or online from **[www.stantonburytheatre.co.uk](http://www.stantonburytheatre.co.uk)**

# ABRA

## ALL BRADVILLE RESIDENTS ASSOCIATION

We are building a team to  
put the pride back into  
Bradville!

Our next General Meeting is  
Thursday 5th December  
7.30pm at SPC Offices

Our Christmas Event  
(with food and a live band)  
is at New Bradwell Cricket Club  
Saturday 14th December  
(tickets available soon)



Follow us on Facebook  
or email [abra.information@gmail.com](mailto:abra.information@gmail.com)  
to be added to our information share list



## Live Unfiltered Beers

Organic Malt • No Added Sugars • Vegan-friendly

- Organic Malt
- B Vitamins
- Proteins
- Probiotics
- Unpasteurised
- Natural CO2
- No Added Sugars
- No Isinglass

23 Twizel Close  
Stonebridge  
Milton Keynes  
MK13 0DX

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## ARE YOU INTERESTED IN POETRY?



If so come along to our  
monthly poetry gathering at  
**The Little Bookshop**

2A St Leger Drive  
Great Linford Local Centre  
Milton Keynes

**The meetings will be held  
on every second  
Thursday of the month,  
2.00pm - 4.00pm.**

Bring a poem you have  
written or a poem that appeals  
to you or just come along  
and listen.

Enquiries to  
[janetwarren541@gmail.com](mailto:janetwarren541@gmail.com)

# A VERY MERRY Christmas

*by Janet Warren*

Well, the food is bought  
so now we are happy,  
there are some good  
offers about however,  
you'll need to be snappy.

We've bought chocolates  
and sherry and crackers  
too, no waiting about, we  
were first in the queue.

At Christmas time  
we will sit and unwind,  
so, if the weather is cold  
we really won't mind.

After cooking and eating,  
we might fall asleep,  
dreaming of the things  
we bought very cheap.

Then we may venture  
out for a short walk,  
if we see anyone,  
we'll stop and we'll talk,

Returning home for hot  
mince pies and a small  
glass of port, hardly  
worrying about the  
calories and whether  
we ought!



# Not all disabilities look like this



## Assisting adults and children with hidden disabilities

Not all disabilities are visible – some are not immediately obvious, such as autism, chronic pain, dementia, anxiety, visual or hearing impairment. Living with a hidden disability can make daily life more challenging for many people, but it can be difficult for others to recognize, acknowledge or understand the challenges you face.



### The Hidden Disabilities Sunflower makes you visible

Wearing the Hidden Disabilities Sunflower discreetly indicates to people around you including staff, colleagues and health professionals that you need additional support, help or a little more time.

### How can wearing the Hidden Disabilities Sunflower benefit you?

- People around you, including staff in shops, healthcare, workplaces and public transport may offer you more help
- You or your carer can use your Hidden Disabilities Sunflower to tell people about the additional help you need

If you would like a sunflower lanyard or have any questions, please get in touch [www.hiddendisabilitiesstore.com](http://www.hiddendisabilitiesstore.com)

**sunflower**  
lanyard scheme® 



**Most people will feel lonely at some point in their lives and in most cases it will thankfully pass but, for a variety of reasons, older people can be at greater risk of feeling lonely and isolated. This can be especially true at Christmas.**

Local charity Age UK Milton Keynes runs two free befriending services for vulnerable older people that operate all year round. The charity's 84 befriending volunteers currently visit a total of 90 older people on a regular basis, usually every week.

Age UK Milton Keynes also runs a Walking Befriending Service for older people who would like to benefit from regular exercise but perhaps feel



nervous going out by themselves. A volunteer will accompany an older person on a short walk near their home, enabling them to be more active.

**Find out more by calling 01908 550700 or visit [www.ageukmiltonkeynes.org.uk](http://www.ageukmiltonkeynes.org.uk)**

Registered charity 1079773



# Christmas

## COMPETITION

Stantonbury Parish Council would like to invite all young people of the Parish to enter a Christmas picture competition. Winners of each age category will receive a £10 Amazon voucher.

**PLEASE MAKE A PICTURE OF WHAT  
CHRISTMAS MEANS TO YOU.**

**Age ranges are : Under 5's, 5-8 and 8-11**

Entries should be on an A4 size piece of paper, with **your name, age and contact number**. Please submit your entry **by 16th December 2019**. Winners will be notified after 19th December.

We may keep the winning picture to use on the front cover of next year's Christmas newsletter edition.

Please note that Stantonbury Parish Council offices will be closed over the Christmas break on the following dates:

**From Tuesday 24th December at 12.00 noon and  
will re-open on Thursday 2nd January 2020 at 9am**

**Wishing you all a very Merry Xmas and a Happy New Year!**