

SPRING
2026
ISSUE 89

CHALGRAVE NEWS

Celebrating Chalgrave

DATES FOR YOUR DIARY

Day/Date	Event	Location	Time
Third Tuesday of each month	Parish Council Meeting	Memorial Hall	7.30 pm
Second Tuesday of each month	WI	Memorial Hall	8.00 pm
4th Weds. of each month	Pop-Up tea room	Memorial Hall	11-1

Thank you to Harvey Greenwood for the cover photo of the centre of Tebworth

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Deadline for next edition: 15 May 2026

Please send your contributions to: thechalgravenews@gmail.com

The Chalgrave News team produces the Chalgrave News in good faith and we do all we can to ensure that no offence is caused to any individual or organisation. We also reserve the right not to publish articles and contributions submitted to us if they do not comply with our policy.

A note from the editorial team

It is hard to believe that such a small parish as ours can support so many events! We have counted at least eight advertised in this edition and urge you all to take a look. A great deal of preparation and hard work goes into making these events happen and it would be lovely to see them all well attended.

We are also giving away sunflower seeds with this issue, the tallest flower will win a prize. We would love to see as many Chalgrave residents joining in to make our lovely parish awash in yellow later in the year. Details and Instructions for this on page 46.

Following another wet and mostly dreary start to the year we are all looking forward to spring. The daffodils and snow drops are already on show and soon it will be bluebell season.

We have several beautiful woods not too far from us to walk through and see these beautiful displays. Dockey Wood, Ashridge, Linslade Woods and Rushden are a few within a few minutes drive.

Some new advertisers—Bellows Mill and Loumin pottery. Please make sure when you contact our advertisers that you tell them you heard about them in ***"The Chalgrave News"***.

Bring on the warm sunny days.

The Chalgrave News Team



Chair of the Parish Council

Parish Assembly – this annual event is on Wednesday 15th April in the village hall at 7.30. It is an informal event and is open to everyone in the Parish. There will be a brief report from the Parish Council followed by an update from all our community organisations. Mark Versallion, our Central Beds Councillor, will be there as well as John Tizard, our Police and Crime Commissioner. Drinks and nibbles will be provided.

Bench – we have bought a new bench for the corner of Tebworth Road and Hill Close, We will be installing it over the next few weeks and adding the June Horne plaque.



Speed Watch – our Speed Watch team are out once a month. It is 30 mph in both villages and on the Tebworth Road between the villages. However, please reduce speed even further in parts of the Parish such as down The Lane and along the narrower parts of the Tebworth Road.

Flooding - the amount of rain over the January and February has caused some flooding in the Parish. We have identified and reported gullies that need clearing as well as a probable collapsed drain down The Lane.

Dogs - we still have irresponsible dog owners who are not picking up after their dog. Our responsible dog walker community think it is down to a couple of dog owners. Please pick up after your dog so that we have clean paths in the Parish.

- We report all potholes and fly tipping and chase CBC to follow up.
- The Minutes of our Council meetings are posted on the notice boards and our website.
- Our meetings are on the third Tuesday of the month in the Memorial Hall at 7.30.

Hope to see you at the Parish Assembly

Phil Parry
Chair



ALEX MAYER - MP FOR DUNSTABLE AND LEIGHTON BUZZARD

More money in your pocket in 2026: We began the new year with good news for commuters. Train fares were frozen for the first time in 30 years. Prescription charges haven't gone up either. From April, 6,700 local workers who earn the Living Wage will receive another pay rise, and the State Pension will increase by 4.8%. £150 will be cut from the average household energy bill too. Looking forward to September, back to school costs will also fall, as the number of branded uniform items that a school can insist parents buy is capped.



NHS: Waiting lists are officially down. 15,000 fewer patients are now waiting for treatment at Bedford Hospital and the L&D than when the Labour government took office. There's been a £1.5 million boost for public health services across Central Bedfordshire. This is cash to support school nurses and stop smoking schemes. Overall investment is now a quarter higher than in the final year of the last Conservative government. It will be a long road, with twists and turns, but this Government is making our NHS fit for the future.

Potholes: I know potholes remain a major frustration. Government funding for road maintenance in our area has risen to £9.6 million and is set to increase even further. It's the Council's job to maintain the roads. So, with record levels Government cash, I hope they show real progress. It's time to fill those holes!

Crackdown on rip-off vet bills: The Government plans to require vets to publish clear price lists for common treatments and hold an official operating licence similar to GP surgeries. I welcome this.

Tackling postal delays: I've heard from a number of residents that their post is arriving days (and even weeks) late. After raising concerns with Royal Mail, I was told that staff sickness and more letters - ***continued***

ALEX MAYER - MP FOR DUNSTABLE AND LEIGHTON BUZZARD

overpage and parcels than they expected over the Christmas period, caused disruption in some areas. Recruitment of additional posties is now underway. Royal Mail has confirmed it can investigate specific addresses if problems persist. If you're having any issues, do let me know your postcode and I'll ask Royal Mail to look into it.

Branching out: I recently led a debate in the House of Commons calling for better tree care and for UK grown saplings to be properly labelled so we know where they come from.

Protecting our oceans: a new law I was pleased to vote for means we can now ratify the landmark international treaty protecting marine life on the high seas. These vast ocean spaces cover almost half the planet, yet until now have lacked proper legal safeguards. We are playing our part in tackling climate change on a global scale.

As always, if you have issues I can help with or ideas you think I should take forward, please get in touch:

alex.mayer.mp@parliament.uk or **01525301390**.



Chalgrave Memorial Hall

Play Area

On 14 January we held a meeting with local organisations and the wider community to discuss ideas for the play area. We had representatives from the Parish Council, Chalgrave Sports Club, Chalgrave Church, and the Chalgrave News plus local Councillor Mark Versillion.



Sam Edwards from Willow Tree Farm shared her vision for an area that would appeal to multiple generations.

To include a community garden growing fruit, vegetables and herbs, a space for imaginative play with mazes, dens and a sensory garden, plus a wildlife area and outside seating. This should not require annual RoSPA inspections or additional insurance cover.

Sam also suggested setting up a community café run by volunteers at weekends and during school holidays, and a supper club using produce from the community garden. Her proposals could be eligible for grants aimed at rural areas and some locals have approached her who may have access to grants from large companies.

Sam's ideas were positively received although the overall feedback indicates that the community would like funding for traditional playground equipment to be prioritised. Sam's low-cost ideas could be progressed initially with those requiring funding to be implemented at a later stage. The PC are chasing the solar farm developers for an update on possible funding.

A big thank you goes to Alan Oxtoby for getting the container removed and the rubber surfacing cleared. We now have a blank canvas to develop!

We are setting up an independent community action group to steer the project. They will finalise details of what the community wants, cost and plan the project and garner support with fundraising and some practical help with labour. Please let us know if you would like to be involved - on the planning committee and/or as a general volunteer/fundraiser.

SAVE THE DATE - Village Games

The games will be held on **Saturday 18 July 2026**. This is our community's biggest event and raises much needed funds for the hall. We need lots of volunteers to enable us to offer a range of games, stalls and catering. If you can help with marketing, getting sponsorship/donations, setting up, clearing up or can man a stall for a few hours then please let us know.

Chalgrave Memorial Hall ... continued.

Debbie Parry is co-ordinating the games again this year –
debbie.helen.parry@outlook.com 07770 543797.

New Amplifier

We have a new Bluetooth enabled amplifier which is connected to the two wall mounted speakers in the hall.

What Next?

Finally, we would love to hear your ideas for events at the hall. We will post a poll on the Tebworth and Wingfield Facebook page – or email us with your thoughts.

Will Randell – 07894 229442

John Wojdyla – 07936 187380

Co-Chairs, Chalgrave Memorial Hall

Email thechalgravememorialhall1@gmail.com

Website <https://www.chalgravememorialhall.org.uk>



OUR REVIVED PUBS

It's amazing that with pubs closing at the rate of about 400 a year that our little Parish have reversed the trend with The Plough, open since last December and the Queen's Head opening at the end of March.

Both are now free of brewery control. The Plough dates to 1822 and is a lovely listed building. The Queen's Head, then called the three horseshoes, was demolished and rebuilt in 1926 so this is its centenary year.

The Plough at present is only open Fri-Sun but already has a lovely friendly atmosphere.

The new landlords of The Queens Head say that they want to make it family friendly and intend to do food some nights.

It is to be hoped that they will both get good custom and support from the villagers and that they will help to provide the social contact that every community needs, for many years to come.

Ken Green

kentebworth@gmail.com

Rural Crime Group

On 6 January, I attended the second meeting of the Rural Crime Advisory Group in my role as Police Liaison, hosted at Bedfordshire Police Headquarters by PCC John Tizard. The meeting was also attended by Sergeant Goldsmith and Sergeant Hussain, who leads the Rural Crime Action Team (RCAT), and provided valuable insight into how rural policing is being developed and strengthened across the county. The session brought together key stakeholders to review progress, share data, and discuss the ongoing challenges faced by rural communities, particularly farmers, landowners, and those living in more isolated areas.



Strong Commitment to Rural Policing

One of the key messages from the meeting was the clear commitment to maintaining and expanding RCAT. There are currently no plans to remove services, and teams are set to grow from six to seven officers. Close working relationships have been established with neighbouring forces, including Cambridgeshire, Hertfordshire, Essex, and Thames Valley, helping to tackle cross-border crime more effectively. Officers also highlighted joint operations and increased patrols, with a renewed focus on ensuring rural areas are not overlooked in favour of urban policing.

Addressing Ongoing Challenges

Several challenges were discussed openly. These included occasions where RCAT officers are deployed elsewhere, reducing availability in rural areas, and a lack of understanding about rural crime within some wider policing teams. Shift patterns were also identified as having an impact on coverage at certain times. Reporting delays through the 101 system remain an issue, with waiting times often exceeding the six-minute target. Residents were encouraged to use online reporting tools and official platforms rather than informal channels such as WhatsApp groups.

2025 Performance and Results

The meeting reviewed significant progress made during 2025. Highlights included:

- 362 hare coursing incidents dealt with
- 25 arrests made
- 27+ vehicles seized
- £100,000 worth of stolen equipment recovered
- 14 Community Protection Notices issued
- All seized dogs successfully rehomed within 14 days

Harvey Greenwood



Meeting Update

At the end of November twelve of us attended a **Robbie Williams tribute night** at the Fancott Arms. What a fun night! The food was delicious and plentiful (our dogs were eating turkey for a few days afterwards!) service very efficient and the Robbie act was very good. We would definitely return.



We also had a very enjoyable Christmas social with a quiz from quizmaster extraordinaire, Lesley. Plus, silly games including pass the parcel, and a crisp flavour identification game - my guess of ear wax and tequila was incorrect! Everyone brought food along and their favourite tipples.



In **January** we were entertained by Speciality Ventriloquist and Comedy Magician, David Tomkins.





Clubs

- Our **Book Group** – led by Sue Watling, meets on the fourth Thursday of the month.
- Bern Inzani runs our **Supper club** which meets on the third Friday of the month at different restaurants.
- Tracy Malster leads our **Craft club** which runs on the third Monday of the month at Chalgrave Memorial Hall from 7 to 9pm.

Future Meetings

We meet on the second Tuesday of the month at 8pm in Chalgrave Memorial Hall, Wingfield Road, Tebworth, LU7 9QQ. We typically have a number of additional outings and events throughout the year.

Calendar FY25_26

Date	Details
Tue-10-Feb-26	The Great Train Robbery Nick Cooke who will be talking about The Great Train Robbery which took place in 1963. He will tell us how the robbery came about, how they stopped the train, some of the main personalities, their hideout and their eventual capture.
Tue-10-Mar-26	Ladies of the Grand Tour - Intrepid Wives, Widows and Mistresses
Sat-14-Mar-26	Eyes on the Spies Tour - Starting from Green Park at 10am on Saturday 14 March. Spaces available for members, and their families and friends. Contact Sue Bollins
Tue-14-Apr-26	The World War One Hospital at Wrest . It includes an introduction to the history of the estate to provide some context. The years of the hospital, 1914-16, are fascinating and full of stories.
Tue-12-May-26	TBC
Tue-09-Jun-26	TBC
Tue-10-Nov-26	A brief history of sea shanties , life on board ship then an opportunity to learn some sea shanties
Tue-08-Dec-26	Christmas Social
Tue-09-Feb-27	Daziel Ellis poet. Fun, thought provoking and philosophical poetry! With stories, songs and music!
Tue-09-Mar-27	It's Hell on Wheels being a Driving Instructor!

Debbie Parry

Chalgrave WI President

Debbie.helen.parry@outlook.com Tel 07770 543797

Chalgrave Church

I know by the time you read this article it will be nearly Easter but... Thank you all for your support of our services and events across the Christmas season. It has been a real a privilege to have a greater presence in the community of Tebworth since my move from Bedford, especially at the turning on of the lights with carols which was very special. In addition to this, the church was amazing, being wonderfully decorated and the music, singing and readings in all services made it an incredible time.



Now as I said we are looking towards Easter which is on Sunday 5th April where the church again will be wonderfully presented as we celebrate the other important feast in the Christian calendar with The Resurrection. It is important to remember that Easter is not just about the resurrection (or the Easter Bunny in the world around us today) but Jesus' journey that week (which we call Holy Week), with His teachings, His example, His arrest and trial; and on the cross where he died for us. It is a roller-coaster ride where He is a Hero and a liberator on the Sunday and a nobody crucified with criminals on the Friday.

During Holy Week there will be services in the benefice each day including a **Seder Meal with communion and watch** being held on Maundy Thursday (2nd April) in the Wilkinson Hall, it is an interactive service set around the food table and full of symbolism. The service begins with the text explaining the Passover when the Hebrews, being led by Moses escaped from Egypt and touches on the significance of the traditional Jewish food items. The service continues with a shared meal of roast lamb, cous-cous, ratatouille, pitta bread, fruit & cheese. After the meal has been cleared away the liturgy continues through the Last Supper with a shared washing of hands (not feet!) and a communion. After this we move to church for the stripping of the Altar whilst listening in silence to Psalms and the Passion Gospel in full. The evening ends with a short service of Compline (night prayer in a traditional language). This sounds like a long evening, but you are welcome to join us for all or part of it. The Seder meal will take about an hour (including food) and the watch and compline around 45 minutes. This is a very special experience, if you would like to join us you are most welcome, please let Rev Ian know in advance to ensure enough food is available.

Another atmospheric service is **Easter Day Dawn Service** – Held outside (subject to weather) which begins in darkness around a fire pit. As the sun rises a service of said

Chalgrave Church Services and events

Communion is held which concludes with a short service of light where the new Paschal candle is lit (outside) and processed into church... this is followed by shared breakfast!

Our Schedule of Services for Holy Week:

Day	Date	Service / Event	Time	Venue
Sun	29 th Mar	Palm Sunday Communion	9:30am	Church
Mon	30 th Mar	Reflection & Night Prayer	6:00pm	Church
Tues	31 st Mar	Reflection & Night Prayer	6:00pm	St Georges
Wed	1 st Apr	Reflection & Night Prayer	6:00pm	Church
Thur	2 nd Apr	Seder Meal & Watch	7:00pm	Wilkinson
Fri	3 rd Apr	Good Friday Service	10:00am	Church
Sun	5 th Apr	Easter Dawn Service Easter Communion	6:15am 9:30am	Church Church
Mon	6 th Apr	Easter Monday Pilgrimage	2:30pm	St Albans

Our regular schedule of services at All Saints

is:

Sundays Parish Communion 9:30am In Church

Thursdays Evening Prayer 4:00pm In Church

As a parishioner you are entitled to have your "life event services" held at All Saints. We would love for you to have yourselves or your children baptised, your wedding, or a funeral for yourself or a loved one, at your very special parish Church.

Please contact

Rev Ian for more details.



Dinner & Awards Evening In February, CSC hosted a lovely dinner and drinks social at The Chequers in Westoning.

We were very well looked after by the fabulous staff and enjoyed some great food and company. The evening was a chance to look back on the past year's activities and celebrate the fantastic achievements of our members, including charity walks, epic bike rides, and marathons.

We were delighted to present medals to our Mile a Day 2025 (MAD) finishers -



congratulations to Mike, Christina, Simon, Linda, and Roy (also Tracey, Emma, Richard and Frances were unable to Join us on the night)

We also presented trophies to those who completed the incredible MAD1000 challenge - running or walking at least one continuous mile every single day for 1,000 consecutive days, in all weathers, without missing a day. An outstanding achievement! Well done to Mike, Christina and Simon, (also Kev, Tracey and Loki, Richard, Frances, and Shelah, who could not attend the evening).

Club Activities The club hosts regular **yoga classes** every Monday evening in the Memorial Hall. Our sessions are genuinely accessible to everyone, regardless of ability, age, gender, size, or experience. Whether you're completely new to yoga or have been practising for years, you're very welcome to come along and discover the benefits for both body and mind.

We also hold a monthly **Parkrun meet-up** on the first Saturday of each month at Houghton Hall. We gather before the start for a chat and warm-up, then everyone takes part in their own way - running, walking, or simply enjoying a wander around

the park.

Looking ahead, we're planning a number of fun sporty socials in the coming months, including Topgolf, go-karting, Cornhole at the Chalgrave Games, and more.

For full details of all our events and activities, please visit our website at or find us on Facebook.

Quiz Night. Back by very popular demand, the CSC Fun Quiz Night will take place on **Saturday 25th April 2026**. If you've been before, you'll know it's always a fantastic evening, with questions to suit all ages and abilities, plenty of fun and laughter, a fish & chip supper, and the chance to win a £100 cash prize.

Tickets are already selling fast and we've sold over half so far.

This event usually sells out in advance, so if you'd like to join us, please book as soon as possible to avoid disappointment. Full details and tickets are available on our website:

**Simon Gatward &
Phil Parry**

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INFO/TICKETS

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Bellows Mill is a beautiful watermill offering self-catering accommodation and wedding ceremonies, nestling at the foot of the Chiltern Hills in South Bedfordshire on the outskirts of the villages of Eaton Bray and Edlesborough.

Bellows Mill, which dates back to the Domesday Book, was a working mill until 1955 and has been occupied by the same family for eight generations. We appreciate the tranquil surroundings we have here and we hope that our guests enjoy them too. The orchard where the lake is now, had the vestiges of monks' fishponds in evidence and a magnificent Bramley apple tree still stands, as do some 'Bedfordshire Prune' trees used to make dye for the hats manufactured in Luton.

We are blessed with an abundance of wildlife including kingfishers, woodpeckers, kestrels, owls, herons, otters, muntjac deer and foxes.

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Contact

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The Funny Page

Why is spring the best time to start a gardening business?
Because you finally get to reap what you sow!



Why did the sun go to school in spring?
To get a little brighter.

What goes up when the rain comes down in spring?
An umbrella!



Why are trees so excited in spring?
They're ready to turn over a new leaf.



Why don't eggs tell jokes in spring?
They'd crack each other up



What do you call a rabbit with fleas in spring?
Bugs Bunny.



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11AM-1PM

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Feb 25th
March 25th
April 29th
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August break
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Dec 9th Xmas pop up



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**CHALGRAVE
NEWS
CHRISTMAS
WREATH
WORKSHOP**

*Enquiries to lisascanes@live.com
Tel. 07958 363942*

**SAVE THE DATE!
28TH NOVEMBER**



ALL SAINTS CHURCH CHALGRAVE
AFTERNOON TEA
WITH MUSIC BY THE TODDINGTON TOWN BAND



SATURDAY 6th JUNE

2PM-4PM

£15 PER PERSON

**A delicious homemade Afternoon Tea
accompanied by music from the talented Town
Band, set in the grounds of our beautiful church**



Pre-Bookings are now being taken

Call Alison on 07771 897451



All Vehicles
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Sunday 12th July 2026

SHOW STARTS AT 12.00 NOON

All vehicles on site by 11AM

Wingfield Village
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1200 til 1700



This is our
13th Year!
Don't miss
out!

Admission £5 per show vehicle

Pre-booking Advised

(Driver Included, other passengers £1 each, Under 16 free)

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**Come along and support our event to raise as much money as possible for
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BBQ Food - Beer & Pimm's Tent - Ice Cream Van -

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Pre-Booking Of All Vehicles Recommended:

Arrive & Park on the Day If Space Allows

Lisa - 07958363942 or Luke - 07787126230

Email - lisascanes@live.com or wingfieldcarshow@gmail.com

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'Wingfield Car Show' or 'Bedfordshire Classic Car Meet'

Trophy's Awarded On The Day for Winning Classes

Willow tree farm

Doiiiiiiiing... Spring has sprung at Willow Tree Farm. Beau & Peep, our two blind sheep, are being entertained by an explosion of busy, bunnies, bouncing. The sound of lambs, in neighbouring fields, will soon be commonplace and the brightly coloured heads of Spring bulbs will soon guarantee a smile on my face. Cooking in the kitchen shifts. The preserves of last years glut are coming to an end and although the slow cooked comfort food remains on the table, asparagus tart, rhubarb crumble and hot kale salads start to appear. This, for me, is the beginning of the year.

With thoughts of spring lambs, it's time to share the story of our woolly lawnmowers: Beau & Peep. They're Blue Texel's, a breed of sheep with a particularly box shaped body. Beau is three and Peep is two. They were born blind and as such, no use to sell on or keep for breeding. Like many here at WTF, the sheep found their way to us. Sheep were the one animal I didn't want at WTF, I've watched too many Shaun the sheep episodes! Yet, I've fallen utterly in love with them. These guys are here to help manage the meadow, they're not for the eating.

However, a different story awaits this year's piglets. Three Oxford, Sandy & Black weaners will be arriving this Spring. One of them will go on to become our pet sow. Next year she will (hopefully) produce our first litter of piglets. I often to chat to Mrs Heaps, in my head (the previous tenant of WTF), asking her to help us watch over our land and its residents. I think she'd approve of our move towards breeding our own pigs.

Over Winter, more trees went in. Three different varieties of cherry, two sweet chestnuts and a quince went into our mixed fruit orchard and nuttury and three silver birches went into our garden, with another one planted into our growing Spinny. Increasing the diversity of trees at WTF is part of our plan to support and promote variety in the number of wild species that live here.

The lighter days sees the return of our smallholder experience events. These days provide a unique opportunity for people to visit WTF, find out about the work we're doing here and the values that drive our family in our lives here at Willow Tree Farm. Whether you know us through Awaken with Yoga, Mood of Food or The smallholder experience, a warm welcome awaits this Spring at Willow Tree Farm.



Happy Easter All **Sam at Willow Tree Farm**

CHALGRAVE SENIOR CITIZENS

We are a small committee set up many years ago with the purpose of giving a "helping hand" to senior citizens within our Parish. We are happy to run errands, do food shopping and generally help out if we can. Everyone on our list receives a birthday card, Christmas card and small gift (funds permitting) and is invited to the Christmas lunch held at Parkfields School in Toddington.

Anyone over the age of 65 can be added to our list by contacting

Roger Fenwick on 01525 873768 or 07814 598309 rogerfenwick@btinternet.com

Bee Jackson on 07960 445492 bjackson21@btinternet.com

We are always looking for helpers with fresh ideas to join our team. If you are interested in becoming involved, please give either Roger or Bee a call.

Senior Citizens Christmas Lunch

Organised by the Flitvale Rotary Club, this much-loved annual event returned in early December to another warm reception, with 193 guests.

It was a real community effort, with much support from Chalgrave residents.

Special thanks to Chris Osborne, who has been at the heart of organising the event for many years.



Senior Citizens Christmas Lunch



Chalgrave residents Brian Horne & left Gerald and Irene Sharpe who won the award for the couple who had been married the longest.—65 years!

Celebrating Chalgrave

thechalgravenews@gmail.com

How to Calm Down

(Without chanting, crystals, or pretending life's perfect)

Let's get something straight. Stress isn't a personal failing. It happens, not because you're weak, broken, or "doing life wrong". It's a physiological response; your nervous system doing exactly what it evolved to do. The problem isn't stress itself. The problem is that most of us are stuck in it, day in, day out, without an off switch.

That's where breathing comes in. Not the fluffy kind. Not "just take a deep breath" while someone dumps another problem on you. I'm talking about using your breath deliberately to change what's happening in your body, in real time.

When you're stressed, your nervous system is in fight-or-flight. Heart rate up. Breathing shallow. Muscles tight. Thoughts racing. Your body thinks there's a tiger in the room, even if the threat is just an email, a bill, or your own inner critic. You can't think your way out of this state. You have to signal safety to the body first.

Breathing is the fastest way to do that.

Here's the key thing most people miss: it's not just about breathing deeper. It's about breathing slower.

Longer exhales tell your nervous system, "We're not under attack." That switches on the parasympathetic system; the bit responsible for rest and digest.

Try this. No special posture. No closed eyes if that feels a bit weird.

The Technique

Breathe in through your nose for a count of 4.

Then breathe out through your mouth for a count of 6.

That's it. Do that for two minutes.

You might feel restless at first. That's normal. Stress doesn't like being ignored. Stick with it. By the third or fourth breath, your shoulders will drop. Your jaw will soften. Your thoughts won't disappear but they will lose their grip.

If you want to take it further, add a pause.

Inhale 4 / Pause 2 / Exhale 6 / Pause 2.

Why it works

This isn't magic. It's biology.

The reason this works is simple; your breath is the remote control for your nervous system...and unlike your thoughts, it actually listens.

Here's the straight truth: if you're trying to reduce stress while breathing like you're being chased, you're sabotaging yourself. You can journal, talk, plan, and analyse all you like but if your breathing stays shallow and fast, your body will stay on edge.

You don't need an hour. You don't need silence. You need intention.

Two minutes...several times a day. Especially when you don't think you have time.

Stress isn't something you have to carry.

You can breathe it out... one long exhale at a time ☺

Frances Masters

Madam Zola's Spring Horoscope 2026: Fresh Air, Fresh Choices

Spring 2026 arrives with a gentle but unmistakable nudge: It's time to wake up. After a winter of reflection, the stars are encouraging movement, honesty, and small brave decisions that quietly change everything.

Aries & Leo feel the spark first. Expect a surge of confidence that pushes you to say yes faster—and overthink less. This is a season for action, not perfection.

Taurus & Virgo, spring slows you down just enough to notice what's been draining you. Simplifying your routines (and relationships) brings unexpected relief—and better sleep.

Gemini & Libra are in their social element. Conversations open doors, chance meetings matter, and one message or invitation could redirect your plans in a very good way.

Cancer & Pisces are called inward, but not to hide but rather to heal. Creative outlets, time near water, or honest emotional resets will leave you lighter by May.

Scorpio & Capricorn step into quiet authority. Others look to you for guidance, even if you don't feel ready. Trust that calm certainty is more powerful than control.

Aquarius experiences a mindset shift: an old belief loosens its grip, making room for a new vision that feels both exciting and achievable.

Overall, spring 2026 isn't about grand gestures, it's about aligning with what already feels true.



Clear space, breathe deeply and let growth happen naturally.



Cromer Pier Summer Show - Weds 1st JULY

Chalgrave News in Partnership with Chalgrave Senior Citizen's Group are proud to offer a vastly subsidised joint venture providing a day trip to Cromer with an admission ticket to the Cromer Pier Summer matinee performance starting at 2.30pm on Wednesday 1st July.

Meeting at Chalgrave Memorial Hall at 8.45am for departure at 9am a coach awaits to take you to historic Cromer. Offering anything from old fashioned crabbing off the Cromer Pier to exploring to find the stunning Banksy artwork "hermit crabs" found on the seawall and of course the famous Cromer Lighthouse there is a lot on offer at this pretty victorian seaside town. Leaving Cromer after the show finishes our return time is estimated to be around 9pm. Arriving into Cromer around noon you will have some free time to visit the local pier area, grab yourselves some lunch if you desire and then make you way to the pier show that starts at 2.30pm.

The show running time is approximately 2 1/2 Hours and a 20 min break is incorporated in this time. For 24 years, this award-winning seaside spectacle has been the only full season end of the pier show in the world, blending cheeky British humour, dazzling performances, and West End production values that rival the best theatres in London. Expect all the usual West End production values, including our jaw-dropping 8-metre video wall, traditional scene sets, bespoke costumes, spectacular lighting effects, and so much more. You can be sure of laughs by the bucket load, thrilling specialty acts, traditional seaside innuendo, powerhouse vocals, music, and spellbinding dance routines. This isn't just a show, it's living British heritage, proudly independent and full of heart.

Don't miss your chance to be part of the magic. There is a Pavilion Bar where you can purchase a wide selection of alcoholic and non-alcoholic beverages and signature hot drinks along with snacks (crisps, sweets), cake, and ice cream. There is access available to all with ramps to the Pier entrance and wheelchair users, spaces are also available for wheelchairs in a designated area for the show but must be pre booked so you will need to let us know at the time of booking if a space is required, disabled toilets are available.

Chalgrave News in partnership with Chalgrave Senior Citizens have secured ringside floor seating (face value ticket of £38.75) and are pleased to give back to the community by offering this fabulous day out, subsidised as follows:

Senior's Over 65 - £15.00 Per Person Under 65's - £25.00 Per Person

Cromer Pier Summer Show - Weds 1st JULY

Chalgrave Residents and their guests with an initial booking period open until Sunday 26th May after which time should spaces be available we will open bookings to non residents.

Bookings & Enquires via: lisascanes@live.com Mobile Contact: 07958 363942
We will require full payment at the time of booking to secure your place.
Whilst we cannot guarantee the weather will be kind we can guarantee
a memorable day out above the waves.



CHALGRAVE NEWS AND SENIOR CITIZENS
WORKING IN PARTNERSHIP

CROMER Seaside Day Trip & Famous End of Pier Show



WEDS JULY 1

TEBWORTH-CROMER RETURN

9am Pickup 9PM RETURN DROPOFF

CHALGRAVE RESIDENT SENIORS OVER 65
£15 PER PERSON (INCLUDING PIER SHOW)

UNDER 65 £25

CONTACT LISA SCANES 07958 363942

LISASCANES@LIVE.COM

FULL PAYMENT REQUIRED TO RESERVE YOUR PLACE

The Tallest Sunflower Competition is Back!

Back in 2017 sunflowers could be seen stretching skywards all over Tebworth and Wingfield as residents took part in the **Chalgrave News Tallest Sunflower Competition**.

Entrants of all ages planted their seeds in spring, nurturing them through sunshine, showers and the occasional slug invasion and, by late summer, the results were impressive, with several sunflowers towering well above fences and sheds.



The winning sunflower belonged to Ken and Lynn Green and reached an eye-watering height as you can see. The competition brought fun and a bit of friendly rivalry to the village so you will be pleased to hear... the tallest sunflower competition is back for 2026!



Your sunflower seed is enclosed in this edition of the Chalgrave News.

Start at the right time

Sow indoors: April

Sow outdoors: late April–May (after frost risk)

Sunflowers hate frost. One cold snap can stunt them for life.

Sow properly

Use deep pots (they grow long taproots).

Plant seed 2–3cm deep

One seed per pot

Keep soil moist but not soggy

Warm spot (18–22°C ideal)

They germinate in 7–10 days.

Light is everything

As soon as they sprout:

Give them maximum light (windowsill or greenhouse)

Turn pots daily so they grow straight

Leggy seedlings = future disappointment.

Harden off

Before planting outside: Put them outside during the day for a week,

Bring in at night. This prevents shock.

Plant in the right spot

AND SEND A PHOTO TO THE EMAIL ADDRESS BELOW

How does your garden grow?

Pruning Shrubs and Cutting Back Herbaceous Perennials



Spring Pruning of Shrubs

If your shrubs flower from **July – October** and are deciduous, they produce flowers on this season's growth and can be pruned in Spring. Prune last year's growth to just two or three buds above healthy thick stems to provide a good framework for the new growth.

Shrubs suitable for this pruning include **Buddleja, Fuchsia, Hibiscus, Spirea, Cotinus (smoke bush), Cornus (shrubby dogwood), Lavatera (Tree Mallow), Perovskia (Russian sage), Floribunda** and **Hybrid Tea Roses**.



Evergreen & Mediterranean shrubs need a lighter prune. These include **Rosemary, Lavender, Cistus, Hebe, Helianthemum, Buxus (Box)**

Summer Pruning of Shrubs

If your shrubs flower from **November – June** and are deciduous, do not prune until they have flowered as they produce flowers on last year's wood. If you prune them in Spring, you will lose this year's flowers. Prune flowered stems back to a strong upright shoot as low as possible. Older branches which flower weakly are best



How does your garden grow?

removed. Remove the oldest stems down to 25-45cm above the soil. Remove any diseased or crossing branches. Try and open up the centre of the shrub to improve ventilation and prevent fungal diseases

Shrubs suitable for summer pruning include **Forsythia, Weigela, Philadelphus (mock orange), Ribes (flowering currant)**

As always with pruning make sure your tools are sharp in order to make clean cuts and to avoid disease entering the cut surface. Also, it is advisable to disinfect your tools between cutting different plants to avoid the spread of disease. Use a dilute solution of household bleach.

Cutting back Herbaceous Perennials

Leave cutting back herbaceous perennials until March as the dead stems and



flower-heads add structure to the garden, provide shelter for wildlife and some degree of winter protection to semi-hardy varieties eg. **Pentstemons**. Using a knife, shears or secateurs cut stems close to the 'crown' or dormant top of the plant, avoiding the removal of new shoots.

Perennials suitable for this type of pruning include **Hardy Geraniums, Crocosmia, Paeony, Deciduous Ornamental Grasses**.

Less severely cut back perennials showing new basal growth such as **Euphorbias, Asters, Sedums**.

With all pruning and cutting back it is worth giving the plants a good feed and mulch to encourage healthy new growth.

Rejoice! The days are getting longer, Spring is just round the corner.

Whatever the weather, enjoy your gardening.

John Wojdyla



Yvonne Jessop 1934—2026



Sometimes something happens that can instantly reconnect you with old memories.

In January I received the sad news of the death of Yvonne Jessop who was living in one of the pond cottages in Tebworth when I arrived around 40 years ago.

In the days when it seemed almost everyone in the village had a nickname, Yvonne was affectionately known to us as Growbag due to her love of gardening.

It was her search for a larger garden that

eventually took her from Tebworth to New Zealand where she joined her two sons and where she lived in her own home to the grand old age of 90.

The memories of Yvonne that came up most strongly for me were those connected to the annual village concert and the very first one I took part in. Let's just say it was a unique experience and a real insight into the sense of humour and fun that united the village community.

I remembered the cast was large and the production a kind of surreal mash up of pantomime characters. I had no photos so I went on a trawl through the Parish Council website. By luck I found it instantly. In fact there were many links to clips from the 1986 concert.



In the first clip I came across, Yvonne was playing Little Red Riding Hood, I was the Prince and we were both being outrageously upstaged by Roger Masters as Old Mother Hubbard who seemed to be having difficulty managing the balloons he'd stuck up his jumper to 'enhance' his profile. It struck me just how many villagers were on stage and, from the sounds of laughter, how well it was attended in the old village hall.

With a second click, I found another clip featuring, amongst others, a certain Ken Green in a line up of 'Hairy Fairies' in worryingly short dresses. All quite normal for Chalgrave in 1986 of course!

Yvonne Jessop 1934—2026

Over in Dunedin, NZ Yvonne continued her amateur dramatic interests.

The last Chalgrave concert was in 2017.

Links to video clips:

<https://chalgrave-pc.gov.uk/concert86-06-prince-red-riding-hood/>

<https://chalgrave-pc.gov.uk/concert86-01-fairies/>

Hairy Fairies, performed by Dick Wood, Colin Rose, Ken Green, Michael Gutteridge, Frank Griffin, Brian Gridley, and Marilyn Board.

Frances Masters



Would YOU like to help make a lasting difference to future generations of children growing up in Chalgrave and Hockliffe parish?

Educational grants are available to every local child and young person through West's Educational Charity.

The charity originates from the £400 will legacy of Francis West, in 1690. Nowadays, the charity provides biannual grants for the educational activities of young people under 24 years of age living in the parishes. If you would like to find out about how you could support the continuation of this wonderful local charity by donating or even leaving a gift in your own will, please visit the Chalgrave Parish Council website or contact Lesley Smith on **01525 874716** to find out more.





CHALGRAVE VILLAGE GAMES & SUMMER FETE

SATURDAY 18 JULY 2026

12.30 PM to 5.30 PM

MEMORIAL HALL, TEBWORTH. LU7 9QQ

FUN FOR THE WHOLE FAMILY!

VOLUNTEERS WANTED!

WANT A PITCH? JUST £10!

thechalgravememorialhall1@gmail.com

Auntie Agnes

Once again a big hello to all my dear readers.

As you will know, for the past 25 years I have been helping readers of The Chalgrave News sort out their problems, but here is yet another example of a total lack of gratitude for a situation that has happened through no fault of mine.

How many times in the past have I asked readers to double check letters for spelling errors, which often end up with misunderstandings and unfortunate outcomes.

Mrs X of Tebworth wrote to me some time ago on behalf of her son.

He had told Mrs X that he really wanted to be a waiter but did not know how to go about becoming a waiter.

His end of school report had stated that he had shown great talent as a waiter. (I must say I was surprised how his school had discovered this).

Mrs X was very worried for her son in that if he was unsuccessful as a waiter he would not earn any income, but on the other hand if successful he could become very wealthy with his work being turned into films.

I must say that I was beginning to think Mrs X and her son were becoming deluded as I could not see how a waiter could end up in films, but who am I to question this, and so I helped her son to become a waiter.

I advised her son to enroll on a catering college 2 year course followed by working in smaller restaurants and gradually moving on to larger restaurants.

I did not hear from Mrs X again until a few years later to complain that her son was very unhappy with his lot and when could he start writing his planned books?

I then realised that due to a spelling error in Mrs X's very first letter to me, her son wanted to become a writer, not a waiter.

I tried to explain to Mrs X that although her son had not written a book he had achieved his aim of being in the film industry as he was at that time working in the canteen at Elstree Film Studios.

I never thought I would experience the level of abuse that Mrs X sent my way.

Oh well. Until next time dear readers.



Auntie Agnes

PRIZE BINGO NIGHT with FISH & CHIPS!

SATURDAY 27th June

CHALGRAVE MEMORIAL HALL TEBWORTH LU7 9QQ



Join us for a night of fun and games at our
Bingo Night! Get ready to shout "Bingo!" as we
play for exciting prizes all night long.

Tickets £18 include fish, sausage or halloumi and chips

Plus 1 book of 12 games

Event tickets must be pre purchased

DOORS OPEN 6.45pm EYES DOWN 7.30pm

FABULOUS PRIZES AND MONEY PRIZES TOO!

LICENSED BAR

CONTACT lisastanes@live.com

TEL 07958 363942

This is a fund raising event for the Chalgrave News



Recipe Corner

This recipe is a firm favourite, of customers at the Pop Up Tearoom in Chalgrave Memorial Hall and is kindly donated by Sandy Ryan, one of the wonderful regular volunteers and bakers.



Here's the recipe for the
Courgette Bread (zucchini)

Add in order given:

3 eggs

1 cup oil (vegetable)

1 1/2cup sugar

2 cups courgette (grated)

Mix together with:

2 cups sr flour

2 tsp baking soda

1tsp salt

3 tsp cinnamon

Stir in:

2tsp vanilla

1 cup raisins

1cup chopped nuts

Makes 2 loaves.

Bake in 350F 180c oven for
40-50 minutes.

18:30



*For further information on the Pop-Up Tearoom
Please look at page 28 of this magazine*

Chalgrave Memorial Hall

Rates may increase without notice. Existing bookings will be honoured.

HOURLY RATES	Parish residents and voluntary groups	Non resident	Non parish organisation and commercial
Monday to Friday 9am to 6pm	£12	£25	£28
Monday to Thursday 6pm to midnight*	£15	£30	£35
Friday, Sat., Sunday 9am to 6pm	£15	£25	£35
Friday, Sat., Sunday 6pm to midnight*	£25	£40	£50

*Hall must be locked and vacated by this time unless agreed by special arrangement.

Bank holidays and New Years Eve rates on application

Bookings outside above hours on application

Non refundable deposit of 50% of booking fee payable to confirm booking

BOOKINGS 07803 378548 chalgravememorialhall@gmail.com

IN AN EMERGENCY

If emergency medical support is needed dial 999 immediately.

If the caller handler feels a defibrillator or bleed kit is needed you will be advised to go to the Chalgrave Memorial Hall and given the code to access the cabinet located on the front outside wall.

It contains both a defibrillator which when opened gives clear step by step instructions, and a bleed kit.

Chalgrave Emergency Response Team

Barbara Jackson 07960 445492 Debbie Levy 07931 408697

Phil Parry 07831 605600 Paul Whitton 07808 174843

USEFUL CONTACTS

Parish Council			www.chalgrave.org
Clerk	Lesley Smith	874716	clerk@chalgrave-pc.gov.uk
Chairman	Phil Parry	07831 605600	phil.parry@chalgrave-pc.gov.uk
Councillors	Ken Green	874107	Ken.green@chalgrave-pc.gov.uk
	Peter Warburton	874036	peter.warburton@chalgrave-pc.gov.uk
	Kevin Ludgate	07768 606968	kevin.ludgate@chalgrave-pc.gov.uk
	Harvey Greenwood	07932 326274	Harvey.greenwood@chalgrave-pc.gov.uk
	Jane Spiers	07803 378548	Jane.spiers@chalgrave-pc.gov.uk
	Vicky Hydes	07817 593784	vicky.hydes@chalgrave-pc.gov.uk
Council Central Beds		03003 008000	www.centralbedfordshire.gov.uk
Ward Cllr	Mark Versallion	03003 008555	Mark.versallion@centralbedfordshire.gov.uk
MP	Alex Mayer	015253013901	Alex.mayer.mp@parliament.uk
Chalgrave News	Lisa Scanes / Frances Masters		lisascanes@live.com
Memorial Hall Bookings	Jane Spiers	07803 378548	chalgravememorialhall1@gmail.com
Senior Citizens	Roger Fenwick	873768	
Speedwatch	Phil Parry	07831 605600	phil.parry@chalgrave-pc.gov.uk
Rector			
Warden	S. Russell	07796 66174	
West Charity	Clerk Lesley Smith	874716	
St Georges Lower School		872360	office@toddstg.co.uk
Parkfields Middle School		872555	schooladmin@parkfield.cbeds.co.uk
Harlington Upper School		755100	enquiries@harlington.org
Toddington Medical Centre		872222	www.toddingtondoctors.co.uk/
Library Toddington		03003 008069	
Police		101	
Helping Hands		07882 988270	
Rotary Club	Chris Osborn	873920	
Sports Club	Phil Parry	07831 605600	www.chalgravesportsclub.co.uk
Tennis Club	Roger Fenwick	07814 598309	
Chalgrave WI	Debbie Parry	07770 543797	Debbie.helen.parry@outlook.com
Brownies/Guides	Dee Curtis	872649	
Rainbows	Dee Curtis	872649	
Cubs /Scouts	Karen Calder	873065	

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